



Maureen Callister

## MAUREEN CALLISTER

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## #AKACONFERENCE2019

### MODEL OF COMPASSION

As kinesiologists we are all working to assist our clients to live happier, healthy and more rewarding lives. Much of our focus is on reducing stress and raising the vibration, resilience and strength of the individual through our various practises.

If you're like me, you may have noticed that one of the biggest challenges in our work is the clients themselves. Like the old saying "we are our own worst enemy". Our internal dialogue, negative self-talk and unrealistic expectations of ourselves is our very undoing. Lack of compassion for ourselves continually perpetuates the ongoing feeling of "I'm not enough"; often undoing much of the great work we as kinesiologists (and other therapists) do to move ourselves and our clients forward.

In the Model of Compassion, I have created a structure to explain how we are meant to function in harmony with body, mind and soul and how we are meant to BE. I explain how we lost our connection to ourselves, our faith and our value – leading to anxiety, stress, doubt, illness, disease and depression.

It explains how early childhoods traumas have caused us to close our hearts and create numerous defence patterns in an endeavour to protect ourselves from further rejection, criticism and pain, living only a shadow of who we could be and should be, had things been different. The resulting stress affects our digestion, sleep, recuperation and our faith in ourselves. We react with limited resources and by restricting ourselves to fewer options, we are unable to adapt to the challenges of life and our environment.

The Model of Compassion is a simple way of explaining to our clients, how our energy moves and flows through us and around us and how that energy reflects our psychology and the effects on our physical body. The value of the model is in its simplicity because it allows the client to see the whole picture relative to their story and their perception of themselves. The client can see the deeper cause behind their criticism and lack of self-worth. They will understand that they are not alone in this. They can stop blaming themselves or others and step into their power through personal responsibility and renewed compassion.

When we have unresolved events in our past they maintain a misperception of who we are and what those events mean. We suppress the negative experiences, and this disconnects us from our learning, yet we

energetically cling to them because we have not been able to process them and let them go. The Model of Compassion is about resolving the past experiences, learning the message, gaining new insights and connecting into our true purpose and passion with an open heart. My hope is that this model will assist all therapists to take clients deeper into their work with the tools they already have and resolve stress and negativity at the core. Now we can reconnect with our true selves and restore our faith and compassion for ourselves and our journey.

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Through her work, Maureen teaches self awareness to find personal power, peace, purpose and prosperity and fundamentally how to make life easier.

As a Specialised Kinesiologist, Maureen has worked here in Australia and internationally in Dubai in the area of health and wellbeing, focusing on:

- Recuperation and Health Recovery
- Nutrition and Weight loss
- Anxiety and Depression
- Teenage Stress and mental health

Maureen works holistically to assist clients to understand the connection between physical, emotional and spiritual issues. Maureen is particularly skilled at identifying the underlying cause that is holding us back from reaching our potential. When these are resolved the natural balance is restored.

Maureen is a Registered Specialised Kinesiology Practitioner with the AKA and Master Practitioner of NLP. She has completed Cert IV massage, Cert 111 Reflexology, Reiki Lvl2, Pranic Healing and Chakra Balance. Maureen is also a Distributor for Altearah Bio. Wellbeing sprays and body oils.