

WELLNESS MASTERCLASS

Metta Meditation | September 23 - October 31 | with Dr. Erin Bannink

Your Exclusive Wellness Network MasterClass

MettaPets Veterinarian Wellness Network offers Wellness MasterClass Trainings and other Wellness Events, by Veterinarians for Veterinarians, in a Veterinarian-exclusive Community.

www.MettaPetsVetWellness.com

Schedule at a Glance

September 23 - October 31

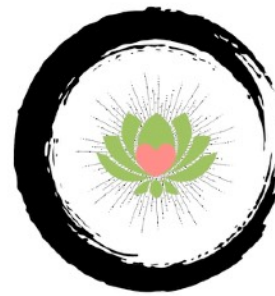
**This is the last opportunity to participate in this MasterClass until 2023. Next year we will have a different focus to support you in your continued growth and wellness evolution.*

Weekly Events

Thursday: Webinar and Guided Meditation

Sunday: Office Hours

Wednesday: Check-in



STARTS 9/23/2021

MasterClass METTA MEDITATION

FOR STRESS RELIEF,
INNER PEACE &
GREATER WELLBEING

A MettaPets Veterinarian Wellness Network
Wellness MasterClass
with Dr. Erin Bannink

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Metta Meditation Wellness MasterClass

This newsletter will give you all the details about the MVWN Metta Meditation Wellness MasterClass I designed specifically for Veterinary Professionals. It is much more results-driven than your typical CE event and I want you to understand how it could transform your wellness!

You, the MettaPets Veterinarian Wellness Network Community members, are what make this MasterClass totally unique! This is a wonderful way for you to enjoy connecting with a community of supportive colleagues for structured yet accessible Daily Wellness Practices to start experiencing positive change NOW. You will receive self-empowering guidance to make positive adjustments toward greater mental and emotional wellness.

Metta Meditation is an ancient loving-kindness practice still relevant in these modern times where stress, overwhelm, perfectionism, self-criticism and social divisiveness are common obstacles to experiencing stability in our happiness and emotional well-being.



MasterClass Structure

The Metta Meditation MasterClass is designed to set you up for success in creating transformative results so that you will experience greater wellbeing and develop new healthy wellness rituals for continued growth even after the course is over.

6-Week Course

Each week you will get 5 things to support you in your Wellness-building:

1. Thursday evening
7pm-8:30pm EST: webinar & meditation*
2. Sunday Evening 7-8pm EST:
Office Hours with Erin
3. Weekly Wellness Challenge
4. Recorded audio of the guided meditation for the week
5. Article(s) or Self-Assessments

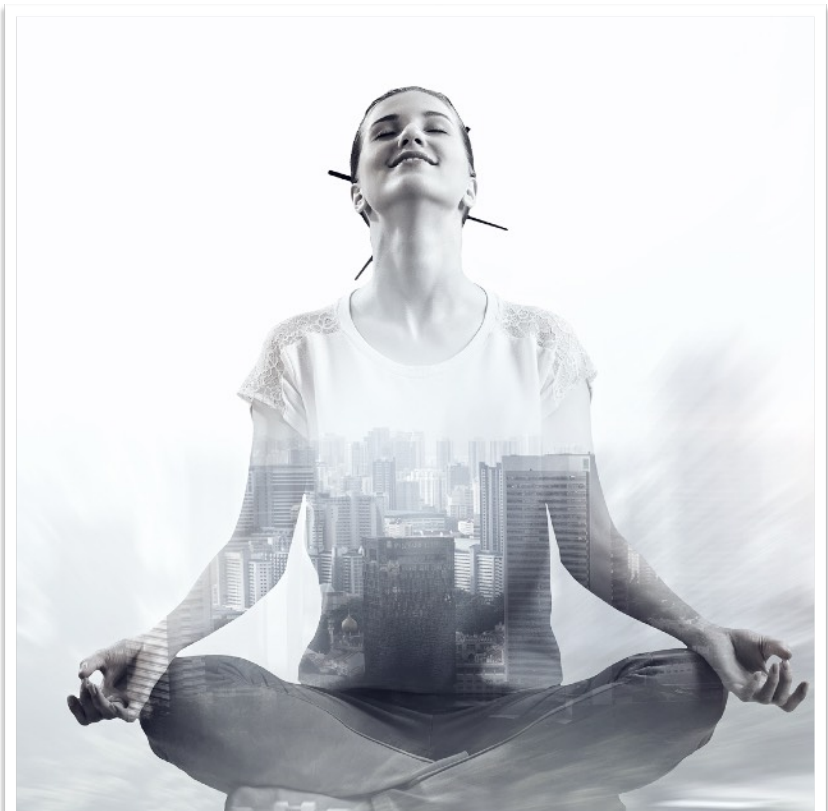
*Available for replay later if you cannot make the live event time

Through this thoughtfully curated Wellness MasterClass, with a supportive community of like-minded veterinary peers, you will master Metta Meditation methods to create positive results in personal transformation, cultivate happiness, relieve stress, connect with inner peace, develop more self-compassion and self-acceptance, and experience improved well-being.

Proven Results of Metta Meditation

Research in psychology has proven these results to be attainable with regular Metta Meditation practice after proper didactic training on the method, which you will receive during this MasterClass training. This is my go-to meditation for times of stress and emotional hardship and I can personally attest to its effectiveness in my own life.

Metta Meditation is an ancient meditation practice and ALSO the most studied meditation in Psychology for improving emotional and mental wellness. I look forward to helping you master this effective technique to create greater self-acceptance, kindness, inner peace and happiness.





MasterClass Structure

Each week you will do 3 things to build your Wellness resources and create "happiness habits":

1. Daily Wellness Ritual: Metta Meditation and journal entry
2. Stay Accountable and Inspire each other by sharing your Weekly Wellness Challenge or Metta Meditation experiences with the Group in the Wellness Wednesday Weekly Check-ins
3. Enjoy the support of your peers in the community Chat and Wellness Check-ins

Self Assessments: throughout the course there are self-assessments to help you gain insight into what works for you and the space you currently occupy on certain wellness related topics. You will use these to tailor your MasterClass experience and help you assess your success and opportunities for future growth.

I've set up the MasterClass training to be an intimate setting where we will be able to connect with each other regularly and build positive relationships as we experience the benefits of cultivating new wellness habits together through webinars, weekly office hours, Daily Wellness Rituals (your Metta Meditation practice), fun Weekly Wellness Challenges and periodic self-assessments to assist you in gaining helpful insights about yourself and what you need to Thrive.

Content

Metta is a Pali word which means "loving kindness". Metta Meditation is a practice that cultivates four pillars of optimal well-being: happiness, compassion, joy, and peace. These are called "The Four Immeasurables" in yogic teachings and are known in Sanskrit as Maitri, Karuna, Mudita, and Upeksha.

With consistency, repetition and gentle daily effort, this practice supports an increased sense of peace and well-being and improves self-compassion and self-acceptance which are important in mental and emotional wellness.

The Importance of Metta Meditation in Modern Times

In these times physical, emotional and mental stress have reached almost epidemic proportions. With the stress of change, unknown future, grief, fear, insecurity and illness, overwhelm is common for so many of us and greatly impacts our capacity to bounce back from common life stressors.

In addition, in veterinary medicine we experience occupational emotional stress that is a common result of under-developed compassion, which we experience as empathy. The vicarious trauma which results from regularly interacting with others who are experiencing emotional trauma and talking to us about it can take a bigger toll on our inner resources and our wellbeing than we often realize.

Add to this the current social climate of stress, overwork, emotional exhaustion, sensory overstimulation, abundant focus on tragedy and conflict, rising chronic illness, perfectionism, criticism, anxiety, depression....you get the picture....and our resilience becomes severely challenged.

What You Will Receive

- 1.) A new Weekly Topic each week for 7 weeks to dive deep into the practice and integrate each concept
- 2.) Sunday evenings: Webinar 7-8:30pm: weekly teaching and guided meditation (available for replay)
- 3.) Thursday evenings: office hours with me 7-8pm EST: ask questions, have discussion on the week's topic
- 4.) New guided meditation audio each week for use to support your Daily Wellness Ritual: your Metta Meditation
- 5.) Weekly Wellness Challenge to keep things fun: a new positive activity each week to develop positive emotional habits and behaviors
- 6.) Wednesday Wellness Check-ins to Connect with your MasterClass peers and stay accountable to your growth and goals
- 7.) Self Assessments to learn about yourself and customize your experience
- 8.) A great MasterClass community of Veterinarians like you: build relationships, enjoy community chats, establish accountability to stay motivated, share challenges and successes, offer support

What we focus on grows. Our wellness suffers if we don't make a deliberate effort to focus on regenerative emotions and meeting our emotional, physical and spiritual needs. Self-care, then, becomes vitally important in these times for us to remain effective and happy. It is a requirement for anyone who wants to thrive, rather than just survive.

Metta Meditation is a powerful tool for your self-care toolbox and is well recognized by psychology specialists as an effective method for improving psychological wellness.

Why Metta Meditation?



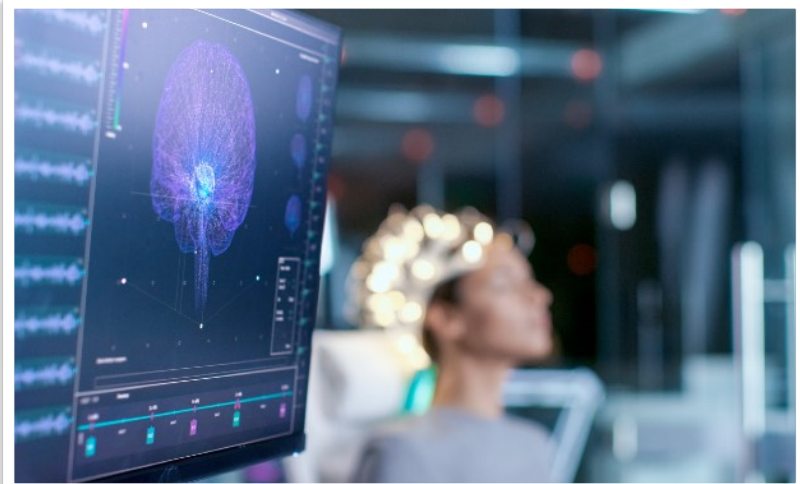
Metta Meditation has been the topic of extensive research in modern psychology, often referred to as "Loving Kindness Meditation". Metta Meditation is considered to be one of the most transformative single meditation practices when done on a regular basis with proper instruction.

As we learn to express kindness and compassion toward ourselves, through practices like Metta Meditation, our capacity to experience positive emotions increases. This improves our ability to navigate challenging situations with more peacefulness and balance.

How You Will Benefit and Grow

- 1.) Learn about and experience the benefits of Metta Meditation
- 2.) Learn how to successfully navigate common emotional bumps in the road
- 3.) Create new daily mental and emotional habits that can improve your wellbeing
- 4.) Develop your capacity to experience peace, happiness, compassion and equanimity
- 5.) Master an ancient method for experiencing greater Self-Love and Self-Acceptance that is validated by research in Modern Psychology
- 6.) Experience success following through on a goal by being accountable to a supportive community of your peers
- 7.) Increase your confidence and sense of self-worth by completing 49 days of daily habits to support your positive emotional states
- 8.) Build meaningful relationships and connect with colleagues who understand your veterinary experiences about topics, like Metta Meditation, that are important and interesting to you and your wellness goals

The key to Metta Meditation, and what sets it apart from other mindfulness practices, is that this practice works to allow the experiences of happiness, compassion, joyful well-being and peacefulness to arise in our bodies and programs these positive states into our emotional system and neural networks.



How Metta Meditation Works

Brain research on Metta Meditation has proven that Metta Meditation, when done correctly and with the proper instruction, activates the area of the brain which is the regulating center for cognitive control and emotional processing. This area is called the fronto-parietal cortex. Specifically, gamma brainwaves in this area increase. While there is still a lot to learn about the role of gamma brainwaves, they are thought to induce neuroplasticity. In other words, they are involved with helping the brain rewire or reprogram its old patterns into new ones.

Quite literally, then, Metta Meditation works by teaching your brain to think and feel differently, in a way that supports optimal wellbeing. Metta Meditation helps your brain learn how to help you feel happier, more peaceful, and more compassionate...first toward yourself...then toward the people and events around you. Doesn't that sound nice?

What You Will Get in the Metta Meditation MasterClass

In this Masterclass you will be supported over 38 days in creating new habits that nurture your well-being and improve your ability to experience positive emotional states more often. We have all heard the saying, "Change requires change". And we all know the surest way to keep experiencing the same things is to keep doing the same things you have always done.

If you are serious about creating positive change in your life, nurture new behaviors consistently so that they become new habits and eventually become new ways of being. Research tells us that you need to stick with new behaviors for 30 days to 3 months for change to set in and become a new habit. In this MasterClass, for 38 days you will commit to a new daily habit designed to support you in creating greater well-being and you will be accountable to and supported by your MasterClass Community.

Thursday: Weekly Teaching and Live Guided Meditation

Research on Metta Meditation has shown that didactic training on what Metta Meditation is and how to do it correctly is a statistically significant factor determining whether students achieve transformational results in mental and emotional wellness. Every Thursday evening for 6 weeks you will receive a live teaching on Metta Meditation which will be available for replay for up to 2 weeks after the end of the MasterClass. Each week we will cover a new topic that will be the focus for the week. By the end of the MasterClass you will be well-versed in the nuances of Metta Meditation and be able to practice it effectively.

Weekly Wellness Challenge

Each week you will have a new Weekly Wellness Challenge to keep things fun and support you in achieving more rapid results in transformation. You will also keep a daily journal of your experience.

Daily Guided Meditation

With guided meditation audio to use with your daily practice you will learn the steps of Metta Meditation and become so familiar with them that you will be able to easily and effectively do them on your own at any time.

Sunday: Weekly Wellness & Spiritual Support "Office Hours"

Sunday evenings I will be holding live office hours exclusive to MasterClass students. This is an hour where you can ask questions and seek support in creating solutions for any obstacles you encounter during your practice and where we can chat and share experiences. I call these "Wellness & Spiritual Support" office hours because I am not a psychologist or a therapist and I am not here to give you answers. I don't have your answers (insert smile here). But I may have insights that I can share and connection with others about our challenges and triumphs builds relationships, supporting wellness.

Wednesday Wellness Check-ins

Each Wednesday you will check in with your fellow peers and students to share your experience of the Weekly Wellness Challenge and/or Daily Wellness Ritual and offer and receive support.



Investment

For this 6-weeks of structured support and guidance you will invest \$399 in yourself.

By making your wellness a priority for this 6 weeks, you will empower yourself to commit meaningful time to your well-being, develop effective new wellness habits, and master an ancient happiness method validated by modern science that will serve you for the rest of your life.

I can attest to that from my personal experience. It's why I've chosen to start us off this first year of MVWN with a deep dive into this powerful meditation practice.

Once you master the Metta Meditation Method in this 6-week Training, you can do it even as you go about your daily activities to re-establish balance throughout your day BEFORE you go off the rails. Isn't that what we all need!

Cancellation Policy: A 50% refund will be issued for cancellations requested before 9/22/2021 EST

No refund for cancellations on or after 9/22/2021 EST

METTAPETS VETERINARIAN WELLNESS NETWORK
**METTA MEDITATION
MASTERCLASS**

COURSE DESIGN
SEPTEMBER 23 - OCTOBER 31


THURSDAYS | 7:00 - 8:30PM EST
Webinar Training & Guided Meditation

SUNDAYS | 7:00 - 8:00PM EST
Office Hours with Erin


DAILY WELLNESS RITUAL
Metta Meditation (guided audios)
Journal Entry


WEEKLY WELLNESS CHALLENGE
New positive activity each week to keep things fun and develop positive emotion habits and behaviors


WEDNESDAY WELLNESS CHECK-IN
Connect with Your Peers
Give and Receive Support
Submit Activity & Assessment Results
Share Challenges and Successes


SELF ASSESSMENTS
Learn About Yourself
Customize Your Experience


MASTERCLASS COMMUNITY
Build Relationships
Accountability Builds Motivation
Enjoy Community Chats
Create your own Get-Together Events
Stay Connected in MVWN

METTAPETS VETERINARIAN WELLNESS NETWORK
WWW.METTAPETSVETWELLNESS.COM

Enroll Now

CURRENT METTAPETS VETERINARIAN WELLNESS NETWORK MEMBERS

Enroll internally, directly through the MasterClass menu. Just log in to your account and go to MasterClasses.

Here is a direct link for [members](#).

NEW MEMBERS

1.) REQUEST TO JOIN MVWN:
www.MettaPetsVetWellness.com

2.) JOIN: Join by following the prompts on the email you receive once I approve your request (check your junk mail if you don't see this and add the address to your contacts)

3.) REGISTER: Go to "MasterClasses" in the left side menu and register for the MasterClass

About the MettaPets Veterinarian Wellness Network

MettaPets Veterinarian Wellness Network is a community of veterinarians looking to share and receive positive heart-centered support to empower ourselves to create greater emotional, physical, mental and spiritual well-being so that we can experience greater life and career satisfaction. Here we acknowledge the important interaction and interdependence of our physical, emotional, mental, and spiritual wellness in experiencing wholeness, authenticity, deep healing, happiness and personal thriving. Our spiritual "Self" is beyond any religion, creed or belief and informs our experience of life. When we bring these four aspects of "Self" into harmony, our efforts to optimize our emotional, mental, physical and spiritual wellness will realize their full potential.

I've built MettaPets Veterinarian Wellness Network to bring together veterinarians who are seeking to improve their well-being and are interested in/curious about spiritual development to engage in a journey of Self-discovery and Self-mastery based on empowering and time-tested principles from ancient yogic traditions, buddhist mind training techniques, ancient mystery school perspectives and modern psychology research in a supportive community of compassionate peers so that we can develop life-skills for creating greater happiness in our lives, make better decisions for our wellness, experience greater self-acceptance, improve our sense of self-worth and purpose, contribute in positive ways to the health of our profession and, together, create a thriving personal and professional life.

If you are a veterinarian who is interested in creating positive connections with a diverse community of veterinary professionals who embody a variety of views about life and healing, who is open to new ways of thinking about life and the world, who values the acknowledgement of spiritual and soul development as part of a comprehensive path to "whole-self wellness", and who is dedicated to treating others with unwavering respect, consideration and kindness in order to create a supportive community for healing, improved well-being and thriving by exploring tools such as meditation, mindfulness, yoga, eastern philosophy, buddhist mind-training techniques and mind-body-spirit integration practices! I invite you to join us.