

Conscious Connection

Tapping into the Healing Powers of Your Body

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That Wellthy Life

Conflict of Interest Disclosure: I certify that I do not have any relevant relationships with any commercial interests.

Hello!

What do I do?

As a certified meditation teacher, breathwork facilitator and holistic health and wellness coach, I help people understand and rise above their stress and anxiety by learning how to use the tools they already have access to: their brain and their breath.

head + heart connection

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...why is this important?

When we're living our lives from a place of connection between our head and our heart, we experience a sense of wellbeing and peace.

*Heart resonance =
greater wellbeing.*

*...and then we pick up
our phone.*

*We are overstimulated,
constantly distracted and
overwhelmed.*

*We are so overstimulated and
overwhelmed that heart
resonance no longer feels safe.*

*We are addicted to
stress.*

I was addicted to stress.

*I realized how disconnected I was
from myself and how disconnected
everyone else around me was.*

*Disconnection was how
we survived.*

*When we're disconnected, we
wear stress like a badge of
honor.*

*Because we blame so much
on stress, let's define what it
actually is.*

What is stress?

“Stress is the stimulated in our body that activates our capability to meet a demand.

The greater the demand on us, the greater the stress response we experience.”

Not all stress is bad...

The term “stress” gets a bad rap in our society and the reality is that experiencing high levels of stress from time-to-time is unavoidable.

The most effective way to overcome the negative impact of stress isn't necessarily about trying to avoid it, but to develop greater self-awareness when being faced with it.

In developing the right skills, we enable ourselves to more effectively recover from it.

The root problem of stress is two-fold:

- 1. We lack awareness to recognize when we are becoming too stressed.*
- 2. Not knowing how to fully recover from it when we are.*

I wore my stress badge of honor for so long that I woke up one day and didn't even know who I was anymore...

There has to be more.

*We're hustling for a feeling.
We're hustling to be back in
heart resonance.*

But because we're so disconnected, we think we'll get back to "normal" by playing the if/then game.

If I do this, then I'll feel this.

*So, how do we
reconnect?*

Step One: Awareness

*Awareness is the most
difficult step because we're
not used to feeling.*

We're so accustomed to distraction that any time we feel anything remotely painful or uncomfortable, we search for the quickest remedy, usually with something outside of ourselves.

*Being able to be with the discomfort
long enough to understand what our
bodies are asking of us = mindfulness.*

Mindfulness:

1. *Our ability as humans to be completely present with where we are and what we're doing.*
2. *It's something that's available to us in every moment and helps us to create space between ourselves and our reactions.*

Mindfulness is something you already practice every single day in your job and your patient's lives depend on your ability to be present.

But what about your own life?

Being in a state of mindfulness is where we're able to start connecting to our heart resonance again.

Examples of mindfulness:

Noticing your breath.

Feeling the support of the chair you're sitting in.

Turning your attention to a specific part of your body.

Coming back in to heart resonance...

- 1. Lower levels of stress / inflammation in the body, reduced risk of cardiovascular disease, increased immune function, improved quality of sleep, reduced blood pressure and cholesterol values, decreased waist circumference, and decreased heart and respiratory rates.*
- 2. Lower levels of anxiety, increased awareness, higher brain functioning, increased attention and focus, increased clarity and thinking, experiences of being calm, still and connected.*

Step Two: Meditation

Meditation:

"Any mental practice that expands awareness to establish our sense of being or oneness with ourselves and the collective."

Mindfulness: connection to some “thing” in the present moment.

Meditation: connection to self in the present moment.

Benefits of meditation...

- 1. Reduced cortisol production, blood pressure and heart rate; increase neuroplasticity, serotonin and dopamine; trigger parasympathetic nervous system and boost immune system; muscle relaxation and slowing of the aging process.*
- 2. Reduce stress, anxiety and depression; increase stress resilience; increase positive emotions, focus and present-moment awareness; increase emotional stability, intelligence and our capacity to learn; increase empathy, compassion, sense of connection to self + others, sense of purpose + meaning and sociability.*

“I just can’t meditate.”

“My mind won’t shut off.”

“My body is too agitated to sit still.”

“I can’t make my mind be quiet.”

“I still have thoughts.”

“I had to go feed my dog.”

*Meditation can be
confronting.*

“I just can’t meditate.”

(it’s not their fault).

*How can I bridge the gap
between overstimulation and
inner peace?*

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overstimulation and inner peace?*

Breathwork.

I know what you're thinking:

“I already know how to breathe.”

*Most of us breathe to survive... and
breathwork teaches us how to
breathe to thrive.*

Breathwork:

The conscious control of breath.

Bringing intentionality to the way in which we breathe in order to shift our state of being.

Why breathwork?

The body is the healer.

We are creating a self-healing process within the body. Rather than using our logical mind to organize the emotion within our systems, we are allowing the body to do it for us.

We have access to breathwork in every moment. For transformation of any kind to occur, we first need connection.

Why breathwork?

Connection allows the mind and body to work in unison. We surrender the mind by moving our attention to the breath.

Breathwork allows us to bypass the mind, the biggest block to feeling and transformation.

Passive Awareness:

Focusing our attention on the breath, bringing full awareness to how our body is breathing without wanting to shift or change.

“State of being.”

Integrative Methods:

Breath methods we can do in while we are present in our waking life. Useful to reset the body.

Conscious Active:

Intention behind the breath, allowing the body to move and shift into altered states of consciousness. Allows us to release emotionality that is trapped in our systems.

Meditative Methods:

Breath methods that we use with the intent to access altered states of consciousness, promoting the deepest self-healing and personal transformation.

Our bodies on breathwork:

1. *Respiratory alkalosis leads to certain changes in the brain. Less activity in the prefrontal cortex, responsible for mental constructs of self + ego.*
2. *Less activity in the pre-frontal cortex allows the ego mind to relax, allowing us to connect to deeper intelligence in our bodies.*
3. *Increased activity in limbic system allows us to surface suppressed memories and emotions so that we may work with them and release them in a healthy way.*
4. *Letting our bodies heal themselves.*

*Breathwork in your own life:
Integrative Exercise*

Questions?

Thank you!

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