

2024 Annual Pain Care Skills Training

**Workshop Title: A Return To Peace In The Midst Of Chronic Pain –
Meditation & Energy Healing**

**Presented by: Erica Marie Wigley RN, BSN, MS, Reiki Master, Chopra
Certified Meditation Instructor**

Offered: 20 August PM 1230-1630

Location: NIH Natcher Center, Rm C1/C2

Course Description:

In the first year of the pandemic, global prevalence of anxiety and depression increased by 25%, according to the World Health Organization (WHO). Healthcare professional burnout, survivor's guilt, and unresolved trauma after COVID adds to the rising concern. It is quite clear that self-care has become a priority and not just a luxury. This class is designed for people that are looking for other modalities to better manage stress, increase well-being, and learn proven techniques to embrace the uncertainties of life. This learning environment will be both instructional and interactive. We ask that you come with an open mind, open heart, and a willingness to fully engage in the practice of meditation.

Learning Objectives:

- 1) Discuss the origin of meditation, seeds of illness, and antidote to stress.
- 2) Explain the basics of meditation, and its direct relationship to conscious choice making.
- 3) Describe the layers of life and our relationship with the physical body, subtle body, and causal body.
- 4) Introduction to primordial sounds and breath work, and how it supports meditation.
- 5) Preparation for meditation, when to meditate, and what to expect.
- 6) Demonstrate how to meditate with full class participation.
- 7) Introduction to higher states of consciousness

Agenda-20 AUG 2024

1230-1330	History of meditation, and physiological effects of stress
	I. Origin of meditation
	II. Seeds of illness
	III. Antidote to stress
1330-1430	Introduction to meditation
	I. Software of the soul and conscious decision making
	II. Benefits of meditation and restful awareness
	III. Three layers of life
1430-1445	----- BREAK -----
1445-1545	Perfecting the practice of meditation.

- I. Introduction to mantras, and breathing techniques for specific purposes
- II. Group meditation
- III. Exploration of higher states of consciousness

1545-1630 Questions & Answers, Resources