

VERMONT (Central Vermont) HEALTH REALIZATION LONG- TERM  
PROFESSIONAL TRAINING (HRLTT)

**Preliminary Findings of Pre/Post Test after HR LTT**

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This Health Realization Long-Term Professional Training (LTT) came about as a result of the Root Causes Task Force of the Central Vermont Compassionate Community Collaborative (CCCC) becoming exposed to Health Realization (HR) as part of its work. At the end of an all-day CCCC planning workshop at which the CCCC had divided itself into various task forces, Jack Pransky, one of the workshop facilitators assigned to a different task force, approached the Root Causes Task Force saying he had done a lot of research on root causes for his initial book but now he sees “root causes” completely differently. He volunteered to share this information with the Task Force as it began its work, if they were interested. A meeting led to a one-day Root Causes/ Health Realization introductory training for the Task Force. After this training the Root Causes Task Force became interested in including Health Realization as the foundation training (initially) for a comprehensive prevention/human services training package for Washington County (and Vermont). Meanwhile, Pransky had offered an additional Vermont Health Realization I training, and the Root Causes Task Force decided to spearhead a Health Realization long-term professional training as a pilot, which some of its members attended and which was also opened to other Washington County and Vermont participants who had attended a HR I training.

Twenty-one (21) participants, primarily prevention practitioners, educators and prevention students attended initially, but one had to drop out after the first session because of family health issues. Of those attending, all but one had participated in at least one one- or two-day HR I training prior to the start of the LTT. Some, primarily students from Woodbury College, had also attended a two-day HR II workshop as part of their program. These students received undergraduate credit for this LTT as an official course as part of the Woodbury College Prevention and Community Development Program. Some others received Master’s Level Credit through the Union Institute & University/Vermont College. The training was held on the Vermont College Campus, graciously donated by Vermont College.

The Health Realization LTT met for one weekend per month for 7 months, beginning November, 2004 and ending May, 2005. Jack Pransky, Ph.D. and Lori Carpenos, LMFT, co-facilitated the training.

### **Goals and Objectives**

*Research Goal:* To determine whether Health Realization training provided to prevention practitioners would yield more well-being, less stress and greater effectiveness in their work.

*Objectives:*

- Improved perceptions of well-being at work and in the rest of their lives
- Reduced perceptions of stress at work and in the rest of their lives
- Improved perceptions of relationships at work with “clients” and co-workers
- Improved perceptions of effectiveness with “clients” (the people with whom they work)

## This Research/Evaluation Study

Data collection for this effort focused on whether change occurred in well-being, stress, work relationships and work effectiveness among LTT participants 1) before initial exposure to Health Realization, 2) at entry into the Health Realization LTT, and 3) after the 7-month LTT program. Because no pre-testing had occurred at the initial Health Realization training, the initial pre-test was conducted at LTT entry, and the design included a retrospective pre-test for prior to Health Realization training. All 20 participants filled out the pre and post-test forms.

At the start of the first LTT session each participant filled out an anonymous (coded) questionnaire on which they were asked to rate on a ten-point Likert scale their perceptions of where they are now on 9 questions. They were then asked to rate retrospectively where they perceived they were in comparison prior to their first exposure to Health Realization. Finally, at the end of the LTT they were given a post-test on which they were asked to rate their responses to the same questions regarding where they perceived were now on the same scale.

The purpose of this instrument was to measure their perceived change from before exposure to Health Realization to after exposure (longitudinally), to post-LTT. Ratings for each question were computed, a mean score was arrived at for each question, and scores were compared.

## Preliminary Findings/Outcomes

Table 1 shows perceived mean ratings of answers to questions on a questionnaire comparing the following: **pre HR**: retrospectively before exposure to Health Realization; **post HR/pre LTT**: longitudinally from one month to two years (in one case five years) post Health Realization training at entry into the LTT in November, 2003; **post LTT**: at completion of the HRLTT on July 17, 2004. On a ten-point Likert scale (with 10 being the highest, except where indicated below), scores follow for each question (n = 20).

<u>Ratings on a 10-point Likert scale, 1-10 (10 highest)</u>	1	2	3	4	5	6	7	8	9	10
	(mean scores)									
1. Rate your general feeling of well-being you would say you live in at work										
(pre HR)	-----6.5									
(post HR/pre LTT)	-----7.9									
(post LTT)	-----8.9									
2. Rate your general feeling of well-being you would say you live in in the rest of your life										
(pre HR)	-----5.6									
(post HR/pre LTT)	-----7.5									
(post LTT)	-----9.0									
3. Rate your general level of stress you would say you live in at work (10 = lowest stress)										
(pre HR)	-----6.2									
(post HR/pre LTT)	-----7.4									
(post LTT)	-----8.6									

1 2 3 4 5 6 7 8 9 10

4. Rate your general level of stress you would say you live in in the rest of your life (10 = lowest stress)

(pre HR) -----5.3  
(post HR/pre LTT) -----7.4  
(post LTT) -----8.8

5. Rate the quality of relationships you would say you have with the people you work with (your "clients")

(pre HR) -----6.9  
(post HR/pre LTT) -----8.5  
(post LTT) -----9.1

6. Rate the quality of relationships you would say you have with your coworkers and supervisors

(pre HR) -----7.1  
(post HR/pre LTT) -----8.4  
(post LTT) -----9.0

7. How much do you see hope for your "clients" in overcoming their problems and living in well-being?

(pre HR) -----5.6  
(post HR/pre LTT) -----7.6  
(post LTT) -----9.3

8. How effective would you say you are in working with your "clients"?

(pre HR) -----6.7  
(post HR/pre LTT) -----7.9  
(post LTT) -----8.8

9. How much would you say you apply the Health Realization approach effectively in working with your "clients"?

(pre HR) -----4.7  
(post HR/pre LTT) -----7.0  
(post LTT) -----8.6

10. How well would you say you are prepared to teach Health Realization effectively to others?

(pre HR) -----2.8  
(post HR/pre LTT) -----5.5  
(post LTT) -----8.6

11. Approximately how many times per week do you get into arguments or fights with your kids

(pre HR)	3.1
(post HR/pre LTT)	1.9
(post LTT)	0.6

12. Approximately how many times per month do you get into arguments or fights with your spouse/partner?

(pre HR)	4.4
(post HR/pre LTT)	2.1
(post LTT)	1.1

Only the compiled data appear here. Statisticians are encouraged to apply measures of statistical significance or calculate percentage differences.

Without the luxury of a control group, questions are always raised about whether the program was responsible for changes in participant perceptions or whether the changes can be attributed to other unmeasured factors in participants' lives. To address this concern, three open-ended questions were also asked of participants, post-LTT. Each paragraph below each question represents an excerpt from a different participant. [Note: MM1 and MM2 are different people.]

### 1. What has changed about you since taking this training?

I have been depressed maybe for the last 5 years. I had postpartum depression and it seems it never went away. I took Prozac...then I started working with...abused children... I still had the morning sickness, and I would cry in the morning while the kids were asleep, and then go on with life... All I really wanted was to be dead... I started working full time for the first time in my whole entire life, and I loved it!!! but I also knew that the day I leave the house for work, my home will fall. And it started with my marriage, financial problems, but I still loved working!!! ... Work became my only happiness. My depression was getting more intense, ...my house burned, I got a divorce, my ex-husband moved to another state leaving me with 2 kids, and no family around, no help, no money and in danger of losing my house for lack of paying property taxes and my project also ended... I got 5 different job offers.... so life should be good now...but I still wish to die every single morning...and my thoughts totally make sense... HR teaches me how to listen better, and I immediately recognize my habitual thought of my morning sickness been nothing but a habitual thought! I could no longer shed any tear to that dying crying and instead started listening to my breathing, doing meditation, and yoga... There is no better place than in...your inner health, that place inside yourself that follow different rules than the ego rules, or all the above illusions we live under, ...and just a different level of perceiving your own reality. The more I experience that real world, the more clear is my thoughts. "Above the line" is [now] my tendency...even under tremendous pressure... Because of HR I have the ability to observe and better discern thoughts from reality, and live in the moment every single minute...

DB

I am always changing, and becoming more clear in one moment, and cloudy again in another moment. It seems that I have more awareness about thinking - in relationship to Health Realization. That seems to be the clearest change. I find myself aware that my thoughts are simply thoughts and I can chose to do whatever I want with them, whether that is to run with them, let them go, replace them with a different thought... Thoughts create stories and people's "truth." The idea that reality is simply an illusion is very powerful for me. It allows me such

freedom to create any reality that I want and TRUST. So, to be settled within myself, letting go of stories (mine or others) has been reinforced through this training... It is clear that I feel more grounded when I “think” from my heart. This type of thinking feels more like knowing in an expansive and open way – a trusting way - a trust in myself and beyond myself (more spiritual/connected). There is a letting-go that comes with this way of being.

KB

Through this HRLTT, I have come to a deeper and richer relationship with my true self, my health and wisdom, and to the center of all things. I spend less time experiencing my separateness, my ego, and more time experiencing oneness with others and with all of creation. My relationship with my spouse has improved tremendously. I no longer see as reality my habits of thoughts, feelings and reactions to her in the moment, nor her habits in relating to me. I see the behavior of others and the thinking from which it comes with greater compassion. When I do get caught in anxiety or worry or fear, I am able to step back and see it as a creation of my own, and to wonder about the learning I am about to experience as a result when the flow of energy returns.

K

I would say one of the most significant changes has been learning to flow into my health when I am in a down moment. Asking myself what lens I am viewing life from right now is something that I have been making a conscious choice to try and remember to do. Down moments are just that, a moment. I recognize I have a choice as to how much time I want to spend in that moment or thought. Therefore my quality of life has changed considerably... One specific learning moment has been to let things go, really let things go. The absolute power in letting go has been an unfolding process. For myself it removed anchors that I carried around with me and therefore burden my life considerably. By letting things go further it allows me to be much more present in life. Living in the present has led me to cherish each moment...

RF

[After detailing a time being lost in the woods]...I became confused, disoriented, scared and hopeless about finding my way out. I was sure I was going to die in the woods. I am telling this story because it reminds me of myself before HR. I was truly “lost in the woods” for most of my life prior to HR. I was confused, disoriented, scared and felt hopeless about my life. There were times when I wanted to die. Since HR: I have reconnected with my wisdom. I know that wisdom is a choice and it is always there, never goes away, and is available to me at every moment of every day. When I choose to let pure wisdom flow through me I am choosing love and I am able to be a more loving person. I am able to give and receive. I am able to move through life joyfully. I experience lasting inner peace and contentment... I am no longer lost in the woods, no longer confused, disoriented, scared and without hope. I’m glad I’m alive. I am focused and live a happier, more carefree and less stressful life. I am more productive at my job. My relationship with my husband and children is more relaxed and fun. I am very happy.

SB

My thoughts that I have the most of, about who I am, have changed. In the past, I have felt nervous about my decisions, a strong sense of uncertainty. I have also felt somehow deserving of bad things that have happened as a part of my life because I was not smart enough, not good enough, not able to trust myself, I was naïve, I acted in foolish ways, I was selfish, I was mean; therefore I deserved bad things. Where did all of these ideas come from anyway? I just know I have lived with them for a long time. Somehow, though, I have always known deep, deep down that I was O.K. regardless of anything bad, I had an inner strength that has and always would carry me through. It was this idea, though, that I also questioned...was I really O.K.? Was I fooling myself? Did I need therapy of some sort? Was I crazy? Last year, first or second class, I

truly realized I was O.K. My past does not determine who I am in this moment. I am thankful for that, and I am *humbled* by this lesson, which I would not have learned otherwise. A great sense of relief came over me that my innate health is with me through it all. I am a part of something bigger than my thoughts and experience. This is good, this is empowering for me; to know that I made up ideas that were untrue and did not feel good-very punishing AND that I did not have to do that anymore!! So, my *strength* has always been with me, I just forgot it was there. The sense of relief brings to me a feeling of *lightness*...I do not have to carry these burdens of thought around with me anymore. I am *amazed* by IT all...experiences that were considered bad to me do not hold such power...they happened, they sucked, they are over and I am fine. It is amazing to me that it is not such a big deal to me. I am *humbled* by the three principles, and feel that the core of being is so simple yet so deep as mind, consciousness, and thought. And of course, *thankful*...thankful for everyday that I am consciously aware of this all; incredible.

AD

When I first heard about Health Realization it was three months after my thirty-year marriage had ended...Training is a good word for what we have been doing. Retraining might be even better. Underlying all of what I have learned from the six months of immersion in Health Realization is still the awareness that I create my own reality...A year ago, in an intellectual way, I could have said yes, it's true that we create our own reality. But then I'd forget all about it, and go on living as if reality were something out there, something which happens *to* me. The retraining process has been a slow seeping-in of a new awareness, a reconditioning of my responses to what goes on inside my head and heart...What is different is that I have moments of reflection when I just stop all of it, and I *know* in the core of my being that it is me that is doing the thinking and making up the story of what is happening—I am the one creating *my life!* A year ago I needed pills to sleep and an antidepressant to get up in the morning. I stopped taking them a while ago, just realizing one day that I didn't need them any more. I feel free, alive, and open to the infinite possibilities we all have to create our lives... I learned that I am a good, smart, nice, trustworthy being. ...It is gradual and deep change, something like how spring comes in Vermont. It happens so slowly, a subtle, degree-by-degree warming and increase in light. Suddenly you look around you and all you see is green and the world is transformed.

AW

What has changed is my ability to not take my thoughts, myself or events around me as seriously. I still care, but I have developed a loving detachment. I realize that I am more effective when I stay grounded vs. dive into the drama around me by internally matching its frequency. In other words, taking the drama in around me as if it were my own or feeling and believing that I have to take it on. This...way of being in the world allows the channel between the divine mind and your inner self and wisdom to remain open and in constant clear dialogue... This has helped me in my marriage, my work with kids, youth and families, and in friendships...

MR

Would it be too dramatic to open with a statement like “I’m convinced that our class has saved my emotional life”? Or maybe “ Without the insights provided by our time together, I’m sure that the unhealthy patterns I have been so committed to would’ve never changed”? ...Hopefully, what follows describes what I know now to be a profound personal transformation. My only concern at this point is that the more I learn, the more I realize there is to learn...Intellectually, I had a reasonable grasp on the basic concepts of Mind, Thought, and Consciousness. It’s only now, with some hindsight, that I realize how...[they]...will forever change how I perceive, experience, and live my life. I honestly feel that I have a newfound ownership of my life. The power of realizing that I have the ability to take conscious responsibility for maintaining a healthy approach to my life experience has, I’m pretty sure, been the catalyst that has transformed me. I must admit that

this realization only came after I... found myself in the lowest place I've ever been... that the only way for me get back on the continuum and out of the darkness was to access MY health and wisdom. It was either that or some kind of medical or chemical intervention. I had lost all hope. Thankfully, with my children serving as my anchors to some semblance of reality, I tapped into all that we've shared in HRLTT. I think I was able to confront my fears, thoughts, and beliefs with a clarity that provided me an opportunity to examine them to see how they were creating this paralyzing, overwhelming feeling of insecurity, vulnerability, and failure. From there, I realized that I had to blaze a path directly to my health and wisdom and love because, man, I knew it was there and I knew I had to get there ASAP...But then I stopped and forced myself to take a deep breath and to tell myself that I was really an amazingly strong, confident, hopeful, grateful person who was ALLOWING bad thinking to take that all away from me and my kids. Then I got feisty!... IT WAS THEIR BEHAVIOR, not mine. The clarity of thinking that HR is based on is what led me to that revelation. From there I instinctively tapped into the resources that HR has provided around accessing MY wisdom and health, which allowed me to begin the journey, in earnest, away from my old patterns of unhealthy thinking...I feel I have truly made a transition from being an insecure, vulnerable avoider into a strong, hopeful, healthy, capable soul able to embrace any challenge that life chooses to grace me with. To me, that's what our HRLTT did...

CL

I know things have changed. I know I am more curious about the possibilities of people changing to live more in their health. I know what living in your health means and feels like. I know I have only scratched the surface of so much more, not only for myself but for those I come into contact with... I also now know about Thought and its immense power to create. I know how creative Thought can be from how it my thoughts have affected me. Knowing that I can create any reality I want out of any experience is both liberating and calming at the same time. The first benefit of understanding the three principles of Mind, Consciousness and Thought for me was not to take many events very personally. Previous to Health Realization, I would personalize so many events that I would have little to no control over and think myself into believing that if I had done something differently everything would have turned out better... I also would busy my mind to believe things that were happening were related to me, or was a criticism of my performance, or an indication that I didn't do something at all or correctly. Busy, busy, busy!! Now that I understand how Thoughts are just that until one chooses a reality, it has helped me tremendously have a more positive relationship with others but more importantly with myself.

DS

What did I learn through this training? To wait. I learned to wait on my thoughts. To put them on a shelf until later. I experienced that when I bring the thought "waiting" as opposed to "reacting" into my consciousness, the result is a better mood and a more peaceful experience. I had the insight that if I do this, then I am not taking my thoughts seriously, and my reality is more likely to change over time, as opposed to being stuck in some negative place. This was true for me in many situations with my husband. I would have a habitual thought when something bothered me, that could lead me to thinking, "maybe I need to leave". If I was able to wait, and put my critical thoughts to rest, I returned to a good feeling much faster. I loved him more, was able to enjoy him more. I was able to see the man I fell in love with as opposed to the man that annoys me... I realize now that I can't "change" my thinking. Thought is uncontrollable, involuntary. But I see now that thinking can be habitual and if I grab onto those unhelpful thoughts that enter my mind, that lead me to unhelpful states of being, then I leave less room in my mind for those positive, helpful thoughts to pop up. The more I allow room for other thoughts to hang out in my mind other than negative ones, the more opportunity there is for good stuff to start happening... If we believe that we need to think positive or change our thinking, and we can't...then we feel bad. Then we fail. If we realize that thoughts happen no matter what we do, but we can grab onto any

of the thoughts that pop up or let any of them go, it is very freeing and amazing. ...I deep listened to the people "driving me crazy". I really did. By the last class, I felt in my whole body that these women were amazing. I realized that I had missed out on something those first few classes because I got caught up in my head, in my bothered thoughts. I had forgotten to deep listen, not just to them, but to the moment. Once I was able to be in the moment with them, I opened up to seeing what beautiful people they were, I listened to their insights and had some of my own.

KJ

A lot has changed for me since beginning to live and learn Health Realization. Most importantly, I know that my thoughts are just thoughts, that they are ever changing and I can create my reality through these thoughts. This knowledge has helped me overcome some fears that I have experienced. For instance, flying in airplanes, speaking to an audience and dealing with difficult or uncomfortable situations. I also have been able to let things go, live in the here and now, let myself deep listen to others, be more patient and quiet and know that I am OK! I used to feel that I needed to talk and ask my kids questions about their feelings, their day, etc. Now I wait and let questions or thoughts come to me before I say anything. They are quiet at home and I see that when I am quiet they talk more. I am much more comfortable with quiet time when I am with them or my husband now... I have let up on the guilt when I do...things I like to do, ride a bike, go for a walk, or run, be outside, see friends. I accept others and myself for who we are. I am not afraid to say "I don't know" any more... I am very grateful to have had the opportunity to learn and grow through this class...And most importantly, I don't mind the cloudy days at all!

KM

To tell you the truth I couldn't tell when in this training the shift started to take place...I don't mean insights because those have been happening all along, but big shifts. I remember almost two years ago sitting in a HR training thinking please just stop the racing in my mind...Drinking, drugging, anything-to try to make it stop. **I don't have racing thoughts anymore-not ever.** My mind is clear on a day to day basis. This is not to say I don't have poor quality thoughts, because I sure do, but even those are much less then they were even 6 months ago. Amazingly enough for the racing thoughts to have dissipated but along with them went the rat race. I use to always feel in a hurry. I remember hurrying to get home so I could have a break from hurrying...obviously this didn't work. I move much slower in my life now. The funny thing is I'm accomplishing more.

MB

There have been no big miracles, life altering "a-ha" moments or beams of light that I can lay claim to in my life since learning about Health Realization, but it's the every day moment to moment subtle, yet helpful changes that have happened for me... Some obvious differences in me are felt internally through the absence of anxiety and by the presence of more peaceful feelings... Before Health Realization being in a low mood could dictate my behavior and create all kinds of excuses for me for being in a low mood. Now, I recognize it, do my best to find a happy feeling again by going for a walk, listening to music, letting thoughts go, or whatever. If I am unable to find my way back to a good mood, I remind myself to "rest in the insecurities" and just let them be. Really be in it and trust that it will pass. I do remind myself frequently when in this state to not take anything that I am thinking seriously and try to keep conversations limited. I am more aware now than before that good relationships and rapport are what I really want... I think that overall I am more in the flow of life than before. Things get done with less stress, relationships are smoother and things are happening without trying so hard.

MM1

I had to journey through some really low spots during this course to find out that I really am OK. I feel more grounded and have more peace of mind since I started the training. Though before I

tried not to let the small stuff bother me—and was successful much of the time—the small stuff did have a way of infiltrating life and bothering me, even though I knew better. Now, even though the bothersome ‘things’ enter for a while, I am more aware of them, and more capable of letting go of things that used to stay in my mind and whirl about. I have learned to slow my mind down... I can feel a slowing and a sanity that helps me feel at home in the world. Before, I thought I didn’t belong in a way, but now I see a greater purpose, and I have the ability to know that things will happen, ARE happening, that are in line with what I want my life to be... I also gained a sense of my own needs and limitations, and have begun to cut back things that are cluttering my life (too many obligations, etc). I’m trying to focus on the things that are most important at this time to me -- family, specific projects at work -- and most important of all, taking better care of me. This is REALLY cool ☺

VC

Health Realizations has changed me..., matured me in positive and substantial ways.... I am more aware of my emotional reactions when in crisis, more aware of the over-reactions that occur and are not helpful, and much more aware of the extreme level of anxiety that I lived with for years. Before Health Realizations my inner emotional turmoil went non-stop when there were crises. I can now move to a peaceful feeling during a crisis where I take in what is happening with an inner calmness. I know that to guide someone through the crisis, I don’t have to react in any anticipated manner. I have learned that by my presence and my inner feelings of love and caring, I can make a difference because people will connect with my sense of peace... I am learning that the past has played a role in my life through thoughts that come to me randomly. I am learning to recognize these thoughts and let them go. I am also learning to let go of my perfectionism. Doing a good job is admirable, beating everything to death in search of perfection is not emotionally or physically healthy for me or anyone that looks to me as a role model. Health Realization has helped me to deal with cancer. Although I still become anxious, my anxiety does not take over. I am spiritually more healthy and it makes a difference in my decision-making, my relationships and my outlook on life. I feel better about life and about the people in my life. Everything does not center around relationships as it did in the past. I can live in the now and feel at peace. Thank goodness! Most importantly, I have learned that there is much more growing to do on my part and I look forward to it.

JF

At this point I find the compassion and the wisdom to let go of the thought and listen deeply to my wisdom and heart. My thoughts are all illusions - it is a very freeing feeling. I also know now that under any feeling are my thoughts. I am curious and puzzled by my thoughts and this usually gives way to my innate health unfolding before me...

JR

The long journey has showed me that my life reflects my state of mind. Realizing that my state of mind or the quality of my thinking is always changing, helped me navigate the normal ups and downs that I encounter everyday, and to have flexibility with my experiences. The training allowed me to understand where my stress came from, and realize feelings of being caught in habitual patterns. It is also what helped me see the power and potential for new thoughts to occur...At the beginning I must admit that I struggled with patience and helplessness. I wanted everyone to understand it the way I did and was weighing myself down with the fact that it was taking them too long to understand the simplicity of the matter. It was this thought that triggered me to start questioning about my habitual thinking pattern... I thought of my daughter as someone who was trying to make life harder by being non responsive and ignorant, but this changed and we have an amazing relationship that all my friends admire. I never saw change as

something that was going to happen, but my thinking shifted and I know for a fact that she felt it and was more willing to listen and cooperate in every way.... MM2

Having had the opportunity to understand what health realization is and how to apply the principles to my life, I have experienced an incredible shift in my thinking ...actually, in the way I live. Simply put, I used to believe that I was a product of what others thoughts about me. Now I am sure *I don't have a clue* what others think about me nor does it make any difference at all. I am the one in control of my thinking and I have the ability to create any thought at any time. What a revelation! I can choose to think thoughts that lead to happiness and contentment even if the circumstances I see would tell me otherwise. That's because I can also choose to see my circumstances differently. Now if that isn't real, significant change, I don't know what is!

PF

## **2. How are you different now in your work than you were before?**

I have definitely been working with clients more around thought. In specific, that thought is simply thought, and the stories thoughts portray are a creation of our reality. This conversation manifests organically with each client in the moment. I am careful in how I share this idea with clients, so as not to overwhelm them or suggest that they need to simply change their thoughts... I work with deep listening, awareness of what thoughts are present, what feelings come with the thoughts, and awareness of one's experience when they let go of the thought or get caught up into the thought. This heightened awareness facilitates personal process in a way that individuals have new insights that come from their health.

KB

As a teacher, I am less concerned with the outer trappings of the educational situation (the rules, requirements) and more present in the educational moment itself with students. My energy as a teacher, as someone with good teachings, as someone who can see, hear, connect with and draw out the true learner and teacher in others, is freed up by letting go of concerns about my authority and deadlines and proving that I, we, they have met the competencies. The result is a deeper, more meaningful teaching and learning experience for me and the students, and a deeper and more meaningful understanding of prevention, and I think yes, more success overall in meeting the competencies. ...I have learned a lot about the reflective mode and how to point people in this direction. So I have come to a deeper understanding of what prevention is and how it works, both inside-out and outside-in, by teaching prevention and HR in the classroom.

K

The difference in myself in my personal life and my professional life are equally significant. I find myself even more compassionate, and I'm not just speaking of the clients either. As with a lot of jobs there is a level of bureaucracy within the organization that I work for who often have their own agendas... I have a great desire to teach, provide workshops for others who have interests in Health Realization. I have spent a lot of time throughout the past few months thinking about how I could take what you have taught and bring it to the community. I have thought about Jails, organizations and school. The prospect of teaching is something that I hope to continue my own growth process in.

RF

I am fluid in my day to day experiences, problems will be there only if I create them... The concept of deep listening is the other most important part of the training for me. I think of deep listening as deep living. It's the way I connect to another person, with myself, with all of life experience. It's being awake and aware, in the present moment instead of thinking about the past

of the future, or my own busy thoughts, judgments, feelings. When I am listening deeply to someone I let go of my thoughts as they come up. I quiet my mind so that I can learn something new. This is extremely hard for me to do. When it happens, it is an amazing gift, and it allows powerful change to happen. A few months ago I had a meeting with a client, a man about whom I had made a lot of judgments. I saw him as rejecting his child, and causing her deep emotional harm. I felt he had been critical of my work with the child, and when I met with him I had an agenda, to try to communicate what I felt the child needed. When I sat down with the man, something shifted, and I was able to deeply listen to him. For the first time I was able to be quiet see and reflect...how much he loves his child, and how frustrated he was that he couldn't give her what he knew she needed from him. It was a huge shift. He sensed without my saying more than a few words, that I understood how much he loved his child, and we were able to begin to work together as partners. Over the course of the next few weeks his relationship with his child changed dramatically, and instead of the child having to go into a foster placement, as had originally been planned, the family has been able to keep her at home...It just unfolded that way, and it felt like a gift, which came from inside both of us and the connection between us, happening in the present moments.

AW

So, where am I now, using Health Realization within our school? I see folks who know Health Realization behave differently at work, approach students differently with more positive results. I see folks more calm in their lives. The challenge will be integrate the principles through the fabric and structure of TBPS.

DS

Professionally, I thought that I needed to have the answers, now I know that I don't. And that is OK too...I am more at peace and centered- with me, the people in my life, and life all around.

KM

How am I different in my...work than I was before? I would say calmer, and more efficient. I tend to approach life with an open heart. I'm beginning to show people the tools they have inside themselves through questions, metaphors, the three principles, stories, along with each other's insights.

MB

I have learned that people create their own realities... I think the caretaker in me has learned to relax. I can help people best, in my work and in my personal life, by seeing their innocence and letting them see their own health...If they are ever ready, the time will come for them too. If they are not ready for seeing their own health, then at least I have a different outlook on how to relate to them without making myself nuts. And I know that it is always possible for them to one day see their own health and changes will automatically happen... I am better now at accepting people at whatever point they are at, **and** I can accept myself where I am at as well. I can and do get into low moods, but those shift and I will have a sense of wellness again.

VC

Before starting Health Realization, I often felt overwhelmed by all that I had to do. Now, I will notice the feelings starting, take a moment to stop, notice my thoughts and do my best to let them go while really focusing on the task at hand rather than worrying about the past or future. I used to take things personally more often than I do now and "add on" by thinking back to all of the "injustices" I had thought the other person may have "caused" or had feelings of resentment or anger due to what others had said or done to me. Now, I am more often likely to let the comments go as I recognize that the other person may not be in their own health or that I may not

be in mine. I still feel these feelings and have these thoughts at times, but they are not as intense or long lasting as they were in the past. I am not so intent on "being right" or needing to express my opinion as much, although I still am attached to making sure that both sides to a story are presented. When I do decide to speak up, the manner, tone and words that I say tend to be lighter, gentler and softer and it's not as important to me any more if someone else agrees or not with what I am saying... I am also quite comfortable now being in a state of "I don't know" which allows "me"( my little thoughts) to get out of the way so that Mind can bring in new thoughts and insights. It can be a very pleasant place to rest sometimes! Deep listening has been invaluable and so refreshing ! To learn that all I have to "do" is listen with a clear mind...not fix things, not reflect back to the person, not look for body language and all of the other active listening skills that I've learned and taught. I am still practicing letting go of judgments, criticisms or what I want to say back to the person, but again, once I remind myself that I am to do nothing, I usually can get back to a calmer state where I simply focus on the person. I do not do this all of the time, but am certainly using it more frequently.

MM1

I thought that analytical thinking was necessary to being successful at what I did. When I worked with students before HR, I thought it was critical to look at all their actions, everything they said and analyze it. Through HR I learned that it is more powerful to listen deeply with a clear mind free of analysis or judgment of any kind. I realize now that if I clear my mind of everything, my inner wisdom will ultimately give me the insights I need to understand a situation and work through it or be the vehicle for others to work through their issues. This has changed my relationship for the better with family and in the work community. When deep listening, I experience feelings of love and caring that come from the heart. It is an incredibly satisfying feeling.

JF

I learned a lot about [how] to talk about it - very simply, tell my stories, as it relates to habits, beliefs, conflict, expectation, any and everything. I am full of gratitude for this realization and look forward to sharing and modeling my innate health with others.

JR

### **3. What did you specifically learn that helped you?**

In this journey of life, we create our own experience of reality but we are also part of the same oneness, therefore with responsibilities beyond our individual self, so that we don't add to the earth's burden but inlight our human pain... We can have joy and heaven on earth. And that is my purpose. My purpose is that my life needs to be filled with joy, abundance and time to take care of myself physically, emotionally and mentally... I just want to open up other horizons that give me the sense of curiosity and sparkles my life light. That is where I am at right now. Still in the unknown with lots of possibilities, more grounded and open to life... And that is all just because I love myself.

DB

One analogy that came to me in relation to thought...Being in our health is like a mountain lake, pristine, pure, clear, undisturbed, holding rich life within. Little thoughts come in & create motion & ripples, like little pebbles being thrown into the lake. A big rock/boulder thrown into the lake has a big impact & sinks right to the bottom, connecting to the core/center, like Mind thought.

KB

My most powerful insight came the Saturday night of our final weekend together. Something about...Health Realization and the three principles sunk into my being in a new, deeper way. I

suddenly really saw myself as an expression Creation, Mind in unique form, a child of God, and the old habits of thinking started to fall away, to lose their hold on my consciousness. Here's what happened: I was going to miss the group teaching on Sunday morning [to prepare for]...a Mother's Day celebration... As I started to vacuum, I found myself feeling really insecure. It's a feeling I (used to) get sometimes, just completely insecure about who I am and what I'm worth and it takes over me and I have no idea why and I usually have a hard time shaking it, even though I've come to see it completely as illusion. Only this time, as soon as I recognized the feeling, I had a new response. It was like somewhere inside me I said, "there's no time for that kind of thinking. Life is precious. I'm done with that thought," and I immediately returned to my health and a high level of consciousness. This was not conscious thought, but insight direct from my wisdom, and from my connection to Creation. And this was not judgment about my thinking either, which is something I used to do that would get in my way; it was simply seeing and being something new. And then for the next three plus hours as I vacuumed it was like a slideshow in my head...every habit of thought that has been getting in my way and cluttering my mind took it's turn. Each cluttered, habitual thought would present itself just long enough for me to become conscious of it and how it (used to) take hold in me, and then it was like I had this magic wand, "poof! no more time for that thought. Life is precious. I am one with creation," and up my level of consciousness would go, and I'd be vacuuming along and then the next habitual thought would come along and poof! it was gone. It was like I was vacuuming every nook, cranny and surface in my head and in the house at the same time. My house and my (adult) mind have never been so clean!... In the days since, I have certainly run into old habits, but I spend less time in them, and more often as soon as I become aware of them (that seems to be the key) they're gone. When I have become aware of some personalized thinking (for instance, I realize I've got personalized thinking going about some driver on the road or something equally absurd) I have been really amused with my silliness and laughed out loud at myself, in a lighthearted (rather than self-judging) way. Sometimes I have had to take a minute to remember, but just as often simply becoming aware is all I have needed to return to my wisdom... Overall, I would say that I have been taking a new level of responsibility for my health, and choosing to live from wisdom, and experiencing this all as a choice that has already been made inside...

K

Last week, after four hours of sleep, I woke up with a sore throat and a dead car battery. Of course I was late to work, and in the first half hour a toddler threw up his breakfast (strawberry milk and a rainbow sprinkled pop tart) all over me. I was covered head to toe. I dealt with all those events with varying degrees of equanimity, ranging from yelling obscenities at my car, to regaining my humor and even a shred of empathy when the kiddo threw up. I'm still me—I'm up and down. But as all this is happening, somewhere in the back of my mind, I *know* I am choosing my responses to all of it. And when I have a moment to notice what's actually going on in my head and put words to it...what I think and what I say is my reality *becomes* my reality. If I say to myself or someone else "I'm having a terrible, rotten, no good, horrible BAD DAY!" I've just created it and written it in stone. And worse, I will unconsciously create the black mood to go along with my creation. ...When something unsettling...happens, I still feel the emotions. The difference is that even as I am in the middle of the event and the emotional mood, which results from my thinking, I know that in a short while I will feel differently. And that I have a choice how I think about the situation...As my thoughts change, my feelings do too. My mood shifts. I know it will continue to. I don't need to lock into any of it.

AW

I learned to tap into my wisdom in order to recognize what thoughts serve me well and what thoughts are useless and not necessary to act upon or give credence to. I also learned that I have

choices regarding what I accept as reality, as reality is a pliable, changeable construct of our imagination. What relief and freedom exists in this awareness!

MR

The most important thing I learned is that I have this incredible gift inside me that is aware of the Health Realization. It's about a quality of life that all are capable of living. Those of us who have been fortunate enough to learn about Health Realization again have a great responsibility to share with others this life changing experience. Health Realization has taught me how to let thoughts go through me.

RF

I have learned that my thoughts about addiction are just that - thoughts about addiction. I created an addiction problem through my thinking. I do not have a substance abuse problem except through my thoughts. However, when the thoughts and accompanying feelings rear their ugly heads, I know that this feeling, which makes me think I would like to get drunk, is only a thought and nothing more. I know I can choose not to believe the thought or the feeling. I am no longer trapped in a vicious cycle... I have learned that my experience with rape is an opportunity to be a stronger person and to forgive when I thought I would never ever be able to forgive. I know I am not a victim except through my thinking. Through this experience I have learned to let go and by letting go I am able to move out of my past and live fully in the present moment... HR has helped me to be free; free from my past and my future and free from my thinking about my past and my future. I realize that I am not at the mercy of outside forces, but have the power (wisdom) within me to create whatever reality I choose. I feel in control of my life for the first time in my life. I feel balanced and centered and have inner strength. I am free...

SB

Life exists inside of me, life is experienced through me...mind, consciousness, and thought are my guide.

AD

This experience taught me so much--demonstrated to me how if I am not deep listening, how I get carried far away from what is really happening, how far away I am from the person I am right in front of. How useless I become. And how much I miss out on... I really became open to what MIND is also. It is so much bigger. It is so much about faith. If I can have faith in the principles, and trust that they exist and that they work together, then the burden of FEELING is lifted off of me. I do not need to ACT. I can just be quiet, I can just BE. That is so much more amazing than doing... I am learning to trust NOT KNOWING. It is ok to not know, it is actually best to not know. If I "know", I end up disappointed or let down if suddenly things are different. KNOWING doesn't allow me to be in the moment, because I have to be busy making sure that things keep up with my expectations. Not having any expectations frees up my mind, frees up my thought space for other, more productive things to occur.

KJ

I have the power to create my own experience every moment of my life. I have hope. I see my past and myself in a new light. I can now see the innocence people have to their own thinking. My feelings give me insights into my thoughts. Universal energy is constantly at work. I can experience hope, gratefulness, stress, anger, or I can let it go- nothing exists unless I create it. I learned the importance in letting go. The three principles run constantly through everyone and everything. When I am in a low mood I am a thought away from happiness. I learned not to take things too seriously. And last but not least feeling good is contagious... And along with all this I

would say I feel like I have learned a granule of sand compared to the entire beach...ahhh this give me the opportunity to be open to another trillion, billion, zillion, granules.

MB

I have come to a better understanding about how thoughts affect my reality, how to notice my thoughts...and how thoughts affect my feelings. Releasing these thoughts can create space for Universal Mind to bring in new thoughts called insights. I have learned to not take things personally, the importance of living in the moment and the benefits of deep listening. All of this has lead to a more peaceful and happier way of life... Specifically, I learned that the most important thing for me to do is let my thoughts go about a situation and allow Mind to bring me new answers. I am the one who can do this and I am the one who can make my thoughts important or unimportant. If I choose to dwell on negative thoughts, I create negative feelings which can spiral down to more negative thoughts and feelings. This will in turn create negative experiences for me in the outer world, because my inner world will be reflected back to me. It also works in a positive sense. Letting go of thoughts, can allow positive thoughts and feeling to arise and create a more joyful, easy life...

MM1

Within each one of us is a fountain of wisdom. All we need to know is how to access it. All too often our fears, hopes, and insecurities cause us to not hear what our intuition is trying to tell us or sometimes choose to ignore those red flags. I honestly believe that once we know this simplicity of connecting to our inner wisdom, we make fewer mistakes and move faster through the difficult times, learning the lessons that are always there and waiting to surface. We can all create a relationship with this most amazing part of us that has always been there, our Inner Wisdom... I will never have to look for answers somewhere else because I now know that they are in me. The training was a ladder for me to discover the potential within...

MM2

## HEALTH REALIZATION PERSONAL ASSESSMENT SURVEY

<u>Ratings on a 10-point Likert scale, 1-10 (10 highest)</u>	1 2 3 4 5 6 7 8 9 10
	(mean scores)
1. If I experience a problem that I can't seem to solve I almost always try to put it out of my mind and wait until my head is clear so a solution can pop up as if from nowhere.	
(pre HR)	-----3.8
(post HR/pre LTT)	-----5.5
(post LTT)	-----8.2
2. If I am bothered by something I almost always wait until my mood rises before I say anything or before I act.	
(pre HR)	-----3.6
(post HR/pre LTT)	-----5.4
(post LTT)	-----8.1
3. If someone yells at me or insults me or does something to me that most people would consider hurtful or disrespectful I almost never take it personally; I almost always chalk it up to the way s/he is seeing things, or to a low mood.	
(pre HR)	-----3.7
(post HR/pre LTT)	-----5.4
(post LTT)	-----8.0
4. I almost always realize in the moment how my usual, habitual way of seeing things is affecting my tendency to get myself in trouble or to lose my bearings.	
(pre HR)	-----4.2
(post HR/pre LTT)	-----6.2
(post LTT)	-----8.9
5. I am often aware that how I am seeing someone or something is affecting how I feel.	
(pre HR)	-----4.1
(post HR/pre LTT)	-----6.5
(post LTT)	-----8.2
6. I almost always see beyond people's appearances or actions to the health inside them, and I act as if they are the embodiment of that health	
(pre HR)	-----4.6
(post HR/pre LTT)	-----6.5
(post LTT)	-----8.2
7. I am usually lighthearted or see things philosophically, even when things go wrong.	
(pre HR)	-----5.2
(post HR/pre LTT)	-----6.9
(post LTT)	-----8.7
8. I almost always realize that at any moment I can see things differently and therefore don't take myself too seriously.	
(pre HR)	-----4.5
(post HR/pre LTT)	-----5.9
(post LTT)	-----8.6
9. When working with others or with a friend, child, or partner who experiences a problem, I almost always try to get them to calm down, to regain his/her bearings, and only discuss it with them once they do.	
(pre HR)	-----4.9
(post HR/pre LTT)	-----7.2
(post LTT)	-----8.5