SELF REGULATION AND EFFECTIVE COMMUNICATION

Somatic tools

When we are self-regulated we feel grounded, centered, and present in the moment.

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When one is dysregulated there is a general lack of control over one's emotional state and/or behavior. It is reactive rather than responsive, impulsive rather than thought out.

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IF IT'S HYSTERICAL, IT'S HISTORICAL

Balanced Nervous System

When my Nervous System is balanced and my activation is low I feel:

Open, curious	Relaxed yet alert
Embodied	Appropriately reactive
Available for connection	Able to be present
Fluid, resilient	Emotionally stable
Competent - a sense of mastery	Healthy - symptoms are manageable

I have choices and options

I recognize when I am moving out of my functional range and have tools to return to stability and stabilization

I know when to reach out for support when I can't do it on my own

Courtesy: Somatic Experiencing Trauma Institute

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Being Resourced

Oriented

Grounded

Centered

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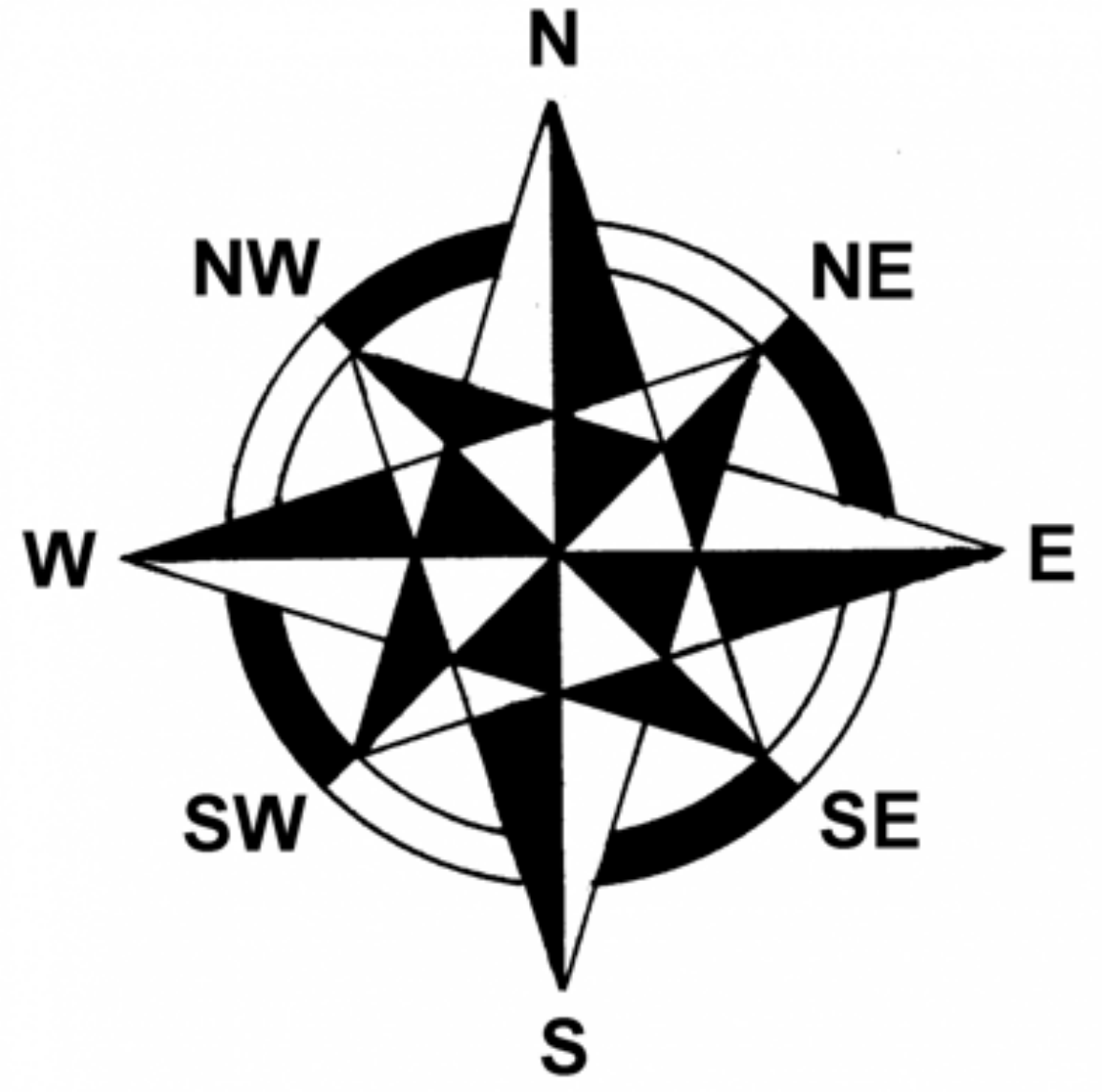
Oriented



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Grounded

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Trigger + No Resource

=

Reactive Behavior

Trigger + Resource =

Responsive Behavior

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Resilience

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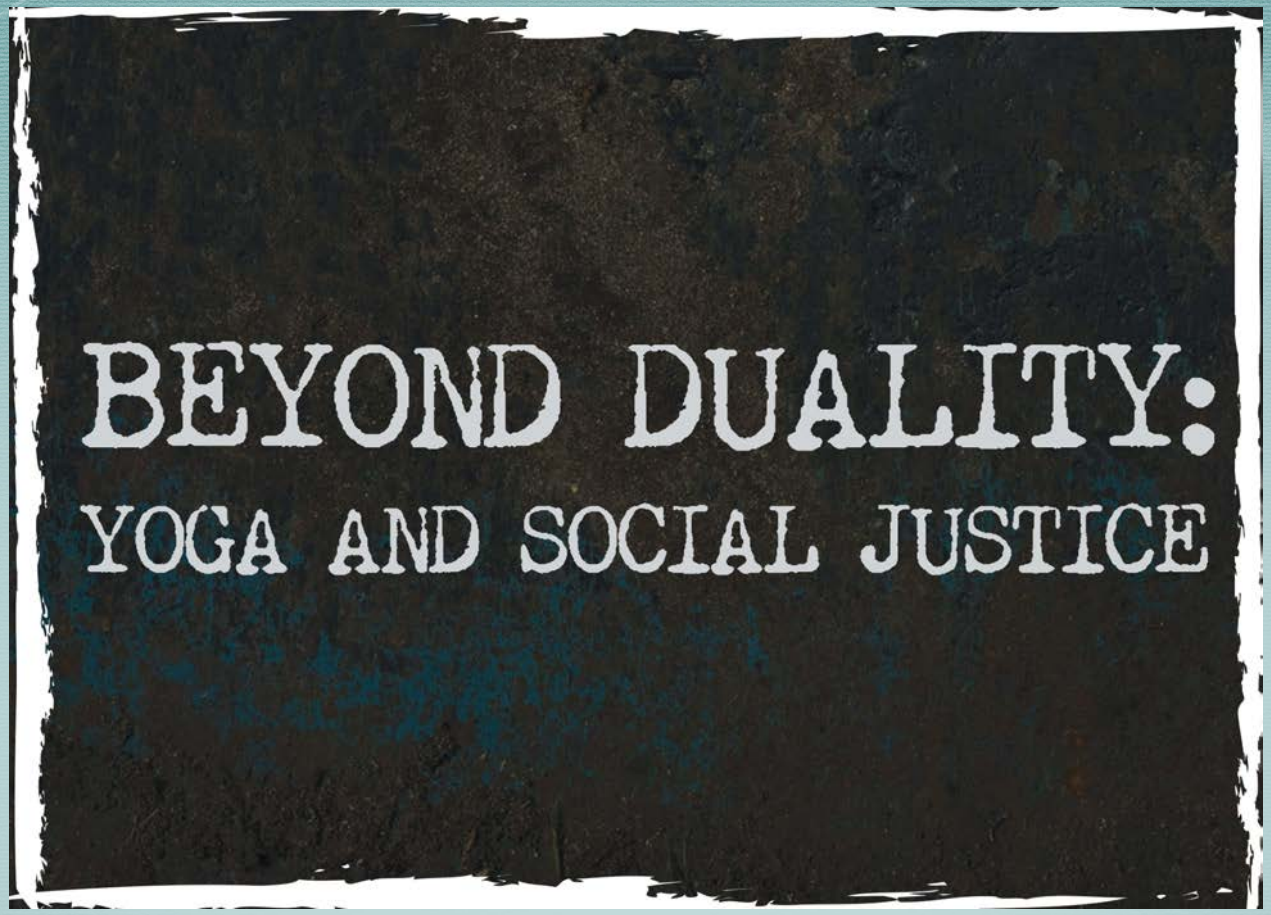

The Samskara of Prejudice

Nikki Myers

The Human Experience

* Social conditioning - "the sociological process of training individuals to act or respond in a manner general approved by society or groups within the society." It is a part of the human experience.
* Constructs - artificial designations or representations used to distinguish or separate.
  * Used properly it assists in Deeper understanding of the whole.
  * Becomes problematic when fragment assigned value judgement: I.e. good/bad, right/wrong, either/or, Better than/Worse Than

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Constructs Example: Mind/Body/Spirit

H20

Substance as different forms

Solid - Ice - Body

Liquid - Water- Mind

Gas - Vapor - Spirit

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‘I AM A SPIRITUAL BEING HAVING A HUMAN EXPERIENCE’

Pierre Teilhard de Chardin

Yoga

- "Ancient art and science of self-development that teaches people the fine art of balancing our multi-dimensional lives while living in a complex world." Yoga for wellness - Gary Kraftsow
- English translation - union, balance, integration, Relationship
- More than well-being in our bodies, yoga is a path toward deeper meaning and healing in our lives.

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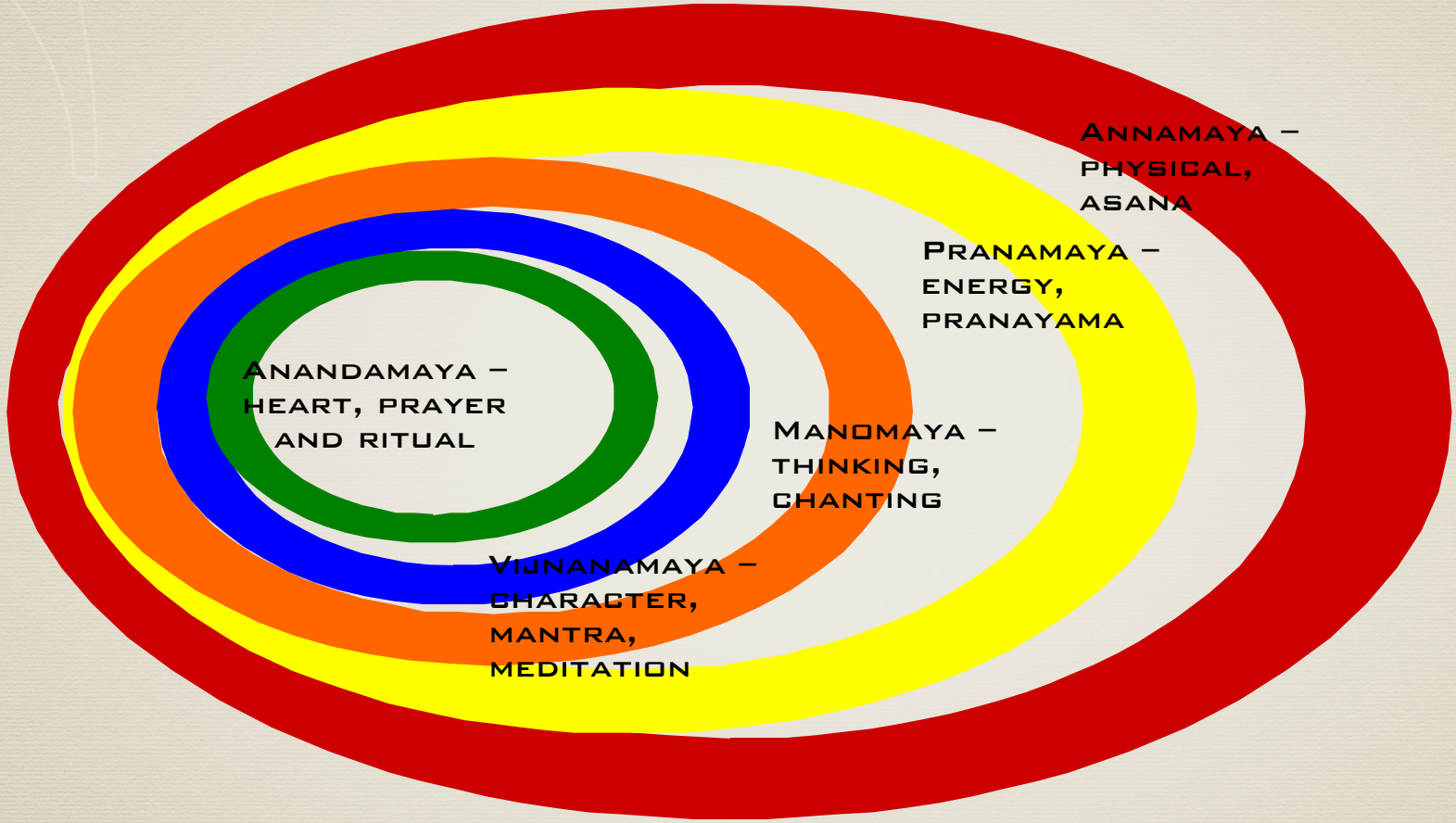
Panchamaya Kosha Model



Ideally the human system is an integrated whole

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The Multi-Dimensional Self

When the bodies are misaligned, disconnected or imbalanced the system is susceptible to disease and dysfunction.

"Hell is the place where nothing connects."

T.S. Eliot

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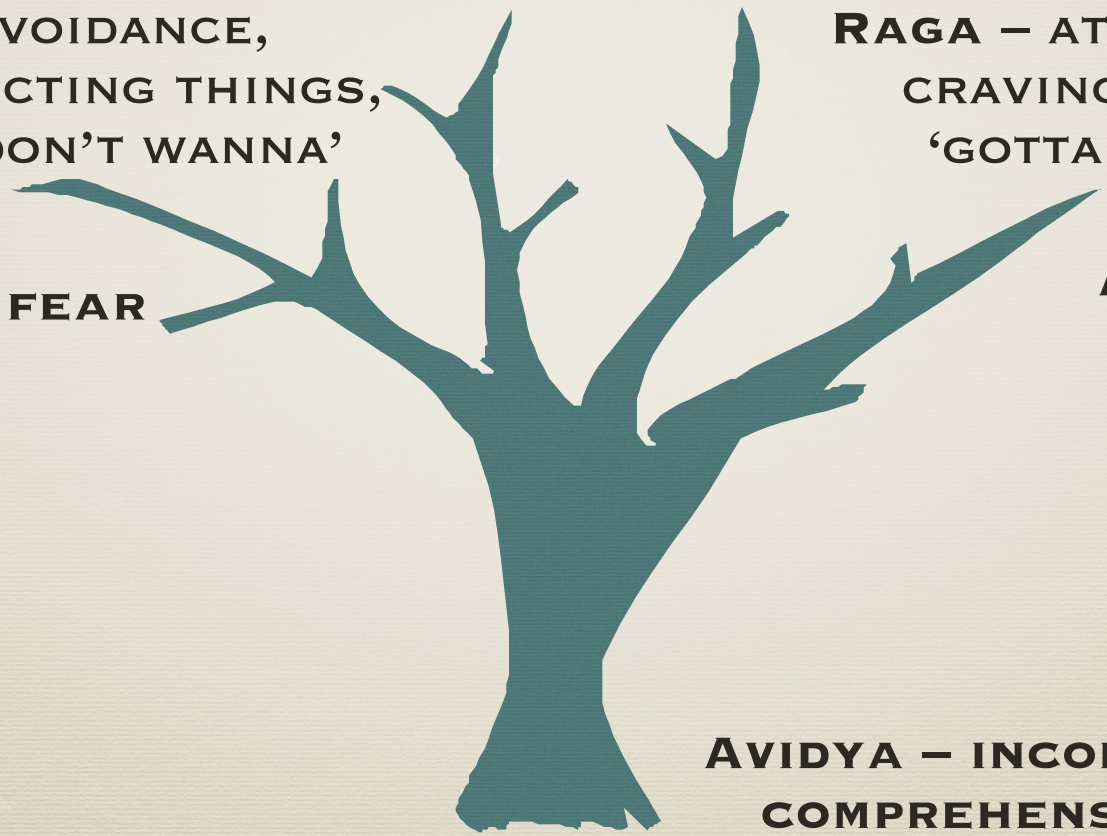
Seeds of Disconnection

Kleshas – conditioned beliefs & behaviors that keep us bound, separate

Dvesa – avoidance, refusal, rejecting things, dislikes, 'I don't wanna'

Raga – attachment, craving, likes, 'gotta haves'



Abhinivesa – fear

Asmita – ego, constructed Self

Avidya – incorrect comprehension

Adapted from 'the Heart of Yoga', T.K.V. Desikachar

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Samskara

- From Sanskrit sam (completed or joined together) and kara (action, cause, doing)
- Habitual conditioning
- Innate tendencies that can be of anything, not just the mind
- Inborn, acquired, and imposed or personal, cultural, institutional
- Repeating samskaras reinforces them, creating a groove that is difficult to resist
- Tamasic, Rajasic, Sattvic

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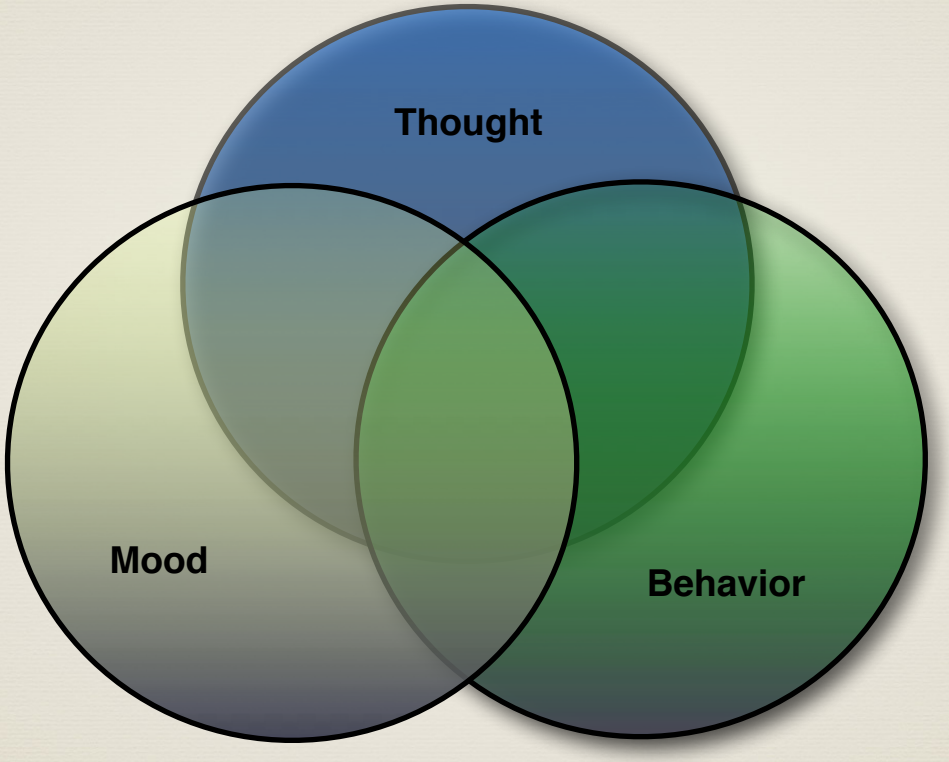
The Inner City



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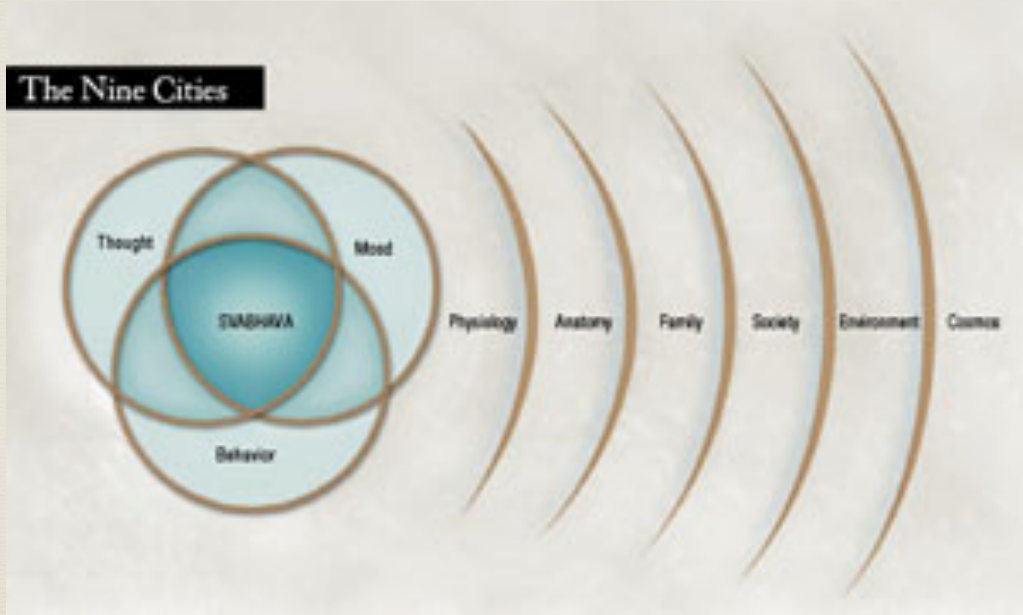
The Wisdom To Know The Difference

The Cities

author: Gary Kraftsow



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The Mechanics of Transformation

- 3 Ways to affect Transformation
  - Thought
  - Speech
  - Actions

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GROUNDED SPIRITUALITY

Spiritual Bypass

the use of spiritual practices and beliefs to avoid dealing with our painful feelings, unresolved wounds, and developmental needs.

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There is no coming into consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious.

C.G. Jung

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Authentic spirituality is not some little flicker or buzz of knowingness, not a psychedelic blast-through or a mellow hanging-out on some exalted plane of consciousness, not a bubble of immunity, but a vast fire of liberation, an exquisitely fitting crucible and sanctuary, providing both heat and light for the healing and awakening we need.

» Robert Augustus Masters

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Spiritual Bypass

Spiritual bypassing is largely occupied, at least in its New Age forms, by the idea of wholeness and the innate unity of Being -- "Oneness" being perhaps its favorite bumper sticker -- but actually generates and reinforces fragmentation by separating out from and rejecting what is painful, distressed, and unhealed;

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