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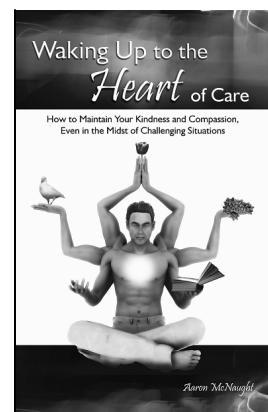
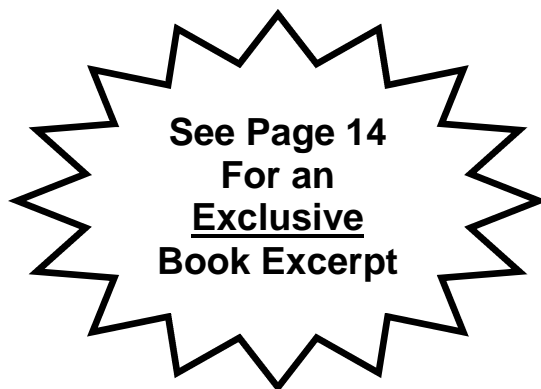


The Three Essential Understandings of a Caring Professional

**What Are They?
Are You Living Them?**

A 'How To' Guide to a Livelihood of Superior Functioning, Deep Fulfillment, Meaningful Interactions and Stress Free Productivity.

**For Care Providers, Educators,
Social Workers, Leaders, Parents and
Anyone Else Who Cares About HOW They Care.**



A SPECIAL REPORT
from Aaron McNaught Education/Consultations

A Word to the Reader

Dear Colleague and Caring Professional!

I salute you for committing to the most noble of professions. It is my intention that by the time you are finished reading this report, you will possess and enjoy a variety of skills, tools and perspectives that will help you to become a vastly superior Caring Professional, including:

=> **Dramatically enhance your job satisfaction**, allowing you to rekindle your passion and joy for your work

=> **Help you to manage difficult emotions**, volatile interactions and stressful situations with grace, wisdom and maturity

=> **Allow you the ability to stay connected to your kind and caring heart**, offering an attention that is open, accepting and comforting

=> **Show you how you can get paid to improve your personality**, your life, your job, and your relationships, all while touching the lives of those around you (I laugh my head off every payday, because I know this secret)

=> **and much more ... please read on and prepare to be transformed. I look forward to serving you!**

Sincerely,
Aaron

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For Care Providers, Educators, Social Workers, Parents and *Anyone Else Who Cares About HOW They Care.*

There is ample evidence that dedication to ideals such as compassion, kindness, generosity and service provides a life vision capable of carrying one into the very deepest, richest and most rewarding experiences of life available.

The Call to be a Caring Professional

Many beautiful people are in a position, through their livelihood, where they have the potential to make a dramatic difference in the lives of those around them. They are like hubs of influence, surrounded by people in need of direction, instruction, comfort and care.

They may have been called to their profession because they wanted to serve the world in a particular way. They have become centers of influence with the ability to affect the lives of those around them, rippling outward to affect layer upon layer of those in need.

These people are often models of excellence, demonstrating the very best of human attributes such as courage, kindness, love, service and sacrifice. They care about the quality of the relationships they have with those they serve. **These people are Caring Professionals.**

Caring Professionals are often in a position to deal with such volatile issues as health and sickness, safety and danger, happiness and unhappiness, success and failure, life and death. As such, they are also often in the position to witness life's most beautiful, tragic and horrific moments.

Caring Professionals have come to realize that their lives are drenched in deep meaning when they are connected with their heart, soaking in rich, genuine and intimate interactions with people.

Caring Professionals are convinced that kindness, compassion and love are values that they want to share with the world. Some Caring Professionals even use their livelihoods as a means of sharing those deep gift's. **Are you a Caring Professional?** If so, read on... => => => =>

A Caring Professional often looks like:

Health Care Professionals, Nurses, Doctors, Attendants
 Teachers, Guidance Counselors, Support Staff
 Law Enforcement, Fire Department, Day Care and EMS Personnel
 Social Workers, Councilors, Therapists, Volunteers, Veterinarians,
 Healers, Massage Therapists, Energy Workers

“Attention All Caring Professionals! You Know Who You Are, This Report Is For You!”

“There is just one method which is obligatory for all: To stand with the attention in the heart.
 All other things are beside the point and do not lead to the heart of the matter.”

~ Theophan the Recluse, from the “Philokalia”

Are You Prepared to be Transformed?

I remember my first day of Chemistry 101 at the University of Regina. I was introduced to a new language and a variety of formulas that I would eventually manipulate to unlock very advanced equations. At the time I was overwhelmed, but I had the basic trust that I would be adequate to the task as we proceeded. I was correct.

The same could be said about Typing 101, (*yes, I CAN use all the fingers of both hands*), Algebra, (*yes, I CAN manipulate and understand Pythagoras Theorem*), Automotive Mechanics, (*yes I CAN build an engine from scratch*), and Athletics, (*yes, I CAN shower in front of other guys*).

What at first appeared daunting and insurmountable, with time, became second nature.

I’m certain you have had the same kind of experiences. Many times you have confronted new ways of seeing, perceiving and thinking what at first looked impossible. Then, with time, you rose in your capacities to understand, until these new ways became integrated.

I mention this now because you are about to be introduced and exposed to some very advanced ways of seeing, perceiving and functioning. These advanced ways will allow you to unlock the doors to vastly superior modes of existence. **Vastly superior.**

Vastly superior modes of functioning, which means you will be able to operate in your environment with focus, clarity, and even with what I call **Friction Free Flow**.

Vastly superior modes of interpreting your experience, which means you will be able to interpret your experience much more accurately and, when it's called for, experience your life free of interpretation.

Vastly superior modes of relating to the world around you, which means you will give the right kind of attention to the right kind of experience, which leads to the right level of involvement with your experience.

Vastly superior modes of existing, which means you will be able to plumb the depths of who and what you are as a human being, beyond the conditioning and programming that began in your infancy, beyond the stories and scripts you've mouthed since childhood, and beyond the limiting ideas you've defended since adolescence. **Yes, vastly superior.**

It is my hope that at this point you will have the same kind of basic trust that, when the time comes, you will rise to the occasion, just as you have countless times before.

The Best and the Worst of a Caring Professional

All Caring Professionals have had experiences of greatness, when your deepest wisdom, love and kindness comes to the forefront of who you are. Circumstances and conditions sometimes lead you to rise to your highest and most integrated ways of behaving and relating. At these higher levels of functioning, you have temporarily risen to embody your most mature and evolved ways of seeing and being.

In these experiences, you go beyond your everyday normal selves, acting and speaking with a precision and compassion that seems out of character for you, even though it feels natural and effortless.

You become your Super Self, in touch with a deeper or more complete kind of intelligence, where you function with a frictionless flow and your movements are spontaneous and graceful, and your actions are effective, efficient and accurate.

In these experiences, you may feel as if you have finally let go of the steering wheel of Life and are actually being lived by something larger than you are. You are expansive and fluid, opening beyond the boundaries that usually define you.

You have become your Super Self, temporarily embodying your deeper potentials and expressing who you are beyond fear, confusion and separation.

It is said that soon after his awakening the Buddha passed a man on the road who was struck by the Buddha's extraordinary radiance and peaceful presence. The man stopped and asked,

"My friend, what are you? Are you a celestial being or a god?"

"No", said the Buddha.

"Well, then, are you some kind of magician or wizard?"

Again the Buddha answered, "No".

"Are you a man?" "No".

"Well, my friend, then what are you?"

The Buddha replied, "I am awake".

Conversely, you have also had experiences of smallness, when your deepest fear, confusion and impulsiveness comes to the forefront of who you are. Circumstances and conditions some times cause you to regress to old and less evolved ways of behaving and relating. At these lower levels of functioning, you have temporarily lost your ground and fallen back to immature and unhealthy ways of seeing and being.

You become stuck in patterns of action and reaction, where self preservation, safety and security are your deepest values. In these experiences, you seem to shrink beneath your everyday normal selves, acting and speaking with a confusion and closure that seems out of character for you, even though it also feels so familiar.

You seem to be possessed and consumed by old ways of seeing and relating, where you function with a fearful clutching and grasping, frantically trying to restore the ground that has disappeared from beneath you.

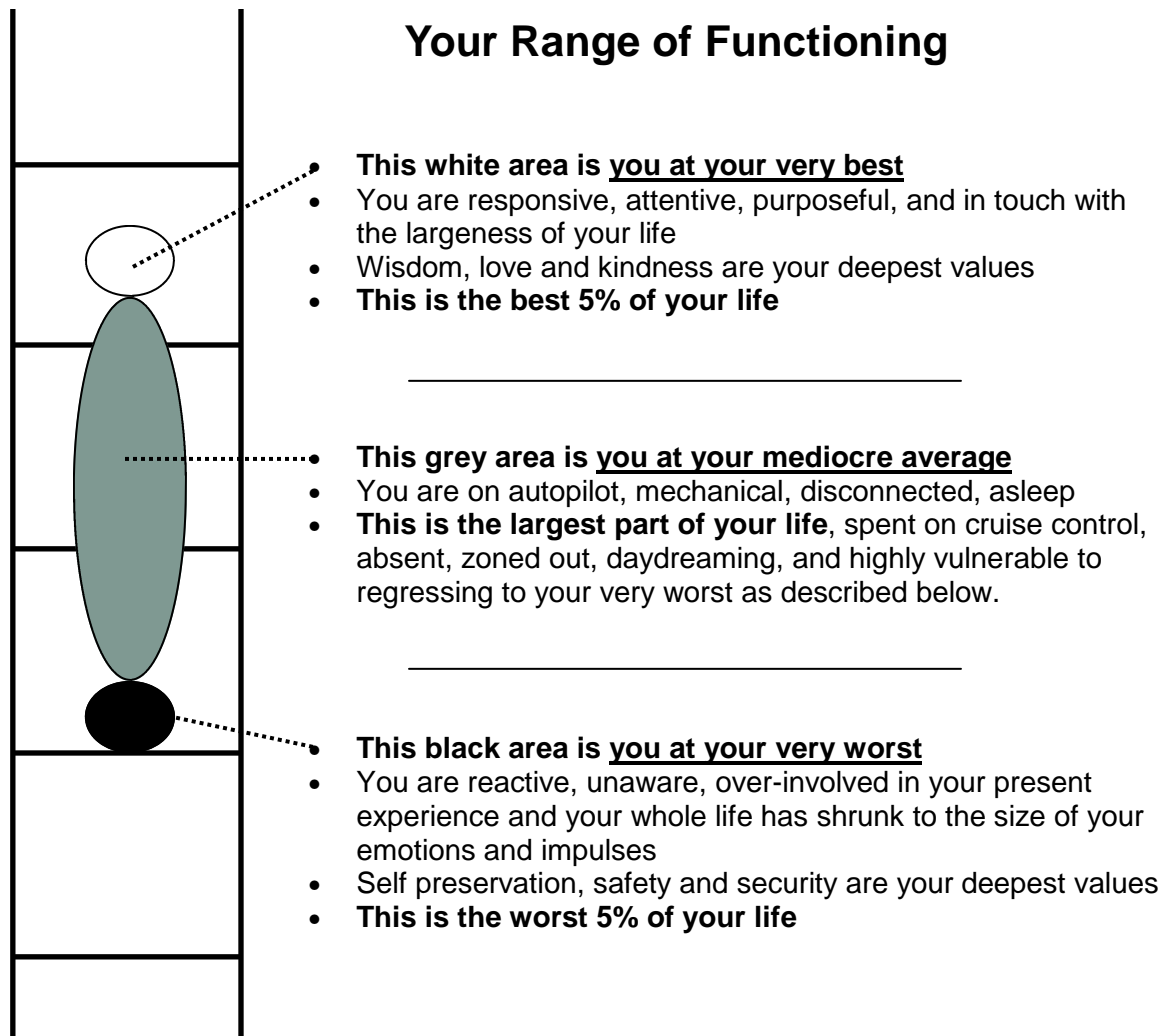
In these experiences, you may feel as if you have gone to war with yourself and your environment, and you are desperately battling something stronger and larger than you are. You are contracted, solid and closed, smaller than the boundaries that usually define you.

You have temporarily regressed into your past ways of acting and reacting, becoming fearful, childish and impulsive. You have fallen asleep, eyes wide open.

You function within a range of possibilities, from your average day-to-day level of functioning, up to your very best, and down to your very worst.

In the examples of both your greatness and your smallness above, there are many factors or conditions that play a part in how those experiences unfold. **When conditions are right**, the possibility of your 'very best' coming onto center stage is greatly enhanced. Alternatively, **when conditions are wrong**, the chance of you functioning at your 'very worst' is also greatly enhanced.

**What are the conditions for you to be at your very best and your very worst?
Answering that question is the purpose of this report.**



Most people, even though they don't know it, are asleep. They're born asleep, they live asleep, they marry in their sleep, they breed children in their sleep, they die in their sleep without ever waking up. They never understand the loveliness and the beauty of this thing we call human existence. ~Anthony de Mello

Three Challenges Facing a Caring Professional

In a previous Special Report entitled: **Exposed and Examined!**
Three Major Factors Threatening the Quality of
Frontline Canadian Health Care

What Are They?

What Can You Do About Them?

(available at <http://www.wakinguptolife.com/SpecialReport.htm>)

I outline three factors that threaten not only the quality of Canadian Health Care, but also threaten the quality of any and every relationship in your life, as well as the overall quality of your ENTIRE LIFE!

A bold claim? **No. A plain.... and simple... fact!**

The Three Challenges :

1. Lack of training in basic stress management skills

Caring Professionals, because of their privileged position of influence and service, are often in a position of stress, duress, long hours and public scrutiny. Not only that, the quality of experience for a **Caring Professional** will always directly affect the quality of the care provided to the public they serve. How could it be otherwise?

Do we really want the people who have accepted the calling of caring for, protecting and supporting us, to feel stressed out, beaten down, unsupported and lacking the basic skills of stress management?

2. Lack of training in basic emotional management skills

It's unexplainable how we as a society are never taught how to contain and manage our emotional reactions that so often lead us to destructive words and behaviors. Because each and every **Caring Professional** is first and foremost a human being, they are vulnerable to a long list of difficult to manage emotional states such as frustration, apathy or resentment. This can be problematic when they are trying to provide care, concern and support, because emotional states such as these are incredibly challenging for the **Caring Professional**.

These emotional states can often create the volatile inner conditions that lead to unwise actions, hurtful words and impulsive decisions. Acting out our emotions is hardly a recipe for any kind of mature, adult interaction, much less interaction that has as its goal the provision of such services as care, support, guidance and protection.

3. Lack of training in basic caring skills

If we step back for a moment and listen to what we are really asking of our **Caring Professionals**, here is what it sounds like:

“We want you to not only ‘care for’ several strangers simultaneously, under pressure, while in a cold and stressful environment, and while burdened with your own outside life situation, we also want you to ‘care about’ these strangers, be unconditionally compassionate and kind, even though they may be very difficult and uncooperative, maybe triggering your own emotional patterns, even though you’ve never been taught the inner skills that would assist you to ‘care about’ others.”

The Three Essential Understandings of a Caring Professional

The **Three Essential Understandings** you are about to discover are understandings I have been exploring for almost 20 years, and are a direct solution to the Three Challenges just outlined. Without these understandings, a **Caring Professional** is severely handicapped in their ability to maintain a wise, mature and compassionate approach to their chosen area of service. **Severely.**

Understanding #1:

The Power of Presence and the Present = The AWAKE Caring Professional

After almost 2 decades of life exploration and examining everything from Affirmations to Zen, I have come to the conclusion that the capacity to be energetically connected to your immediate experience with awareness, or what I call being Awake, is the most critical ingredient in determining your level of functioning in any given circumstance.

To be **Awake** means you are aware of what is happening in your experience, and you are aware that you are aware. There is some space in your experience, and **you are maintaining the right kind of attention in relationship to what is going on in the present moment.**

Sometimes your attention is open and fluid, touching everything without getting stuck in small parts of your experience. This kind of attention is like an open grid or net, because it touches everything equally without preference.

Sometimes your attention is narrow and focused, holding a part of your experience closely with energetic clarity and interest. This kind of attention is like a microscope on your experience.

This means you are neither too close to your experience because you are over-involved, nor are you too far away because you are zoned-out and under-involved. You are Awake.

To be Awake means you have the right kind of attention for the right kind of situation. The problem here is, most of us have spent years, probably decades, giving the wrong kind of attention to almost EVERY kind of experience.

In fact, most of the human race has the attentional habits of children and puppies. In the words of Jack Kornfield, author of the wonderful *A Path With Heart*, “*Nothing in our culture or our schooling has taught us to steady and calm our attention. One psychologist has called us a society of attentional spastics*”.

If that sounds harsh, I can assure you that it is actually much worse than it sounds.

Understanding #2:

Self Knowledge and the Past = Patterns of Thought, Emotion and Impulse

You can often get away with being asleep and on autopilot without hurting anyone. You can sleepwalk and usually not get run over, or sleep talk and not say something that is too cruel, or sleep-drive and not crash into and kill a family.

Being asleep and under the sway of an Emotional Reactive Pattern is another story. To be asleep and under the sway of an Emotional Reactive Pattern means you have lost perspective and have become consumed by your experience. This happens when we fall asleep with our eyes open and an event or circumstance leads us to become mentally and emotionally volatile.

Usually there is a triggering event that catches you while asleep, eyes wide open. From there, a series of automatic and predictable processes begin, **starting inside your sleeping head!**

An interpretation based on very old programming sets off fearful thoughts and painful emotions, which lead to your fight/flight system kicking in. Now, if you stay asleep, you're hooped! You will succumb to intensely powerful impulses to act or speak in a frantic effort to comfort, sooth or otherwise manage your experience. But you can't manage anything because you are **asleep**.

It is here, in the midst of an Emotional Reactive Pattern, that people speak of 'losing it', and life's most regrettable, destructive and unnecessary moments occur.

You are lost in a moment when you are unable to stay in touch with your larger life picture.

Like sitting in a movie theater completely captivated by a movie, you have become entangled in your experience. In a movie theater, becoming entangled in your experience is not a problem. Becoming entangled in your experience while in the staff room with your colleagues, in a restaurant with a stranger or in the bedroom with your partner can be detrimental, dangerous and even deadly.

Understanding #3:

Self Knowledge and the Future = Potentials, Purpose and Perspective

One of the most life corroding problems of many of the people I work with in my seminars and coaching, is the absence of any clarity regarding where they are in their life journey, what their destination is, why they are going where they are going, and how they will get there.

Imagine waking up on a road with no knowledge of where you are. You don't know how you got there, and you don't know where you could go, much less where you want to go.

Even if you did know where you want to go, you don't know what direction you're facing, and you don't even know what your options are regarding how you could travel. You are completely lost.

Now imagine waking up this way everyday and you have the ingredients for a full spectrum of life eroding conditions, from mild depression and anxiety, to apathy and meaninglessness, to emptiness and despair.

Second to being asleep, being lost, or 'living without purpose and direction', is a massive cause of suffering that is completely unnecessary. One way of summarizing this is by saying:

You have no larger context for the events of your day to day life; therefore, your entire life shrinks to the size of your smaller, fleeting experiences.

Don't Sweat the Small Stuff is a great title for a book but as a piece of advice it is all but useless. Why? Because telling someone to not sweat the small stuff when they're asleep is like telling them to stop dreaming. **To stop dreaming, you need to Wake Up!**

That said, there are five main areas, or what I call Life Dimensions, that I like to look at with Coaching Clients who admit to being lost, and I have begun to see these dimensions as essential for anyone looking to live a deep, authentic and meaningful life.

1. Values: What are the day-to-day values or virtues you most admire, desire and aspire to uphold?

100 years from now we will all be dead.

What is important to you? ~ Unknown

2. Purpose: Based on what you value most, as well as everything you know and have experienced, what is the ultimate reason for your existence? What is the mission of your life?

A useless life is an early death. ~ Goethe

The purpose of life is a life of purpose. ~ Robert Byrne

3. Vision: What will your life look like when you are living in alignment with your Life Purpose, in five, ten, or twenty years?

**The most pathetic person in the world is someone who
has sight, but has no vision. ~ Helen Keller**

4. Vocation: How will you live and work, as an expression of your Purpose and your Vision?

Each man has his own vocation; his talent is his call.

There is one direction in which all space is open to him. ~ Ralph Waldo Emerson

5. Goals: Knowing your Values, Purpose, Vision and Vocation, what are the short term accomplishments most necessary to live in a way that honors what you know?

**What man actually needs is not a tensionless state but rather
the striving and struggling for some goal worthy of him. ~ Victor Frankl**

Human beings are multidimensional creatures existing on several planes at the same time. When we have a multidimensional map, which includes the bearings of Values, Purpose, Vision, Vocation and Goals, we know where we are, where we are going, how we will travel, and why we have chosen the destination we have.

Conversely, to be unaware of these essential Life Dimensions is to be lost without a map, without a compass, without a destination, and without a clue.

Now, what does having clear Values, Purpose, Vision, Vocation and Goals have to do with **Caring Professionals**, you ask? Simply this:

When a Caring Professional is clear about their Values, Purpose, Vision, Vocation and Goals, it becomes much easier to maintain a perspective that is not so easily consumed by smaller events and circumstances.

For example: How big is a colleague's criticism, when you are connected to your deepest vision of life? How much does an inconvenience bother you, when you are living in touch with your deepest purpose? How important are your daily frustrations, when you are tightly tethered to your deepest goals in life? Put simply, everything else takes its rightful and lesser place in relation to the enormous context you have created because you know where you are going, why you are going there, and how you will travel.

The Caring Professional and The Life Path

Many **Caring Professionals** spend 40 hours per week, or 1/4 of their lives, in the workplace (the only place we spend more time is in bed). As an entrepreneur, I am constantly reminded of the value of leveraging, which means getting all you can out of all you have. Leveraging means using everything you have, in as many ways as possible, to get the most out of your time, energy and resources.

With that in mind, one of the most life enhancing possibilities of the kind of explorations I am going to outline in the following pages is this:

If our relationships and the activities of our day-to-day lives show us where we are experiencing difficulties, then we have a direct indication of where we need to pay attention. Because pain is a call for attention, we can begin to leverage every waking moment of our lives to give the right kind of attention.

Working with the stuff of our day-to-day lives allows us to stay in contact with those very situations that cause us pain and suffering and are calling for our attention. We can leverage the stuff of our busy and messy lives to help us because it is right there, smack dab in the middle of life, that we will find those situations that:

- 1) **Trigger your patterns that expose your smallness**, when you relate and react in your most confused, closed and fearful way, leading you to feel isolated, alienated and alone. **or**
- 2) **Tug at your closed heart inviting you to greatness**, calling you to open, relate and act from your deepest love, care and concern by embodying those values and virtues you most aspire to.

This two pronged approach is a very potent example of leveraging in that it addresses the need for attention to both ends of your range of functioning. (See the diagram on pg 5)

The Life Path is about leveraging all life situations as arenas for practice.

There are many arenas to practice working with your emotionality, heart closure, reactivity, kindness, tolerance, and countless other areas that are screaming for your attention.

The most obvious areas include your workplace, your intimate relationships, your family, your thoughts and beliefs, your financial life, your living arrangements, your ultimate life vision, and your moment to moment experience of existence.

The idea of The Life Path is to leverage all experiences. Nothing is left out, and all moments are used as practice. All of life becomes an arena for practice.

The Double Edged Sword of The Life Path

The Life Path suggests that part of your effort to grow, mature and **Wake Up** will consist of the removal of what causes you to regress and fall into reactive patterns. This means addressing your past patterns, which are alive and adversely affecting your present experience. (See Understanding #2, pg 8)



It also suggests that part of your effort to grow, mature and **Wake Up** will consist of creating new ways of opening beyond where you currently are in your development. This means addressing your potentials, which are alive as possibilities calling to you in your present experience.

(See Understanding #3, pg 9)

It makes sense to approach this work from 'both ends' as it were. To apply this approach to your work in this way, you will attempt to identify and understand your habits of unawakeness, ignorance and confusion, as well as identifying and strengthening your capacities that facilitate the unfolding of awakeness, wisdom and clarity.

Indeed, **The Life Path is a double edged sword**, cutting through and demolishing your fear and pain based patterns from the past, as well as cutting open and unfolding your love and heart based potentials from the future.

But most importantly, The Life Path also suggests that the sharpness of your blade is completely determined by the quality of your attention, awareness, and presence. The edge of your blade is determined by if you are Awake or Asleep! What is it for you? (See Understanding #1, pg 7)

I See You!

(An example of the Awake, Caring Professional)

I enter her room and I immediately ask myself, 'eyes open or closed?'. They are closed so I begin saying her name from a distance, looking for the least intrusive way of getting her attention and waking her.

When her eyes open, I approach slowly, **radiating benevolence** until I know she see me. I **disarm her quickly** . I can feel her feeling of safely. She knows she's safe, and I know she is glad to see me. I know she can sense my joy and openness, because it is here that my heart blooms. **I know she knows...**

I see her, a miraculous being near the end of its life.

I see her, a unique swirling pattern of color and living light.

I see her, life in its totality, shining from behind aged eyes.

I see her, totally.

I'm sure this practice of 'seeing', will never make the 'best practices' list, because our Western mind-set is so stuck in the observable and measurable paradigm of the outer world, that we have completely neglected the intangible inner world of connection, emotion, and care. (I mean, how do you measure it, capture it, or mass produce it?)

The practice of seeing takes no extra time, effort or money. In fact, I would stake my life on the bet that that practice saves time, effort and money. But how would I even describe that practice? Simple:

The practice consists of seeing them, and then **making them feel and know they are seen**, simply and utterly.

"I see you" my eyes say to her.

"I see you in your entirety", my smile says to her.

My touch says, "I see you in your enormity, and your vulnerability, and your perfection".

"I see you."

To read another powerful and provocative example of the skills outlined in this Special Report, turn the page for an exclusive excerpt from the forthcoming book, ***Waking Up to the Heart of Care***, entitled: ***The Warrior and the Nobleman***

Turn the page: ==>=>=>=>=>=>

The Warrior and the Nobleman

(An exclusive excerpt from the forthcoming book, *Waking Up to the Heart of Care*)

<http://www.wakinguptolife.com/products.htm>

We are sitting around the table in the staff conference room waiting to begin report. There is some laughter and light conversation between the various members of my care providing team.

In walks the hospital big wig*, and all the air is sucked out of the room as a hush befalls us. It isn't hard to feel their current mood, and we've all been privy to one of their demoralizing pre-shift rants before.

In the past, I've listened with detached interest as a cloud of negativity slowly drifts over my colleagues, the same ones who are charged with the responsibility of caring for our loved ones.

In the past, I've sat with dispassionate curiosity as all the kind-heartedness was pulled from the room, as if in the presence of a great black hole, from which light cannot escape. A human black hole.

Today may be different, because I reached my own limit of tolerance for the obviously harmful. It isn't as if this person has a bad heart or is actually cruel, so I wonder if they just don't know the power they have to quickly turn the open and loving hearts of our staff into closed and fearful ones.

I quickly ask myself: Who would intentionally close the hearts of the very people who care for our husbands and wives, our parents and children, our brothers and sisters?

Who would intentionally create the conditions where, not only is it difficult to get in touch with our own kind hearts, it is almost impossible? I quickly answer myself: no one.

So, rather than standing up and, armed with the obvious, going toe to toe with this unconscious, darkness spreading, albeit good hearted leader of Caring Professionals, I hold my seat.

I know my own attraction for conflict, borne of thousands of moments of angst and thousands of confrontations. I have self knowledge, and I know my attraction to that moment when I stand up, throw down, and lash out. I have been here before, many times. So many times.

I feel the up swell of heat, the tension asking for release, the pressure to move, the impulse to stand, the urge to speak. I feel it all, contain it all, breathe through it all, and see it all for what it is.

* In the last 14 years, I have been employed in numerous Health Care facilities. The subject of this article is an archetype, or compilation of 14 years of employers. ~ Aaron

I have become larger in the midst of an experience that normally induces smallness. I have expanded to contain my righteous indignation, my urge to protect, my impulse to confront. I have taken one step back and into my rightful place as the AWAKE one. I relax as the attentive, watchful, accepting, knowing and embodied expression of life that I am (A.W.A.K.E.).

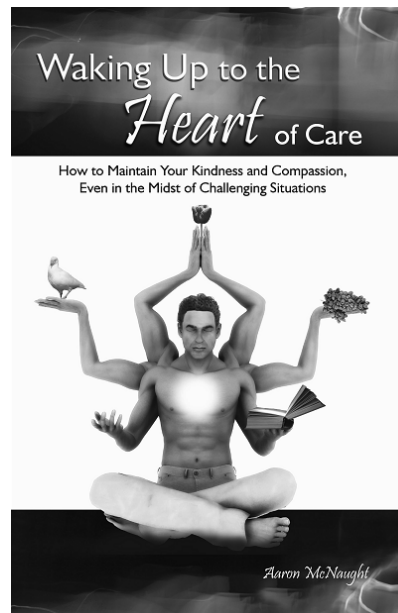
I am utterly AWAKE as the waves of impulse smooth and soften, the heat cools, the tension dissipates and the thoughts fade back into where they came from.

Today, rather than stand up and succumb to the ancient patterns that once served me as a young man, I stay in my seat and relax open as the spaciousness that contains these fleeting comings and goings.

Little good can come from action rooted in reactivity.

Besides, there will always be another day when that volatile young warrior within me is called to action. I can only hope that on that day, that same wise and mature old nobleman is on duty to talk some sense into him before someone gets hurt.

Available this fall
www.wakinguptolife.com



Waking Up to the
Heart of Care

**How to Maintain Your Kindness and Compassion,
 Even in the Midst of Challenging Situations**

Aaron McNaught R.P.N./C.H.T.
 (AKA The Wake Up Guy)

Waking Up to the *Heart of Care*

A Care Provider's Practice For Maintaining Compassion In Difficult Times

A Straight Up Talk With Author, Attention Training Expert,
and Nurse, Aaron McNaught RPN/CHT

As A Care Provider, I know the challenges we face in the delivery of our services. I live them.

Our challenges are well documented: Too many hours, over burdened and understaffed, overwhelmed and under appreciated.

Increasing demands on our time, energy, skills, patience, and attention can often create an insurmountable challenge to the **Care Provider** who's own busy mind is untrained and unfocused.

Weak, unfocused, and untrained attention is the dis-ease of our modern times, and nearly everyone has it. This situation is detrimental to the **Care Provider** who has the desire to offer quality of care that is consistent, genuine, and authentic.

Attention Training is a 5000 year old discipline that forms the core of the world's wisdom traditions. Far from dry or abstract, **Attention Training** is immediately and immensely practical, coloring the **Care Provider's** experience with wisdom, humor, and compassion.

Listen to a sample CD as I:

- Compare and contrast the sleeping **Care Provider** with an awakened one, and why **being asleep is the antithesis of care...**
- Outline the countless benefits of **Attention Training**, as well as why this one, simple and immediately effective skill is at the root of ALL the **World's Wisdom Traditions** (no religion here)...
- Demonstrate why **detachment** is the **Care Provider's** best friend, as well as a solution to many Front Line Health Care issues...
- Teach you how to function with **flow, wisdom, and compassion...**
- Explain why a **Care Provider's** workplace is the ideal arena for PD, as well as why employers are actually **happy to pay you to grow!**
- Redefine the idea of personal boundaries and responsibilities, as it pertains to care provision... **and much more...**



www.wakinguptolife.com

A small sample of what their saying about working with Aaron:

Aaron... my life looks completely different after our phone call. I can't believe how clear things are, and how many options I have. But the biggest thing is I feel more relaxed because I know where I'm going and how I'm going to get there. This **Next Step Life Map** is the real deal. Thanks ~ Derrick Whyte, Registered Psychiatric Nurse - Canada

Aaron shares his insight, honesty and compassion straight from the heart. Anyone exposed to his work will come away feeling his passion for what he is teaching.
~ Shannon Duncan, Author of Present Moment Awareness

If you are looking for something **new and powerful**, this is it. Aaron's message helps me to look at reality in a different way. This unique marriage of Eastern philosophy & Western teachings delivers **a profound message**. ~ Cathy Fenwick, Author of Healing With Humour

Aaron speaks with a clarity and depth that is as precious as it is rare. Pulling words from awareness and sharing them with the willing, **an encounter with Aaron can be life changing**. My highest recommendations. ~ Marlin Marynick, Registered Psychiatric Nurse - Canada

Aaron's Life Map work with me helped me to change my life for the better. The process enabled me to see what really is, what really could be and to make significant changes for the better in my life almost immediately. ~ Scott Lewis, Principal - Ponoka Outreach School, Alberta

I strongly recommend, for those of you with a sense that there is something more to Life than what you're living, that there is a lack of authenticity in your present experience, and a curiosity to look deeper, that you **talk with Aaron and see where it takes you**. It is a journey that isn't a journey in the end. You go no farther than what is already there and always was there. Aaron just helps you see it. ~ Judy Andrekson, Educator - Elk Island Public Schools

Aaron is a very approachable, **straight talking person who "walks his talk"**. I can feel his goodness and caring shining out to the world. **He is a great demonstration of the subject he teaches**. ~ Joyce Lattery, Royal Bank of Canada - Red Deer

Aaron is **a very captivating speaker and teacher** of something that is truly NEW to many. He is a rare individual that I hope to see on Oprah and say, "I know him!" !
~ Anne Stone, Founder of Women In A Home Office

Contact Aaron to arrange your very own complementary
Next Step Life Map Session, and get on track today
Toll free at 1-866-593-3040

Contact:

**Aaron McNaught Education/Consultations
#2, 4917 48th St. Red Deer Alberta T4N 1S8
Call 403-302-2523 or toll free at 1-866-593-3040
www.wakinguptolife.com
aaron@wakinguptolife.com**