

# MODULE 1

# CLASS 2

## *Methods to raise Self-Awareness*

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**KRAKTI**  
FACILITATING EMPOWERMENT

## General information

- This class is part of a module with 3 classes;
- Class 1 & 2 will be about 25 minutes;
- Class 3 will be a practical class to embody and integrate the information of C1 & C2. In Class 3 we will do a body-check meditation.



## Why the methods in this class are focused on training the mind

- “Neurons that fire together, wire together”; you have to train your mind to strengthen or weaken te connections **you** want;
- Take charge and ownership over yourself, mentally, physically, emotionally and spiritually.



## Methods to raise self awareness: Talk to yourself and ask yourself questions

- Take over the wheel and narrative, instead of thinking on automatic pilot;
- Start noticing the difference when you are being conscious and unconscious;
- By being genuinely interested in yourself, you connect with yourself.



## Methods to raise self awareness: Gratitude and setting intentions

- Connect with yourself by bringing positive attention to the different parts of who you are;
- Prep your mind in being alert on whatever you're going to do next (intention);
- Connect a thought with how that would feel in the way you act (intention).



## Methods to raise self awareness: Conscious Movement

- Conscious movement strengthens your ability to feel the different parts of your body;
- Yoga is one of the most known. Try Yin, Restorative or Hatha Yoga to really tune in during the movements;
- Conscious walking and Qi Gong or Tai Chi are also recommended.



## Methods to raise self awareness: Meditation

- Meditation is being aware of what is going on inside you, and not reacting to it;
- Not every type of meditation is fit for you at this moment. Try different ways and see which one feels good for you now!



## Homework

1. Which methods do you want to try in the next 2 weeks and why?
2. Make a planning for yourself on when you want to implement those methods. Don't take on too much at once, as it will shatter your attention and it could discourage you.





## Information

If you would like to discuss your homework you can send me a message at [hello@krakti.life](mailto:hello@krakti.life). We can then discuss it together or in the live online class on June 1<sup>st</sup>. You can sign up for this get together [on the website](#).

In the [next class](#) I will guide you through a body-check meditation. It will be online on the 29<sup>th</sup> of May.

*May this class contribute to your growth, so we can contribute to the world together! 🙏*



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