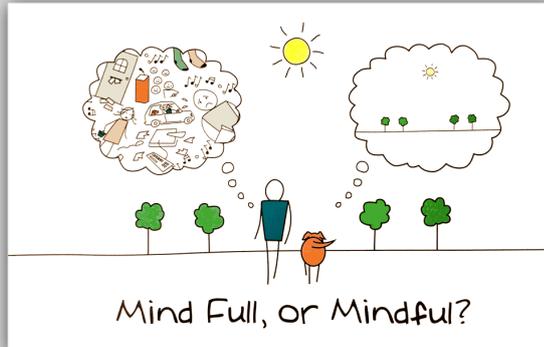


# YOUNG WARRIOR PROJECT FAMILY EXERCISE SIX



## CONSCIOUS INGESTION CONSCIOUS EXPRESSION

**Whatever I am looking for, it is not  
out there. It is IN Me.**

'Mindfulness' has become a well known 'buzz word' within our culture over the last decade or so. When we break it down, it is simply an ability to bring our attention and observation to our thoughts, words and deeds. When we allow ourselves to be 'mindful' we become aware of our judgements, our prejudices, our actions, what we are saying in a given moment.

**We BEcome SELF AWARE.**

Self awareness is quite different to self judgement. Self judgement is self critical. It is not respectful of Self. It constantly wants to bring us down and, as a result, when we are full of self judgement we probably lack self esteem and confidence.

Self awareness allows us to BE with, and learn from, our mistakes AND our successes. It enables us to keep evolving.

Self judgement often leads to judgement and criticism of others because, as we have learned and integrated since the Young Warrior, how we see and treat ourselves is how we see and treat others.

Self awareness therefore allows us to consider our choices and, over time, gaining greater acceptance of our choices, because we have made them consciously. This, in turn, leads to a greater acceptance of others' choices.

This process, although simple and inwardly focused, helps each of us contribute to a more compassionate world. Compassion stems from an ability to witness everyone and everything, yet consciously choose our own personal engagement, whilst withholding judgement. We become Conscious Observers. This process is also the key to self-mastery.

**Feelings come and  
go like clouds  
in a windy sky.  
Conscious breathing  
is my anchor.**

THICH NHAT HANH  
FEARLESS SOUL | ITUNES, SPOTIFY, GOOGLEPLAY

In this quote above we see that the smallest things can bring us back to Self. Bringing attention to our breath calls us to this present moment, and it is in this present moment we realise we have the power to control our thoughts, words and deeds

# INTEGRATION ACTIVITIES: MOVING FORWARD

This is our final activity for the Young Warrior follow on series ... BUT it is one that you can choose to take with you for many years to come.

Conscious ingestion and expression is not a workshop that you can go to and then leave on the shelf. It can become a way of life, but it takes practice.

Conscious ingestion and expression is a process of making a commitment to surround yourself with people, situations and environments that **NOURISH** you. If you find yourself in a place you don't want to be, with someone who is not your 'type', or feeling something you don't want to feel, **YOU** have the **CHOICE**, and the **POWER** to change it.

## REVIEW: WHAT WE'VE COVERED . . .

On Young Warrior Leadership camp, and at the Parents' Workshop, we talked about beliefs. Remember the Belief / Reality Cycle? The key is to constantly question whether what you believe is serving you and, if not, decide whether you want to believe instead.

We've talked about Respect - to respect myself I must respect others. Communication - the essential piece to create harmony. Listening is most important. We explored Trust - how do I consider myself as trustworthy? Where do I try to control people, situations and environments because I don't trust? In our last exercise we reflected upon Love, and how we can use it

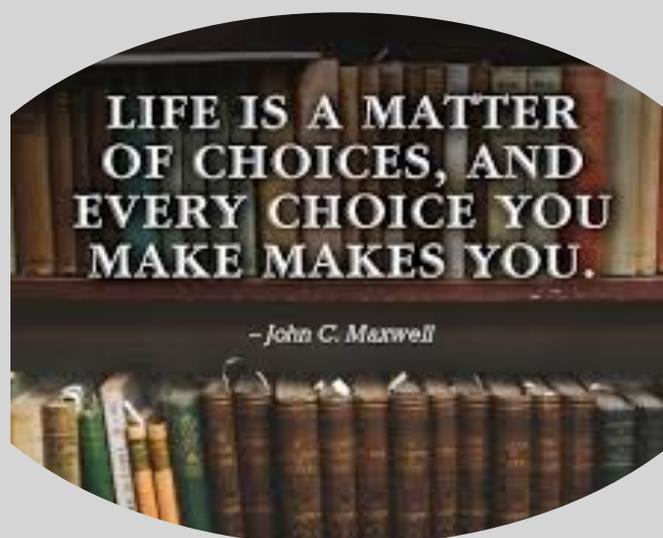
as the basis upon which we establish our life.

We've covered a lot! And it is just the beginning.

Now it is up to you to decide how you want to **IMPLEMENT** what you know into your life. It is your choice :-).

In the final part of this activity, we want to provide you some more resources, which can form the basis of your own inquiry into how to create your life consciously.

There are so many resources we have found over the years - these are just a few that are great for young people, and for the whole family.



# SOME USEFUL RESOURCES

**The Magic Pill** - this documentary follows a number of stories from around the globe, asking the question, "What if we can shift how we view illness through a paradigm shift in how we view food? You may even see our very own Kirsty in the documentary, as she was involved with the Yolngu people in Arnhem Land!

**That Sugar Film** - an eye-opening film that explores how 'healthy' our advertised 'health foods' actually are, and the effect they have upon our bodies. It's a fun, colourful film for the whole family.

**Kids' Right to Know** - created by a teenager for young people, this website seeks to inform youth about their right to make informed and healthy choices, with a focus on the need for the provision of proper information and labelling of food. It has some great resources available for research.

**2040** - another great doco from Damon Gameau (That Sugar Film) which creates a vision for how the world would look in 2040 if we all embraced the technologies already available to us to make change.

**I Am** - created by movie director Tom Shadyac after coming face to face with his own death. He went in search of answers from the greatest minds of our time, and started by asking "what's wrong with our world?" and "what can we do about it?" and ended up discovering just what was so incredibly right with the world. I AM is an engaging story of our inherent interconnectedness and how that makes our experience on Earth as amazing as it is. You can view the trailer on YouTube.

**Brene Brown** - early on she described herself as a 'shame researcher'. She has since become one of the world's foremost educators of vulnerability and leadership. You can find loads of resources at her website [brenebrown.com](http://brenebrown.com)

**Mentoring** - Sometimes it's useful to have a mentor on your side to help you with integration of all these concepts, as they can create change in your life. We offer mentoring for young people, and for older people / parents we also have workshops and accompanying mentoring. If you know you would like some additional help to move through changes, please contact us and we'll be happy to chat. If we are not the right people, we will probably know someone who is.



Thanks for joining us! Please connect with us on Facebook, if you haven't already. <https://www.facebook.com/ResilientLeadersFoundation>