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seeds of coherence

beginning the shift from reacting to responding

The seeds of coherence program provides practical tools and guidance to navigate the incoherence we encounter every day. Incoherence is when thoughts, words or actions don't make sense. It is the chaos and confusion we often face each day whereby we are frustrated, stressed, anxious and reactive. Incoherence is inefficient, unsustainable and unhealthy.

This program of guidance builds the capacity and capability for individuals to better self regulate their thoughts, emotions, words and behaviours, in a way that shifts one from automatically reacting, to consciously responding.

The program explores five topics, which can be delivered on a weekly, fortnightly or monthly rhythm.

1. Understanding Incoherence

When so many aspects of life don't make sense, it can feel normal. But this is regularly accompanied by a sense of confusion, frustration or anxiety, often without knowing why. By observing the incoherence 'out there' we can begin to better understand this and take personal responsibility for the role our thoughts, emotions, words and actions can play in adding to the chaos.

2. Exploring our Inner World

What we think and how we feel are both inner qualities. In this module we will explore the concept of a finished thought and a belief horizon, alongside looking at baseline feeling patterns and how to cultivate more healthy and regenerative feelings. In bringing a greater awareness to what we think and feel, we can begin to discern whether the thoughts and feelings are healthy, or just unconscious habits, memories and programs from the past.

3. The Bridge of Awareness

What is it that forms this bridge that links our inner and outer worlds? This module will introduce and explore the concept of willing, whilst also looking at how we can bring a greater level of consciousness to this part of us. Through practical exercises we are able to build greater awareness and start to apply more discernment, beginning to consider more deeply not just what we are doing, but why we are doing it.

4. Reviving our Outer World

What we say and how we act is what forms our outer world, and this outer world is an expression of what we think and feel. We can often speak without thinking and rarely do we find the time to deeply reflect on the consequences of our words and actions. When we can bring harmony to what we think and feel, we can consider more deeply our words and actions, and consciously choose not only what we say and do, but what are the future consequences of this.

5. Building Towards Coherence

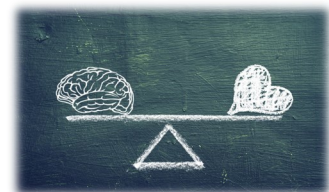
Incoherence isn't something that we fix, it is something that we meet. As the wave of incoherence continues, it is critical that we have tools to better navigate this in a way that reduces the impact on our health. When we react, the situation is often worsened, With practical tools we can develop the capability and capacity to respond in a more healthy, deliberate and coherent manner.

what people have said:

If you're regularly feeling frustrated or agitated by what life throws at you, this program will teach you practical ways to deal with it more effectively so your overall health isn't undermined by your emotions. - *Nige W*

The weekly readings, exercises and tools given throughout the program have helped me in rediscovering and fine tuning a new me. - *John R*

The program has helped me begin to redesign many aspects of my life.
Brad S



what can be gained from the program:

- increased composure in challenging situations
- increased mental clarity and focus
- more effective communications
- more resilience, energy and vitality
- improved sense of calm and ease



Craig Logan

(Certified HeartMath Coach)

ph: 0401 593 509

connect@thethreefoldpath.com