

# PART 8

## ALIVE AND THRIVING

- ▶ Be Conscious Awake and Aware
- ▶ Censorship
- ▶ Seeking Safety
- ▶ Fight Flight Freeze
- ▶ Dissociation
- ▶ Transforming Shame
- ▶ Compassion
- ▶ Affirmation
- ▶ Courage
- ▶ Boundaries
- ▶ Healing Cycle of Abuse
- ▶ Conscious Relationships



- The blessing and the  
curse of being awake,  
aware + conscious:  
*the more you see, the  
more you see.*





# Thriving is Being Personally Empowered

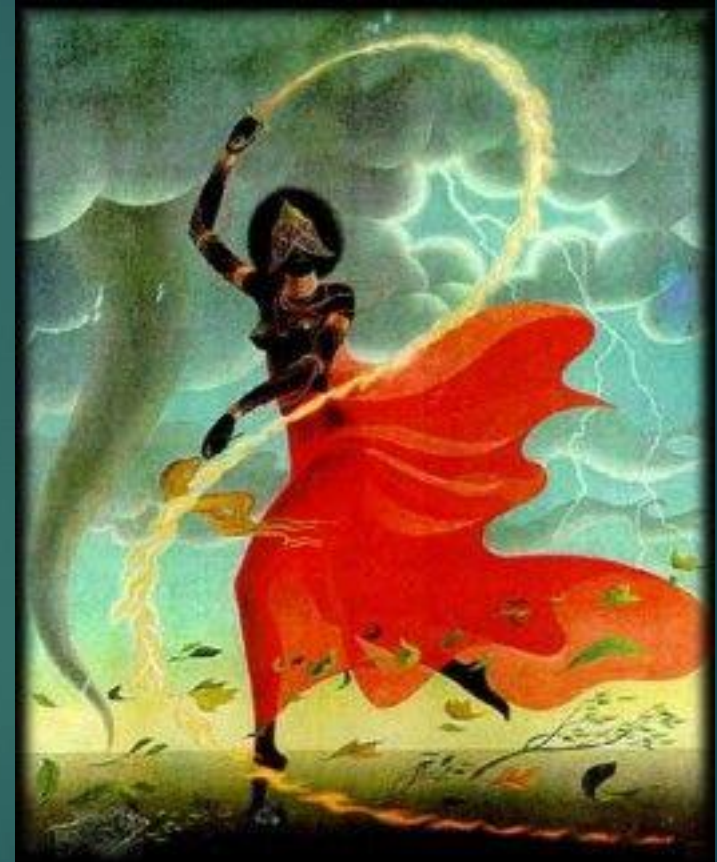


## Arms of Maa (Divine Qualities)

"Devi Sampad Vimoksaye" Divine Qualities -- Moksha

"Her Blessings will be showered on us, once we practice Her teaching"

Durga symbolizes the divine forces (**positive energy**) known as divine shakti (feminine **energy/ power**) that is used against the negative forces of evil and wickedness. She protects her devotees from evil **powers** and safeguards them.



OYA, the Dark Goddess of Storms and Destruction

How You Wield Your Power is Up To You.  
Nature Takes Care of the Consequences.





# CENSORSHIP DUMBS US DOWN

- ▶ PRINCIPAL OF CORRESPONDENCE, AS ABOVE SO BELOW, AS WITHIN SO WITHOUT
- ▶ Censorship can be INTERNAL and it can be EXTERNAL



# THE NATURAL LAW OF FREEDOM



- ▶ Human Beings need freedom to thrive. Without freedom, people live in a state of chronic stress which ultimately creates traumatization and brain imbalance and in extreme cases brain injury such as PTSD.
- ▶ True Freedom depends upon us understanding Natural Law objectively.
- ▶ In other words, we must understand which behaviors are moral behaviors. Then we must live by them.

*As the Collective Morality of a species increases, their Collective Freedom as a species increases. As the collective morality of a species decreases, we go deeper and deeper into bondage and enslavement.*





# SEEKING SAFETY: IT'S NORMAL AND IT CAN MESS US UP

We Flee to...

Safety in the Familiar

Safety in Connection/Danger in Connection

Safety in Isolation

Afraid to Trust

Enduring Dysfunctional Relationships

When Fear calls the shots, We stay in Hiding.

**STAYING TOO SAFE IS A DETRIMENT to our FREEDOM.**



# We FLEE

When we are activated in fear and scared for our life, we may run. The impulse to get away from pain and threat is a survival instinct. Adrenaline builds in our body and gives us energy to flee.



The escalated stress hormones in our body caused by being frequently in fight or flight negatively impact our bodily systems especially our digestive tract.





# We Fight...

As a survival instinct  
To eliminate perceived threats...  
To ward off attack.

We fight...  
To protect our ego.

We fight...  
When we feel empowered to fight.

Sometimes we fight for the wrong things  
Against the wrong people.

Sometimes we fight for illusions  
And we don't fight for true freedom.



# We Freeze...

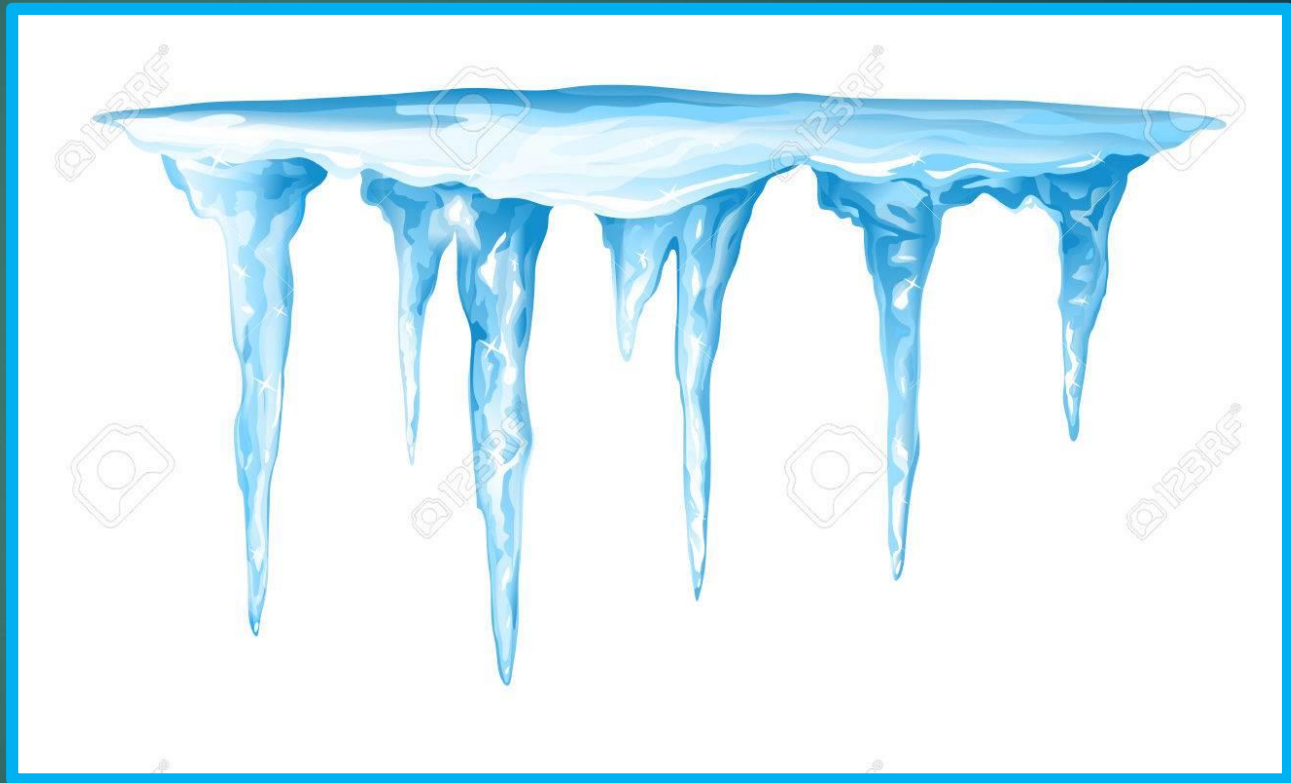
When we can't fight...

When we are too weak or small...pinned down, unable to move.

When we are mesmerized, confused or don't know what is going on.

When it isn't safe to fight or to flee, we sometimes freeze.

Collapse. Submit. Dissociate.





# DISSOCIATION



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We begin coping through  
dissociation in childhood when:

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1. We consistently do not get our needs met + cannot emotionally cope
2. We are abused, neglected, or abandoned
3. A parent figure cannot regulate their own emotional state
4. Our true, core self is consistently rejected or denied by a parent figure
5. There is chronic chaos, unpredictability or fear
6. There are not clear boundaries or boundaries are consistently violated
7. Our reality or our experience is consistently denied or ignored



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If there is consistent trauma + overwhelm, dissociation can become a chronic state. If you've dissociated for extended periods, you might have a lack of memories or confusion as to what is reality + what is not reality

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Through polyvagal theory, we understand that our nervous system has a state of shut down or "freeze-or-faint" where dissociation occurs

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To heal our patterning of dissociation, we have to teach the mind + body safety in the present moment

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## How to Begin Healing Dissociation

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1. Remember, dissociation is a protective, survival mode state: a way for your mind + body to protect you
2. Practice 2-3 minutes of meditation each day to re-learn the present moment
3. Be fully present for a single task: clean the dishes + fully feel the water or soap on your hands. Be fully conscious
4. Use this mantra when your inner child is overwhelmed "I am SAFE now."
5. Practice breathwork: breath is one of the most powerful ways to activate the parasympathic nervous system (rest + digest)

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# Healing Dissociation



# PHYSICAL THREAT

## FIGHT



maybe  
save  
yourself  
& others

## FLIGHT



maybe  
save  
yourself

## TEND



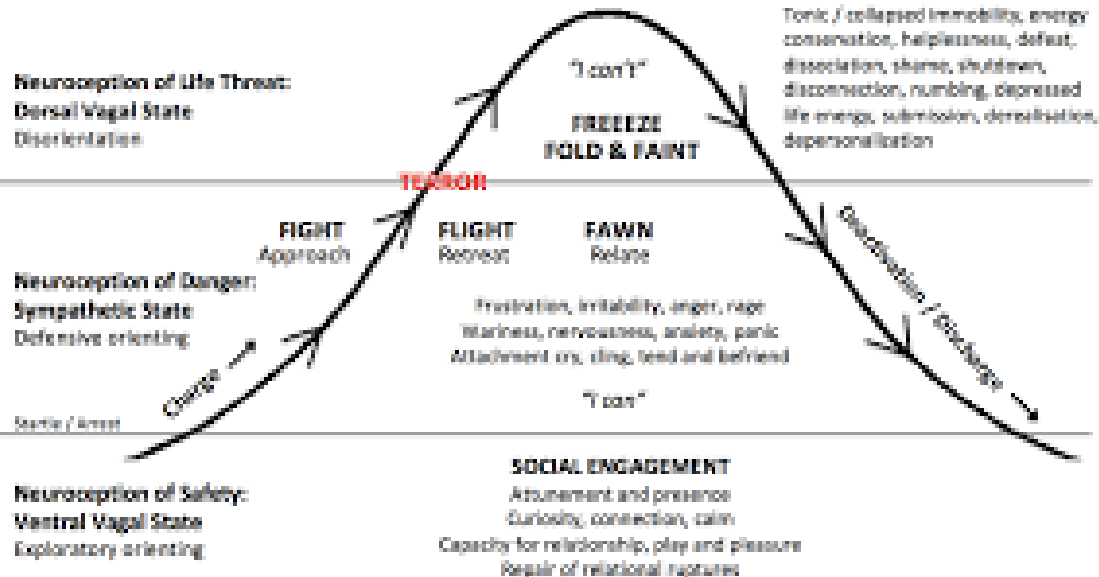
maybe  
save  
others

## BEFRIEND

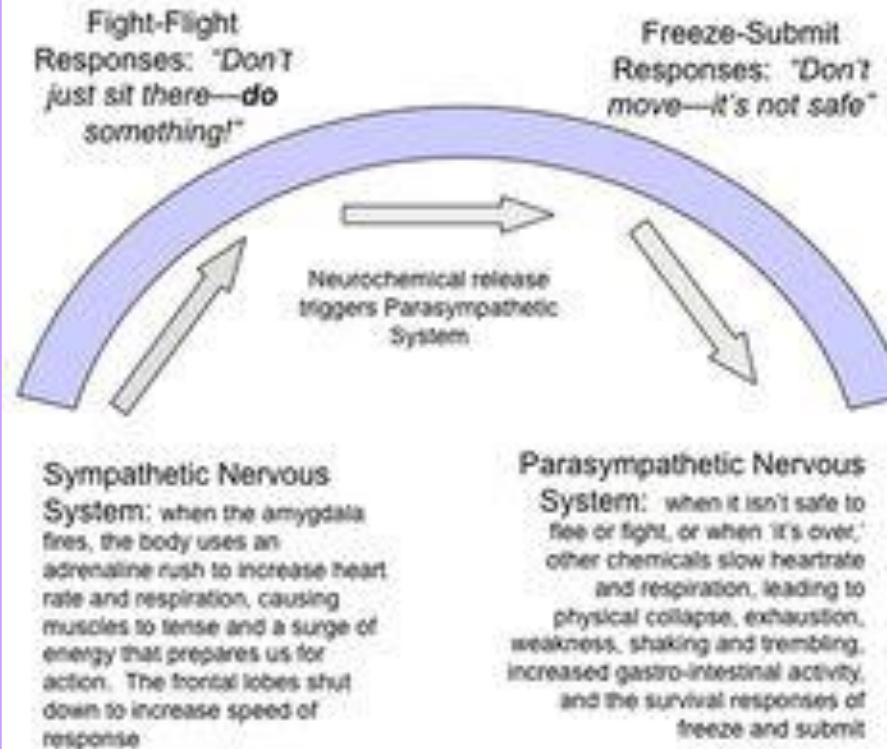


maybe save  
yourself &  
others

Arousal / Activation increases



## How the Nervous System Helps Us Defend Ourselves



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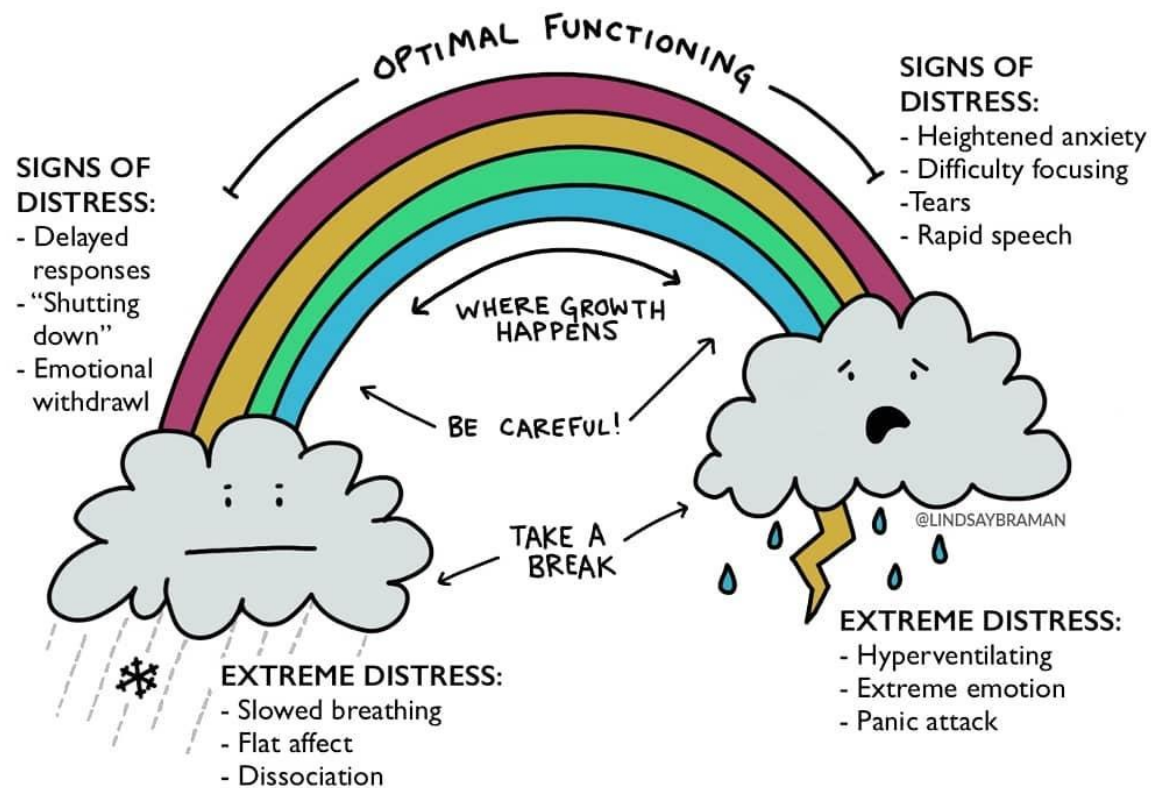
Learning how to track and shift one's affect is a tool for encouraging regulation and integration of the brain, body and mind.



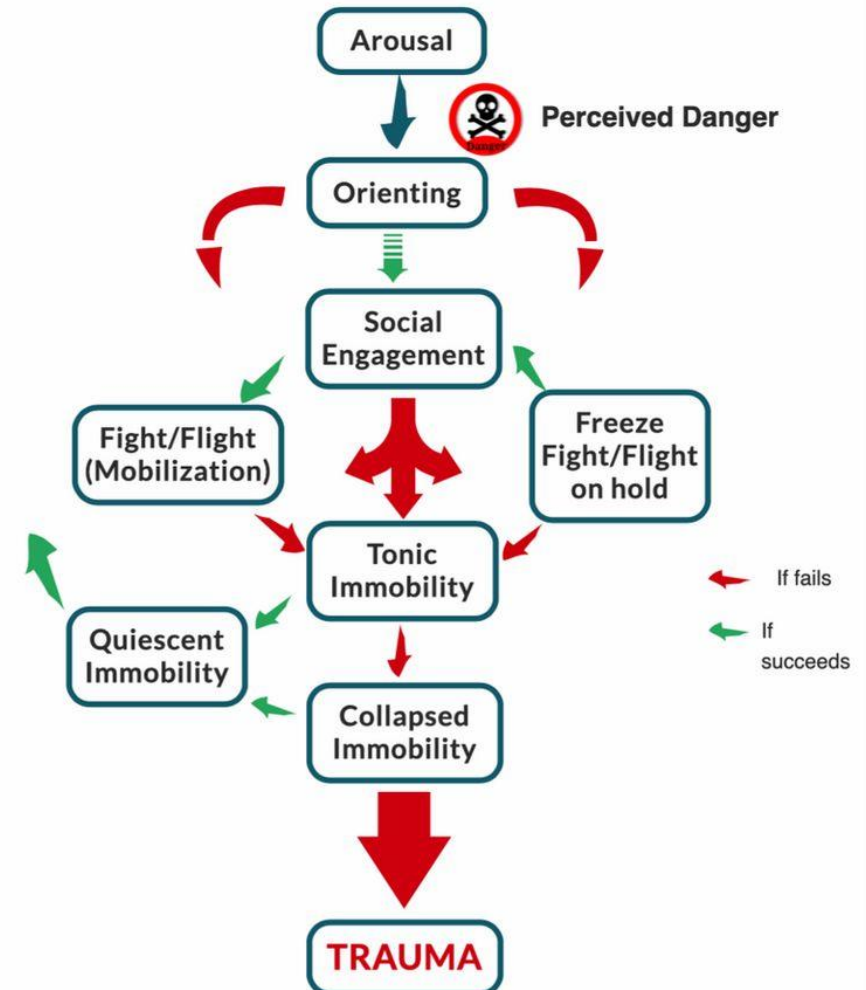


# WINDOW OF TOLERANCE

(IN RAINBOW FORM!)



## DEFENSE CASCADE



# Transforming SHAME AND SELF LOATHING to SELF LOVE

- ❖ Poor Self Value creates Self Sabotage (poor self value is usually the result of traumatization and shame programming)
- ❖ To avoid sabotaging yourself on your goals, you need to overcome self loathing and shame.
- ❖ This can be tricky, as we are often unaware of the negative core beliefs and experiences that are shaping our lives unconsciously.
- ❖ If you are feeling stuck, unable to break out of self defeating patterns or have a lot of “bad luck”, or a pattern of “bad things happening to you”, look deeper into this.
- ❖ One needs to first identify the core negative beliefs that you harbor, and then desensitize and reprocess the negative self-statement and the memories (often unconscious). Finding the root cause (or traumatizing experience) is most powerful to target for change.
- ❖ The roots of most people’s poor self esteem is an early experience of abandonment by a parental figure. The abandonment can be physical or emotional, intended or unintended, obvious or subtle.



EMDR is a helpful therapeutic tool that can assist with this process of healing.







May you be filled  
with Loving  
Kindness.  
May you be safe  
from inner and  
outer dangers.  
May you be healthy  
in body and mind.  
May you find Peace  
and be truly happy.

**AND  
COMPASSION**

## COMPASSION

(kəm'paSHən) noun

Deep awareness of the  
suffering of another coupled  
with the wish to relieve it.

[kingcreative.tumblr.com](http://kingcreative.tumblr.com)

[www.wordsonimages.com](http://www.wordsonimages.com)



# AFFIRMATIONS

I grow and  
become a  
better version  
of myself  
every day!

MORE SELF-ESTEEM  
AFFIRMATIONS AT  
[wildsimplejoy.com](http://wildsimplejoy.com)

## 12 POSITIVE AFFIRMATIONS FOR SELF-LOVE

1. I am one of a kind.
2. I am limitless.
3. I was created for a purpose.
4. I am beautiful on the inside and outside.
5. I add value to the world.
6. I give and receive love freely.
7. I enjoy my own company.
8. I am not my mistakes.
9. I am evolving everyday.
10. I am comfortable in my own skin.
11. I validate myself.
12. I love myself unconditionally.

[WWW.UPANDFORWARDONPURPOSE.COM](http://WWW.UPANDFORWARDONPURPOSE.COM)





# BE COURAGOUS

HOPE has two beautiful daughter; their names are **ANGER** and **COURAGE**. Anger at the way things are, and Courage to see that they do not remain as they are.



Saint Augustine



# DON'T GET TROMPED ON:

## Non-Violence Principle and the Right to Self Defense



- ▶ Your Changing will Bring OUTSIDE RESISTANCE. The people and institutions who benefit from the status quo will not want you to change.
- ▶ Despite your Right to Change, someone somewhere will challenge you, criticize you, coerce you, perhaps try and force you through violence to bring you back to the way things were.
- ▶ You will be tested and tempted to go back to previous states of homeostasis (perceived safety due to familiarity).
- ▶ Or perhaps a Powerful Person in your life will try and move you in a new direction that you don't want to go, so YOU SAY NO.
- ▶ To RESIST COERSION and VIOLENCE, you will need to STAND YOUR GROUND.
- ▶ Because you want peace, you avoid violence using the NON-AGGRESSION PRINCIPLE.
- ▶ However, if this person persists with coercion, lies, or violence YOU HAVE THE RIGHT TO SELF DEFENSE through whatever means necessary.
- ▶ THESE PRINCIPLES in concert with NATURAL LAW PRINCIPLES create true freedom.





# NO!

## OUR POWER WORD



Saying NO to oppressors is of Primary Importance to our lives.

We must activate our will to resist that which is being imposed upon us by an external abusers and internal repressors.

Our power lies in Saying No to our participation with unprincipled people, immoral activities, corrupt organizations and oppressive government programs.

This also means saying NO to self-destructive, negative self talk and self-sabotaging habits and behavior patterns.

This means separating away from that which is out of alignment with morality. This is acting with conscience.



# ABOUT BOUNDARIES

- ▶ Boundaries establish personal boundaries and are an important aspect of mental health, relationships and overall well-being.
- ▶ Boundaries are a means to Self Protection.
- ▶ Boundaries simply defines the border between people or things. They may be physical or emotional or energetic.
- ▶ Qualities of Boundaries: loose (flexible), rigid, or somewhere in between.
- ▶ “A complete lack of boundaries may indicate that we don’t have a strong identify or are enmeshed with someone else” (Cleantis, 2017).
- ▶ “Healthy boundaries can help people define their individuality and can help people indicate what they will and will not hold themselves responsible for.” Joaquin Selva Bc.S.
- ▶ The consequences of not setting healthy boundaries may include chronic stress, financial burdens, wasted time, relationship problems, mental distress, the prolonging of physical or mental abuse and the experience of slavery in some form or another.

Ego Health is related to boundaries. **Me/Not Me.**

Where do you begin and the other person end?





# Types of Boundaries:

1. **Physical Boundaries:** boundaries around our physical limits + personal space needs
2. **Emotional Boundaries:** boundaries around how you feel, who you engage with, + what parts of yourself you share.
3. **Resource Boundaries:** boundaries around your time + energy.
4. **Material Boundaries:** boundaries around your things, how they're used, + how they're treated.

Many of us don't have or understand boundaries because we were not modeled clear boundaries by parent-figures OR our boundaries were consistently violated/ignored.

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# Setting Personal Boundaries

Self Inquiry

- ▶ **DEFINE** – Identify the desired boundary
- ▶ **COMMUNICATE** – Say what you need
- ▶ **STAY SIMPLE** – State Why It Is Important. Don't Over Explain
- ▶ **SET CONSEQUENCES** – Demonstrating How It's Important

(Positive Psychology)

## **SELF EVALUATE:**

Where do you have clear healthy boundaries in your life?

Which of your boundaries re too flexible and need strengthening?

Which of your boundaries may be too rigid and need loosening?



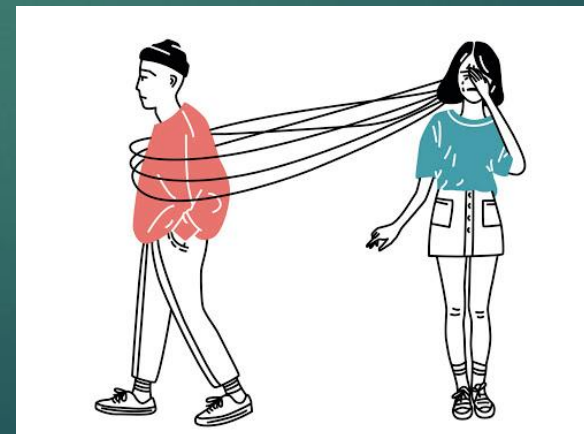


# Signs of CODEPENDENCY

(from the.holistic.psychologist)

- ▶ Betrays or neglects self in order to gain the love or approval of another person
- ▶ Low self worth
- ▶ Feels closeness or bonded to others through cycles of chaos or unpredictability
- ▶ Avoids time alone
- ▶ Obsessive fear of abandonment
- ▶ Lack of self trust resulting in inability to make decisions, procrastination, indecisiveness
- ▶ Lack of boundaries.

**CODEPENDENCY IS CHRONIC SELF NEGLECT**



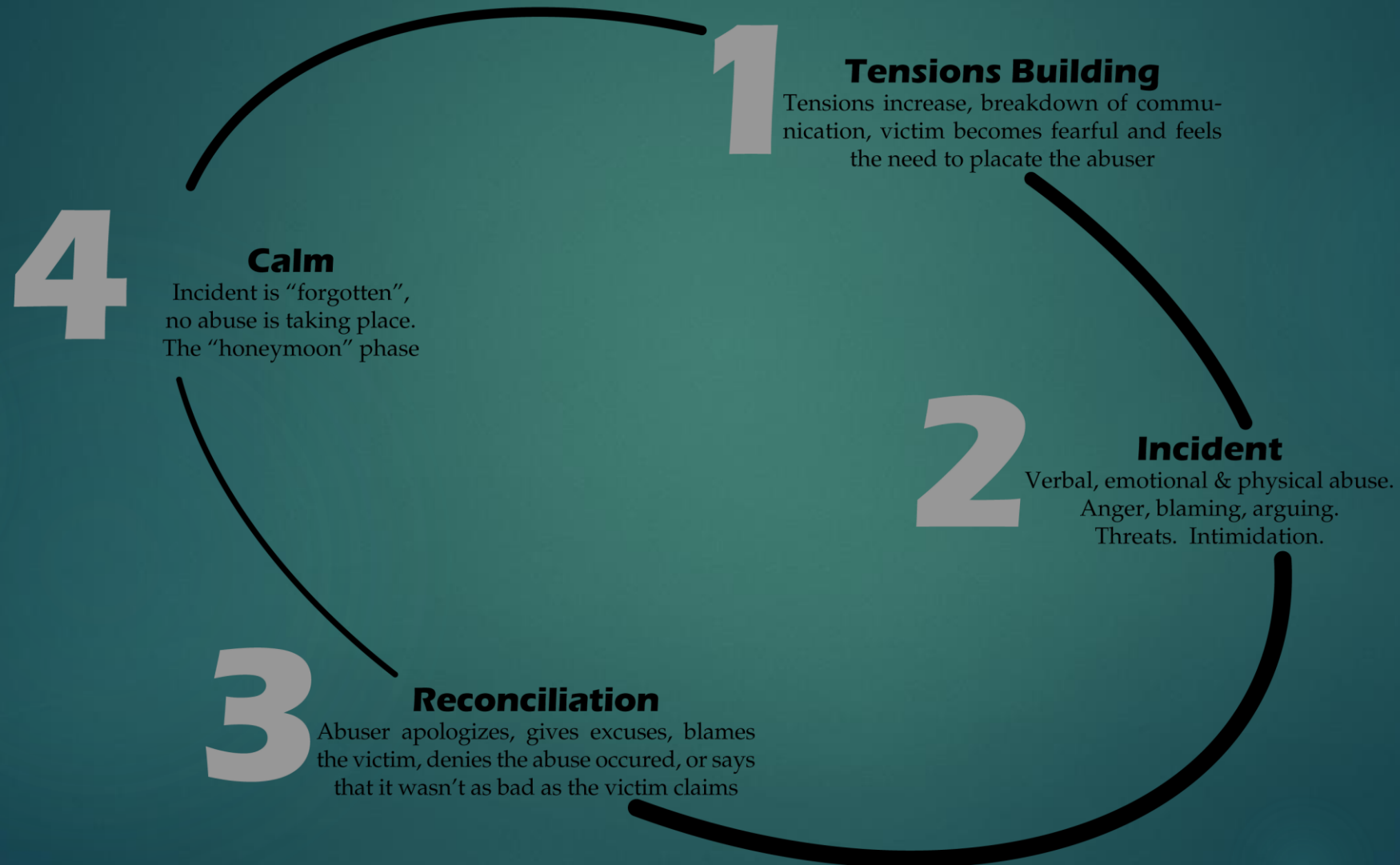
# Healing From Trauma Bonds Include: A Daily Practice of **REPARING** (Ourselves)

Re-parenting allows us to:

- ▶ Have Clear Boundaries
- ▶ State Our Needs + allow someone to meet them
- ▶ Have Self autonomy and interdependence (rather than codependence)
- ▶ Find Partners + friends in alignment with our highest self + highest values
- ▶ Know our inherent self worth + others who know their inherent self worth
- ▶ Escape the cycles of ancestral trauma
- ▶ Discover relationship as a space for mutual evolution



# Cycle of Abuse





# CODEPENDENT Relationships Looks Like...

Betraying ourselves to be loved, finding our worth through our partner, plus expecting a partner to meet all of our needs."

## INTERDEPENDENT Relationships Look Like:

1. A safe, secure attachment between two people to be vulnerable.
2. Ability to freely express, communicate, + exist without criticism or judgment.
3. Clear boundaries that are flexible
4. Ability to see +hear another+ ability to be seen + heard with another.
5. Able to hold space for the other person's emotions while also processing our own.
6. Ability to understand each other's subjective experience
7. Time for alone time as well as personal interests
8. Genuine mutual appreciation + admiration
9. Relationship provides a space for mutual evolution.



# Conscious Relationships

have the awareness that:

1. We repeat childhood patterns + relationship dynamics
2. We choose partners who have the familiar traits of our parent figures
3. We project the unhealed wounding of a conflicted parent figure onto our partners (*or doctors, bosses, politicians, etc.*)
4. We have inner child wounding from the past that is brought into the present
5. A partner is not a parent, and we are not a parent figure to a partner.

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## The Foundation of Conscious Relationships:

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1. It is not the responsibility of another person to meet all of our needs
2. Attraction to other other people is both normal + human
3. We are each responsible for our own fulfillment + emotional responses
4. Understanding your partners trauma is a love a language
5. The relationship is a safe, secure space that allows for freedom + autonomy
6. Relationships are not to "complete" us they allow us to both evolve + heal
7. We choose our arrangements based on our core needs, not societal conditioning



**SELF**





# Healthy Romance and Life Partnerships

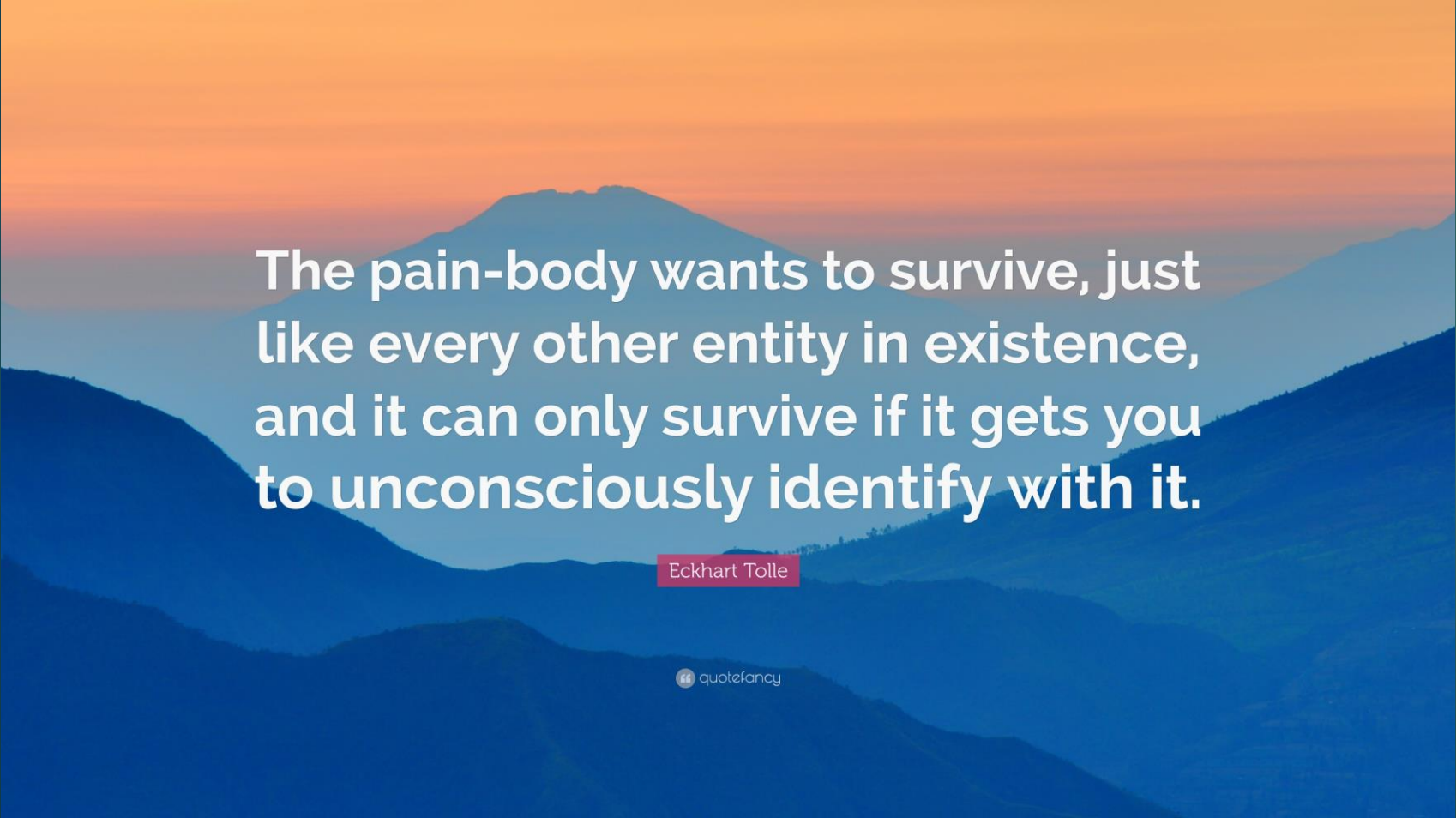
A Great Reference Book for Developing Honest and Thriving  
Love Relationships is:

## **Eight Dates: Essential Conversations for a Lifetime of Love**

by John Gottman, PhD, Julie Schwartz Gottman, PhD, with Doug Abrams and Rachel Carlton Abrams, MD



# Stop the Unconscious Feedback Loop of Perpetual Suffering



The pain-body wants to survive, just like every other entity in existence, and it can only survive if it gets you to unconsciously identify with it.

Eckhart Tolle


quote fancy

- ▶ We can become comfortable with our suffering.
- ▶ Detaching from pain loops can be frightening and uncomfortable.
- ▶ Unconscious feedback loops built on familiar feeling states can flavor our life in harmful ways.





## Separate from Abusive and Energy Stealing Situations



Detachment isn't selfish, it's caring for yourself and letting others care for themselves.

## How to Handle Emotionally Triggering Situations + People

1. Remove your attention from the person or situation and focus on your breath.
2. Take a break. Physically leave the situation.
3. Find the humor in the situation.
4. Ask yourself why you're being triggered.
5. Don't bypass your feelings, but don't act them out either. It's OK to consciously delay experiencing them.

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