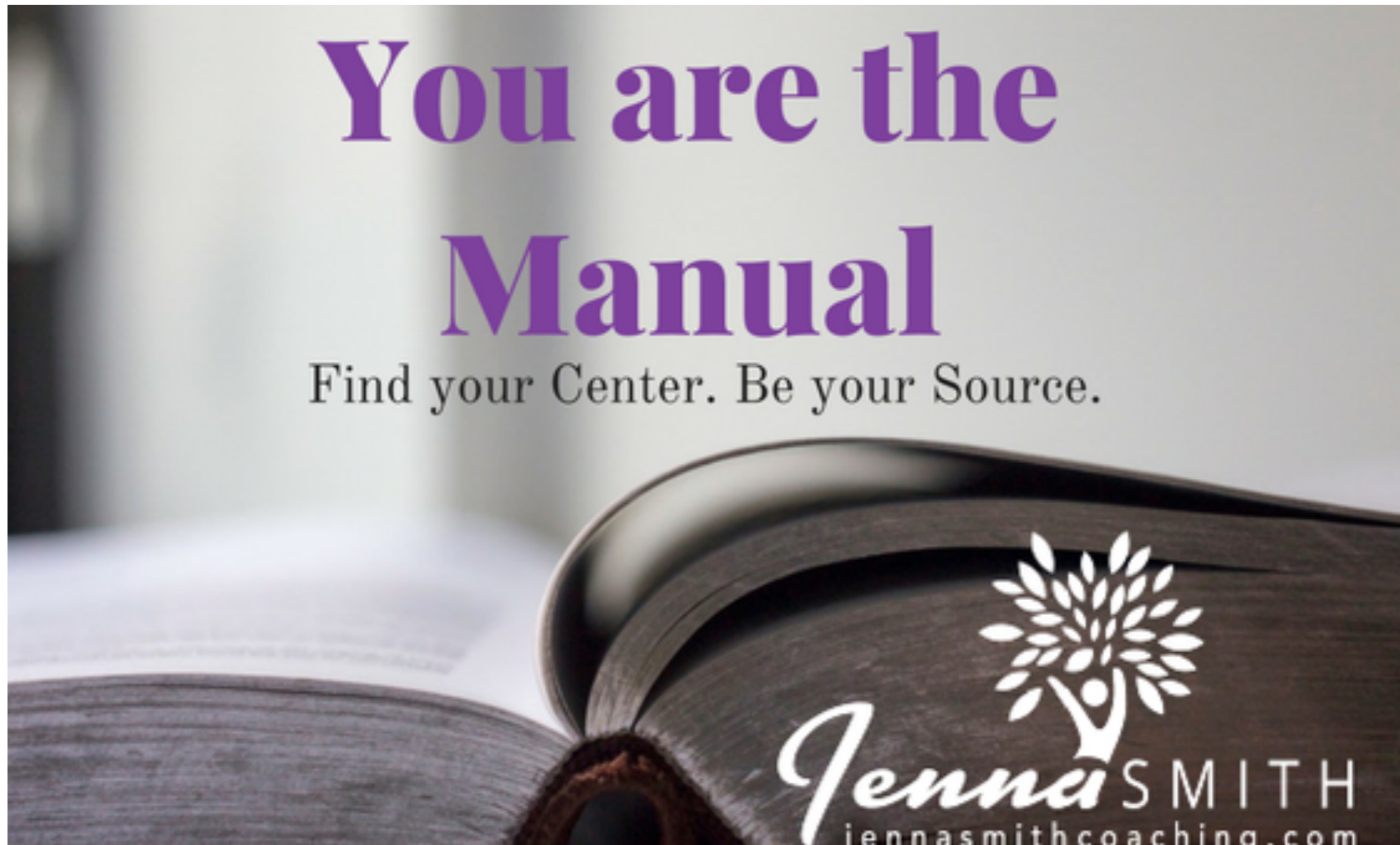


# You are the Manual

Find your Center. Be your Source.

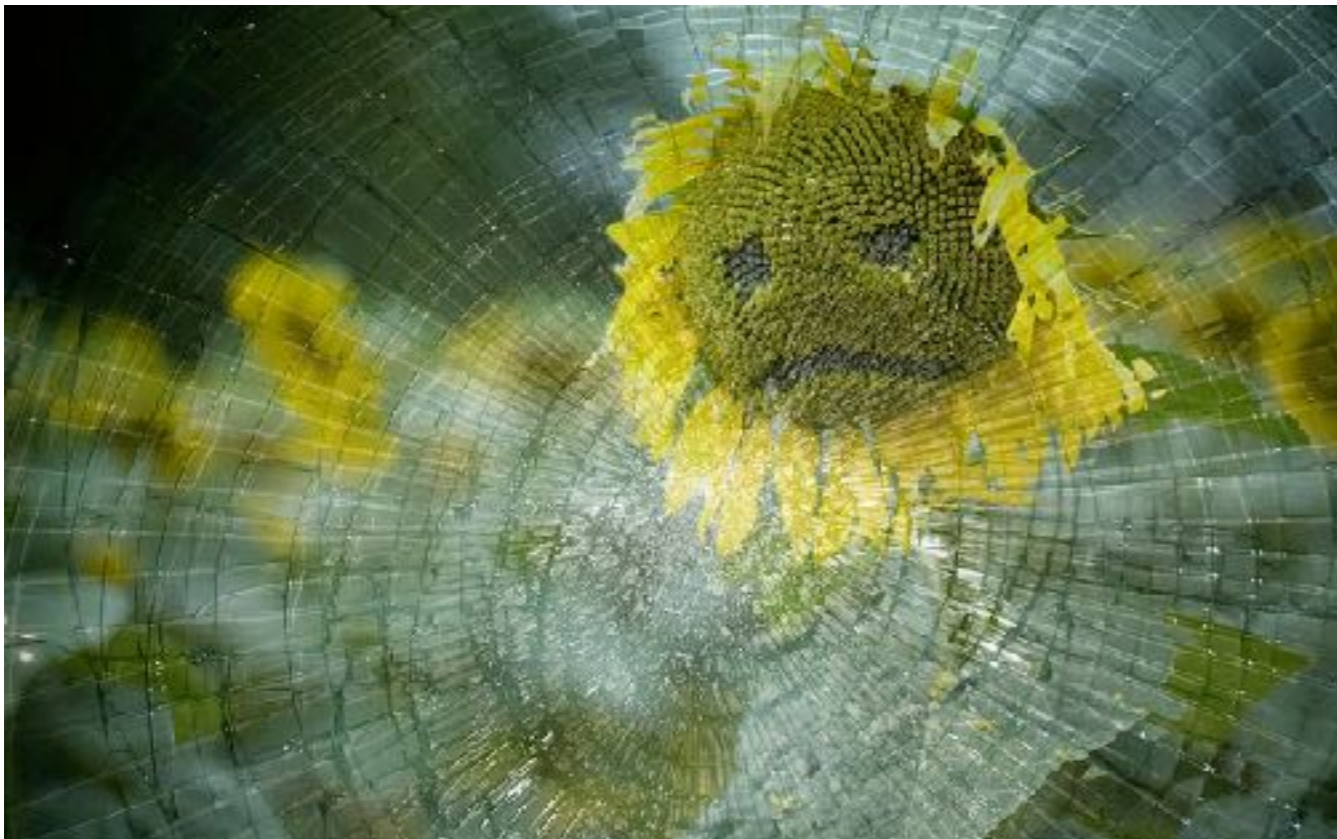


## Module #2: BODY

Your gateway to Being. The bridge between Earth and Spirit.

We can either embrace our body. Or resist. We can choose.

Let go of body judgment the media brainwashes us with.



Nature doesn't think it's too fat, short/tall, old, or ugly.



Most of us  
have a strained  
relationship to  
our body.

***Body Scan:***

Connect, relaxation, IN body.

Toes, feet, lower leg, knees, thighs,  
hips, feel your self sitting or lying down,  
lower back, abdomen, the barrel of your  
torso, upper back, chest, shoulders,  
arms, hands, neck, head, total body.

Watch and FEEL the breath happen.



# 3 S's of Body Intelligence

Now let's get to the GOOD STUFF!!!! Self Judgment is boring, let's get over it.

**Senses- touch, taste, hear, smell-** Hot, Cold, Tingle, Numb, Burning, Frantic (like ants or itchy), Heavy, Light.

Sensations! Feeling here and NOW.

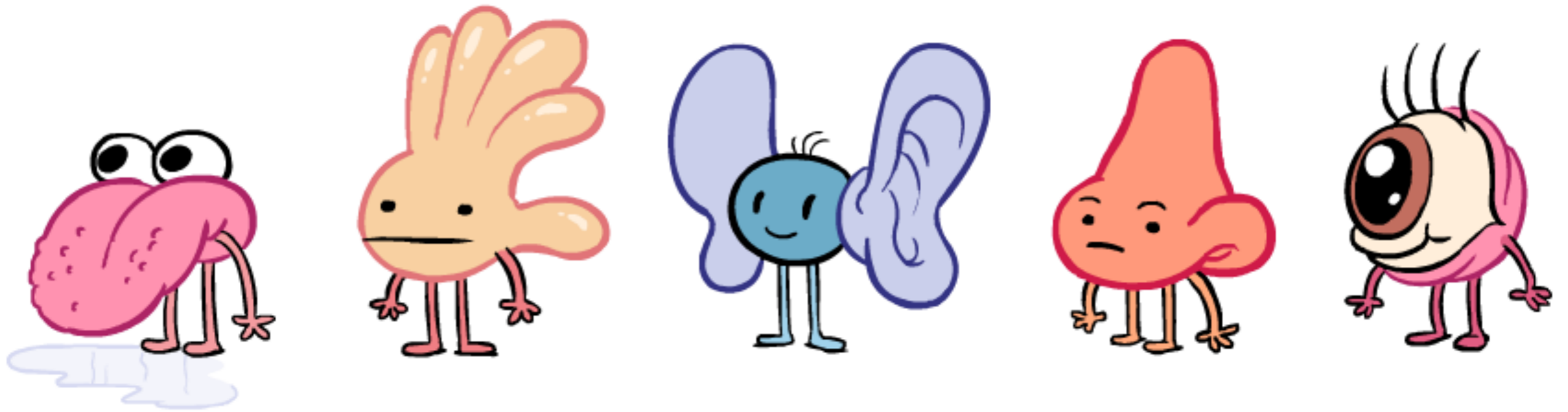
Sensations are key- they are experienced IN the body. Senses felt outside the body bring info IN also.

**Symptoms-** symbols pointing to information

Look at the symbolism of your physical symptoms. Le knee Are you feeling cut off from the knees, or afraid to move forward? Neck- Is someone or something a pain in the neck? Your body is not being a Jerk, it's trying to communicate.

\*\*\*\* **USE the Medical Intuition Book.**

**Subconscious Mind-** great resource is Jill Bolte Taylor Ted Talk or Book [https://www.ted.com/talks/jill\\_bolte\\_taylor\\_s\\_powerful\\_stroke\\_of\\_insight?language=en](https://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight?language=en)



# Senses, Sensation, Sensual

**See (in mind and out), touch, taste, hear, smell:**

Hot, Cold, Tingle, Numb, Burning, Frantic (like ants or itchy), Heavy, Light, etc... You can't think these things. They are a bodily experience. They are a different intelligence system.

**FEELING is HERE and NOW.**

- *Your body doesn't speak English. It speaks through these sensations and symptoms.*

# Right Brain: What does that Mean?

*Body Pendulum: Making decisions, Nutrition (WARNING don't over think, don't use over and over to obsess about it)*  
Jill Bolte

## RIGHT HEMISPHERE:

Our right human hemisphere is all about this present moment. It's all about "right here, right now." Our right hemisphere, it **thinks in pictures and it learns kinesthetically through the movement of our bodies.** Information, in the form of energy, streams in simultaneously through all of our sensory systems and then it explodes into this enormous collage of what this present moment looks like, what this present moment smells like and tastes like, what it feels like and what it sounds like. I am an energy-being connected to the energy all around me through the consciousness of my right hemisphere. We are energy-beings connected to one another through the consciousness of our right hemispheres as one human family. And right here, right now, we are brothers and sisters on this planet, here to make the world a better place. And in this moment we are perfect, we are whole and we are beautiful.

04:55 My left hemisphere, our left hemisphere, is a very different place. Our left hemisphere thinks linearly and methodically. Our left hemisphere is all about the past and it's all about the future. Our left hemisphere is designed to take that enormous collage of the present moment and start picking out details, and more details about those details. It then categorizes and organizes all that information, associates it with everything in the past we've ever learned, and projects into the future all of our possibilities. And our left hemisphere thinks in language. It's that ongoing brain chatter that connects me and my internal world to my external world. It's that little voice that says to me, "Hey, you've got to remember to pick up bananas on your way home. I need them in the morning." It's that calculating intelligence that reminds me when I have to do my laundry. But perhaps most important, it's that little voice that says to me, "I am. I am." (Me vrs We, Selfish vrs Unity thinking)

06:06 And as soon as my left hemisphere says to me "I am," (The ME self) I become separate. I become a single solid individual, separate from the energy flow around me and separate from you. And this was the portion of my brain that I lost on the morning of my stroke. THIS IS THE PART WE ALL LIVE FROM!!!! That's why we get so whacked out!

**The consciousness mind** is your awareness at the present moment. You are aware of something on the outside as well as some specific mental functions happening on the inside. For example, you are aware of your environment, your breathing, or the chair that you are sitting on.

**The subconscious mind or the preconscious mind** consists of accessible information. You can become aware of this information once you direct your attention to it. Think of this as memory recall. You walk down the street to your house without consciously needing to be alert to your surroundings. You can talk on the cell phone and still arrive home safely. You can easily bring to consciousness the subconscious information about the path to your home. You can also easily remember phone numbers that you frequently use.

It is possible that some of what might be perceived to be unconscious becomes subconscious, and then conscious (e.g. a long-forgotten childhood memory suddenly emerges after decades). We can assume that some unconscious memories need a strong, specific trigger to bring them to consciousness; whereas, a subconscious memory can be brought to consciousness more easily.

**The unconscious mind, consisting of the primitive, instinctual wishes** as well as the information that we cannot access. Although our behaviors might indicate the unconscious forces that drive them, we don't have easy access to the information stored in the unconscious mind. During our childhood, we acquired countless memories and experiences that formed who we are today. However, we cannot recall most of those memories. They are unconscious forces (beliefs, patterns, subjective maps of reality) that drive our behaviors.

**Your  
subconscious  
mind is 30,000  
times more  
powerful than  
your conscious  
mind.**

Your subconscious mind is mapped out in your physical body, and we can access all this intelligence by knowing how it works.



# We Heal in our Body.

## What Led to the Specialization of Trauma?

In 1969 Peter experienced what he calls a singular event which crystallized his interest in mind/body healing and then eventually trauma. At that time a client came to see him who had a plethora of symptoms including panic attacks, agoraphobia and fibromyalgia. **During a particular session with this woman Peter worked with her to calm her anxiety but in addition, out of no where, told her There's a tiger on your chest. Run! It was this directive which compelled the woman to move her legs as if she were running.** It took several sessions for this client to improve, but it was this moment which was the beginning of Peter's interest in trauma. **(THIS is an example of Peter's ability to hear Spirit and trust in his knowing by going outside the KNOWN therapy into this somatic therapy that emerged and has since healed millions.)**

## A Crucial Early Mistake

Peter shares an early experience of working with a couple of individuals who had been sexually abused by their parents and not quite getting the complexities and intricacies or fully appreciating the nuances of this type of trauma.

## Peter's Why

What drives me in this work is my sense of curiosity about **how people heal and the joy that comes from watching them heal.**

## Peter's Advice

**Show up, be present, and shut up!**  
**Appreciate the role of the body.**  
**Learn to be embodied as a therapist.**  
**Learn the basic skills of tracking and ground and helping our clients to become grounded and centered.**

Peter Levine: See Interview on FB Page.

<http://www.thetraumatheapistproject.com/podcast/peter-levine-phd/>  
<https://www.psychotherapy.net/interview/interview-peter-levine>

# Subconscious Mind- speaks in SYMBOLS.

- Symbol and Metaphor. - Joseph Campbell popularized this along with Carl Jung. (Synchronicity, Collective Consciousness)
- **A picture is worth a thousand words.** Intelligence itself likes to be intelligent, words have pitfalls. Symbols and Art can **transcend the MIND and get right to the message.**
- **Dreams:** Dreams are ALL about symbolism. What apple means to you, may mean something different to another. (Apple computer or Apple the fruit or Sin from Eve)
- **Books:** Louise Hay, Deb Shapiro, Medical Intuition
- Note: Right Brain, Body, Subconscious Mind- ALL connected.

# MAGIC 8 BALL

*SHAKING is good too.*

*Intuition bubbles up.*

Thoughts occur more like a ping pong match, very busy. (Electrical, and Magnetic)

- 1.Center within your body (body scan, watch breath, heart breathing)
- 2.Become very aware of your torso, breathing in that center.
- 3.Ask a question. (in head or out loud)
- 4.WAIT. Be Patient.
5. Notice the answer, how it occurs. Did it bubble up or is your mind bouncing back and forth. This takes practice. Keep playing with the discernment of HOW information occurs to you, or presents itself. Trusting your body more and more.

But the power of the exercise is the distinction between ping pong thoughts buzzing back and forth frantically trying to figure something out. And the arrival of wisdom, the bubbling up without much commentary. Truth is sure of itself.



You need to BE HERE to  
access the Body  
intelligence.

RELAX.

This is why you get all these tools. But ALWAYS listen to your own being and own truth. This will grow as a skill, like any other skill.



# Beware of your Inner Critic- MIND- trying to intervene

“This is STUPID”

“You can’t do this”

These new thoughts and teachings of YOU ARE THE MANUAL  
are foreign to your being so they can HIJACK your progress.  
(body, subconscious, right brain)

**BRING IT BACK TO SENSATIONS, BREATHE, BE.**

**Earthing:** Our connection to what gives us LIFE.

**I call this the “Duh” Method.**

YOU are a living being. SUN, AIR, FUEL and  
NOURISHMENT.

Just like you would nurture and care for a child or an  
animal. Care for yourself.

Being “Grounded” simply means being in your body.  
Being here in the experience of yourself, life and the  
earth.





HUCHA- unusable energy.  
Blow into rock.

As we connect to our bodies. We connect to the Earth.  
We connect to the resources we were born to use.

# Safe is important for our Body. It is primal.

- **Resources need to meet the Challenge.** When we try to do it all in our head, we are doomed to fail. We were never meant to do that!
- Back to the Mind. Our Interpretations will often be the difference between something NEUTRAL or something we see as a threat. **Our safety nowadays is not safer tooth tigers, but the fear of not fitting in, not being liked, not being enough.**





## How Your Body Rebuilds Itself in Less Than 365 Days

**FACT:** Your entire body totally rebuilds itself in less than 2 years -- and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Everyday is a new opportunity to build a new body.

**DNA**  
Your DNA renews itself every 2 months.



**SKIN**  
Your skin rebuilds itself in 1 month.



**LIVER**  
Your liver rebuilds itself in 6 weeks.



**STOMACH LINING**  
The lining in your stomach rebuilds itself in 5 days.



**BRAIN**  
Your brain rebuilds itself in 1 year.



**BLOOD**  
Your blood rebuilds itself in 4 months.



**BONES**  
Your body builds a whole new skeleton in 3 months.



How can 8 superfoods help rebuild *your* body and make you healthier than ever before?

[www.undergroundhealthreporter.com/superfood](http://www.undergroundhealthreporter.com/superfood)

# Your BODY is AWESOME

When you feel like a piece of shit asshole. Remember: Breath, Nervous System, Cells Growing, Brain activity, LIFE is happening FOR you.

Extra Resources.

JET PACK Meditation.  
Plug in YOU: Fill your Battery

We plug in our phones daily. But do we re-energize mind, body, heart and spirit daily?  
This will take less time than a full cell phone charge. Do this for a week and see what happens?  
Notice. Then choose if this is something you want to add to your daily routine. (I highly recommend it!)

Instructions and Guidelines:

1. Best if eyes are closed and you won't be interrupted. (you can even do this in the bathroom for a quick break to recharge).
2. Get centered in your body. (feel your breath moving you, feel your feet, feel your pelvis where its sitting, FEEL and notice, just breath and Be. You can't get this wrong.)
3. Bring your awareness down your body. Feel your bones insides, feel the blood moving around (even just to acknowledge it), work down the thighs, calves, and feet. FEEL them.
4. Picture ROOTS growing down from your feet into the earth (no matter the floor you are on). Allow them to grow deep enough to "lock in" and feel sturdy and grounded. Breathe, stay open to the process.
5. Allow the nourishment of life itself from the earth come into you. Receive. This is ALWAYS here, but we forget. Receive like you are drinking in all the energy you need. (see a dry plant, and picture how the water gets soaked up effortlessly and naturally to meet its needs. it never takes too much.)

CENTER

6. NOW let go of all you don't need. Redistribute the energy you are holding unnecessarily – let go. You can't control it all, let life help and assist. (you can picture tension and extra icki-ness out the roots and into the earth)
7. After you feel complete (signs are sighing, feeling its done, or just a knowing)
8. Bring your awareness back to the pelvis.
9. Fill your legs with the earth energy. (just intend, there's not much to do here)
10. Connect to your Spine. Inside your body, at the center.
11. Feel it go up bit by bit (vertebrae by vertebrae).
12. When you reach your head. Go 8" to 12" above your head and image the ball of light always there. Your connection to infinite energy, creativity, and love.
13. Let this light pour into the top of your head. And FILL your spine like it s a column-hence the jet pack. For some reason picturing a star wars light saber glowing with energy also works! GLOWING concentrated energy. Some people like to see a shower of light also.
14. FILL UP. Let this happen. Allow and receive.

BONUS:

Once you are tuned into life again (above and below and in center) you can ask questions and actually HEAR because there is space now. When you are overwhelmed, scattered and such you will tend to feel alone because it's harder to hear your own cell phone connection to infinite wisdom.

## **Telomeres shorten as we get older causing aging in our cells.**

We inherit telomeres from our parents, but no matter the length of our telomeres at birth, everyone's get shorter as they age.

*Shorter telomeres have a negative effect on our health.*  
*Telomere shortening is the main cause of age-related break down of our cells.*

When telomeres get too short, **our cells can no longer reproduce, which causes our tissues to degenerate and eventually die.**

### **CONTRACTION vs EXPANSION**

#### **Telomeres and Cellular Aging**

Short telomeres have been connected to premature cellular aging  
Mounting evidence shows a strong connection between short telomeres and aging in our cells  
There is scientific evidence that telomeres can be lengthened

An enzyme called telomerase can slow, stop or perhaps even reverse the telomere shortening that happens as we age. The amount of telomerase in our bodies declines as we age. **(OR as we constrict?)**

Telomerase maintains and may even lengthen telomeres. Exposing human cells to telomerase slows cell aging and allows cells to begin copying again and longer telomeres cause gene expression to change to a younger phenotype which makes cells function as though they were younger.

**There are other things we can do that might help restore telomere length or at least slow the loss of telomere length: reduce stress, stop smoking, lose weight, exercise more and eat a healthier diet. (Play, Creative, Joy, Experience, Presence, Flexibility.... FEMININE)**

# **Telomeres**

Creativity, Play, Openness

help keep you young and vital. These little thingy's on the edge of our cells are cool receptor and transistor sites on the energetic/vibrational level.

# Different Types of Yoga

## Yoga literally means Union

The term "yoga" is attached to a method to indicate that it is a complete path into itself

4 aspects in a human being

4 types of yoga

**Body**

Yoga using physical action to reach the ultimate



**Karma  
Yoga**

**Mind**

Yoga using the intellect to transcend the physical to reach the ultimate



**Gnana  
Yoga**

**Emotion**

Yoga using emotion to reach ultimate union



**Bhakti  
Yoga**

**Energy**

Yoga using internal action to transform the energies to reach the ultimate



**Kriya  
Yoga**

Why has  
YOGA  
taken off  
in  
Western  
Culture.

Longing,  
Yearning,  
Calling.

A  
knowing.



A ship in a harbour  
**is SAFE.**

But that is not  
what ships are

**BUILT FOR.**

By learning to SELF SOOTHE and access your body and mind, and honour your inner selves, you can feel safe as you step into the UNKNOWN.