



Compassionate Accountability Program

TOPIC 2: NOURISHMENT

Transformational business learning
with Mark Silver and Heart of Business, Inc.

WWW.HEARTOFBUSINESS.COM



Compassionate Accountability Program

TOPIC 2: NOURISHMENT

By Mark Silver

Fourth generation entrepreneur,
and master Sufi teacher.

May the peace and love and mercy and justice of the Real be upon all of
the holy prophets, guides, knowers, teachers, and each one of us and all of
our hearts, so that we may become of the family of the Real.



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In the Name of the One, the Infinitely Merciful,
the Most Tenderly Compassionate, this book is
dedicated to the Face of the Real.

Anything of the Truth that is written here has
come from the One, and any mistakes or
omissions are from myself.

Introduction

Business, and life, happens in small steps taken consistently. Occasionally, a big leap does happen, but they are far more rare than they may seem. More often, when you see someone who has taken a big leap, it's because you looked away for a time, and didn't see the baby steps they took between Point A and where you see them now.

If you take baby steps every week and every month throughout the year, your business *will* grow and develop. If you do that in conjunction with real understanding of what your business needs, and applied learning on the most urgent and strategic parts of your business, then that growth and development will happen in very beautiful ways.

This CAP is meant a short, easily-accessed way to set your work life up for success. We're going to cover three pivotal topics that will get your feet on firm ground, and taking those steps forward.

THE THREE TOPICS ARE:

Schedule

How to create a work/nonwork schedule that really matches **you.**

Nourishment

Identifying the three levels of support, and how to access them, so you don't run dry.

Compassionate Accountability

The 4 elements of accountability that works.

You'll not only get your teeth into these three topics, but you'll also learn how we'll help you with these within our Community.

So let's get started!

Second Topic: Nourishment

- ego/nervous system
- heart
- support/social community
- special note about trauma



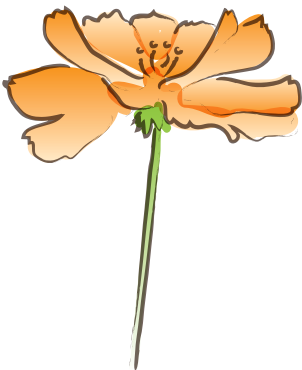
The Simple Idea

Nourishment is needed if we're going to continue. Period. With the proper kind of nourishment, we can shine, and be brimming with confidence, clarity and inspiration.

There are three types of nourishment needed, and without caring for all three, you're going to run out of steam.

The Teaching

There are three different types of nourishment a human needs in order to be brimming with confidence, clarity and inspiration, and to be in service at our best.



The three kinds of nourishment are:

1. **Ego/Nervous system nourishment.**

This includes all of what is usually included in “self-care” and a little bit more. Food, rest (including sleep!), sexuality, exercise, and play.

Extremes of depletion can mean that it's really hard, or impossible, to feel a spiritual connection in the heart. Less extreme, and we bring these needs to our business and to our clients, which can scare people off, or create unreasonable demands and deadlines, which, of course, create further depletion to ourselves.

When nourished, we are relaxed, our nervous system can allow more in, physically and spiritually.

2. **Social/Community nourishment.**

This is a necessary nourishment, although it looks radically different depending on where you are on the introvert/extrovert scale. Whether it's in-depth one-on-one time, or out on the dance floor at a loud party, we all need connection with others. Social time means that we end up having play and confidence reflected back to us, and we glow.

Extremes of social/community depletion means we look to our clients for our friendship needs, and this can throw off the focus of being in service that is needed to have successful enrollment conversations. It can also create feeling of rejection and fear of loss when clients naturally complete, or choose to not work with us.

When nourished, we feel happy, full of ourselves in a good way, eager to meet people without an unhealthy sense of attachment.

3. **Heart Nourishment.**

Heart nourishment is the spiritual connection to Oneness, God, the Source of Love, Nature, whatever you name for the larger reality is. It's where boundaries are dissolved, profound healing happens, and we find a sense of resilience.

Extremes of heart depletion means we feel burned out, disconnected, even despairing. Fear, sadness, anger and other painful emotions keep coming up in ways that we can't easily shake.

When the heart is nourished through spiritual practice (and oh-so-many different types of spiritual practice exist!), whether solo or in a group (or both), we can palpably feel and know the presence of Love and Oneness. We can feel that all is right in the world, we have access to inner resources, including wisdom, guidance, strength and compassion. We make decisions more easily, with more confidence. And any inner glow that we may have from other types of nourishment deepens profoundly, with love being a natural attractor to everyone around your business.

Special Note About Trauma

Many of us in this culture exhibit varying symptoms of trauma, whether from sexual, physical, emotional or spiritual abuse or traumatic events in our past. Trauma lives in the body, in a very real way, and it's not something that regular spiritual practice can remedy. In fact, some spiritual practices either feel just complete blank, or can retrigger feelings of trauma.

If you have a history of trauma, part of nourishing yourself is seeking out professional trauma healing, such as practitioners trained in various types of somatic trauma healing. We care for you, and the resources in this Community will not be sufficient in themselves to handle trauma reactions, although they can sometimes complement the trauma work you may do with others.

There is overlap

With all of these nourishment needs, how do we get them all met? Thankfully, there's overlap. Meeting with a friend or loved one to cook a healthy dinner together, or attending a family-friendly potluck, and play a game meets a lot of needs in a single span of time.

Look for ways to combine nourishment needs, and to simplify choices, so that needs can be met more easily.

STAY AWAKE

ALL of these needs are legitimate. The message we often receive is that it's wrong to be needy, or that there's something wrong with you if you need these things. Don't believe these messages. The Sufis teach that our bodies have certain claims upon us. Other paths teach that the body is a temple and needs to be cared for. Please believe yourself when you notice you have needs.

It takes a significant amount of time to care for ourselves. Even with combining, and the ways some of these needs can be met within work, it still takes time. It's okay. You cannot care for yourself properly in only 20 minutes a day.

Productivity happens when we're nourished. When you are full and cared-for, then tasks are easier. Creative ideas pour forth. Guidance is more easily discernible. It seems counter-intuitive, yet I bet you've had the experience of taking a break, going for a walk, or eating a healthy meal, and then finding that you have the energy to get through a task quickly, that you had been avoiding or struggling with for a long time before.

Don't expect to solve all of your nourishment needs at once (unless you have strong and clear guidance to do that!).

This would often require huge changes to how you live your life, and that can be stressful, depending on how free you are to make those changes.

For me, with a family and various commitment already in place, it would be a big upheaval of other people's lives for me to make big changes to my own. But, taking those steps one at a time can be

The Exercise

1. Ego/Physical

What are the ways you currently nourish yourself around food, rest, exercise, sexuality and play?

Where do you feel like you're doing well in staying nourished?

Where do you feel you need more nourishment?

2. Social/community

What are the ways you currently nourish yourself around social and community connection needs?

Where do you feel like you're doing well in staying nourished?

Where do you feel you need more nourishment?

The Exercise

3.

Heart

What are the ways you currently nourish your heart?

Where do you feel like you're doing well in staying nourished?

Where do you feel you need more nourishment?

4.

Take a moment to appreciate the ways that you **are** nourishing yourself, even if there are fewer than you would like.

5.

I'm guessing you skipped through that took quickly. It's okay to really take it in. Take another moment to appreciate yourself for the nourishment you are getting.

The Exercise

6. Now, in the areas where you feel undernourished, what is the one area that feels like the highest priority?

Take time to feel in your body and being. Trust your deeper knowing, and ignore any shoulds. For instance, you might have a "should" that says you "should be doing more spiritual practice." But maybe what you feel in your being is a true priority to have more play!

7. Just in the next few weeks, what are some ways you can commit to getting that priority nourishment met?



*Every act of business can
be an act of love*

*When you find the love, you find yourself.
The secret is in the love. You are the love, not another.
Everything is in the love, and everyone needs the love.
If you find this, what more could you want?
The jewels are inside you.*

SUFI SHAYKH SIDI AL-JAMAL AS-SHADHULI

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