

Record of WI Meeting on 8th June 2020 at 20.00 via Zoom

Chaired by Sarah Minister Joint President

Number of participants: 40 participants

Sarah Minister welcomed members to the meeting and introduced our speaker Nicky Price who gave a talk entitled “adjust your mindset”.

Nicky Price is a clinical hypnotherapist who uses Rapid Transformation Therapy. Today she said that she would talk about 5 of 17 “Rules of the Mind” which have been learnt from neuroscience and are based on our primal needs.

How the mind works can be life changing as it helps people free themselves from blocks which prevent them making the changes in their lives that they wish. These include eating disorders, self-sabotage, addiction and acquired patterns of behavior such as choosing “wrong partners”.

Rule 1 Control the thoughts and pictures that you put into your mind because the sub-conscious mind is listening and remembering what you say to yourself. We can be our own harshest critic so be kind to yourself. Harsh and critical words can lead to depression.

Rule 2 The mind always moves away from pain and trauma and will try to move towards pleasure. So can explain comfort eating / eating disorders in times of stress

Rule 3 The mind does what we think that we want it to do so it can be influenced by what you think. Live in the minute. Anxiety can be caused by living in the future and depression by living in the past. Think about your breathing – “square breathing” three seconds to inhale and three seconds to exhale. Decide whether a situation is causing excitement or fear and a fight and flight response. Is it something that you want to do? Smiling releases dopamine so the mind says that we are safe and will then reduce cortisol levels and the associated flight and fight response. To help visualise how things are going to go before the event that you are anxious about..

Rule 4 The mind will drag you towards what is familiar and safe. Humans love repetition so we like patterns that are familiar. Thus can explain why people return to situations where there are relationship problems and emotional unavailability.

Rule 5 The mind takes the direction that you put focus on. What one focuses on has a corresponding energy. Don't focus on lack but abundance as the energy levels are different.

Focus on energetic vibrations of which gratitude has the highest level. Good feelings come from the heart – joy love and gratitude which together lead to a happier life.

Nicky recommended reading the The boy The mole The fox and The horse by Charles Mackesy

Website <https://mebutfree.com/>

Janet Bickford summarised information from The NFWI

- NFWI are running a survey ‘How has Coronavirus impacted you?’ If you want to participate, email ashteadwing@gmail.com for the link
- 2019/20 resolutions – As the AGM was cancelled there could be no debate or vote, so the Board of Trustees has decided the results of the shortlist selection process will be used as a proxy vote. The two resolutions: ‘End modern slavery’ and ‘To increase potential stem cell donation’ had a clear majority so have both been adopted by the WI.
- Equal Power – free online training. Sign up to gain the skills and knowledge to get more politically active. Email ashteadwing@gmail.com for the link.
- Week end 19-21June Great British Get Together.
- Domestic Abuse Bill – NFWI now have a new blog post.
- 29 May was 50th anniversary of Equal Pay Act. However, gender pay gap is still 17%. Fawcett Society have a new Equal Pay Bill that was launched in Parliament on 5 February.
- NFWI are working with Friends of the Earth to improve the upcoming Environment Bill and a Plastics Pollution Bill. They are hoping to resume work with Parliament soon.

- Postcards of kindness – NFWI are encouraging members to write/send postcards to residents in care homes with an aim to combat loneliness.
- Links are available for support and help during the pandemic, including for domestic abuse.
- Denman College has on line courses. See website for details to sign on to

30 people joined by Nicky Price then went on to discuss the talk or chat in small groups of 4 randomly allocated by Zoom

The meeting closed at 21.30 after Sarah thanked Nicky for her fascinating and thought provoking talk and to members for attending.

Date of next meeting 13th July 2020 at 20.00 by Zoom

The meeting closed at approximately 21.30.

Signed as a true record of the meeting

Joint Presidents.....

Date