

# Listen to Your Body & Change Your Life

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NeuroPath Reset Your Fears





Everything that  
happens to you is  
an opportunity.

My Journey is My  
Purpose!

# Definition of fear:

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## What is fear?

**Fear** is an emotion induced by perceived danger or threat. It causes physiological changes and ultimately behavioral changes, such as fleeing, hiding, or freezing from perceived traumatic events.

Fear in human beings may occur in response to a certain stimulus occurring in the present, or in anticipation or expectation of a future threat perceived as a risk to oneself.

In humans and other animals, fear is modulated by the process of cognition and learning. Thus fear is judged as rational and appropriate or irrational and inappropriate.

# Effects of Fear:

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- Alerts amygdala which activates your nervous system.
- Releases cortisol & adrenaline
- Creates anxiety, worry, stress, pain
- Blood pressure & heart rate increase
- Breath changes - held, shallow.
- Blood flow changes, moving to limbs for fight or flight response
- Brain becomes foggy — cerebral cortex becomes impaired
- Can become a source of pleasure; dangerous behaviours
- Physical symptoms: migraines, chest pain, heart palpitations, sweaty palms, back pain, knee pain, ankle, foot, hip, lower abdomen
- Impacts kidneys, bladder, sexual organs
- Reduces immunity
- Chronic fatigue & insomnia

**FREEZE***Body collapse  
Immobility*

Dissociation  
Numbness  
Depression  
Conservation of energy  
Helplessness

**DORSAL VAGAL**

Shame  
Shut-Down  
Hopelessness  
Preparation for death  
Trapped

OVERWHELM

"I CAN'T"

**FLIGHT***Movement away***FIGHT***Movement towards*

Panic  
Fear  
Anxiety  
Worry & Concern

Rage  
Anger  
Irritation  
Frustration

"I CAN"

**SYMPATHETIC**

DEACTIVATION

**SOCIAL  
ENGAGEMENT***Connection • Safety  
Oriented to the Environment*

Joy  
In the Present  
Groundedness

Curiosity/Openness  
Compassion  
Mindful

**VENTRAL VAGAL****PARASYMPATHETIC NERVOUS SYSTEM**  
DORSAL VAGAL - EMERGENCY STATEIncreases

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 VAGALIncreases

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

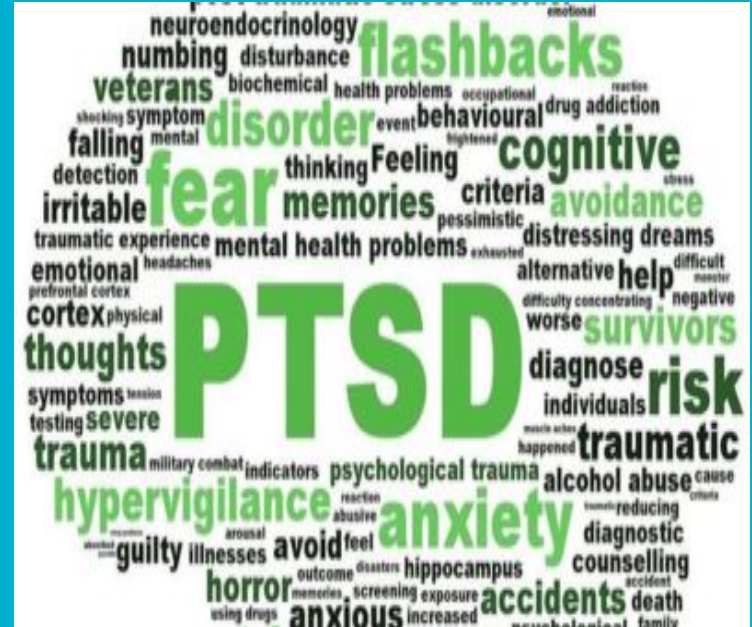
Decreases

Defensive Responses

# Trauma is the Root Cause of Fear(s)

## Quick Stats In Canada

## Why such high numbers?



# Trauma & Children

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- 2008 Survey found 85,440 Canadian children have been physically, sexually abused; many are emotionally neglected and emotionally maltreated
- Exposed to intimate partner violence and trauma
- 1.4 % of Canadian children experience significant maltreatment
- Many experience Secondary Trauma (parent sickness, accident, misfortune, loss of job)
- Many feel the accumulated stress in their bodies but they don't know what they feel; this can lead to physical and/or psycho-emotional symptoms
- FACT — your fears/pains transmit to them

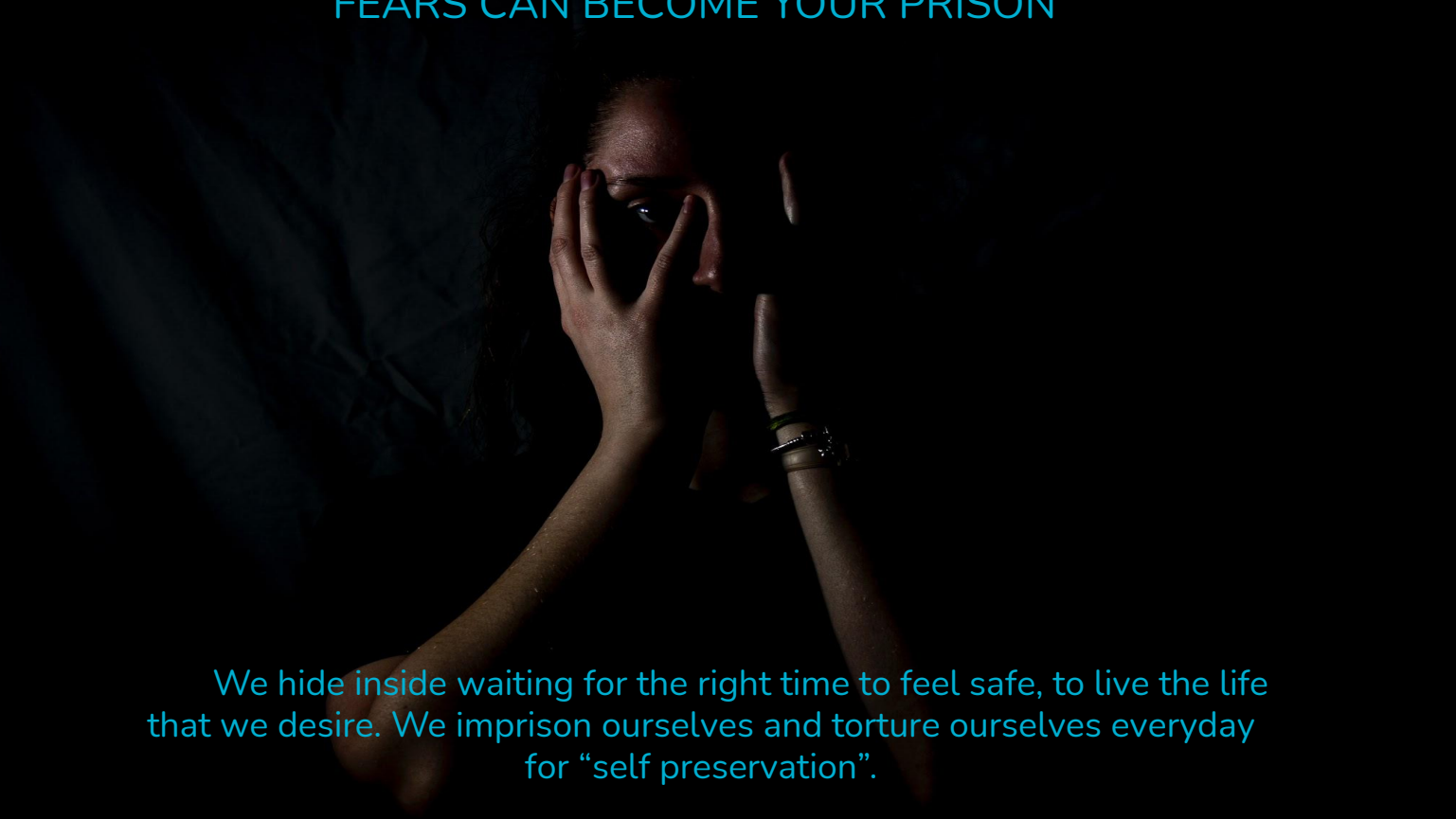
# Research Is Showing

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- Complex pain and trauma is a phenomenon that afflicts **7 million** Canadians (very conservative)
- Trauma costs society, governments and families more than cancer, heart disease and diabetes combined
- Complex pain and trauma must be controlled and managed by attending to the sufferer's biological, psychological and social, emotional and spiritual needs
- 2007-8 study showed 1.5 million Canadians experienced chronic pain (half over 10 years).
- Trauma causes psychopathology — anxiety, panic attacks, addiction, depression, neurosis, psychosis, etc.
- Effects of trauma on mental health are long lasting and treatment resistant.
- Trauma creates chronic pain, autoimmune diseases, heart disease, cancer, chronic digestion problems, reproductive problems, neurosis, psychosis, migraines, memory loss...



# FEARS CAN BECOME YOUR PRISON

A person is shown from the chest up, positioned centrally against a dark, textured background. Their face is mostly obscured by their hands, which are pressed against their eyes and nose. Only one eye is visible, looking directly at the viewer. The lighting is dramatic, highlighting the person's skin and the texture of the background. The overall mood is one of fear, anxiety, or being trapped.

We hide inside waiting for the right time to feel safe, to live the life that we desire. We imprison ourselves and torture ourselves everyday for “self preservation”.

Mihael Mamychshvili

Trust = Boundaries

# Embodied Trust

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- The kind of trust that is not conditional, where you are doomed
- In every fiber of your body/mind
- Where you are connected to your knowing
- Your “compass”, your truth, your power
- There is an ease to it, no fight/flight/freeze
- Unifies every biological system in the body
- Unifies mind, heart and gut feeling
- Makes your emotional, psychological, biological boundaries stronger

# Cooling The Circuits Breath – Method Exercise

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## Benefits:

- Re-circulate blood from Primitive Brain to Frontal Cortex.
- Oxygenate blood to reduce blood vessel constriction
- Begins to influence the Vagal Tone
- Helps to slow down the arousal cycle
- **Reduces over-activity in the hypothalamic-pituitary-gonadal axis (HPG axis) influencing biological response**



# Grounding for Anxiety



Mihael Mamychshvili  
Creator NeuroPath Reset  
Chronic Pain & Trauma  
BodyMind Coach



Notice:

- 5 things you can see in the room with you.
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 good thing about yourself

This Is A Daily Practice

# UNCONDITIONAL FORGIVENESS

I forgive myself unconditionally

I forgive myself for the things I have done and the  
things I have not done

I forgive myself for the things that I have said and the  
things that I have not said

I Love myself!

I promise to care for myself

I promise to protect myself even from MYSELF!

I promise to nurture a relationship with myself

I forgive myself Unconditionally!  
Now all Pain, fears, negativity & dark leave me!

I am the Master of this BEING!!!

**Mihael Mamychshvili**

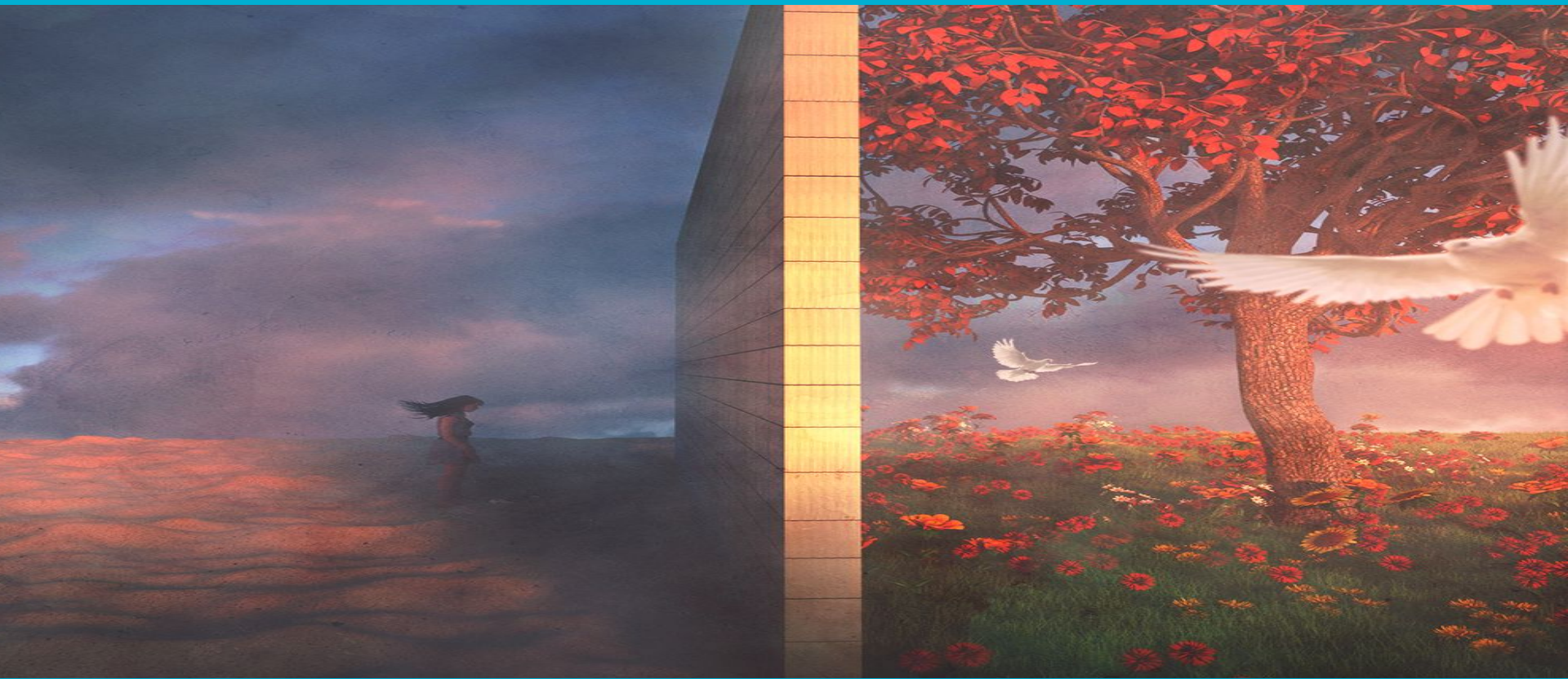
# Fears With Evidence Create:

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- Negative beliefs/thought patterns
- Resistance
- Self-sabotage
- Physical symptoms
- Blame
- Victimhood — sense of lack
- Self-harm
- Anxiety
- Depression
- Darkness
- Neurosis
- Hypervigilance
- Fatigue
- Burnout
- Divisiveness
- Isolation
- Confusion
- Lack of trust — need for control
- Lack of boundaries
- Tunnel vision
- Aggressiveness
- Isolation
- Self-critical
- Disorders
- Disease
- Sudden death

<b>F</b>	<b>FALSE</b>
<b>E</b>	<b>EVIDENCE</b>
<b>A</b>	<b>APPEARING</b>
<b>R</b>	<b>REAL</b>





Evolutionary Process

I have an  
assignment for  
you if you are  
brave enough to  
do this?

Discover your Intrinsic Fear



# Your Assignments:

**1. Life Time Line Exercise** - Please write from present moment to your date of death moment, all the experiences that you want to happen in your life. Create them vividly and imbue them with the emotions that they create for you and write them down, why do you want to create them?.

**Scenario #1:** Bring yourself to your death-bed and write how you feel knowing that you managed to create all of that for yourself? What feelings do they bring?

**Scenario #2:** You are dying and you look back and you did not create any of it for yourself! What emotions and where do you feel it in the body? What kind of fear can you distill from it?

**2. Practice Unconditional Forgiveness** with yourself daily! I've attached the exercise to be printed and repeated daily

**3. Position yourself in a state of "INSULATION"** — Based on daily self nourishment and exercising control of time and space. *"What I am about to do is it going to nourish me or take away from me?"* We need nourishment!

**“Life is not for “Sissies”, Mihael.  
You have to be courageous in life and  
in love.”**

**My Dear Erika**

## Cost Benefit Analysis of Fears

Outcomes/ Consequences	Benefits	Current Fear	Beliefs Associated	Outcome/ Consequences

Be courageous - Mihael Mamychshvili