

## Random Insights For Consideration

### Human Experience

- The Human body is a self healing survival based organism
- Human Beings are part of a social survival based species
- Physical body heals automatically / psychological healing requires active participation

### Perspective

- Where there is one perspective there is another, we live in the realm of duality
- You have your perspective, I have my perspective, both perspectives are valid
- Our perspectives are seen through the lenses of stress response, or PFC operation

### Survival

- Physical survival
- Social survival
- Spiritual survival (hope restores the spirit)

### Operation

- Self Realized / Self Actualized
- Intellectual
- Survival (We have no choice, survival happens so we can then think about it)

### Survival Brain Activation

- 5 senses / imagination activate amygdala, symbolic representation, survival advantage
- Anything resembling a possible threat, agitated amygdala activates stress response
- If the threat is neutralized PFC is where operation, if not the amygdala runs the show

### Survival Brain Operation

- Cortex (Higher thinking brain / higher functioning / newest part / first shut off by stress)
- Limbic (Mid. survival brain, top brainstem, subconscious, emotions, survival at all costs)
- Brainstem (Lower Lizard brain, unconscious, breathing, heartrate, bloodsugar, temp, etc)

### System Components

- Emotions (Endocrine System)
- Physiology (Nervous System)
- Psychology (Psyche)

## Displays of survival response

- Fight            Attack threat to neutralize it
- Flight           Run from threat to escape it
- Freeze          Freeze to not be seen by threat
- Faint           Pass out to change reality from threat
- Fawn           Appear to attacker to figure out a better survival based solution

## Traumatized perspectives / Karpman Drama - Trauma Triangle

- |                        |                |
|------------------------|----------------|
|                        | <u>Inverse</u> |
| • Victim               | Presence       |
| • Villain (Prosecutor) | Presence       |
| • Hero (Rescuer)       | Presence       |

## Autonomic Nervous System (ANS)

### Action

- |   |               |
|---|---------------|
| • Sympathetic Nervous System (Fight Flight NS)            | Down-regulate |
| • Parasympathetic NS (Higher Mind / PreFrontal Cortex NS) | Up-regulate   |
| • Enteric NS (Stomach and digestive tract NS)             | Soothe        |

## Objective

- Mechanically calm body reestablish communication between the amygdala and the PFC
- Regain and retain a sense of safety and Self awareness in the present moment
- Learn to drill actions that help down regulate SNS activity and regulate PNS activity

## 5 Step Grounding Strategy

1. Patterned Breathing
2. Muscle Relaxation
3. Thought Maintenance
4. Divergent Focus
5. Hope and Gratitude

## Time (past / present / future)

- Present moment (presence is our most natural state of being)
- Imagined future (anxiety)
- Remembered / Imagined past (depression)

## Perception

- We perceive physical life in the present moment with our 5 senses
- In an actual life and death scenario the future and past vanish

I'm not a doctor or a mental health professional, this is not medical advice. Everything here is my opinion from my own perspective, I am a peer. For education / peer support purposes only.

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- In a remembered life and death scenario(s) the present moment vanishes

## Emotions

- Endocrine system (a series of hormone producing glands / organs throughout the body)
- Emotions are combustible survival based fuel with a biological lifespan of 90 seconds
- Conceptualize emotions having a polarity of Negative, Neutral, or Positive

## Feelings

- Nervous system (CNS Brain/Spinal Cord - PNS - ANS (Symp / P.Symp / Enteric)
- Think of feelings as electrically charged nervous system detecting combustible emotions
- Survival remembered generates a similar to leg falling asleep over entire body

## Thoughts

- The mind thinks about the emotions the body senses and personalizes them meaning
- Thoughts happen (thought about require time to occur)
- Ego Syntonic / Ego Dystonic

## Beliefs

- Constructs of the mind we become emotionally convinced are true
- Shaped by life circumstances, verifying learned information, and mind made meaning
- Beliefs enable humans to create shortcuts with operational confidence

## Conscious / Subconscious / Unconscious

- Conscious: Perceptive awareness of Self in current time / space / circumstance
- Subconscious: Biases, beliefs, programs operating under the radar of awareness
- Unconscious: Stress provoked auto-operation to promote survival / expansion

## Struggling vs Suffering

- Struggle is a determined effort through difficulties. Struggle is inherent throughout life
- Suffering requires the element of mind imagined time to exist - imagined future / past
- Removing the element of time extinguishes suffering - Realize presence

## Rewiring

- Self Directed Neuroplasticity. Dr. Jill Bolte Taylor, PhD
- Approx 21-30 days to neurologically engrain a new default pattern. Emotion + Action
- First responders and vets already have the skill of knowing how to learn by repetition

## Radical Acceptance

- Radically accepting circumstances allows us to stabilize, recover, heal, and grow.
- Without radical acceptance it's like measuring in the dark
- We're rewiring the same brain we had at 3yo, it's highly uncomfortable and empowering

## Grace

- Learn to give ourselves same grace we would give a 3 year old child for same mistake
- That part of the brain was underdeveloped by the circumstances of our environment
- Giving ourselves grace now, allows us to restore PFC asap, while the wiring is malleable

## Self Love

- Self love is not selfish
- Self love is realizing we are a particle of God's light
- Self love allows us to know what love is, so we can love others and know others love us