STEP 11: EXERCISES FOR TONGUE AND MINDFUL EATING

**PREPARATION FOR SESSIONS**

By this session, it should be a standard practice for you to perform the Progressive Relaxation with integration of Deep Breathing and the Yawn and Sigh. Your skill in Mindful Body Scanning and Scanning of Internal and External Senses should be a standard component of your preparation. You have now added Vagal Nerve activation of Eye Rolls, Facial Exercises, Throat Support Muscles, and Pelvic Exercises. You have gained the skill of Mindful Movement, and can have the choice of what position you want to take during the session or during the tasks of the session.

If you do not take the time to do this preparation work, then the beginning of your session will consist of this preparation task.

When you start the session in this prepared “mind-state,” we will do a “quick-reset” to begin the session.

**TODAY’S SESSION**

In the last session, you were introduced to the important connection between the pelvic area and the throat area. If you did not read that article, please do so now:

<https://www.christinemathesonnd.com/blog/pelvic-health-jaw-tension-connection>

Here are other articles:

<https://maryannreynolds.com/2018/07/03/treating-tmj-issues-the-jaw-pelvis-connection/>

<https://feminapt.com/blog/the-jaw-bone-s-connected-to-the-pelvic-bone-tmj-and-pelvic-pain>

In Step 8 “Facial Muscle Exercises,” you were introduced to the Jaw tension release exercises. This exercise began to impact the pelvic area, making it easier for your success with Step 10.

We have been gradually building to a powerful energetic change state, which will occur with integration of Step 12, wherein you will begin interventions for the vocal apparatus.

In today’s session, we add further integration of this vital energetic area with exercises for the tongue and increasing awareness of external sense of taste and smell.

Please read this attached document:

A Short Story (Part 4): EXERCISES FOR TONGUE AND MINDFUL EATING

Please watch this video and read the text script:

<https://youtu.be/NEoCcL0Q8MM>

Self-Help Video #6 Part 3: Exercises for Tongue and Mindful Eating

**REVIEW OF JOURNALS**

We will then review your Daily Journal entries for the prior week and may be integrating the Sleep Journal and the Dream Journal. We will begin in a chronological order of entries since your last session. You will briefly describe the various “activities” you did during the past week.

Since the last session, you may have experienced dreams which were triggered by release of tension from the pelvic area. Please include those dreams as an “event” of the Daily Journal. A dream will be the first entry of the day. Please have available the print-out of how to record your Dream Journal and your Sleep Journal to follow along with this process.

When you have a dream event, you will begin our discussion by examining the Sleep Journal. Any factors which impacted your sleep routine may appear in the dream and must be included/excluded before a psychotherapy meaning can be applied.

A dream event will have an impact on the day’s activities. There may be a change in “emotions” (body sensations), or feelings and thoughts (cognitive responses) than how you usually experience an activity. The manner in which you experience your daily activities may have an impact on that upcoming night’s sleep routine, and that night’s dreams.

A dream can be “the signal” of a therapeutic “change” occurring in your “self-identity.” Such a change can impact the direction of therapy interventions.

If a dream event occurred since the last session, then the rest of your session may be focused solely upon this one event.