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The following message was sent to all UNtraining participants shortly after the shelter in place orders came out in March. Since that time, we have adapted our remaining sessions to videoconferencing. We are sharing this message with all who might benefit from this view.

## **Message of Safety and Love from the UNtraining**

### **Stay home and safe**

The UNtraining teaching team cares about you, our community. For this reason, we have decided to take precautions for those most vulnerable to the virus. We have either cancelled the remaining groups in March or are looking into virtual options. As information unfolds, we will evaluate whether to resume in-person groups. We will make future adjustments based on recommendations by the CDC as well as our community needs. Our intent is to keep us all safe, well, and progressing in our social, emotional and spiritual development. In the meantime, below are some considerations to keep in mind.

### **We are all connected**

Our minds have been trained to participate in mass panic and fear. So, we wanted to offer some suggestions around continuing your development of self-awareness, self-facilitation, and your capacity to love, even amid societal and world uncertainty, and amid extra stress about the COVID-19 virus.

The strength of our conditioned patterns tells us to plan, panic, hunker down, isolate, disconnect, etc. In times of pressure, we can easily enact unconscious and unintentional violence on each other. Or we can attend to caring for ourselves and extend this caring to all others around us. Actually, all the language and behaviors around 'social distancing' is pointing us in the direction of connecting more deeply with our own energy and the energetic connection we have with each other beyond the physical.

We invite you to think of each other when you are washing your hands. You are caring for yourself and you are caring for others when you wash your hands. Take this opportunity to notice how you are connected to all others in a loving way. Whether you believe it or not, just imagine it.

## **How to care for yourself**

Lean on the practices we've learned and continue to love yourself, so that this love changes the world.

1. Multi-dimensionality practice: Expand your awareness and welcome all parts of yourself that you notice. Include your strong, wise parts and your frightened, not so enlightened parts. Remember the basic goodness of yourself, others and the world.
2. Track your fear: Notice when you are fearful. What are your go-to behaviors? Over-planning? Isolating? Addictions of choice? Judgements of others? Starting arguments? Notice these impulses and allow yourself to just feel. Welcome the fear. Appreciate it. Allow your other parts to partner with your fear.
3. Remember your Body: It is important to be kind to your body. Do relaxing and grounding things for your body. Slow breathing, movement/dance, touch, whatever you find pleasing and helpful.
4. Remember you are not alone: Reach out to each other and other loved ones in your life. Talk together about your experiences. Alone time can be good, isolation is not. Reach out to connect.
5. Manage your powers of projection: Be careful not to project your angry or irritated feelings on those around you. Be cautious to avoid arguments triggered by feelings and/or memories that may be coming to the surface.
6. Embrace a slower pace: Breathe. Stress can cause us to speed up and to act without awareness. In our haste, we can unintentionally create more difficulty and harm for each other. Remember yourself. Remember others.

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***"Loving yourself is a political act. We are taught not to love ourselves and from that place we are easily manipulated. Love yourself so much that this love changes the world."***

**-- Rita Shimmin, UNtraining co-founder**