



THE INSTITUTE FOR
TRANSFORMATIONAL THINKING
CHANGING THE WORLD ONE THOUGHT AT A TIME

WORLD PEACE NOW

WORKBOOK

A SPECIAL WEBINAR ON
THE POWER OF MINDFULNESS
with



ORA NADRICH & ALAN CLEMENTS

www.theIFTT.org

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ABOUT WORLD PEACE NOW

- + HOW MINDFULNESS SUPPORTS PERSONAL TRANSFORMATION
- + THE RELATIONSHIP BETWEEN INDIVIDUAL AND PLANETARY PEACE
- + CREATING REVOLUTIONARY SOCIAL CHANGE THROUGH MINDFULNESS

ABOUT THE INSTITUTE

The Ora Nadrich Institute For Transformational Thinking is an educational nonprofit dedicated to training coaches, teachers, leaders, counselors, healers and facilitators the transformational power of a mastered mind. They offer trainings, workshops, classes and events to introduce techniques fundamental to the transformational thinking process - for them to first experience in their own lives, and then to share with their clients, students, employees and patients.

Helping the collective shift toward compassionate, wise, effective thinking habits.
Changing the world one thought at a time.

www.theIFTT.org



ABOUT ORA NADRICH

Ora Nadrich is the Founder and President of *The Institute For Transformational Thinking*. She is a Thought Coach and Mindfulness Meditation teacher, as well as the author of the groundbreaking book, *Says Who? How One Simple Question Can Change the Way You Think Forever*.

Ora's rare combination of insight, intuition, compassion and charisma has made her one of the most effective and sought-after coaches in Los Angeles. Her work has been featured in *Women's Health Magazine*, *Reader's Digest*, *Conscious Lifestyle Magazine*, *Fast Company*, *Success Magazine*, *Spirituality & Health*, *Elevated Existence*, *NBC News*, *LA Yoga Magazine*, *Yahoo! Health*, and many more.

Celebrated spiritual teacher and best-selling author Marianne Williamson counts Ora as a source of inspiration, noting, "*Ora Nadrich is a treasure. Her voice bears the passion of her own experience; she's able to reach deep into our hearts because she's culled so much wisdom from her own. When she speaks, I listen; when she writes, I read it; when she gives advice, I heed it. Her sparkle and power are not to be missed.*"

From a very early age, Ora has been a seeker of knowledge, with a particular interest in discovering how our thoughts work. Her three-decade psychospiritual journey towards this inner awareness, eventually led to her to establish *The Institute For Transformational Thinking*, designed to uncover both the pitfalls and potential our thoughts have in determining our destiny.

www.OraNadrich.com



ABOUT ALAN CLEMENTS

Boston born Alan Clements, after dropping out of the University of Virginia in his second year, went to the East and become one of the first Westerners to ordain as a Buddhist monk in Myanmar (formerly known as Burma), where he lived at the Mahasi Sasana Yeiktha (MSY) Mindfulness Meditation Centre Yangon (formerly Rangoon) for nearly five years, training in both the practice and teaching of Satipatthana Vipassana (insight) meditation and Buddhist psychology (Abhidhamma), under the guidance of his preceptor the Venerable Mahasi Sayadaw, and his successor Sayadaw U Pandita.

In 1999, Alan founded World Dharma, a nonsectarian, multicultural organization of self-styled seekers, artists, writers, scholars, journalists, and activists dedicated to a trans-religious, independent approach to personal and planetary transformation through the integration of global human rights, meditation and the experiential study of consciousness, with one's life expression through the arts, media, activism, and service.

Alan is also a political and spiritual satirist, and performs his one person show "Spiritually Incorrect: In Defense of Being, Human", to audiences around the world, as benefits to raise awareness of global human rights, Burma's ongoing struggle for freedom, as well as to highlight the plight of political prisoners, worldwide.

Clements has been interviewed on ABC's Nightline, CBS Evening News, Talk to America, CBC, VOA, BBC, and by the New York Times, London Times, Time and Newsweek magazines, Yoga Journal, Conscious Living, Utne, and scores of other media worldwide.

www.WorldDharma.com

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HOW MINDFULNESS SUPPORTS PERSONAL TRANSFORMATION

- + Keeps us fully present and aware of our behavior and actions
- + Supports us on the path to true transformation
- + Helps us remain cognizant of what our true intentions are
- + Keeps us aware and awake every moment of our lives
- + Stops us from putting our needs before the needs of others
- + Helps us see things as clearly as possible, and as they really are
- + Lets us show up with a higher degree of etiquette and concern for the quality of one's presence
- + Feel, know, and understand that which is present
- + Discerns the right course of action
- + Mindfulness is a sequence of experiences:
 - 1) It takes us to the front door of presence
 - 2) We show up for whatever is there
 - 3) We form discernment
- + Helps gauge how alive and receptive our senses are

HOW MINDFULNESS SUPPORTS PERSONAL TRANSFORMATION QUESTIONS

1. In what ways can being cognizant of your true intentions guide or direct your decision making?

2. What are the benefits of putting the needs of others before your own?

3. In what ways can you practice mindfulness more diligently in your own life?

THE RELATIONSHIP BETWEEN INDIVIDUAL AND PLANETARY PEACE

- + There is a cohabiting of individual and planetary peace, they are not separate
- + How we practice peace with ourselves and others determines our contribution to planetary peace
- + The understanding of our self and our inner beingness, helps us know the peace the world asks of us
- + Inner harmony contributes to the peace that is needed out in the world
- + There is no beginning or end to peace, it's ongoing
- + Having a mindful awareness of all that we do contributes to global peaceful awareness

THE RELATIONSHIP BETWEEN INDIVIDUAL AND PLANETARY PEACE
QUESTIONS

1. In your own life, recall an experience where your personal mood or state of mind impacted those around you. In what ways did it do so?
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2. Looking at your own habits objectively, what areas of your life could you be more conscious?
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3. What are the primary hindrances in your life preventing you from being more loving, dignified, and peaceful?
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CREATING REVOLUTIONARY SOCIAL CHANGE THROUGH MINDFULNESS

- + Participate now more than ever
- + Do not fall victim to apathy, fear, terror or doubt
- + Feel the power of your own worth
- + Revolutionary social change is to stand in dignity
- + Freedom is a choice; an interior state of consciousness
- + Become mindfully aquatinted with truth telling
- + Do the right thing without any attachments to a preferred outcome
- + Live in the freedom that you seek

CREATING REVOLUTIONARY SOCIAL CHANGE THROUGH MINDFULNESS QUESTIONS

1. When considering the concept of social change, what issues seem the most important to you? In what ways could you participate more actively in these issues?

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2. Mindfulness includes deep truth-telling, with compassion and kindness. In what ways do you think you could be more honest?

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3. What would it mean for you, specifically, to live in a more sincere state of freedom?

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THOUGHT COACH™

CERTIFICATION TRAINING

FOUR WEEK ONLINE COURSE

My Thought Coach™ Certification Training Program was inspired by my years of success as a life coach. In my coaching practice, I discovered that no matter what area of life people find themselves struggling in health, finances, career, relationships, you name it - it is the thoughts we harbor around these things that are the most powerful in determining success or failure. I've developed a series of unique, fool-proof tools for transformational thinking and designed a training program so coaches, healers, and leaders can benefit from the techniques that I have seen touch the lives of so many people already.

It's a dream come true for me to now share it with the world, so you too can learn the transformational power of a mastered mind!



Ora Nadrach

ORA NADRACH
Founder and President
of the Institute For
Transformational Thinking



ENROLL TODAY AT:

www.BecomeACertifiedThoughtCoach.com



Immerse yourself in the world of new possibilities with the **IFTT Thought Coach™ Certification Training**. Learn how to apply original, step by step groundbreaking coaching strategies for your clients to experience transformational thinking, which can be used in all areas of their lives.

The course is broken down into four modules over four weeks. Each week you will receive a daily lesson email with videos, mp3 files, articles, worksheets and exercises. There will also be a live training call once a week.

Become certified in facilitating:

- + The Says Who? Method™ for Identifying the Origin of, and Determining the Type of Thoughts
- + The Release & Replace Technique™ for Letting Go of Negative Fear-Based Thoughts, and Replacing them with Supportive, Life-Affirming Thoughts
- + The Thought Alignment System™ for Activating New Behaviors & Affirming Positive Thoughts

MODULE ONE: MINDFULNESS



- + The Meaning of Presence
- + Establishing True Thought Awareness
- + Mindfulness & Meditation
- + Daily Discipline for Mental Wellness
- + Ethics for Thought Coaches

MODULE TWO: THE SAYS WHO? METHOD™



- + Identifying the Different Kinds of Thoughts
- + How Our Thoughts Influence Our Lives
- + Transforming Negative & Fear-Based Thoughts
- + Automatic Thoughts
- + Tools for the Thought Coach™

MODULE THREE: THE RELEASE & REPLACE TECHNIQUE™



- + Owning Your Thoughts
- + Thoughts vs. Feelings
- + Guided Meditation Scripts
- + Acceptance, Forgiveness, Compassion & Love
- + The Keys to Transformation

MODULE FOUR: THE THOUGHT ALIGNMENT SYSTEM™



- + Putting Healthy Thoughts Into Action
- + Coaching Session Outlines
- + Effective Affirmations to Support New Habits
- + Building New Neural Pathways
- + Becoming a Thought Coach™

THOUGHT COACH™ CERTIFICATION TRAINING

FOUR WEEK ONLINE COURSE

IFTT



TRAINING

LIVE TRAINING CALLS

+ Weekly LIVE training calls with Ora Nadrich, founder & president of The Institute For Transformational Thinking.

WEEKLY WORKSHOP VIDEOS

+ Clear, easy to follow video workshops in your email inbox at the beginning of each weekly training module.

DAILY EMAIL LESSONS

+ Receive daily email lessons with articles, exercises, worksheets and more.

CERTIFICATION

BECOME CERTIFIED

+ The Says Who? Method™ for Identifying the Origin of, and Determining the Type of Thoughts

+ The Release & Replace Technique™ for Letting Go of Negative Fear-Based Thoughts, and Replacing them with Supportive, Life-Affirming Thoughts

+ The Thought Alignment System™ for Activating New Behaviors & Affirming Positive Thoughts

TOOLS

CLIENT COACHING TOOLS & WORKSHEETS

+ Client Coaching Worksheets

+ Coaching Session Outlines

+ Guided Meditation Scripts

+ Guidelines & Tips for your Coaching Business

COACHING BUSINESS LAUNCH KIT

+ Customizable Brochures

+ Personalized Business Cards

+ Customizable Business Cards

+ Client Intake Forms

+ Client Agreement Templates

THOUGHT COACH™ TRAINING PROGRAM GRADUATION CERTIFICATE

+ You will receive an elegant, professional certificate upon completion of the Thought Coach Certification Training, to print for display in your office or home.





A guide for all seekers, students of transformation, and most helpful for coaches, therapists and people helpers!

- RONALD ALEXANDER, PH.D.

Executive Director of the Open Mind Training Institute
Author of *Wise Mind / Open Mind*



Ora Nadrich is a treasure. Her voice bears the passion of her own experience; she's able to reach deep into our hearts because she's culled so much wisdom from her own. When she speaks, I listen; when she writes, I read it; when she gives advice, I heed it. Her sparkle and power are not to be missed.

- MARIANNE WILLIAMSON

New York Times Best Selling Author of 12 Books
Former Congressional Candidate



Developed through her deep study of the ageless wisdom and an exploration of her own mind, Ora's Thought Coach Certification Training offers up methods and techniques that are almost deceptively simple to use, but powerfully effective for anyone looking to activate the power of their thinking mind. Ora is an excellent mentor and has coached me through my own journey of transformational thinking. I am so excited she has finally decided to offer this training!

- BENJAMIN W. DECKER

Director of Education at the Institute For Transformational Thinking
Author of *Practical Meditation for Beginners*

ENROLL TODAY AT:

www.BecomeACertifiedThoughtCoach.com