

# PART 9

## ALIVE AND THRIVING

- ▶ Detachment Strategies
- ▶ Assess, Diagnose and Prescribe
- ▶ Bird's Eye View
- ▶ Stop the Blame
- ▶ Add Consciously
- ▶ Change State Tools
- ▶ Ritual
- ▶ Problem Solving
- ▶ Stress and Reactivity Reduction
- ▶ Habit Change
- ▶ Practice and Repetition
- ▶ Conscious Parenting,
- ▶ Imaging a Free Society



# DETACHMENT STRATEGIES

## Separating from Control Systems

Disconnection starts with your Mind, followed by concrete, behavioral separation from abusive people and then oppressive systems. Consider detaching as much as possible from the following Oppressive Systems:

- **FINANCIAL:** You are not a credit score, avoid credit cards, stop using traditional banks and loans, explore cryptocurrency.
- **HEALTH CARE:** Decline Health Insurances. Utilize holistic health practices (TCM, homeopathy, herbal medicine, chiropractic, nutritional therapy, bodywork modalities, energy work, etc.).
- **PUBLIC SCHOOL SYSTEM:** Home School, Unschool.
- **LEGAL:** Refrain from utilizing child support system, marriage licenses, professional licenses, social security card and birth certificates.
- **GOVERNMENT:** Taxation, Government Jobs, ID cards, VOTING. Don't engage in the political system.



# Assess, Diagnose, Prescribe

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1. Recognize that there IS a problem
2. Get out of fear based denial
3. Come to know that the symptoms are the effect of a Root Cause (treating only symptoms will never solve the core problem)
4. Assess your life and lifestyle holistically.
5. Assess the problem in detail looking for patterns and causes.
6. Make an accurate diagnosis of the problem
7. Implement a Solution based on the diagnosis
8. Take Action. Apply Knowledge.
9. Choose a TOOL that will assist in problem correction.
10. Proceed Step by Step and Build Your Toolbox.



BECOME a DETACHED and COMPASSIONATE  
WITNESS of YOURSELF and YOUR EXPERIENCES





# Take a Bird's Eye View



With any problem, imagine yourself rising above to see it from a Bird's Eye View. Look with detached eyes and observe the patterns and the context of the situation.

Detach your emotions and pre-conceived ideas from what you actually see. Consider the presence of something different than what you are used to seeing.



# Stop The Blame

- ▶ Pointing the finger outward is a diversion and avoidance mechanism that will never bring you true freedom.
- ▶ Blame and Projection is a form of spiritual bypassing and keeps us in our chains.
- ▶ Self Responsibility is the Path to Freedom and True Happiness.
- ▶ We each need to do our own work. Holistically and Methodically.
- ▶ Look Within. Take Initiative.
- ▶ Notice patterns and habits that are out of alignment with each other.
- ▶ CARE for Yourself. Make a Correction Plan for your Wellness.
- ▶ True Freedom Starts Inside You.



# Natural Law is Deterministic. Free Will is Creative.

Our challenge is to creatively work with the INTERPLAY of Natural Law and Free Will to manifest a desired outcome.

While being open to the Mystery and staying in AWE of the amazing complexity of the UNI-VERSE we live in.

“We are consciousness experiencing Itself by fractalizing Itself into individuals that can have different experiences that can feed co-experiences back to source.” – The Wizard Factory

“Spirituality is unseen science. Science is Seen Spirituality.” –The Wizard Factory

“Chance is Law Unrecognized. It’s about Pattern Recognition.”- Will Keller





# Add Flavor Consciously

- ▶ Just as a peppercorn enhances the flavor of a soup, each of our individual expressions releases a power into the world. The more peppercorns, the more rich the flavor.
- ▶ Depending on the spice we add, the flavor of the soup changes.





# POWER OF PURPOSEFUL VISIONING

## State Change Imagery

TOOL

It's best to individualize your images rather than follow or borrow from someone else.

- ▶ Our trauma does not tell time.
- ▶ You can do self healing work by using your imagination to re-parent yourself or by visualizing the healing experiences you need(ed).
- ▶ INSTALLING POWER IMAGES
- ▶ Connecting with the ELEMENTS
- ▶ SAFE CALM PLACE
- ▶ TAPPING ON PRESSURE POINTS
- ▶ Teal Swan's The Completion Process



# TOOLS FOR HEALING AND THRIVING

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## TOOL

- ▶ There are a variety of tools that you can learn to empower your self and amplify your life towards the vibration of true freedom.
- ▶ These skills heighten with increased consciousness, and allow you to effectively manage your self and your life.
- ▶ These tools help you to uncover your highest self which I define as being in internal and external alignment with divine will.
- ▶ Being a true human involves feeling and fluidly expressing a full emotional range, living from intention and not fear, and living with conscious control, not emotional reactivity.
- ▶ Healing is facing our pain and our shadows. Healing involves reprocessing and desensitizing from traumas as well as claiming our birthright to valuing and loving our selves.
- ▶ Thriving results from fully integrating all our parts, recognizing our value and learning the tools to maintain our wholeness.
- ▶ Healing and Thriving is Embodying the Vibration of LOVE and CARE and recognizing the ONENESS OF HUMANITY and NATURE.



Action/Activism  
Practices

Relational  
Practices

Generative/Giving  
Practices

Spiritual/Moral  
Alignment

Creative  
Practices

Movement  
Practices

Stillness Practices

Ritual Cyclical  
Practices

Shadow Work

Cognitive  
Practices

CREATE  
RITUAL



# The Importance of Developing Conscious Rituals

“The nature of habit is unconscious- we form habits by consciously repeating something until it becomes second nature, which of course has many benefits when those actions and behaviors are positive ones. But one of the drawbacks is (a) sort of mindless, going-through-the-motions feeling.”

“Rituals connect us o our needs and desires, to each other, to the earth, to other cultures, to our collective pas t and future, and to our curiosity around who we are and what we’re doing here.”

“To practice your own rituals, and those of your ancestors, is not only an act of self-love- it can also be an act of connection, expression, divinity, and reverence. Rituals are small acts of rebellion against the systems we live in that want us to conform, to always be chasing the “bigger and better” thing, and to be the most productive cogs we can be.”

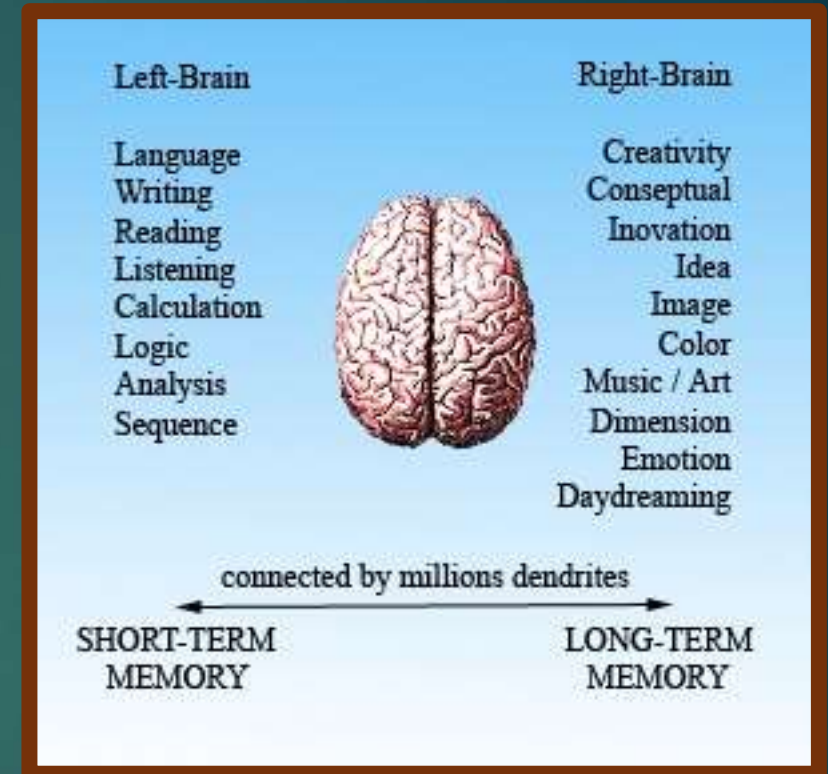


From the book: [The Rituals](#) by Natalie MacNeil





Each side of our brain is associated with different qualities of being, which we can simplify as being masculine or feminine. Developing a relative balance between both aspects is important for our Internal Wholeness as individuals and for Cultivating Wisdom.



Externally this dynamic of polarity is also important for a Balanced Earth.



# BALANCE THE POLARIZED FORCES WITHIN YOU

## Masculine Attributes

- ▶ Left Brain Alpha Nature
- ▶ Logic, Reason, Action Oriented, Firm, Penetrative, Rational, Strength, Steadfast, Movement, Pure Consciousness (Seeks Emptiness), Driven, Transformative, Straight Line/Path, White Light, Aggressive, Direct, Fire and Air Elements

**DEVELOPS OUR WARRIOR SPIRIT**

## Feminine Attributes

- ▶ Right Brain Omega Nature
- ▶ Form, Receptive, Accepting, Adaptive, Fluid, Soft, Intuitive, Yielding, Flowing, Dark (Black), Nurturing, Curved line/path, Submissive, Fills, Fullness, Patient, Water and Earth Elements

**DEVELOPS OUR CARING/NURTURING HEARTS**



# GENDER



**MENTAL GENDER** is the state of co-existence between Masculine and Feminine aspects of the **human mind**. Our **Left Brain Hemisphere** largely facilitates the **Masculine** aspect of the mind, or **Intellect** (logic, analytical, and linear thought processes), while the **Right Brain Hemisphere** largely facilitates the **Feminine** aspect, or **Intuition** (creative, compassionate, and holistic thought processes).





# CREATING A BALANCED BRAIN

- ▶ First, one must assess one's area of imbalance.
- ▶ This may change from day to day or hour to hour.
- ▶ Self reflect and choose a tool that will help move your state of being in the desired direction.

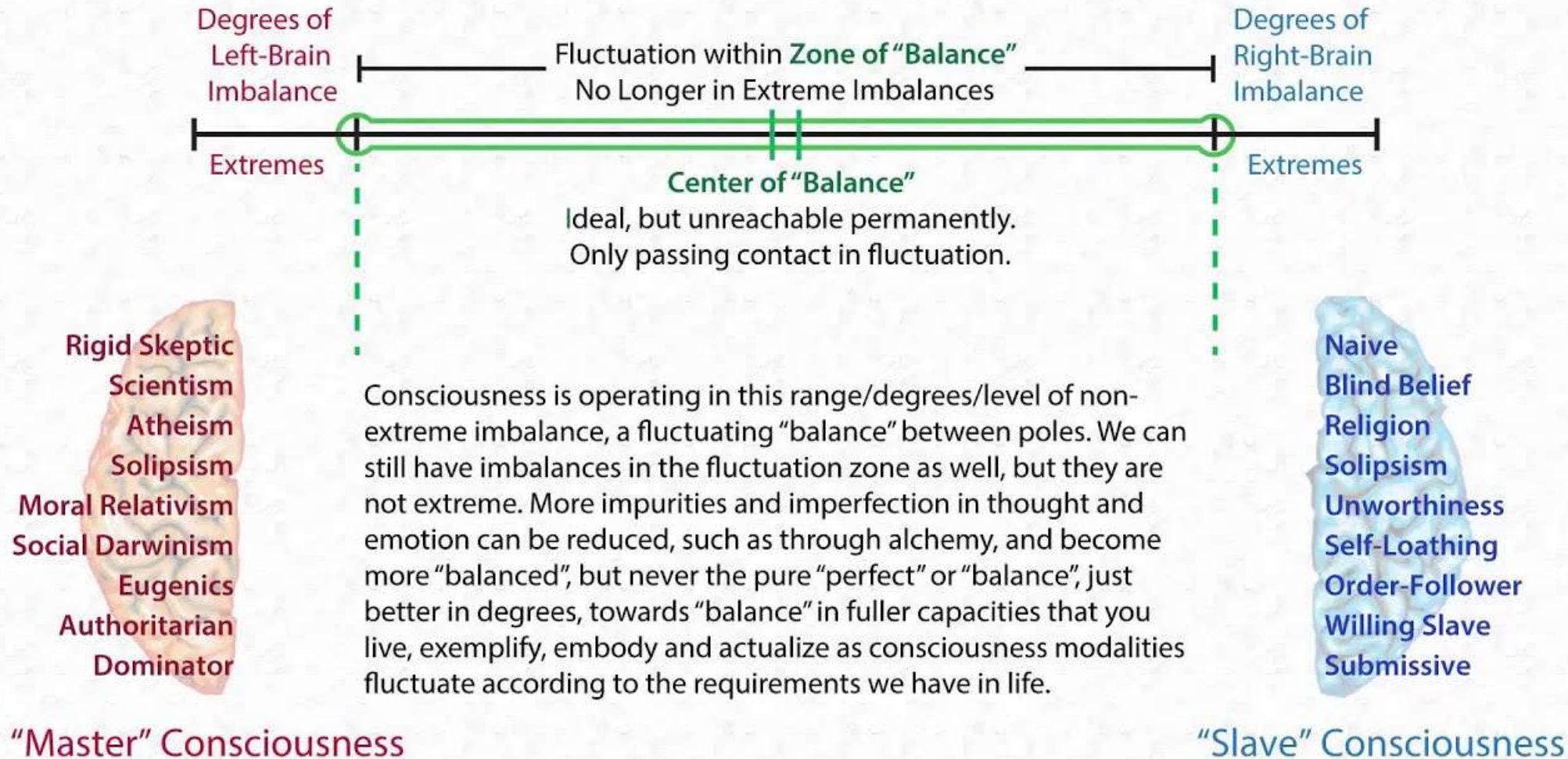
- 
- ▶ Life style balancing
  - ▶ Conscious choices around day to day activities
  - ▶ Getting off the hamster wheel
  - ▶ Right livelihood





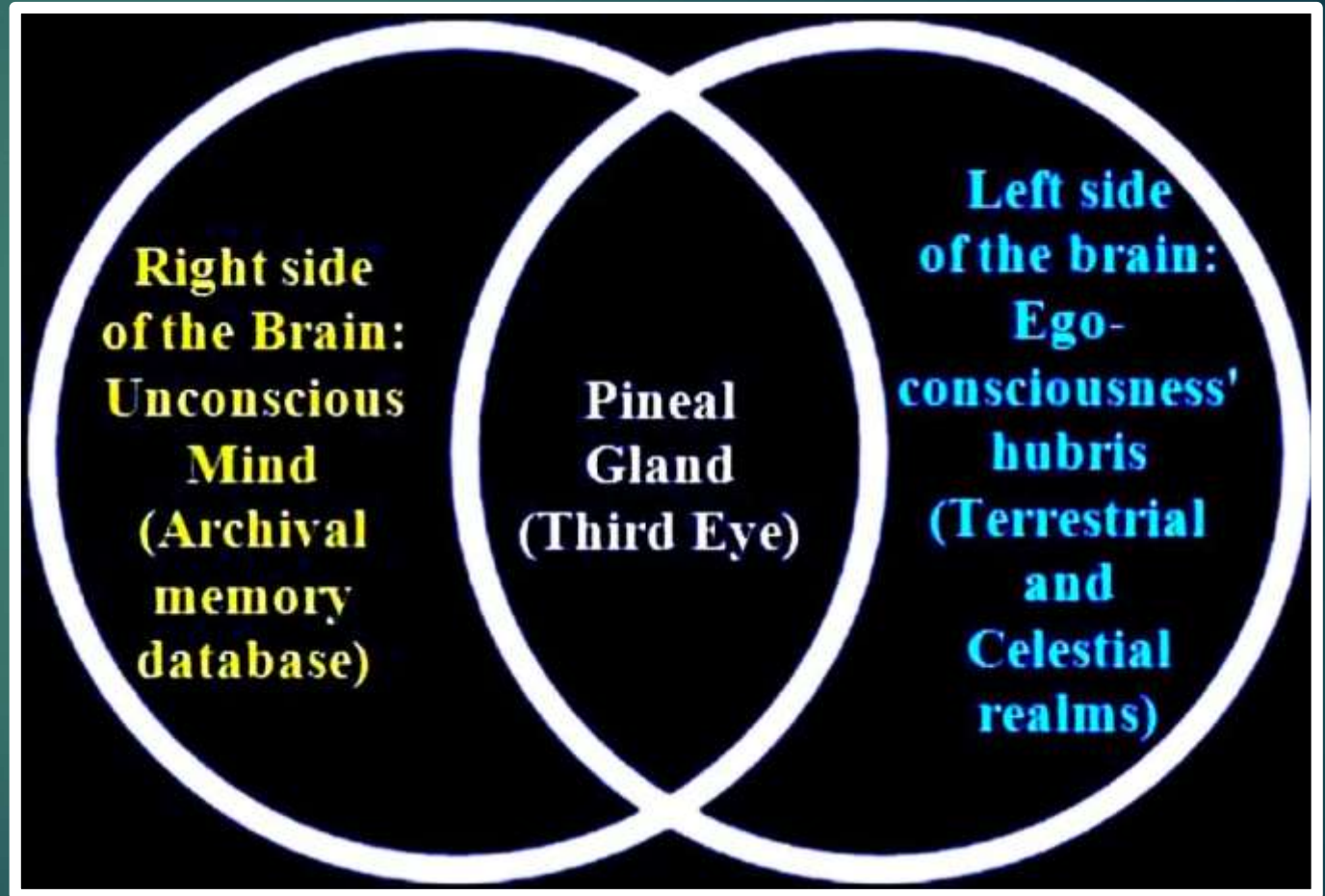
# Left and Right Brain "Balance"

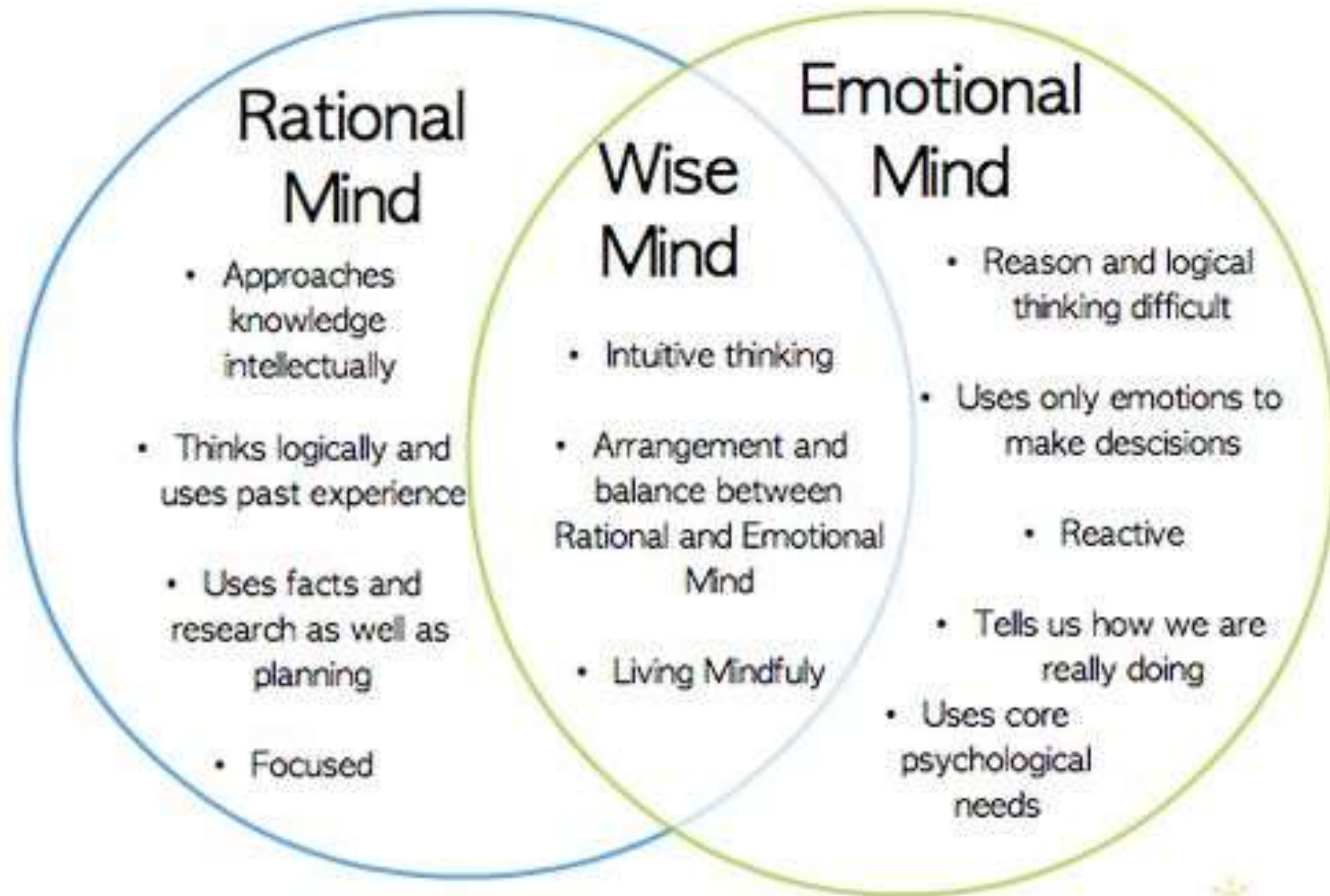
evolveconsciousness.org



# The Wise Mind

- ▶ Symbol of the Vesica Piscis
- ▶ Yin Yang symbol



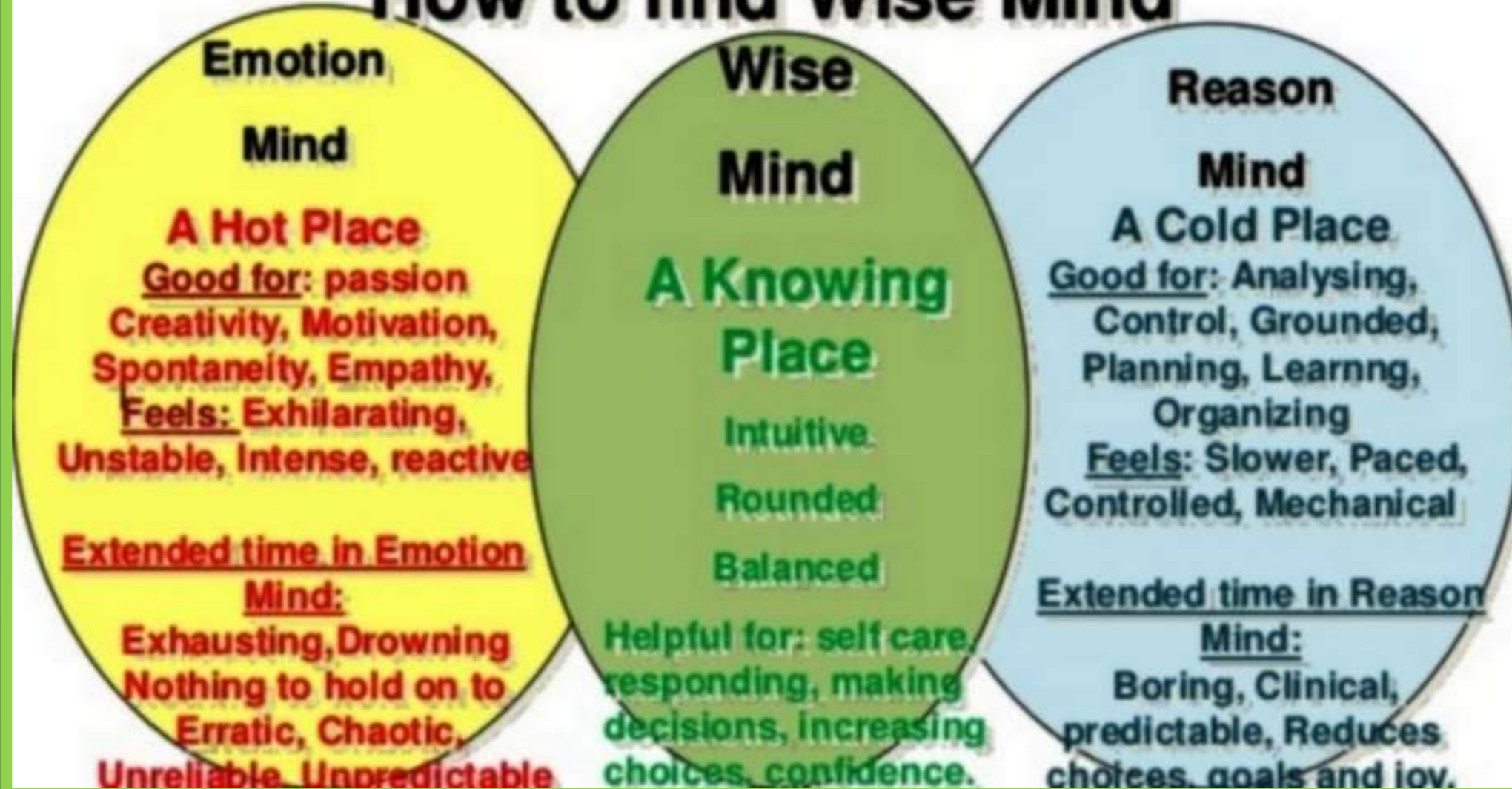


Adapted from  
the Dialectical  
Behavioral  
Therapy model

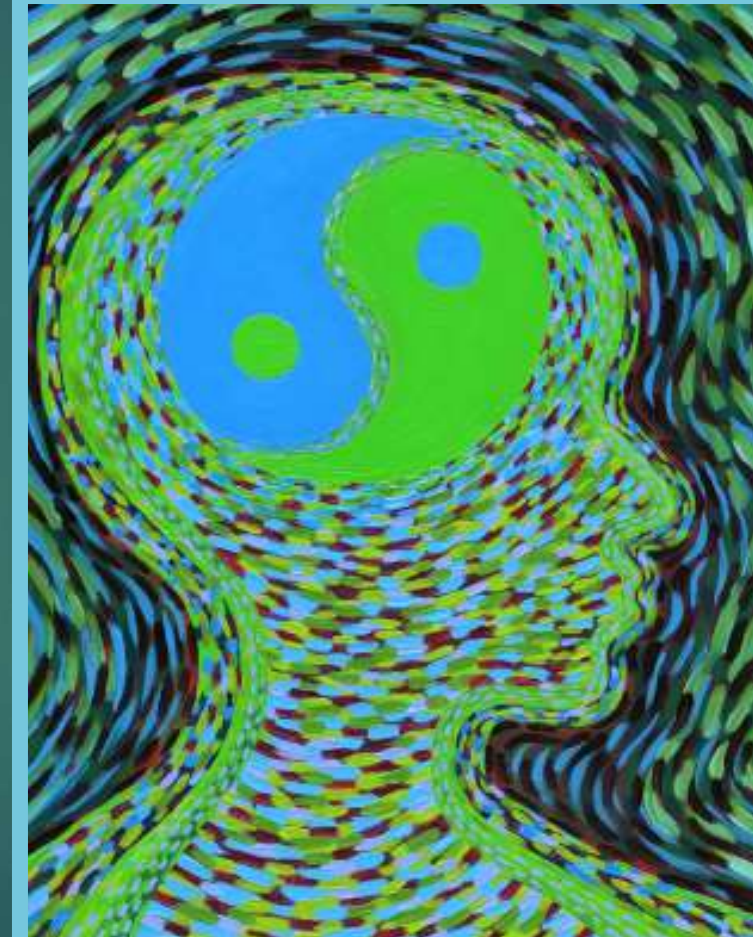
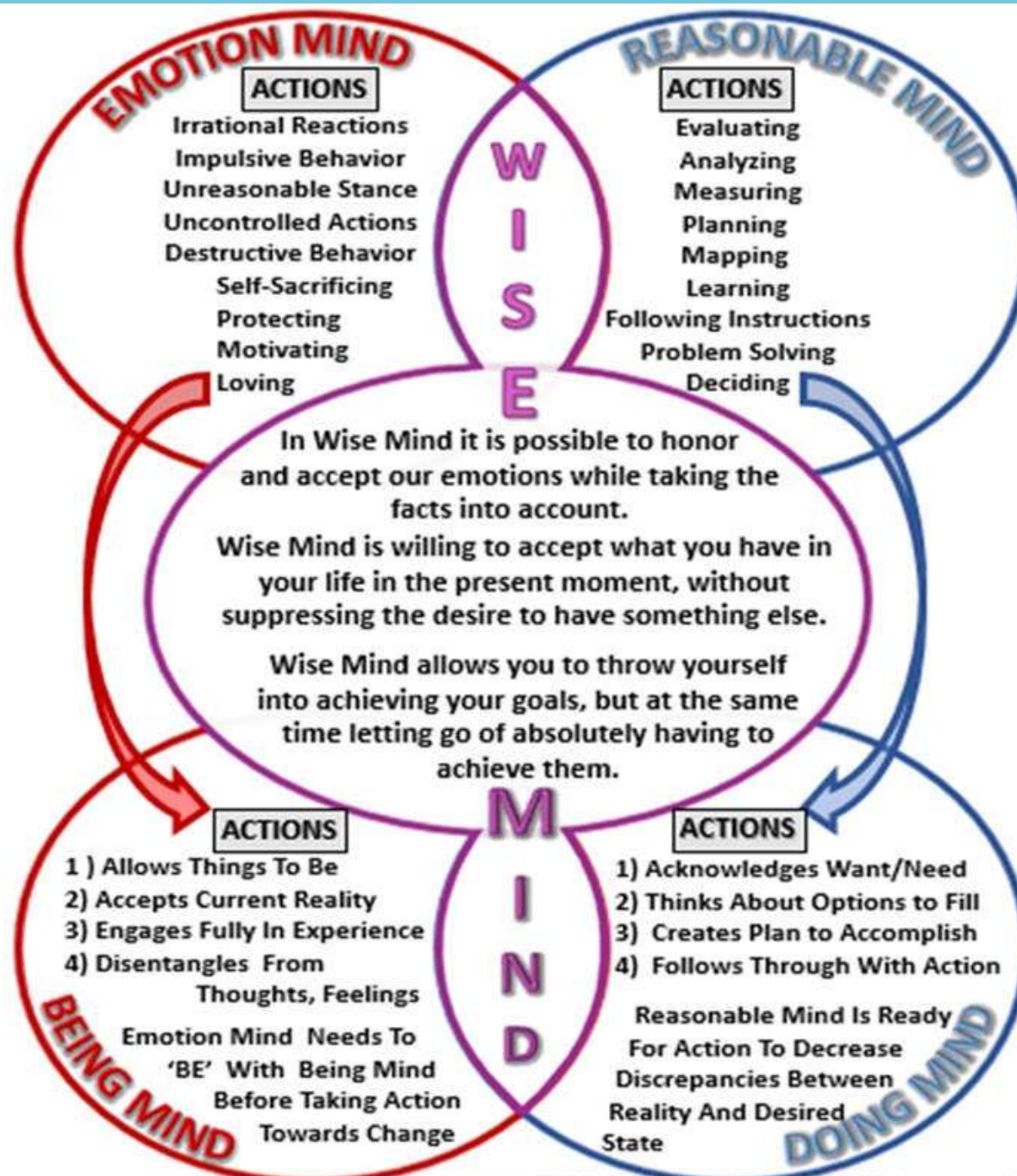




# How to find Wise Mind









# Balance the driven, focused and time oriented qualities of your inner masculine with the timeless, nurturing, free flowing and flexible aspects of your inner feminine.

Self Inquiry

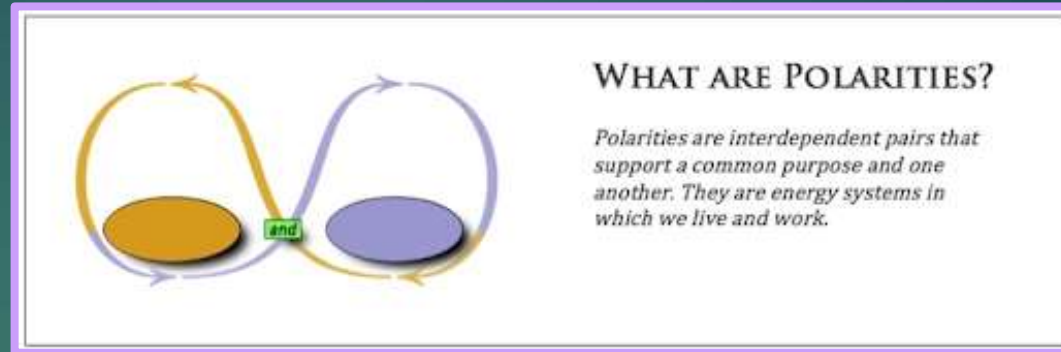
- ▶ Learn about your default nature. Identify areas where you are strong and areas where you are weak. How do these aspects play out in your life? DO they cause friction or chaos? Would it behoove you to strengthen an opposite aspect of your self?
- ▶ For example, I am female and I naturally lean more towards the feminine attributes of adaptability, flexibility, free flow and receptivity. As a single mother, these feminine qualities have pit falls. In relationships with narcissistic people , these qualities also have pitfalls. One lesson I have learned is the importance of Developing my Inner Protector, My Warrior Self who will not allow me to get walked all over.



# PLAY WITH OPPOSITES




- ▶ Interplay of Opposites
- ▶ Balance the polarities
- ▶ Learn and surf the energies without living (staying) in the extremes of black or white thinking or behaviors. i.e. all or nothing, all good or all bad, etc.
- ▶ And without falling for the pitfall of moral relativism. The polarities are there for us to play with and master; one end or the other is not more or less true.
- ▶ The extremes can be used against us if we are not aware. Dichotomies fuel Separation.
- ▶ Hegelian Dialectics: Problem, Reaction, Solution
- ▶ Pitting sides against each other.
- ▶ Justifying tighter control measures "for our own good."
- ▶ DON'T BE FOOLED
- ▶ Opposites are actually the polar qualities of the same thing.



TOOL

**HEGELIAN DIALECTIC**



A FRAMEWORK FOR GUIDING THOUGHTS AND ACTIONS INTO CONFLICTS THAT LEAD TO SYNTHETIC SOLUTIONS WHICH CAN ONLY BE INTRODUCED ONCE THOSE BEING MANIPULATED TAKE A SIDE THAT WILL ADVANCE THE PRE-DETERMINED AGENDA.

**CONTROLLED OPPOSITION**  
**PROBLEM-REACTION-SOLUTION**





But life at its best is  
a creative synthesis  
of opposites in  
fruitful harmony

Martin Luther King Jr

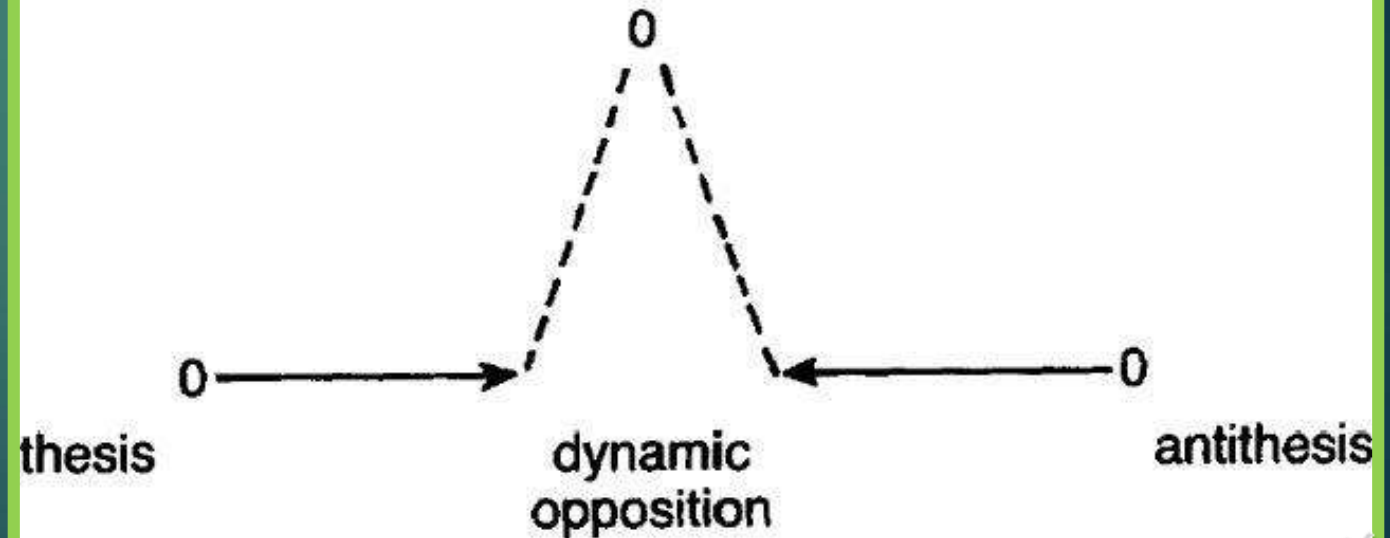
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### The Dialectical Model

(Hegel)

creative synthesis



# Opposite Action and Problem Solving: Deciding Which to Use

## EMOTION REGULATION HANDOUT 9

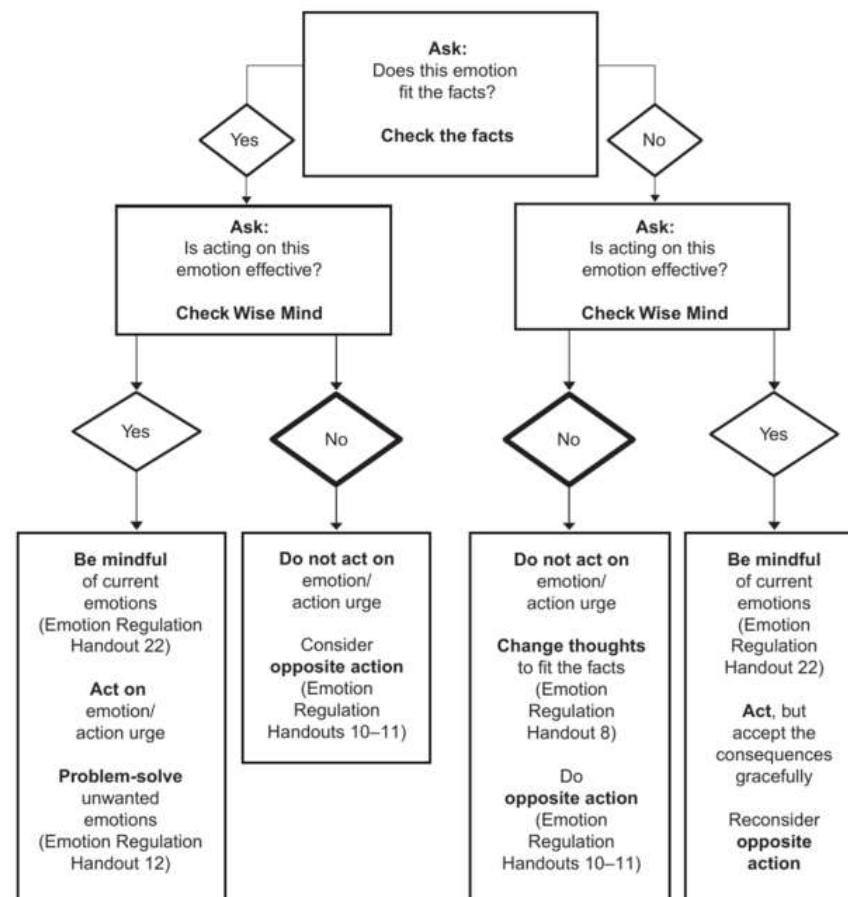
(Emotion Regulation Worksheet 6)



### Opposite Action and Problem Solving: Deciding Which to Use

Opposite action = Acting opposite to an emotion's action urge

Problem solving = Avoiding or changing (solving) a problem event



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TOOL



# ANCIENT SELF KNOWLEDGE TOOLS

TOOL

The ancients developed various complex systems of study for Self Knowledge. Each one could be a life time of study, but well worth it.

- ▶ TAROT
- ▶ ASTROLOGY – left and right brain
- ▶ RUNES
- ▶ KABBALAH
- ▶ SHAMANIC JOURNEYS
- ▶ ANIMISM
- ▶ MEDITATION
- ▶ PAST LIFE REGRESSION (Explore Soul Codes)

Right Brain  
Development





# PTSD Coping Strategies



# MINDFULNESS

Present Moment Awareness

TOOL



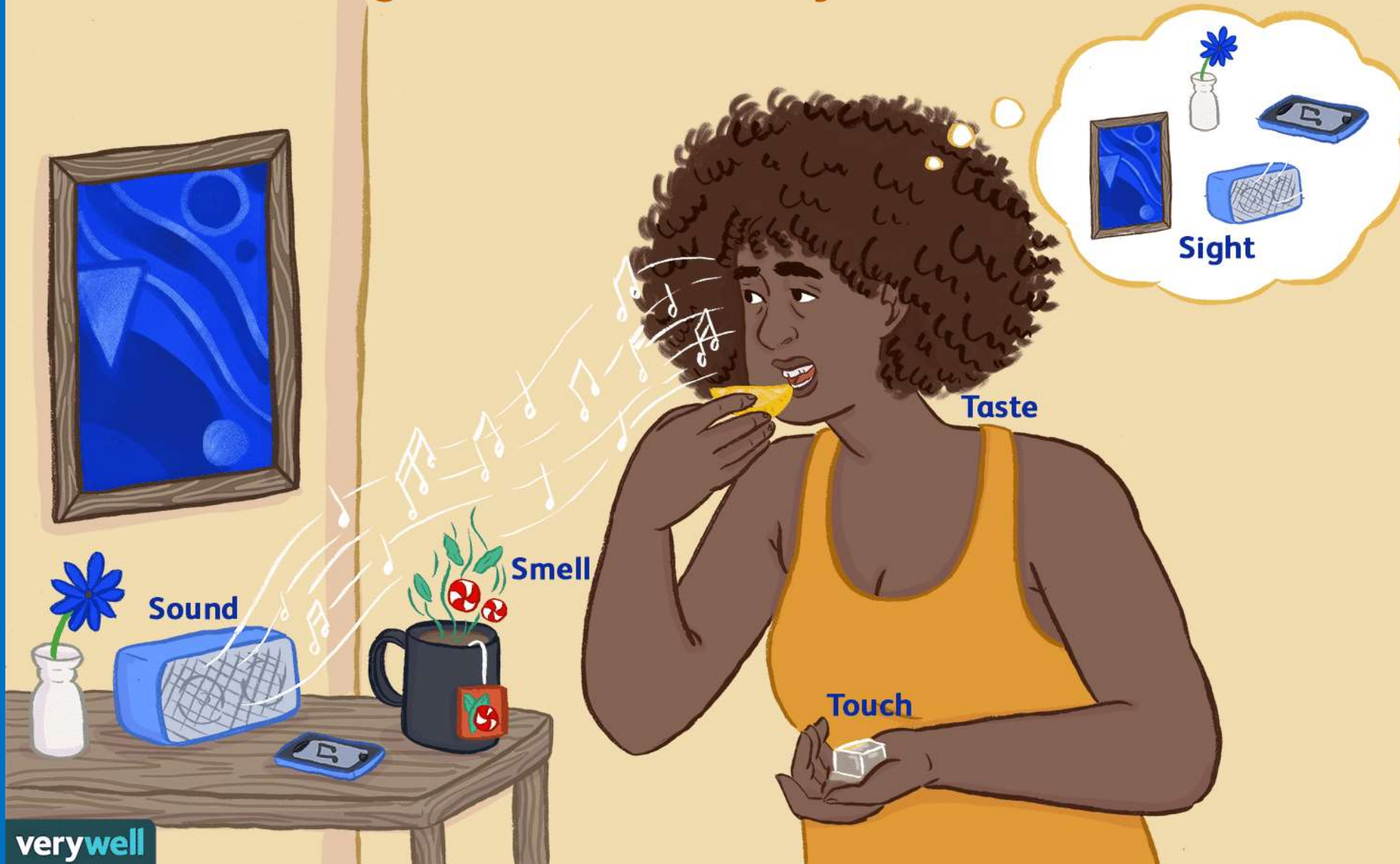
# GROUNDING IN THE SENSES

TOOL





## Using Your Senses to Stay in the Present



# GROUNDING to Reduce Anxiety and Dissociation

What Does it Mean?

GROUNDING

Being grounded refers to a state of mental awareness where you're fully present with the here and now. You know who and where you are, the current time and year, and what's happening all around you. *It is the opposite of dissociating.*

The act of "getting grounded" means taking deliberate steps to bring one's self out of flashbacks, dissociation, and/or other distress. This can include steps like: putting your feet on the floor, naming items in the room, learning the date and time, touching various textures, tasting or smelling mints, and also discontinuing anything that is trancing (rocking, swaying, staring, rhythmic behaviors, etc). The objective is to really engage with your surroundings, using different senses to lift yourself from the dissociative fog and come crisply into the present. It does take effort, but customization leads to much greater success.

**This is a vital skill for trauma patients and those with dissociative disorders.**

BEAUTY AFTER BRUISES  
.ORG

## Grounding: A Strategy to Reduce Anxiety

A mindfulness practice.

Sharon Martin, LCSW

1. Rate your anxiety on a scale of 1-10.
2. Sit up straight and tall. Place your feet on the floor. Relax your shoulders.
3. Breathe slowly and deeply.
4. How many windows are in the room?
5. How many electrical outlets do you see?
6. What does the chair or couch you're on feel like? Is it soft? Rough? Smooth?
7. What color are your pants? Your shoes?
8. What do you hear?
9. What material is the floor made of? Is it smooth or bumpy? Soft or hard? Dirty or clean? What imperfections can you see?
10. Name all of the TV shows you can think of.
11. Name all of the types of shapes you can think of.
11. Rate your anxiety on a scale of 1-10. If it is still over a 5, repeat the grounding exercises.

LiveWellwithSharonMartin.com





## SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



### body

lay on the ground, press your toes into the floor, squeeze playdough



### 5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



### self-soothe

take a shower or bath, find a grounding object, light a candle



### observe

describe an object in detail: color, texture, shadow, light, shapes



### breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



### distract

find all the square or green objects in the room, count by 7s, say the date

## How to Cope with Triggered Trauma Memories

- **Move your body.** Get your body moving to release endorphins and shift your body's response.

- **Use grounding techniques.** Bring yourself into the present by getting in touch with your senses.

- **Go outside.** This is a great place to apply grounding techniques. Breathe the fresh air.

- **Practice cozy self-care.** Draw a warm bath. Put on your comfiest pajamas.

- **Let emotions be.** Allow yourself to process the emotions with patience.

- **Try tapping.** Tapping calms anxiety, builds self-acceptance and draws your awareness into your senses.

- **Get support.** Having a sense of community is essential to avoid falling prey to isolation.





# Grounding Exercise

*For use during a panic attack,  
when you need to stay calm,  
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

5 things you **see**

4 things you **feel**

3 things you **hear**

2 things you **smell**

1 thing you **taste**

[puzzlepeacecounseling.com](http://puzzlepeacecounseling.com)

## ACUPRESSURE POINTS FOR ANXIETY



### Liver 3

This point is located on the top of the foot between the first and second toe where they make a "V".



### Kidney 1

Located on the bottom of the foot just below the ball of the foot, roughly between the second and third toes.



### Spleen 6

**DO NOT USE THIS POINT IF PREGNANT**

It is located on the medial (inside) of the leg, on the shin bone, one handbreadth above the medial malleolus (the pointy ankle bone).



### Pericardium 6

This point is located on the palm side of the forearm, approximately three fingers above the wrist crease.

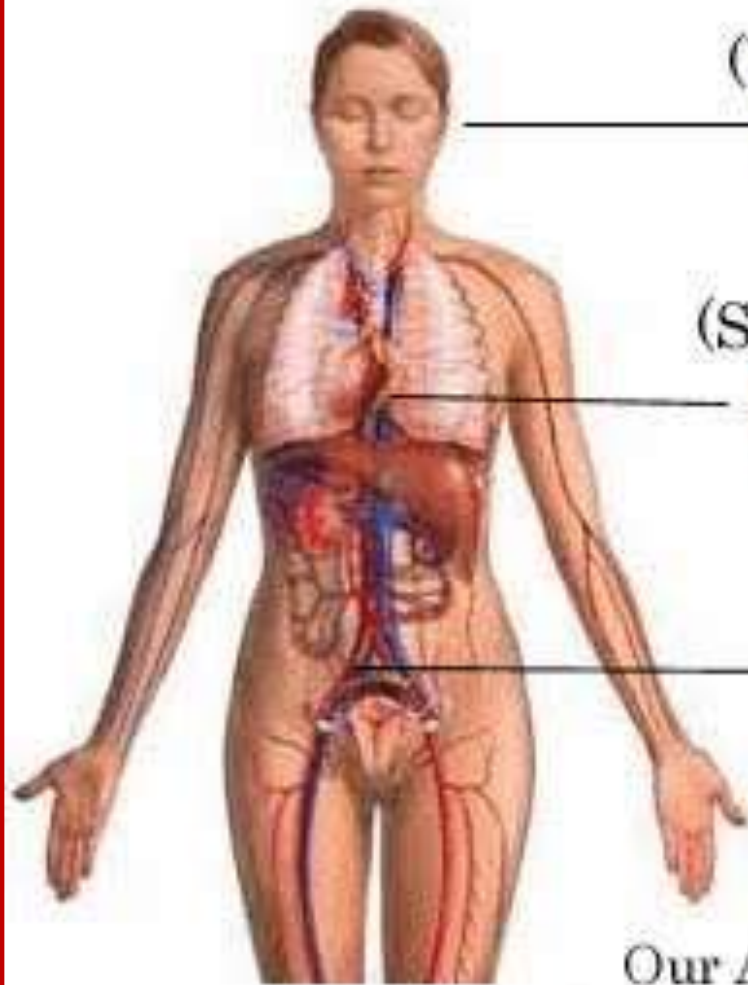
**To perform acupressure:** simply locate the acupuncture point (it may feel slightly sore) and rub, massage, or tap the point.



# Activate the Vagus Nerve to Soothe Effects of Trauma

“According to Dr. Stephen Porges’s Polyvagal Theory<sup>[4]</sup>, the autonomic nervous system comprises a three-part hierarchical structure: the dorsal vagal system, the sympathetic nervous system, and the ventral vagal system. The dorsal vagal system, which is oldest of the systems, is part of the parasympathetic nervous system. The dorsal vagal nerve immobilizes the body in response to life threatening situations by facilitating a shut down response. The sympathetic nervous system, which is comparatively newer to evolve, mobilizes the body in response to threat by activating the fight-or-flight response. Most importantly, mind-body therapies help to activate the ventral vagal system, which is the newest and most evolved of the structures, This “social engagement” system is the branch of the parasympathetic nervous system that helps you relax and connect to others when you feel safe.” –From Arielle Schwartz PhD [The Vagus Nerve In Trauma Recovery](https://drarielleschwartz.com/)





(VVC) Ventral Vagal Complex: Signaling System for motion, emotion & communication.  
(Our Social Engagement System)

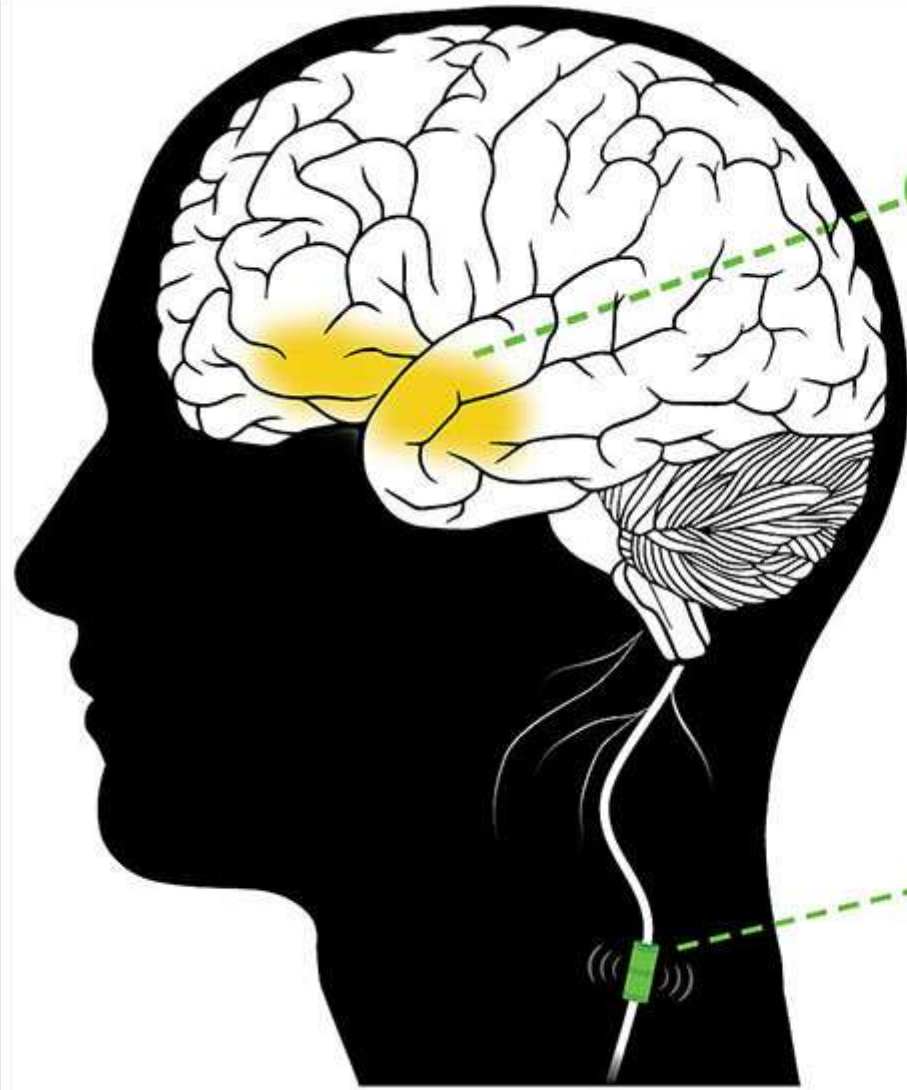
(SNS) Sympathetic Nervous System: Mobilization System for Flight or Fight Behaviors.  
(Our Aggressive Defense System)

(DVC) Dorsal Vagal Complex: Immobilization System for Conservation Withdrawal.  
(Our Passive Defense System)

Our Autonomic Nervous System fires muscular tensions triggered by feedback signals from the external & internal world at millisecond speeds below conscious awareness. These muscles tensions fire our Thoughts?







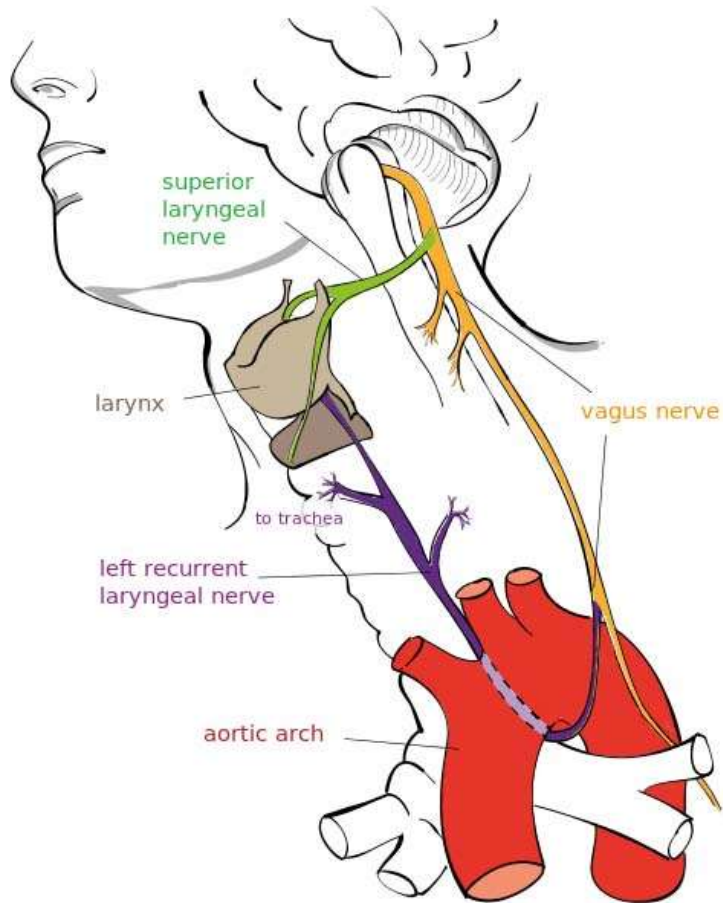
Vagus nerve stimulation paired with exposure therapy drives brain plasticity to treat key symptoms of PTSD

Vagus Nerve Stimulator



# Vagus Nerve Health

- ▶ Learn about the Vagus Nerve
- ▶ Exercises to tone and activate optimal vagus nerve function



Strengthen  
your vagus  
nerve for  
better  
digestion  
& mood



*gutsy  
by  
Nutrition*

TOOL

## 11 THINGS YOU CAN DO AT HOME FOR VAGUS NERVE STIMULATION

1. Breathing Exercises.
2. Meditation.
3. Exercise. Movement is good; too much is not.
4. Yoga.
5. Omega-3-rich diet.
6. Probiotics and a Probiotic-rich diet.
7. Singing and chanting.
8. Splashing your face with cold water.
9. Hugging.
10. Massages.
11. Intermittent Fasting.



AGUTSYGIRL.COM



# Strategies to Tone the Vagus Nerve

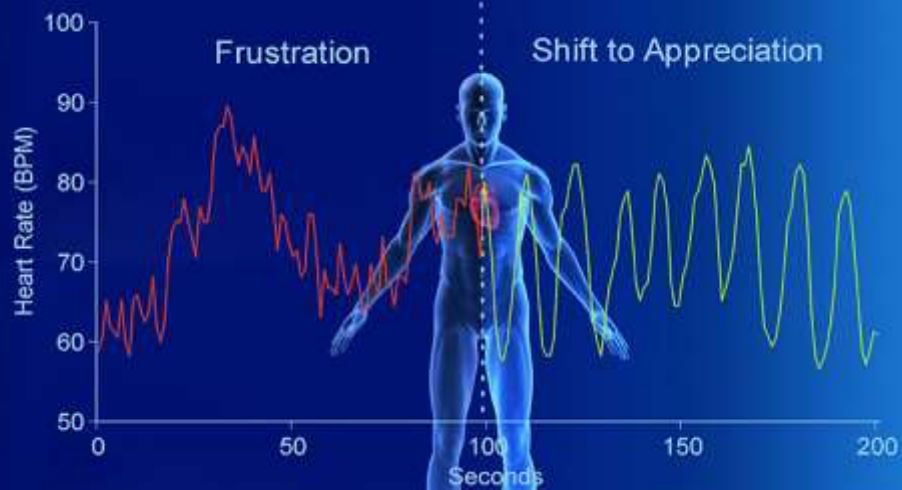
- ▶ Attend to your Gut (microbiome)
- ▶ Laugh Out Loud
- ▶ Shake Your Body
- ▶ Humming, Singing, Honey Bee Breath
- ▶ Conscious Breathing
- ▶ Yoga Nidra
- ▶ Therapeutic Yoga
- ▶ Increase Sensory Awareness
- ▶ Repeat your phrase, “I am safe, I am connected, I am calm” as you mindfully move your body from stillness to activity back to stillness.





# HEART MATH

Heart Math Institute



## The Heart-Brain Relationship

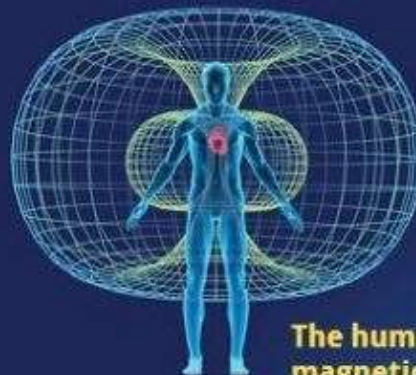


- The heart has its own complex nervous system: the "heart brain."
- The heart sends far more information to the brain than the brain sends to the heart.
- Heart signals especially affect the brain centers involved in strategic thinking, reaction times and self-regulation.

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www.heartmathinstitute.com

## Did you know?



The human heart's magnetic field can be measured several feet away from the body.



In fetal development, the heart forms and starts beating before the brain begins to develop.



Positive emotions create physiological benefits in your body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.



Positive emotions can increase the brain's ability to make good decisions.

You can boost your immune system by focusing on positive emotions.





# Self Management Skills

Breathing & Relaxation	Emotional Healing	Self Motivation	Physical Well Being
<ul style="list-style-type: none"><li>*Step one to self management</li><li>*Diaphragm breathing</li><li>*Deep breathing exercise</li><li>*Relaxation techniques</li></ul>	<ul style="list-style-type: none"><li>*Addressing underlying causes</li><li>*Inner child imagery</li><li>*Revisiting &amp; revising memories</li><li>*Positive connection with yourself</li></ul>	<ul style="list-style-type: none"><li>*Be a good friend to yourself</li><li>*Targeted affirmations</li><li>*Positive self talk</li><li>*Mental rehearsal &amp; positive imagery</li></ul>	<ul style="list-style-type: none"><li>*Relationship with your body</li><li>*Relationship with food</li><li>*The hard part gets easier</li><li>*Positive vision and new habits</li></ul>



# MEDITATION TYPES — Meditation approaches are numerous

TOOL

Mindfulness Meditation

Transcendental Meditation

Movement Meditation

Walking Meditation

Progressive Relaxation

Loving-Kindness Meditation

Guided Visualization Meditations

Mantra Meditation

Focused Meditation

Vipassana Retreats

Sound Healing





# COMTEMPLATION AND PRAYER

TOOL

- ▶ Ecstatic Dance
- ▶ Affirmative Prayer
- ▶ Repetitive Prayer
- ▶ Kirtan/Chanting
- ▶ Mantra

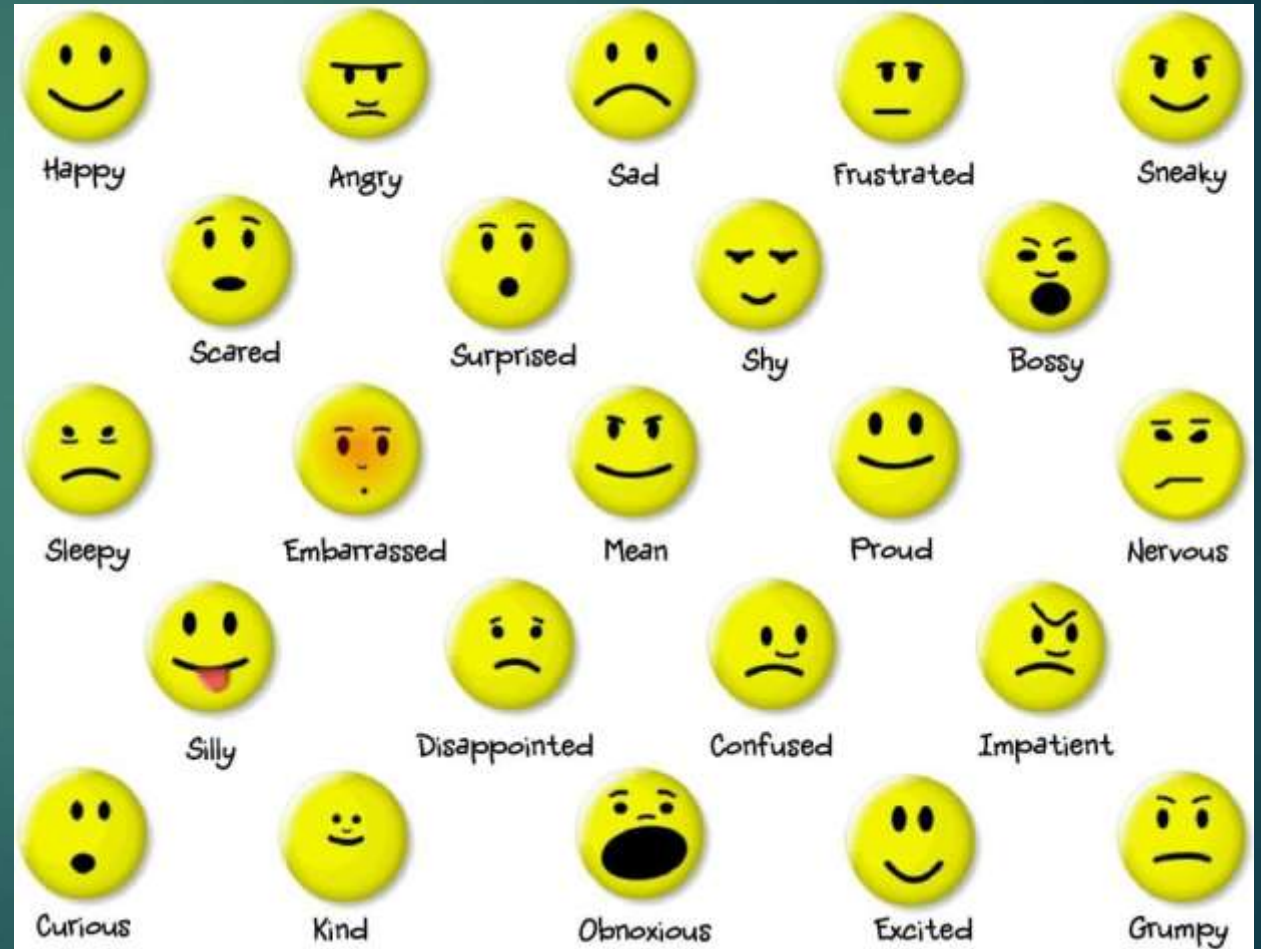


# METABOLIZING EMOTION

## Tips and Ideas for Transforming Emotional Energy

TOOL

- ▶ Put your attention on it
- ▶ Name it
- ▶ Release it with repetitive movement, shaking, shimmying, shaking
- ▶ Strenuous exercise
- ▶ Dance it Out
- ▶ Psychodrama
- ▶ Music/Sound: toning, growling, grunting,, guttural sounds, sighs, screaming, singing
- ▶ Talk it out/Vent/Cry
- ▶ Breath Work
- ▶ Use the Elements: Walk barefoot on the Earth, Soak in Natural Waters, Sit by a Fire, Visualize the Wind Blowing Through You
- ▶ Express it through Art
- ▶ Journal
- ▶ Express Sexual Energy
- ▶ Catharsis



# MANAGE YOUR MIND: SELF-TALK MANAGEMENT

TOOL

- ▶ Everything starts with the **MENTAL** , Thought is Primary
- ▶ The Goal is to Master Your Thoughts and Be the Driver of Your Vehicle
- ▶ **AUTOMATIC THOUGHTS** and **IMAGES**
- ▶ **THINKING ERRORS**
- ▶ Challenge your Thoughts: Ask **IS THIS REALLY TRUE?** Are there other possibilities? Exceptions?
- ▶ **CHOOSE THOUGHTS** to **EVOKE RESULTS**
- ▶ Choose your Thoughts and Words with Purpose
- ▶ Choose your mental images consciously





# Negative Scripts from Your Past. Your **CORE NEGATIVE COGNITIONS**

Self Inquiry

- ▶ Self Reflect
- ▶ Notice events or situations that stir up a feeling of distress in you
- ▶ Ask yourself, what was the earliest time I remember feeling like this?
- ▶ Ask yourself, when I think of that memory, how do I feel about myself?
- ▶ What do I think is true about me when I hold that memory?

A negative script such as those listed here could be driving your life unconsciously. Bringing this awareness to the surface and unpackaging it is an important first step.



**20**

### Negative Core Beliefs

- 1 I am unlovable
- 2 I am defective
- 3 I am powerless
- 4 I am a failure
- 5 I don't belong
- 6 I am a loser
- 7 I am worthless
- 8 I am unwanted
- 9 I am helpless
- 10 I will always be alone
- 11 I am unimportant
- 12 Nobody cares about me
- 13 I am incompetent
- 14 I am inferior
- 15 I am disposable
- 16 I am trapped
- 17 I am never understood
- 18 I am a mistake
- 19 No one can be trusted
- 20 The world is out to get me

Visit [CreatePowerLife.com](http://CreatePowerLife.com)  
to learn to challenge these beliefs



# INTERNAL FAMILY SYSTEMS:

START A DIALOGUE AMONG YOUR PARTS. ALLOW YOUR PAIN TO HAVE A VOICE (from the model of Richard C. Schwartz).

TOOL

- ▶ INNER COMMITTEE, Initiate a Neutral conversation among your inner voices
- ▶ LET YOUR EXILES SPEAK: What pain have they buried?
- ▶ What are your MANAGER behaviors? What do they say about keeping things in control?
- ▶ What are your FIREFIGHTER behaviors? What do they want to keep under wraps? What are they distracting you from?
- ▶ EMPOWER YOUR HIGHER SELF/EXECUTIVE SELF to facilitate the conversation from a Compassionate Witness perspective.



# Natural Ways to Boost Dopamine

TOOL

1. Eating protein, especially with amino acids tyrosine and phenylalanine .
2. Eat less Saturated Fat
3. Consume Probiotics
4. Eat Velvet Beans, or Supplement with Mucuna Pruriens
5. Exercise Often
6. Get adequate Sleep
7. Listen to Music
8. Meditate
9. Get Sunlight
10. Supplement with iron, niacin, folate and Vitamin B6





# Natural Ways to Increase Serotonin, the feel-good hormone

Serotonin is known for promoting good sleep by helping to regulate circadian rhythms, helping regulate appetite, promoting learning and memory, and helping promote positive feelings and prosocial behavior.

Signs of Serotonin deficiency: anxiety, depression, irritability, aggression, sleep issues, fatigue, decreased appetite, nausea, digestive issues, cravings for sweets and carbs.

- ▶ Diet – especially Tryptophan rich foods
- ▶ Aerobic Exercise
- ▶ Bright Light – Time outside in natural sunlight.
- ▶ Sun Gazing (20 min after sun rise or between sun set) – dates back to ancient times (Egypt, Mayan, Incan, Mesopotamian, Native American), it affects the energetic and magnetic bodies, optimizing your electromagnetic field. Ease in to the practice with short periods of time and increase gradually. You may start with your eyes closed.
- ▶ Supplements : Tryptophan, SAMe, 5-HTP, St. John's wort, Probiotics
- ▶ Massage Therapy
- ▶ Mood Induction: Safe Calm Place Visualization, Savoring positive experiences and memories, Positive Relationship Connections



# Increasing Nitric Oxide

## BENEFITS:

- ▶ Improves Circulation by helping blood vessels dilate: helps with blood pressure
- ▶ Improves sexual function
- ▶ Increases athletic endurance
- ▶ Improves sleep
- ▶ Improves healing and recovery from injury
- ▶ Decreases inflammation



## SOURCES:

- ▶ Beet Root, Celery, Dark Leafy Greens, Lettuce, Cabbage, Radishes
- ▶ Conscious Humming







# NATURE AS HEALER

- ▶ Spend time outside in nature everyday
- ▶ Use mindfulness practices while in nature
- ▶ Connect to the elements
- ▶ Be still and Observe nature
- ▶ Get off electronics
- ▶ Study Animism /Paganism (Natural Cycles)
- ▶ Earthing – Ground your bare feet on the earth
- ▶ Negative Ions



# SUPER NUTRITION

- ▶ Don't settle for mainstream diets
- ▶ PLANT BASED
- ▶ ORGANIC
- ▶ RAW FOOD
- ▶ SUPER FOODS
- ▶ SUPER HERBS
- ▶ MEDICINAL MUSHROOMS
- ▶ SUPPLEMENTATION
- ▶ GOOD WATER QUALITY
- ▶ PRINCIPLE OF NO HARM DONE: Vegan, Vegetarian



TOOL





# GROW A GARDEN

TOOL

- ▶ Permaculture
- ▶ Hydroponics
- ▶ Green House
- ▶ Work with Nature



- ▶ Documentary and Website: Garden of Eden
- ▶ Prime Documentary: The Biggest Little Farm

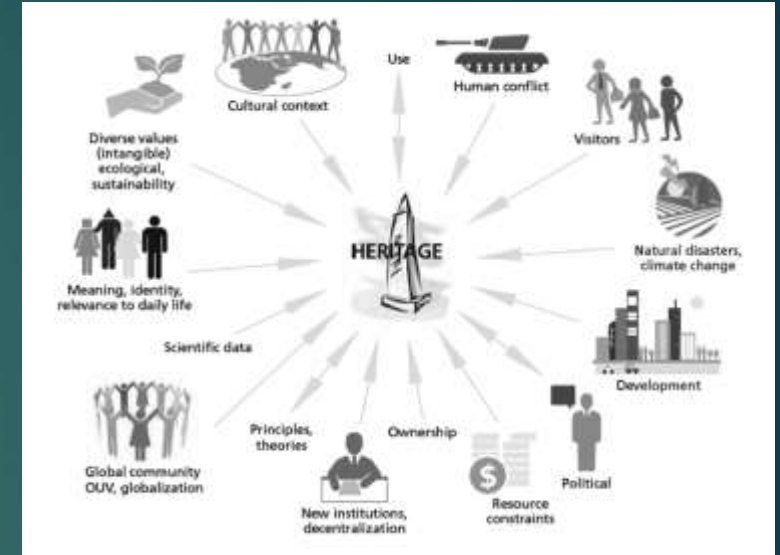




# Learn about your Ancestry

- ▶ What **Blood Codes** do you Carry?
- ▶ What Ancestral Trauma has been passed down to you?
- ▶ Is there an aspect to your ancestry that you avoid? That causes you shame?
- ▶ Are their habits or features passed down to you that you dislike?
- ▶ OR that you love and are proud of?
- ▶ Do you know your family history?
- ▶ How far back have you gone?
- However, I do not support using mainstream ancestry services that involve giving your biological samples

TOOL



## What is heritage?



# Animism, Paganism and Shamanism

- ▶ **Animism** – The assertion that individual spirits inhabit natural objects and phenomena
- ▶ **Paganism** – a pre-Christian world view that includes a polytheistic and animistic understanding of nature.
- ▶ **Shamanism** – an ancient practice of interactions between the human and spirit worlds, often activated for healing purposes.
- ▶ **Heathen** = a Non-Christian





# Therapeutic Use of ENTHNEOGENS

TOOL



Ceremonial and Guided Use of:

- ▶ Ayahuasca
- ▶ Magic Mushrooms (psilocybin)
- ▶ MDMA
- ▶ DMT
- ▶ 5MEO - DMT
- ▶ Ketamine
- ▶ Cannabis
- ▶ LSD
- ▶ San Pedro cactus
- ▶ Peyote
- ▶ Frog Medicine: Kambo
- ▶ Bufo Alvarius – psychedelic Toad





# Religions That Embrace Entheogenic Use of Cannabis

AN ENTHEOGEN IS A TYPE OF PSYCHOACTIVE SUBSTANCE USED TO INDUCE A SPIRITUAL EXPERIENCE AND REVERED FOR DEVELOPMENT OR SACRED USE.

## TAOISM

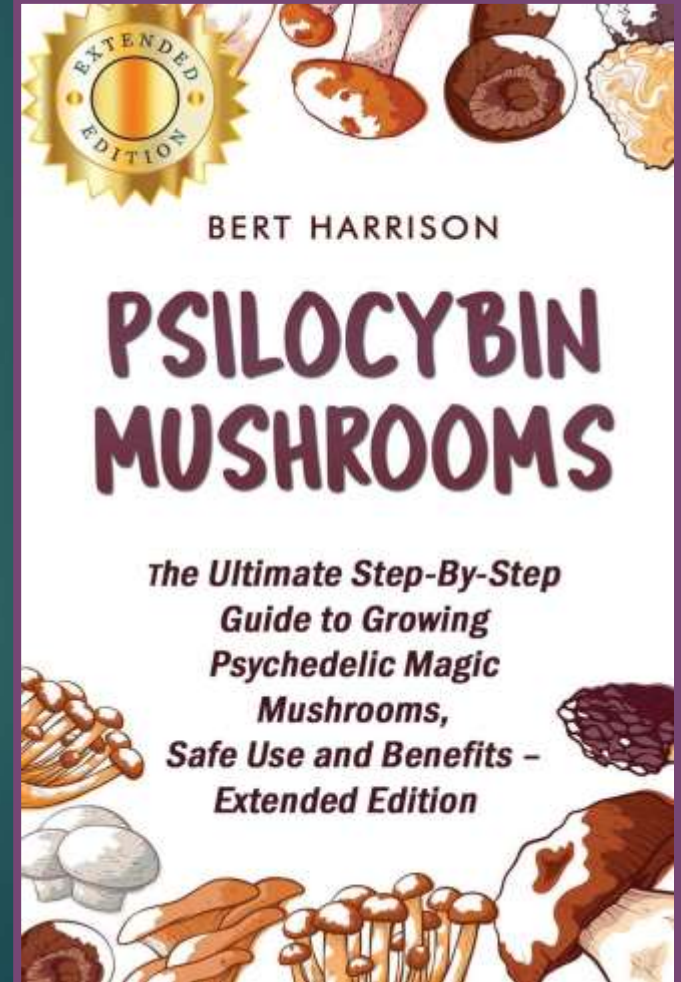
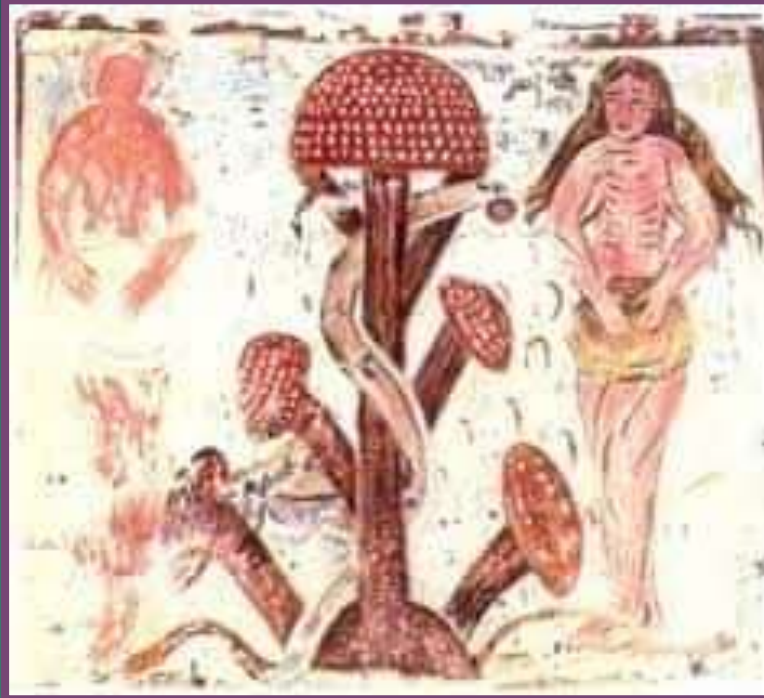
EARLY TEXTS MENTION INCENSE BURNERS BEING USED WITH CANNABIS TO COMMUNICATE WITH SPIRITS, SEPARATE NEGATIVE DESIRES, AND ACHIEVE A STATE OF INNER PEACE.

## RASTAFARIANISM

CANNABIS CAN BE USED TO ACHIEVE A HIGHER LEVEL OF CONSCIOUSNESS.

## HINDUISM

ANCIENT VEDIC SCRIPTURES OF HINDUISM CLAIM TO USE CANNABIS AS ONE OF THE FIVE SACRED PLANTS.



“

Decriminalize Nature Ann Arbor Contributor

*The clinical and scientific evidence for the many benefits of entheogens is weighty and ever-accumulating, and this is being recognized by cities and states across the country.*

The Michigan Daily

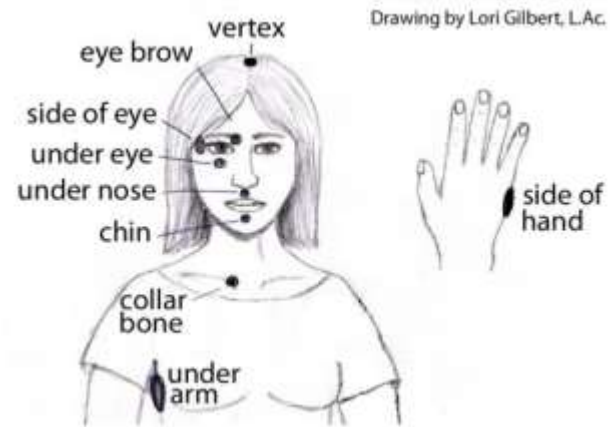
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# MERIDIAN TAPPING/EMOTIONAL FREEDOM TECHNIQUE

TOOL



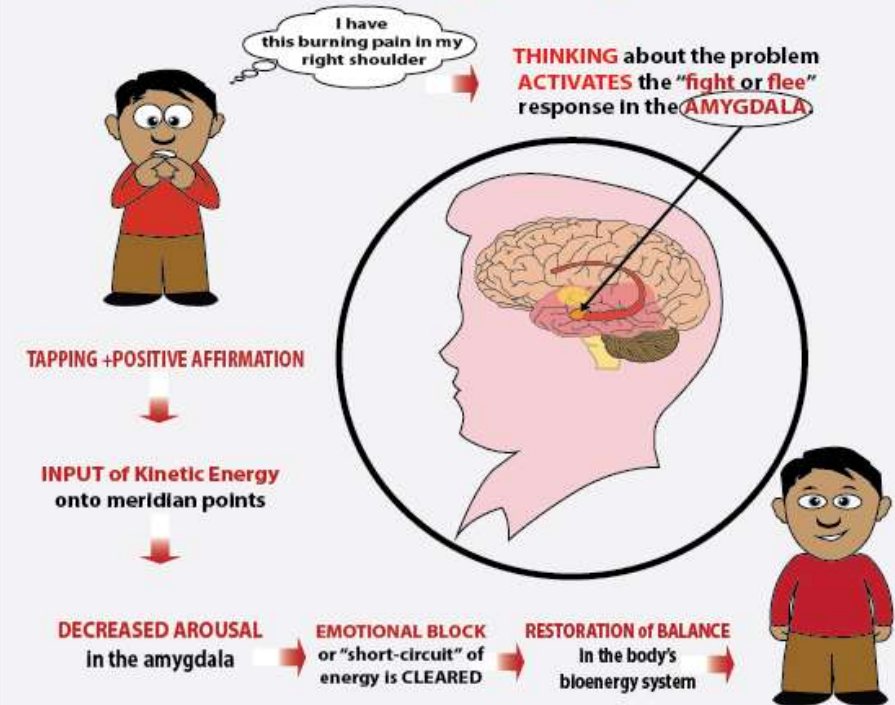
1. Rate your emotional intensity level on a scale from 0 - 10 on your issues.
2. Say the Set Up Statement 3 times while tapping on side of hand point: "Even though (your issues) I deeply and completely accept myself."
3. Tap on the other points 5 - 10 times, starting at the top of your head, while focusing on your issue and repeat until you notice a shift.
4. Rate your intensity level and note any changes.
5. Repeat until your issue is down to 0 or 1.

Brad Gilbert, EFT Practitioner bradgilbertmmq@sbcglobal.net 916-616-5227

## General Steps for the Tapping Process:

1. Identify a problem or concern you would like to address. This is often referred to as your Most Pressing Issue (MPI)
2. Rate the magnitude of the feeling, at this moment, on a scale of 0-10, with 10 being the most intense.
3. Establish a Set-up Statement or Affirmation using the following statement: Even though I have \_\_\_\_\_, I deeply and completely love and accept myself.
4. Select a "Reminder Phrase"; this is a few words that help you focus on your most pressing issue (MPI) For example, this stress....
5. Start by tapping on your karate chop point, repeat your "Set-up Statement" 3 times. Even though I have \_\_\_\_\_, I deeply and completely love and accept myself.
6. Using 2 fingers, tap on each point (5-7 times each) starting from the inner eyebrow and finishing the cycle at the top of your head, while making affirmative statements and reciting your "reminder phrase" Example: This stress... is overwhelming
7. Complete 1-2 rounds of tapping and then rate the intensity of the problem again on a scale of 0-10.
8. Continue the tapping or stop when you experience relief or need to move on.

## How EFT Tapping Works



# YOGA

The various branches of Yoga could be, for practical purposes, classified into five basic groups:

**Jnana Yoga:** the Yoga committed to inquiry.

**Karma Yoga:** the Yoga committed to selfless service and Dharma.

**Bhakti Yoga:** the Yoga devoted to love and devotion to God.

**Raja Yoga:** the Yoga committed to introspection and contemplation.

**Hatha Yoga:** the Yoga devoted to the discipline of the body and the balance of the mental, physical and subtle forces of the body through the practice of asana and pranayama

Yoga = 'yoke' from the root word 'yuj' meaning 'to join'. Yoga is a method of unifying the egoistic (limited) self to the higher (divine) self. Yoga is a method to bring Moksha or freedom from all bondage.

TOOL







# YOGA



# QI GONG



TOOL

**Qigong** ([/ˈtʃiːˈɡɒŋ/](#)),<sup>[1]</sup> **qi gong**, **chi kung**, or **chi gung** ([simplified Chinese](#): 气功; [traditional Chinese](#): 氣功; [pinyin](#): qìgōng; [Wade–Giles](#): ch'ī kung; [lit.](#): 'life-energy cultivation') is a millennia-old system of coordinated body-posture and movement, breathing, and meditation<sup>[2]</sup> used for the purposes of health, spirituality, and martial-arts training.<sup>[3]</sup> With roots in Chinese [medicine](#), [philosophy](#), and [martial arts](#), *qigong* is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance [qi](#) (pronounced approximately as "chi"), translated as "life energy".<sup>[4]</sup>

*Qigong* practice typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. People practice *qigong* throughout China and worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, [alternative medicine](#), meditation, self-cultivation, and training for martial arts. – Wikipedia



# QI GONG

TOOL

## 30

### Benefits of Qigong

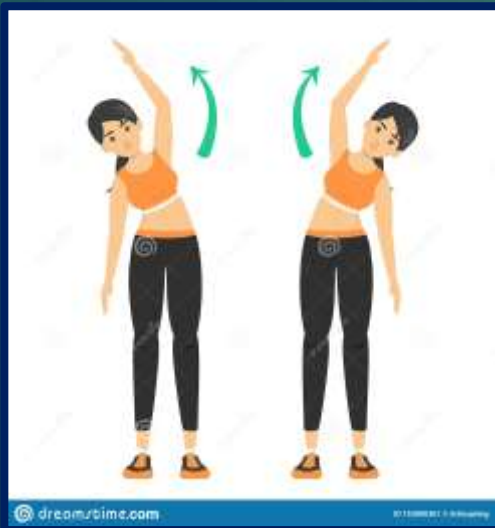
- |                               |                              |
|-------------------------------|------------------------------|
| 1. Loosens Muscles            | 16. Lowers Heart Rate        |
| 2. Builds Power               | 17. Normalizes EKG           |
| 3. Strengthens Organs         | 18. Lowers Blood Pressure    |
| 4. Slows Respiration          | 19. Improves Asthma          |
| 5. Strengthens Nerves         | 20. Relieves Bronchitis      |
| 6. Builds Bone Density        | 21. Builds Immune System     |
| 7. Prevents Joint Injury      | 22. Relieves Migraines       |
| 8. Strengthens Ligaments      | 23. Decreases Stroke Risk    |
| 9. Destroys Free Radicals     | 24. Improves Skin Elasticity |
| 10. Increases Injury Recovery | 25. Improves Posture         |
| 11. Decreases Stress          | 26. Improves Flexibility     |
| 12. Balances Emotions         | 27. Increases Balance        |
| 13. Improves Circulation      | 28. Improves Memory          |
| 14. Prevents Muscular Spasms  | 29. Aides in Digestion       |
| 15. Reduces Pain              | 30. Improves Kidney Function |





# EXERCISE

- ▶ A Strong Physical Body Supports and Promotes a Strong Mind.
- ▶ Exercise Practice promotes Discipline.
- ▶ Aerobic
- ▶ Strength Building
- ▶ Flexibility



TOOL

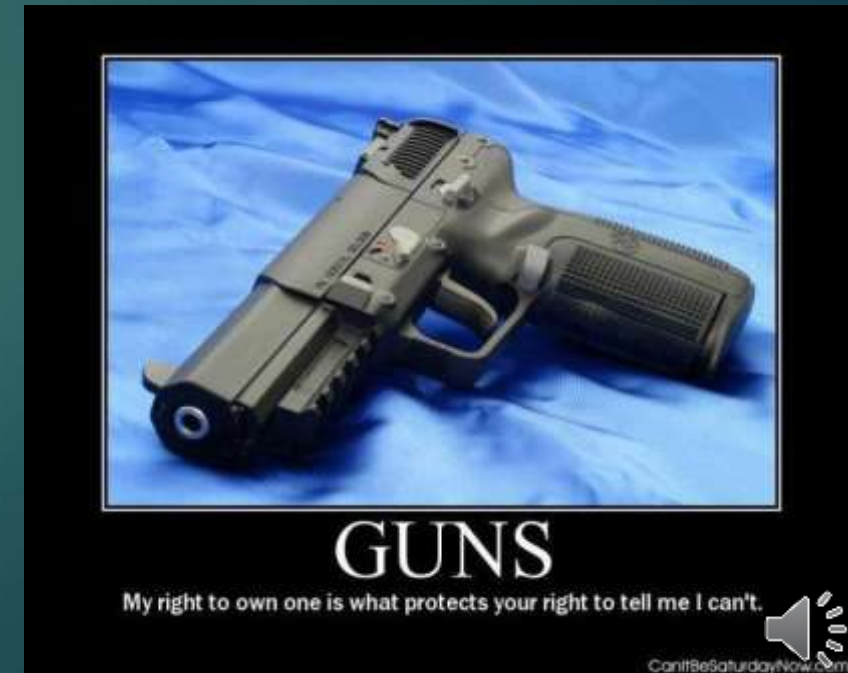
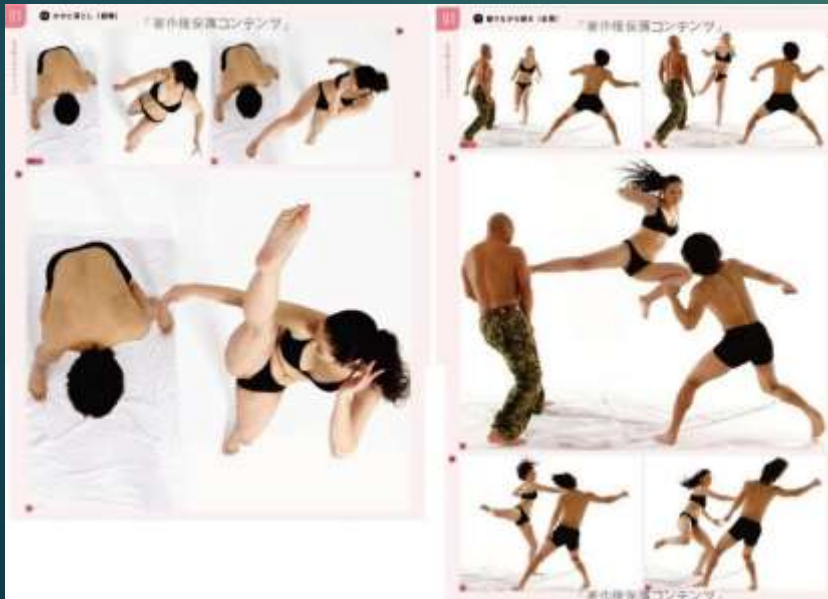
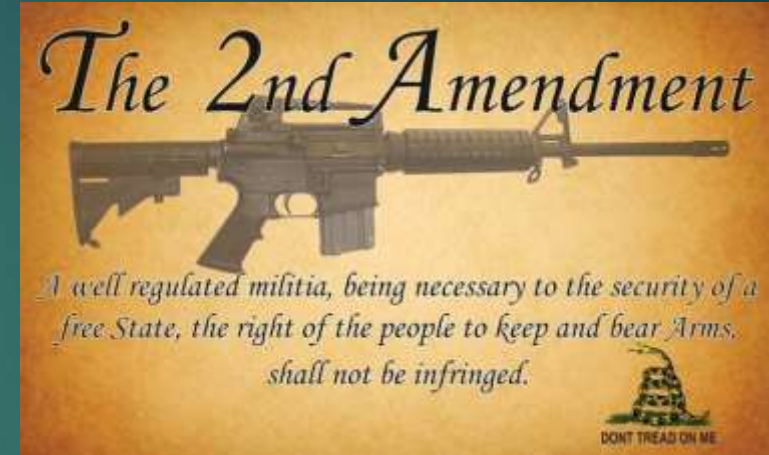


# SELF DEFENSE TRAINING

## EMPOWER YOURSELF

- ▶ FIRE ARMS KNOWLEDGE
- ▶ MARTIAL ARTS AND FIGHTING TECHNIQUES
- ▶ RESPONSE PLAN AND REHEARSAL
- ▶ Advance SAFETY PLANNING

TOOL





# BREATH WORK

**Breathwork** is a general term used to describe any type of therapy that utilizes breathing exercises to improve mental, physical, and spiritual health.

TOOL



- ▶ Breathing Rhythms: 4-7-8, 4-4-4-4, 1-4-8
- ▶ Deep Slow Diaphragmatic Breathing, Circular
- ▶ Wim Hof Method
- ▶ Holotropic Breathwork
- ▶ Rebirthing Breathwork (conscious energy breathing)
- ▶ BioDynamic Breathwork
- ▶ Yoga Breathing (variety)



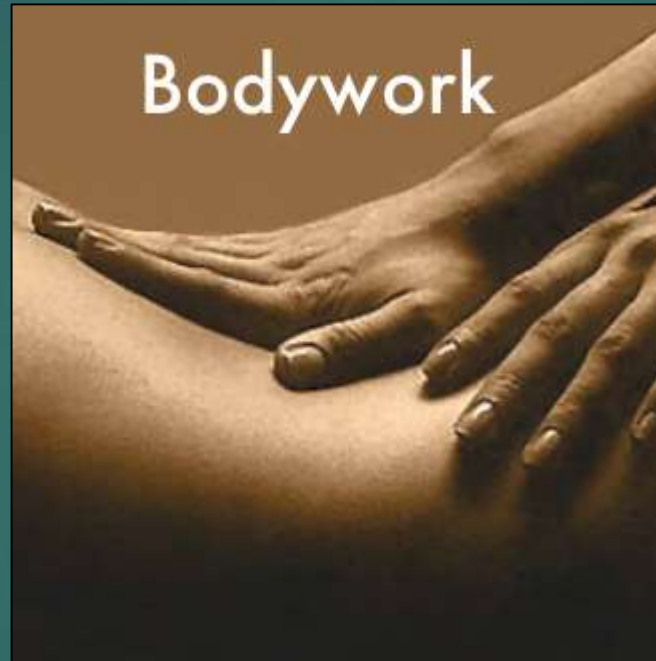


# CARE OF YOUR BODY TEMPLE:

TOOL



- ▶ MASSAGE
- ▶ CHIROPRACTIC
- ▶ FASCIA BLASTING
- ▶ ROLFING
- ▶ KIND ATTENTION
- ▶ POSITIVE SELF TALK
- ▶ STRETCHING
- ▶ LISTEN TO WHAT YOUR BODY IS SAYING TO YOU!



# ENERGETIC PRACTICES

TOOL

- ▶ Reiki
- ▶ Healing Touch
- ▶ Shamanic practices
- ▶ Body Shaking
- ▶ Sound Healing
- ▶ Meridian Healing

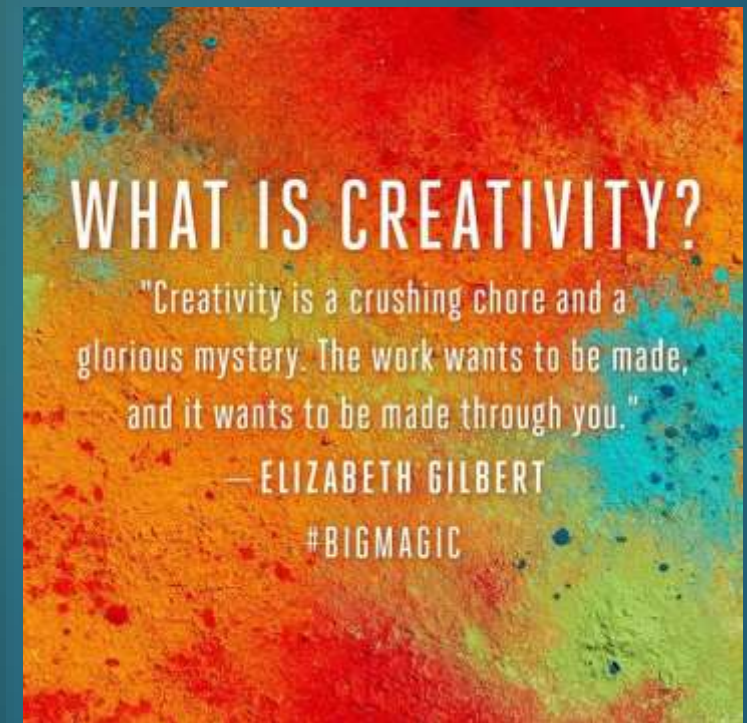




# HONORING THE CREATIVE FLOW

TOOL

- ▶ CONDITIONS REQUIRED for CREATIVITY to GROW
  - ▶ Free time, Full Presence, Release, Spontaneity
- ▶ The Artist's Way tools such as Morning Pages and Scheduling Dates with Yourself.
  - ▶ Morning Pages
  - ▶ Artist's Date
  - ▶ Find INSPIRATIONS





# MUSIC, ART AND OTHER CREATIVE EXPRESSIONS

TOOL

- ▶ Our Word is Our Wand – Written and Spoken Word
- ▶ Singing
- ▶ Chanting
- ▶ Dancing
- ▶ Drawing, Painting, Collage
- ▶ Playing Instruments
- ▶ Drumming



# Embodiment Practices

## Presence and Pleasure as Prayer

TOOL

"The difference between passion and addiction is that between a divine spark and a flame that incinerates." - Gabor Mate, In the Realm of Hungry Ghosts: Close Encounters with Addiction

- ▶ Savoring
- ▶ Depth
- ▶ Taoist Energetics
- ▶ Tantra
- ▶ Sacred Sexuality
- ▶ Psychodrama
- ▶ Prayer-formance\*





# Cultivate Good Feelings – BLISS OUT

TOOL

- ▶ What are you grateful for? List them. Focus on those things, one by one.

Hold the feeling of **Thankfulness** for 22 seconds.



- ▶ What do you **Love**? List them. Go down the list one by one and feel the love.

Hold the feeling of love for 22 seconds.





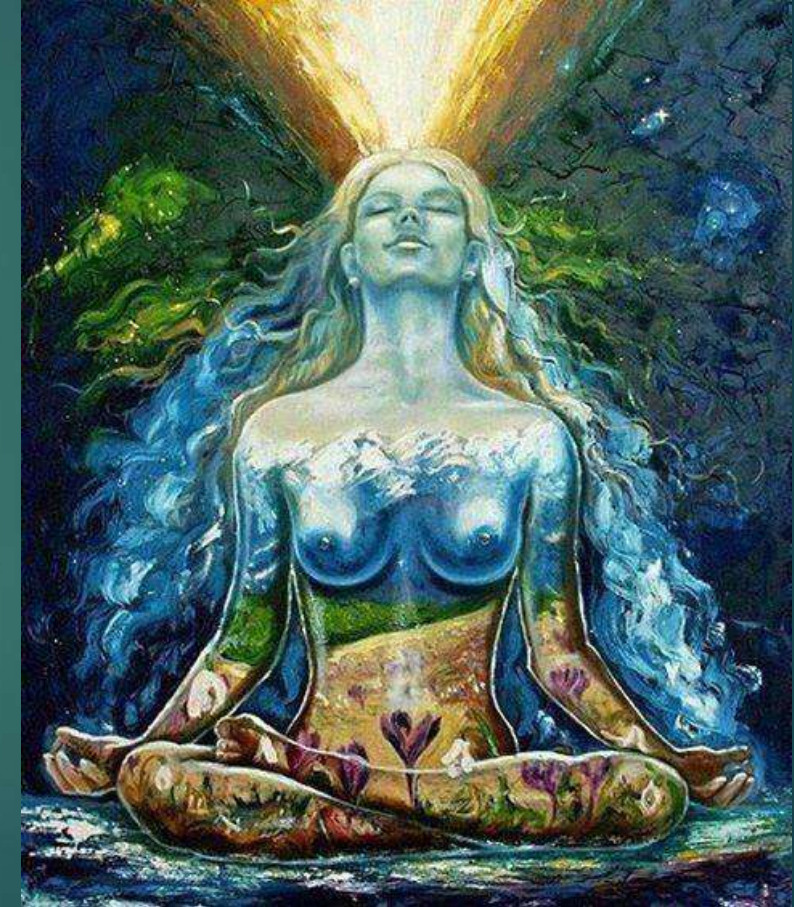
# BLISS – Extreme Happiness; ecstasy. The ecstasy of salvation; spiritual joy. To go into a state of ecstasy.

I view the cultivation of bliss as a skill that can assist us in doing the Great Work. We need spiritual fuel in order to persevere through difficult personal and global work. Just don't get stuck here.

Bliss feeds us in a deep spiritual way. Consider bliss experiences as high vibrational states that merge us energetically within ourselves and potentially with others.

The practice of Bliss expands beyond our physical boundaries into a union with Nature or the Divine and with our internalized masculine and feminine.

**Hieros gamos** or Hierogamy (Greek ἱερός γάμος, ἱερογάμια "holy marriage") is a sacred marriage that plays out between a god and a goddess, especially when enacted in a symbolic ritual where human participants represent the deities. [Ancient Near East](#)  
· [Greek mythology](#) · [Tantric Buddhism](#)



# ACTIVELY PRACTICE GRATITUDE

“Practicing Gratitude invites joy into our lives.” Brene Brown

Be deliberate in identifying things to be grateful for.

For example, every day, write down 3 things you are grateful for.

Notice and actively acknowledge the things that are good.

This does not mean to block out or deny the problems of your life. However, often our attention is automatically skewed towards the negative, towards what is going wrong.

We have to be deliberate in attending to those things that are going well. Doing so will bring more balance and more joy into our daily life. This in turn will fuel our will, and energize us to take the action required for solving problems.



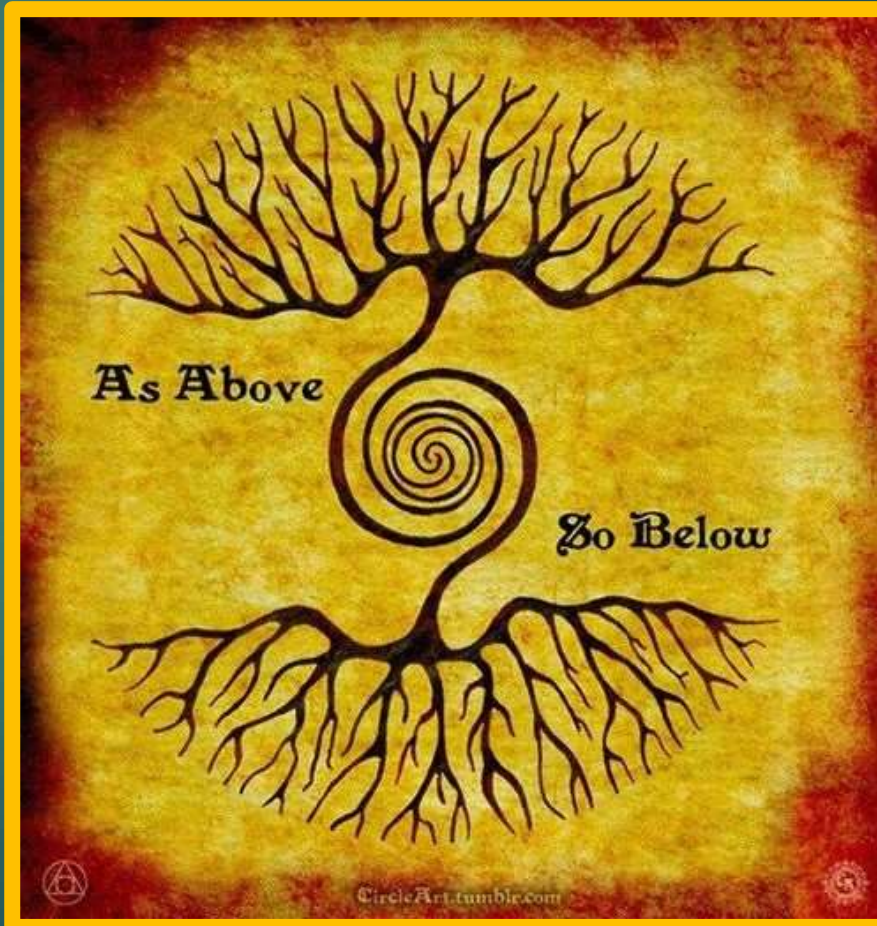


# Map of Consciousness Levels

from David R. Hawkins *Power vs. Force*



Emotion holds vibrational frequencies. By consciously shifting into higher vibrational states, we can effect the environment around us consequently and commensurately.



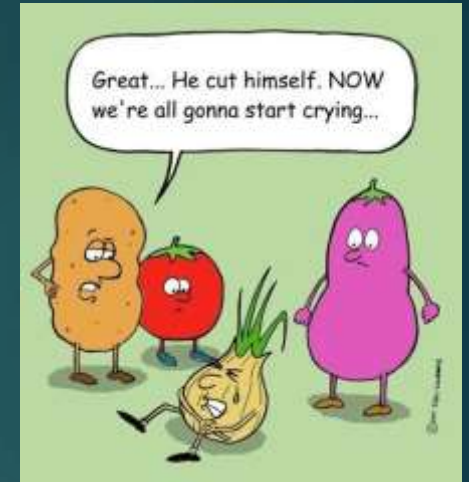
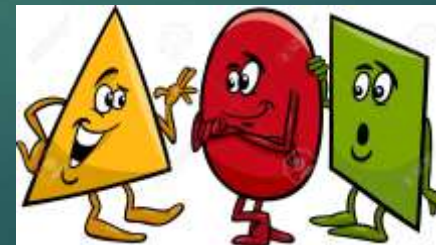


# HUMOR

## TOOL

### Laughter as a State Change Tool

“Blessed are we who can laugh at ourselves for we shall never cease to be amused.”



# DETOX YOUR ENVIRONMENT

Declutter. Clean and Clear.



30 DAYS OF CLEANING & ORGANIZING				
NaturalBeachLiving.com				
kitchen appliances 1	pantry 2	cabinets 3	junk drawer 4	fridge/freezer 5
linens 6	under the sink 7	CLEANING supplies 8	spice rack 9	jewelry 10
make-up 11	CLOTHES 12	shoes 13	undergarments 14	BAGS/PURSES 15
winter clothing (mittens, socks, etc) 16	garage 17	STORAGE 18	Medicine cabinet 19	ELECTRONICS 20
CDs and music 21	Books 22	Movies 23	MAGAZINES 24	office 25
toys 26	stuffed animals 27	kid's clothes 28	Pet supplies 29	Wall Decor 30



TOOL





# Support in a Therapy Office

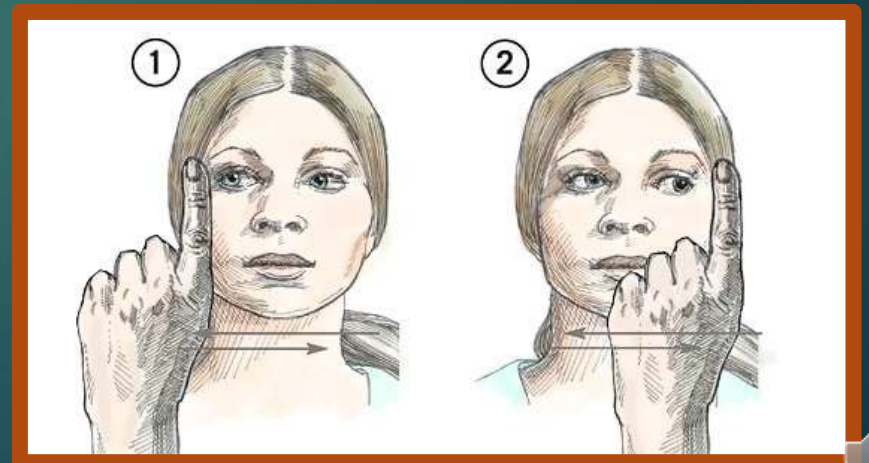
It can help tremendously to have a coach or well-matched therapist to assist you on this journey of self transformation.

Having someone to offer support, guidance and accountability can fast forward your progress and motivation. This can take the form of a peer or a professional.

REACH OUT TO OTHERS on your AWAKENING TO ANARCHY!

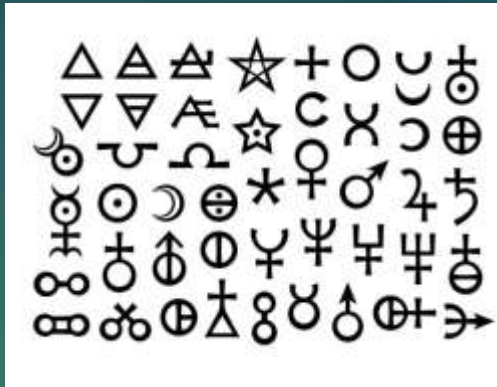
Here are some interventions available in therapy offices that can assist in reprocessing trauma and balancing the nervous system:

- ▶ EMDR (Eye Movement Desensitization and Reprocessing)
- ▶ Brain Spotting
- ▶ NeuroFeedback
- ▶ Psychotherapy/CBT/DBT
- ▶ Hypnotherapy

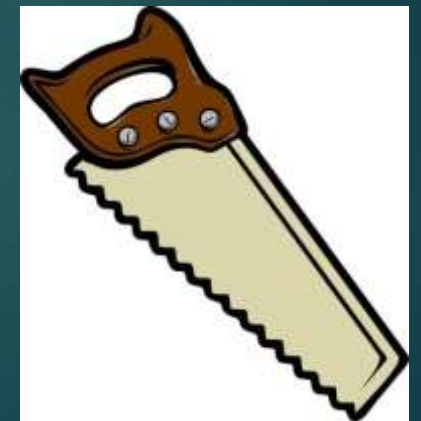




# Choosing a Tool



- ▶ Think about your current condition in relationship to hermetic principles (polarity, r.
- ▶ Are you out of alignment with your self and your goals?
- ▶ Are you polarized?
- ▶ Are you out of rhythm?
- ▶ Is your vibration low?
- ▶ Are you moving/thinking too slow or too fast?
- ▶ What is your target for change?
- ▶ Choose an intervention or tool that will move you in the desired direction of change.





# DEVELOP A SUPPORT SYSTEM

## Don't Allow Excessive Isolation

- ▶ While life is largely a solo project, we don't need to travel alone.
- ▶ In fact, most people are wired to be in community and crave connection.
- ▶ Connection and Love is usually what gives us a sense of purpose and reason for living.
- ▶ Through our interactions with other people we can see ourselves more clearly.
- ▶ Relationships are often the greatest catalyst for self growth. Cultivate healthy connections and relationships.





BEWARE

**The happiness of most people is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things.**

Ernest Dimnet

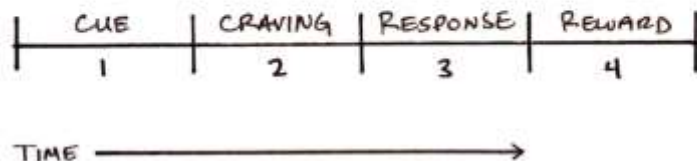


# HABIT CHANGE BASICS

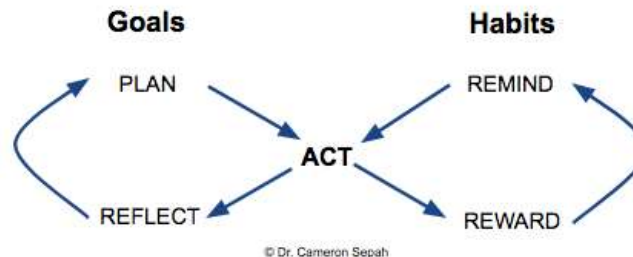
- Keystone Habit – ID the one habit that will impact the most positive change
- Pair new target behavior with existing habits and routines.
- Remember your Why
- Identify the core reward that a habit offers
- Write down goals and visit often
- Set concrete steps and tasks (micro movements and micro steps)
- Be task centered and specific.

TOOL

## THE FOUR STAGES OF HABIT



## Sepah Behavior Change Model

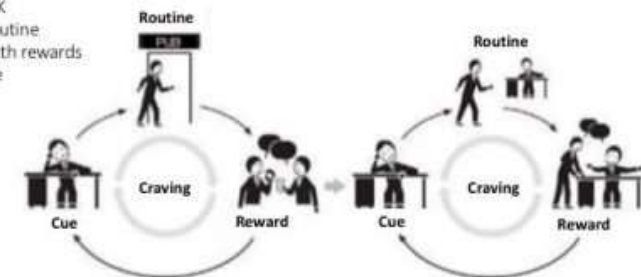


## Habit loop: Changing habits

**Golden rule of habit change:**  
"Keep the Cue and Reward, replace the Routine."

THE FRAMEWORK

- Identify the routine
- Experiment with rewards
- Isolate the cue
- Have a plan



5-4-3-2-1 Blast Off!

Get out of your own  
way and just do it.





# TOOL

- # PREPPING



# CONSCIOUS REPETITION

## PRACTICE IS NECESSARY, NOT OPTIONAL.

TOOL

- ▶ It's important that you are the author of your own story. YOU need to be the one choosing what thoughts, feelings and states you want more of in your life (vs. being the subject of external mind control and habit creation based on survival/base instincts).
- ▶ **Practice Your Skills**
- ▶ **Challenge Yourself to Grow**
- ▶ Creating a strong foundation is crucial
- ▶ When in doubt or struggling, go back to basics.
- ▶ The process of self growth and discovery is endless.
- ▶ ENJOY THE PROCESS



# PERFECTIONISM CREATES PARALYSIS

- ▶ Do Your Best and Don't Give up, even when you feel frozen.
- ▶ However, don't expect perfection.
- ▶ Learn how to work with yourself through ups and downs of change efforts.
- ▶ Getting Started is the hardest part. Sometimes you just have to count down and jump in!  
5-4-3-2-1 Blast Off!
- ▶ Be willing to take some risks!





# BEING A CONSCIOUS PARENT

- ▶ Clearly our children are our future. Cliché but accurate.
- ▶ How shall we teach and take care of our children to insure the best future possible?
- ▶ Tell children the truth from the very beginning!
- ▶ Truth is the Foundation for our Children's Future and the Future of the World.

Reflection

Teach children to love themselves and know they are powerful beings.

Let children play, especially in nature.

Teach children the skills to think critically.

Encourage children to question everything.



Isn't it funny how day by  
day nothing changes,  
but when you look back,  
everything is different?

C.S. Lewis



GoodTherapy.org



# IMAGINING A FREE SOCIETY

Reflection

- ▶ Paint a picture in your mind of this potential: A FREE and THRIVING SOCIETY.
- ▶ What would it be like?
- ▶ Imagine living without an external ruler...without government.
- ▶ Imagine a society where all children are loved and cherished, where they are all taught natural law and moral and logical reasoning.
- ▶ Imagine a society where all people are consciously aware and committed to living in harmony taking personal responsibility for their thoughts and deeds.
- ▶ Imagine a world where people are skilled in communication, problem solving and emotional self-regulation.
- ▶ Imagine people abiding by the principle of NON- AGGRESSION.
- ▶ Imagine people being confident and empowered to perform appropriate Self Defense.
- ▶ Imagine a world where people work together to get things done and take care of the needs of everyone, voluntarily.
- ▶ Imagine a world where everyone's unique gifts are recognized and valued, and given a chance to develop and blossom.
- ▶ What else can YOU IMAGINE?





# Face Your Resistance to a Free World

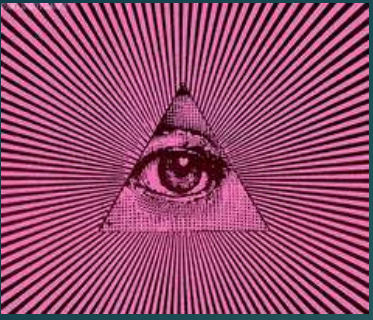
Reflection

- ▶ What resistances comes up for you when asked to imagine that free society?
- ▶ What do you want to say “But...what” about? “How would that work without government?”, “Human nature won’t let that happen.” Etc.
- ▶ WHAT ARE THE BELIEFS AND WORLD VIEWS THAT TELL YOU IT CAN’T HAPPEN?
- ▶ State your doubts. Write them down.
- ▶ What do these resistances reflect about your own FEARS?
- ▶ I am afraid of x,y,z...
- ▶ How would living in alignment with natural law address that fear or potential problem?

## Imagine solutions....

Get together with friends or a small group of people and discuss.  
HOW could you imagine it coming true?





# THROUGH UNITY WE PREVAIL

Culture has gotten away from us like an unruly child. It's machinations are powerful but not in our best interests as a species. One by one we can make choices to reclaim our humanity....Our creative potential...Our freedom and long term happiness. Freedom happens in our individual lives, with each interaction, on a small scale that expands outwardly into a global tapestry of reality.

If enough individuals step courageously into their freedom, those numbers add up to become the majority and the heavy beast of culture will turn our way.



# MIND, BODY and SPIRIT

## United Within Us and Between Us

We do not reject the physical to be spiritual. We embrace both, bridged by our mind, celebrating our aliveness with our heads in the sky and our feet planted firmly on the earth...

Expanding our spiritual potential while embracing our sensory experiences...

Balancing our brain functions, toning our nervous systems, harmonizing with nature...

We live fully and vibrantly. Knowledge requires Action.

And Action requires Knowledge.

Together we can create a Healthy ECOSystem to replace the unhealthy EGOSystem we currently live in.

WE LIVE. WE THRIVE.

Claim Your Right to Be **Alive and Thriving**, NOW!





<https://alivethrive.life/>  
Leslie Powers

## OFFERING:

### Waking Up to Anarchy, Peer Support and Coaching

- ❖ Support in Developing Your Inner Monarchy
- ❖ Guidance in Developing Sovereign Relationships while Activating your North Star Map
- ❖ Perspectives on Unraveling the Complex Webs of Entanglement in Hurtful Power and Control Dynamics

Services available by donation or love offerings



# DISCLAIMER



I am not a medical doctor and I am not an expert in every tool or concept presented here. This is meant to be an overview with ideas and tools to consider as a potential fit for you personally.

I am a mental health counselor with years of varied experience and many of the tools presented here I have worked with both personally and professionally. My opinion and current understanding of philosophical and moral principles expressed.

That being said, not one size fits all and you are each responsible for your own healing and awakening process.

You are responsible for your choices to try new behaviors or think new thoughts, as well as the outcomes.

No tool is likely to be effective without persistence and repetition and commitment to change.

This level of personal responsibility is essential for each of us to find the freedom that our soul craves.

If you are so inclined, consult your medical provider before trying new techniques that could alter your physiology.



<https://alivethrive.life/>  
Leslie Powers

**Released from Trauma**  
**Guided by Principles**  
**Empowered by Freedom**

