Text to Self-Help Video #3

Instruction in Mindful Body Scanning, Mindful Senses, and Mindful Movement

We examine the sensorial developmental process of the human embryo of the 4th week of gestation. Neural cranial nerves and specific senses are present about day 32. Sympathetic and parasympathetic ganglia become visible at day 36. By day 48, the genitals are connected, as well as muscular components of internal organs (ie.cardiovascular, respiratory, abdominal wall). The head-to-tail wave function is complete.

As we gain further knowledge from trauma research, we are understanding how the mother’s health, as well as cultural impacts, affect the development of the fetus. The “Adverse Childhood Experiences” studies are the most comprehensive of all harmful impacts.

<https://www.cdc.gov/violenceprevention/aces/index.html>

Review the Integration of Progressive Relaxation and Deep Breathing:

<https://youtu.be/XwYZo2xjjsY>

Now, practice each muscle group for five (5) cycles, without pause between each 4-8 cycle. Proceed to the next muscle group without pause.

For example, tense the facial muscles as you inhale for count of 4. Relax muscles on exhale and continue to complete the 8 count. Do this five times without a pause. Then immediately continue to the shoulder muscles.

Tense as you inhale for count of 4. Relax shoulder muscles on exhale and continue to complete the 8 count. Then immediately continue to the arms muscle group, and so on, until you complete the final count of 8 with the toes.

Mindful Body Scanning: Continue the 4-8 breath pattern, without any muscle tensing. Focus your thoughts on the internal senses, start from the facial muscle group, and process with awareness down your body to the toes.

Notice how your muscle internal senses are responding. How do you describe the various sensations? If you do not have “the words,” do not be concerned. When you were born, you had “NO WORDS” for your experience, however, your body sensations were alive and throbbing in response to your experiences. “Consciousness” resides throughout your body, not just in your head brain.

Mindful Senses: It is important that you do not plan your environment with music, odors, etc. The more “natural” your environment, the better for retraining your parasympathetic nervous system to respond to your environment. Continue with the 4-8 breath pattern.

Focus upon the sounds in your environment.

Allow your nose to smell your environment. On the inhale, experience the impact of the odor on your ability to fully inhale. Notice how this odor affects your internal sensations.

Focus on your skin surface. Notice the temperature, wind movement, and texture of clothing against your skin. Notice how the facial skin is experiencing your environmental reality differently than how your clothed torso.

Gradually open your eyes. Slowly look around your environment. Notice colors, shapes, lighting differences—increase your vision to include elements you have stopped noticing in your environment.

Mindful Movement: Gradually move your body to a sitting position. Only tense those muscles absolutely necessary for the movement from lying down to sitting up. If you revert to sympathetic breath (losing 4-8 pattern) and to tensing muscles not used for the movement, lay down and begin again. Only proceed to the next movement when you have full awareness of this movement, can maintain the 4-8 breath pattern, use minimal muscles, and can maintain both internal body sensation awareness and external sense activation.

Move to a standing position, maintain the 4-8 breath pattern and only use minimal muscle groups. Maintain awareness of internal body sensations and external sensory experiences. Return to sitting position if you are not able to do this movement.

Practice walking in this same parasympathetic state. Maintain the 4-8 breath pattern and only use minimal muscle groups. Maintain awareness of internal body sensations and external sensory experiences. Return to standing position if you are not able to do this movement.

It will require “once daily” practice up to 3 months before you experience a change in your daily life patterns. Every time you become aware that you are operating from a sympathetic nervous system state, do a “quick re-set” with “over-all” body tensing with “4-8” breath cycle. This will return you to a parasympathetic state.

If you neglect to do the “quick re-set” then your brain will not develop new neural pathways.

Your OCD brain will take charge again and it may be “hours” before you again become aware that you are stuck in a sympathetic state.

Breaking brain habits can be very difficult. Every time you perform a “quick re-set,” praise and reward yourself. Do not allow the OCD mind to negatively judge and punish you for “forgetting”!

Here are YouTube Videos of other meditation movements:

<https://youtu.be/0qHDoNiPksw>

<https://youtu.be/5JLwkk20lFc>