

Listen To Your Body & Change Your Life – Part 2

NeuroPath Reset Your Fears



Experience #1 – Exploring the Embodied Self

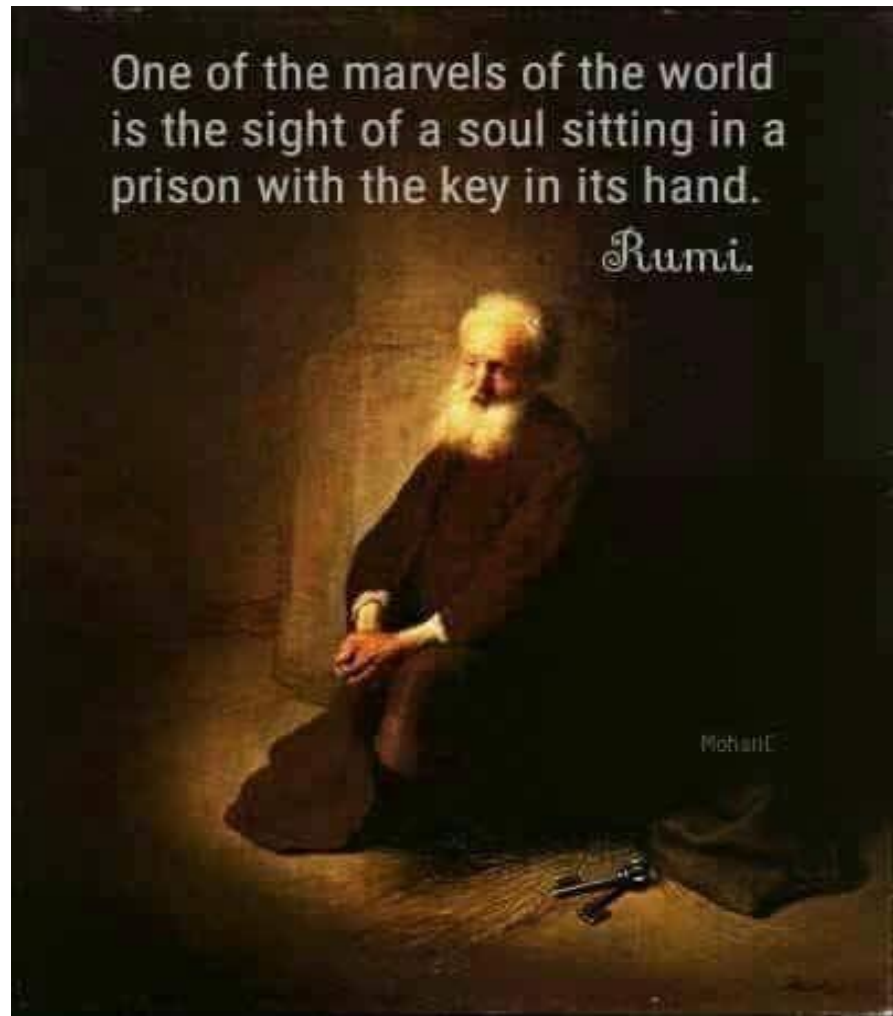
1. Using your breath and awareness, scan your body from the feet up
2. Identify an area of pain, denseness, cold, or stress
3. Does this connect with other area/s — explore a possible pathway.
4. Ask your body: “Is there anything else about this _____? Metaphor, color, feeling, sensation, memory, etc.?”
5. Ask the body: “What do you need to start to change/resolve this? A movement, a sound, an expression, an image, an action...?”
6. When you exercise what your body needs, what happens? Where does it take you?

YOU HOLD THE KEYS TO YOUR “PRISON”.

Dissolve the 3 poisons:
Guilt, Shame & Regrets!

One of the marvels of the world
is the sight of a soul sitting in a
prison with the key in its hand.

Rumi.



Reviewing your assignments – Find your “Chisel”



Understand the function of the benefits of your fears. There lies your blind spot...

“What are the benefits that I am receiving from my fears with evidence?”

Show an example of benefit – dog breeder.

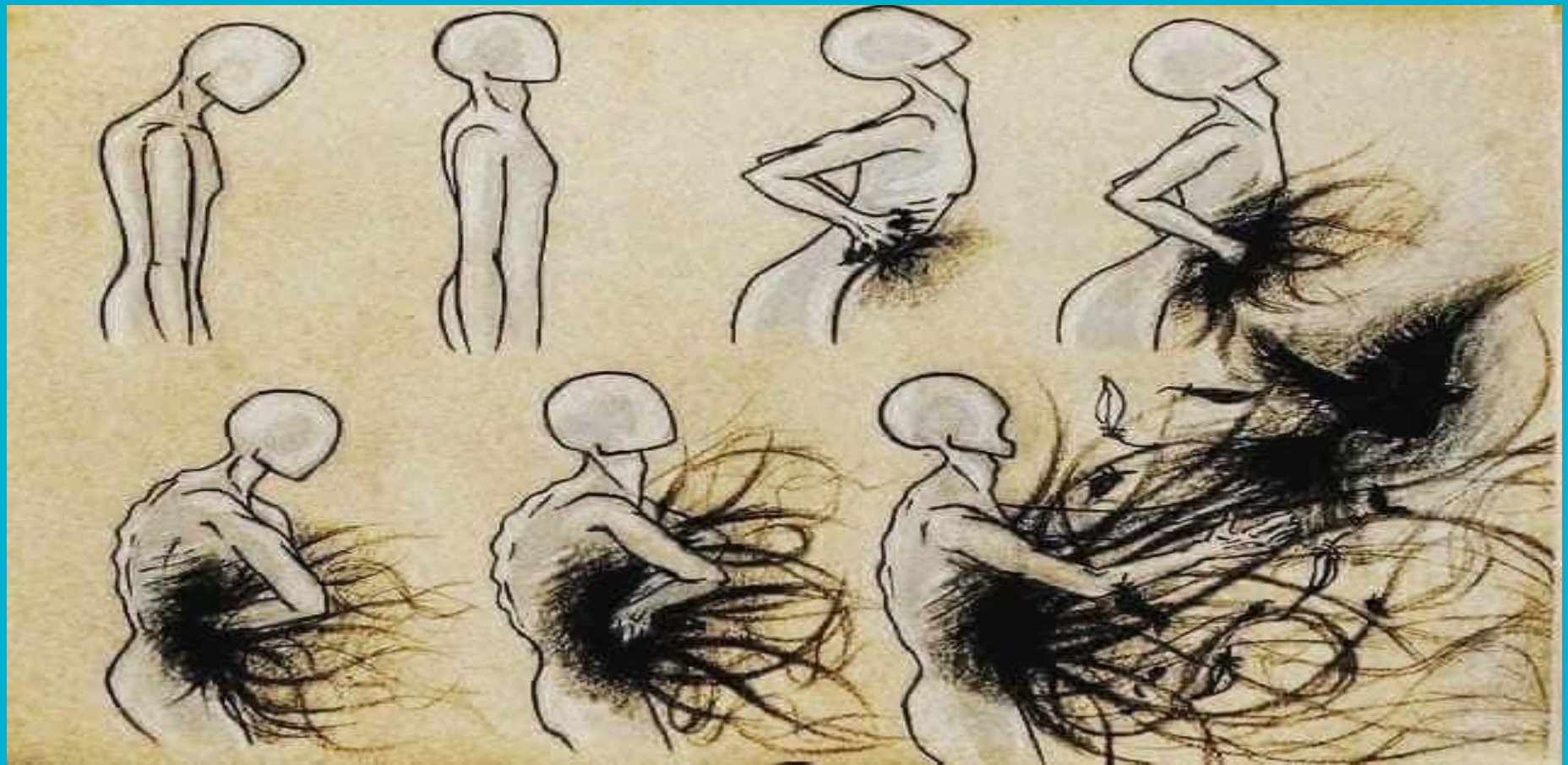
**Physicalize your new
beliefs every day
consciously**

A woman with long brown hair, wearing a green dress with a red flower on the back, stands with her back to the camera. She is positioned on a path that is split: the left side is a dry, cracked, and parched earth, while the right side is a vibrant, lush green field. The background features a dramatic sky with a bright sun setting or rising, casting a golden glow over the scene. The sky transitions from a deep orange near the horizon to a deep blue at the top, with scattered white clouds.

**What foundation do you
want to operate from?**

Fear/ Lack/ Need for control

Honesty / Accountability / Empowered Vulnerability



Emotions , your story and the body

EMOTIONAL PAIN CHART

MENTAL THOUGHT PATTERNS THAT
FORM OUR EXPERIENCES



CENTRIPETAL
FORCE STUDIO
Physical + Energetic Therapy

Pain Areas and Probable Causes:

Neck:

Refusing to see other sides of the question, Stubbornness, Inflexibility.

Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

Spine:

Represents the support of life.

Upper: Lack of emotional support. Feeling unloved. Holding back love.

Middle: Guilt. Stuck in the past. Get off my back.

Lower: Fear of money. Lack of financial support.

Elbows:

Represents changing directions & accepting new experiences.

Wrists:

Represent movement and ease.

Hips:

Fear of going forward in major decisions. Nothing to move forward to.

Knees:

Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

CENTRIPETAL
FORCE STUDIO

Physical + Energetic Therapy

Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

Bunions:

Lack of joy in meeting experiences in life.

HOW IT WORKS:

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

CENTRIPETAL FORCE STUDIO



OTHER CONNECTIONS:

Arthritis: Feeling unloved. Criticism. Resentment.

Bone Breaks/Fractures: Rebelling against authority.

Bursitis: Repressed anger.

Inflammation: Fear. Seeing red. Inflamed thinking.

Joint Pain: Represent changes in direction in life and the ease of these movements.

Loss of Balance: Not centered. Scattered thinking.

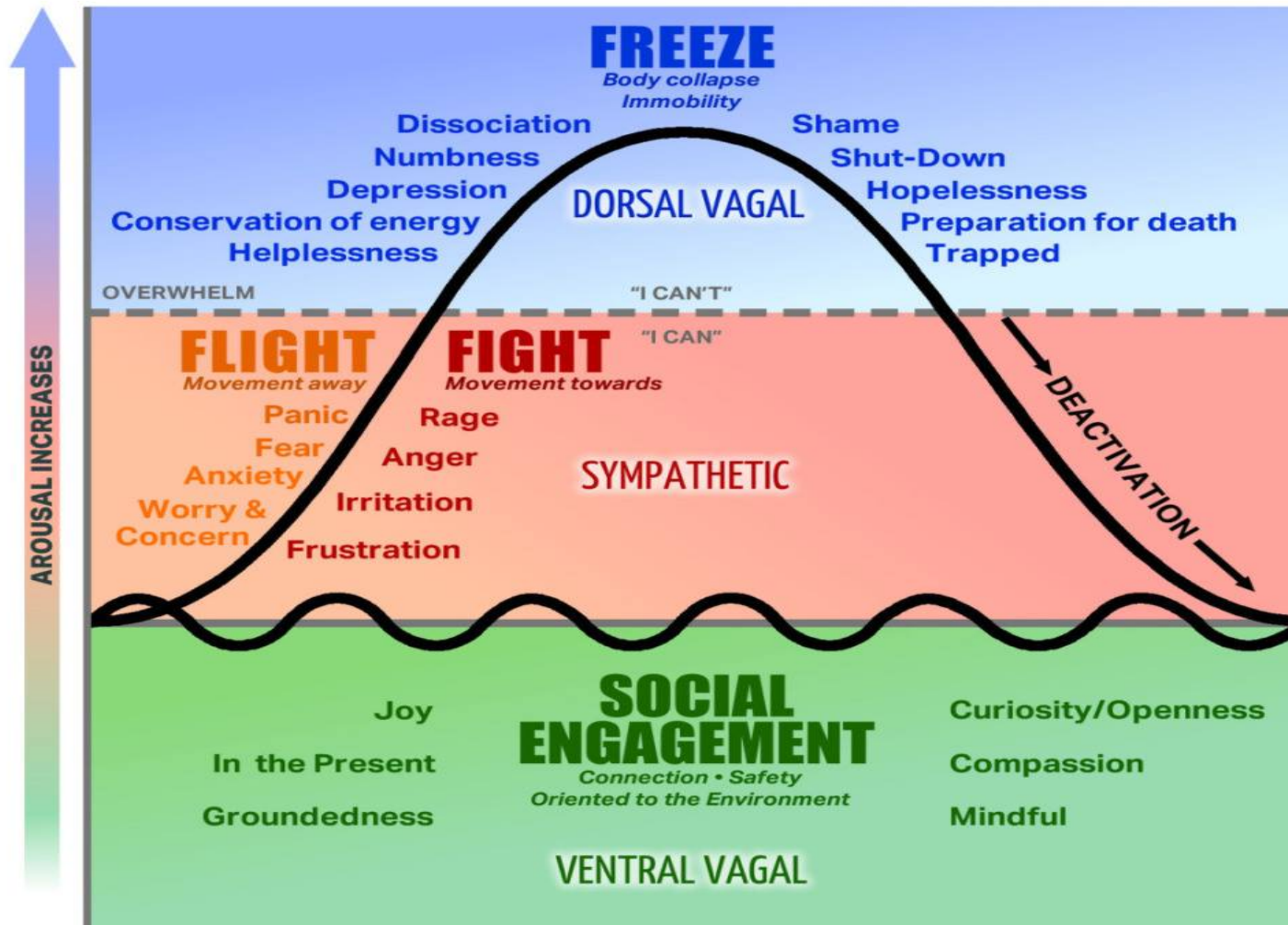
Sciatica: Being hypocritical. Fear of money and or the future.

Slipped Disc: Indecisive. Feeling totally unsupported by life.

Sprains: Not wanting to move in a certain direction in life. Anger and resistance.

Stiffness: Rigid, stiff thinking.

Weakness: A need for mental rest.



PARASYMPATHETIC NERVOUS SYSTEM DORSAL VAGAL - EMERGENCY STATE

Increases

Fuel storage & insulin activity
Endorphins that help numb and raise the pain threshold.

Decreases

Heart Rate • Blood Pressure
Temperature • Muscle Tone
Facial Expressions • Eye Contact
Intonations • Awareness of the Human
Voice • Social Behavior • Sexual
Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate
Fuel Availability • Adrenaline
Oxygen circulation to vital organs
Blood Clotting • Pupil Size

Decreases

Fuel Storage • Insulin Activity
Digestion • Salvation
Relational Ability
Immune Response

PARASYMPATHETIC NERVOUS SYSTEM VENTRAL VAGAL

Increases

Digestion • Intestinal Motility
Resistance to Infection
Immune Response
Rest and Recuperation
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)
Ability to Relate and Connect

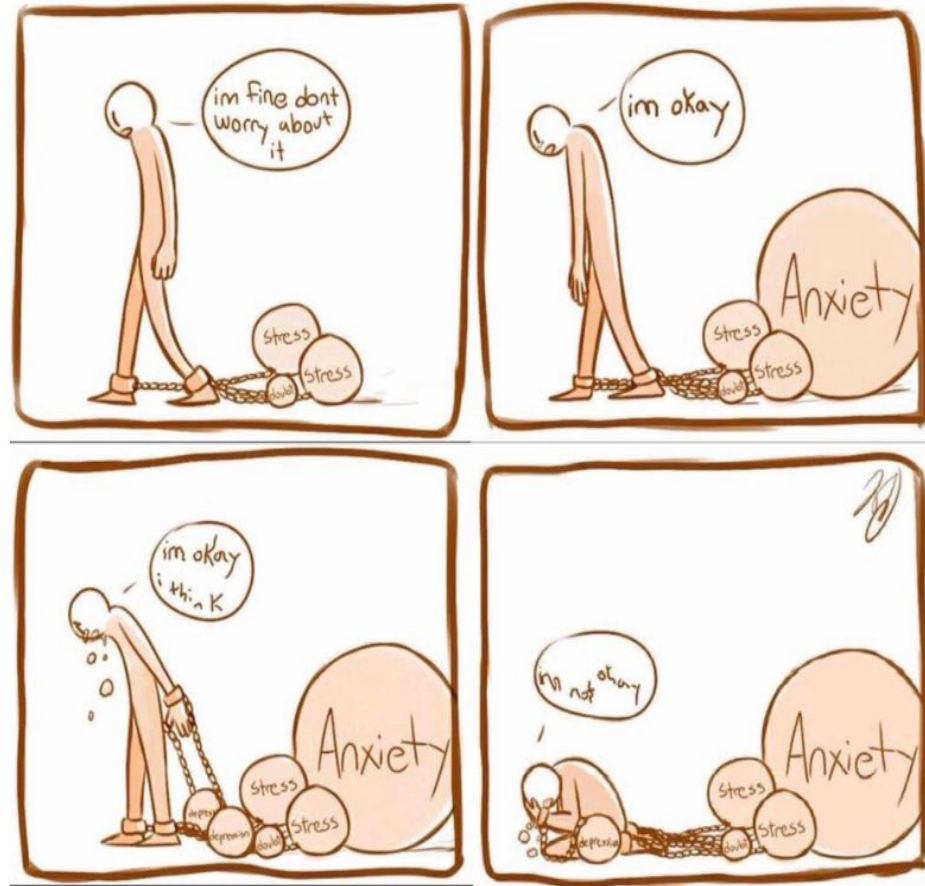
Decreases

Defensive Responses

Experience #2: Trigger “Hack”

When/if triggered follow steps:

1. Cooling circuits breath
2. Find sensitive spot on breast bone.
3. Gently tap on it with fingertips until you yawn, sigh, smile or shake.
4. Pressure points for heart.



Let me help you.

ARE YOU SUFFERING FROM
ANXIETY?
PANIC ATTACKS?



JOIN MY ONLINE PROGRAM
CLICK ON THE LINK TO
LEARN MORE.

Experience # 3

Becoming the Tiger/ess

Adopting a New Posture

1. Adjust your feet to align the joints
2. Breathe softly through the front of your body. Soften jaw, throat, chest, heart, diaphragm, abdomen.
3. Traction through crown of head to the sky, bottom of tailbone to the earth. Feel space in your spine, nerves relaxed.
4. Open chest softly being pulled by a string from the heart.
5. Awareness expands, highly alert but extremely relaxed.



State Of Space

Where true healing begins!

- Bring joy
- Curiosity,
- Playfulness,
- Wonder,
- Awe and ease
- Connection
- Power
- Reclaim something we lost;
parts of ourselves



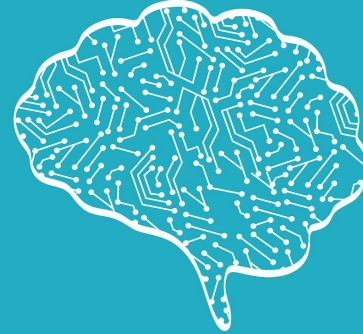
Recommendations

- Keep exploring the bodymind
- Yoga, meditation, mindfulness, breathwork, bodywork
- Movement
- Body scans
- Float tanks
- Books: Hara - The Vital centre of man, The Body Keeps Score.



Nothing is resolved until the body resolves it!

NeuroPath Reset Your Pain Patterns 6 Week class series



April 21 - May 26

Wednesdays - 6pm - 7:15

Registration Fee - \$350 + GST

In this class series you will learn:

- The 5 principles of optimum recovery
- Identify and change your "Pain Patterns"
- Transformative [tools you can use Immediately](#) to heal the bodymind
- Tap into Innate resources and solutions to bring about resolution.

Online zoom classes

Spots are limited - please reserve .

To register go to www.angelhands.ca, or email
info@angelhands.ca