



THIS IS WHO WE ARE.

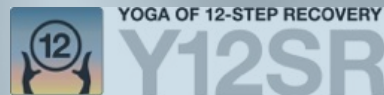


**FACES & VOICES
OF RECOVERY**

ADVOCATE. ACT. ADVANCE.

R. Nikki Myers,  Automatic Experiencing
Practitioner, Certified Recovery Specialist, MBA

THE ISSUES LIVE IN THE TISSUES





Objectives

- Investigate recovery from a body/mind/spirit perspective
- Explore the roots of unhealthy patterns
- Discover mind/body/spirit based tools to address patterns
- Introduce embodiment principles and practices to support sustainable recovery

The Yogic View Of Dis- Ease and Wellness



Healing Comes From the Inside Out

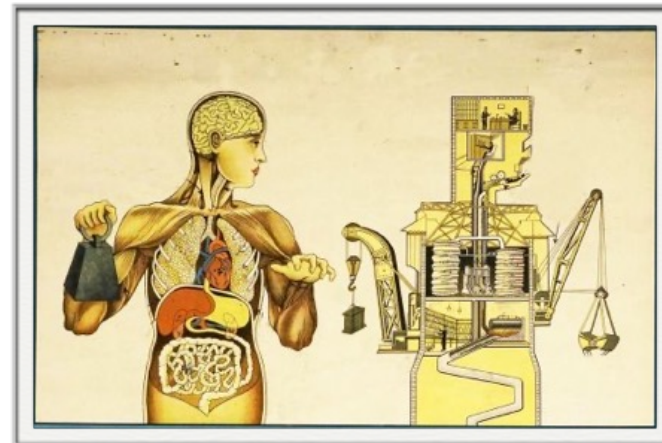


- Cure - to get rid of; what doctors are asked to do, usually external treatment that mask problem or eliminate symptoms. The treatment doesn't necessarily address the factors underlie the illness.
- Heal - "The bigger meaning of healing is a 'wholing,' a filling out of the missing pieces of a person's life. Sometimes this may even mean facing death in a more fully realized way. It is an opportunity to come more deeply and fully into life."

-Patricia Reis

Ayurveda

- Prajnaparadha - 'Crimes against wisdom'
 - the root cause of dis-ease
 - Insufficient life-force, either in the body as a whole or blockage to some part of the body;
 - Impeded energy flow creates stagnation and accumulation of toxins
- Process reverts through purification
 - Removing the contaminants
 - pure living, pure thinking, making healthy choices, purity and reverence... breaking the chain of usual events



What is Yoga

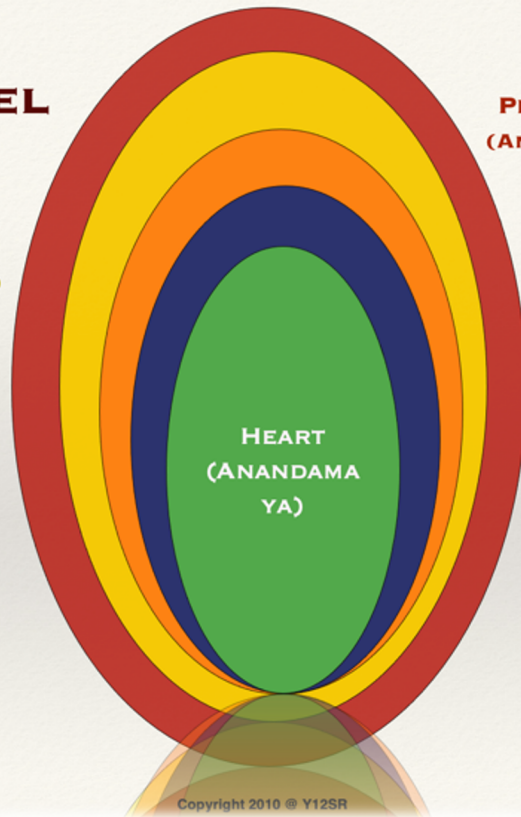


- Ancient art and science of self-development that teaches people the fine art of balancing our multi-dimensional lives while living in a complex world.
- English translation of word yoga: balance, integration, union, relationship
- Joining the physical, emotional, thinking, intuitive and heart-centered parts of ourselves.
- More than well-being in our bodies, yoga is a path toward deeper meaning and healing in our lives.

5 BODY MODEL

ENERGY
(PRANAMAYA)

CHARACTER
(VIJNANAMAYA)



PHYSICAL
(ANNAMAYA)

INTELLECT
(MMANOMAYA)

THE IDEAL
CONDITION OF
THE HUMAN
SYSTEM: AN
INTEGRATED
WHOLE

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5 Body Model

The Root of Our Problem

Dvesa – avoidance, refusal,
rejecting things, dislikes, 'I
don't wanna'

Raga – attachment, craving,
likes, 'gotta haves'

Abhinivesa – fear of
death, life

Asmita – ego,
constructed Self

Avidya – incorrect comprehension,
false understanding

Adapted from *The Heart of Yoga*, T.K.V.
Desikachar

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Habits & Conditioning

Samskara:

- Mental impressions, habits, patterns innate tendencies formed from previous experiences
- Everything entering via the 5 senses forms an imprint in the mind.
- Forms basis of belief, attitude and **concepts** (the fundamental building block of beliefs or ideas)
- Function as a lens of perception that conditions how we respond
- The more reinforced, the deeper the groove

Vasana:

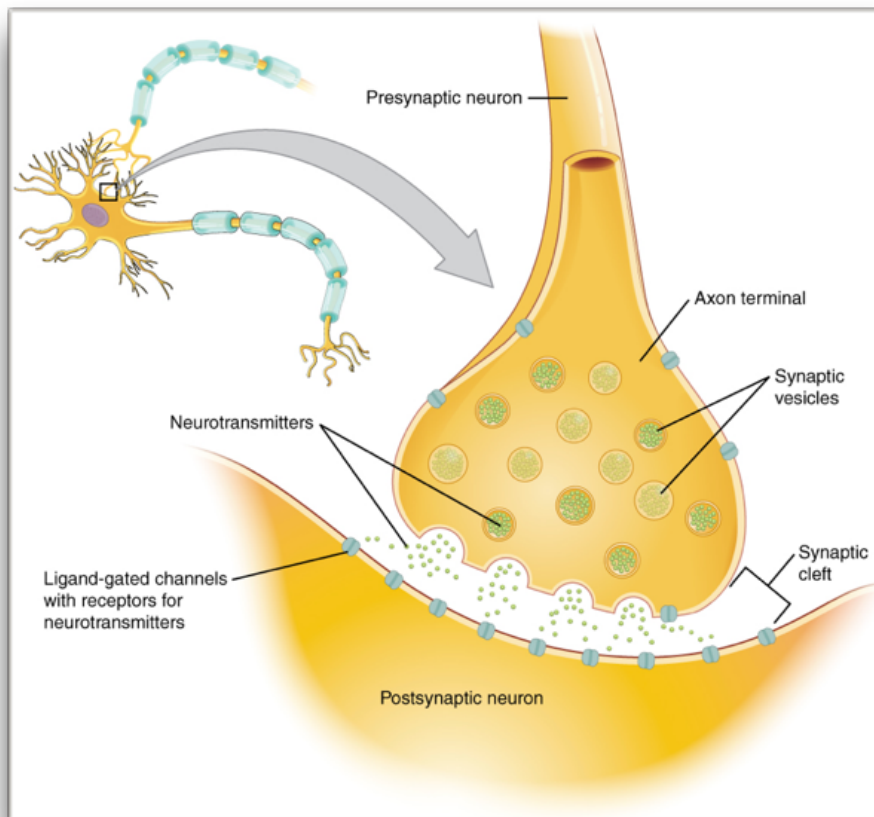
- Deep abiding tendencies lying dormant
- Vasanas produce samskaras and samskaras produce vasanas



VRITTI SAMSKARA CHAKRA



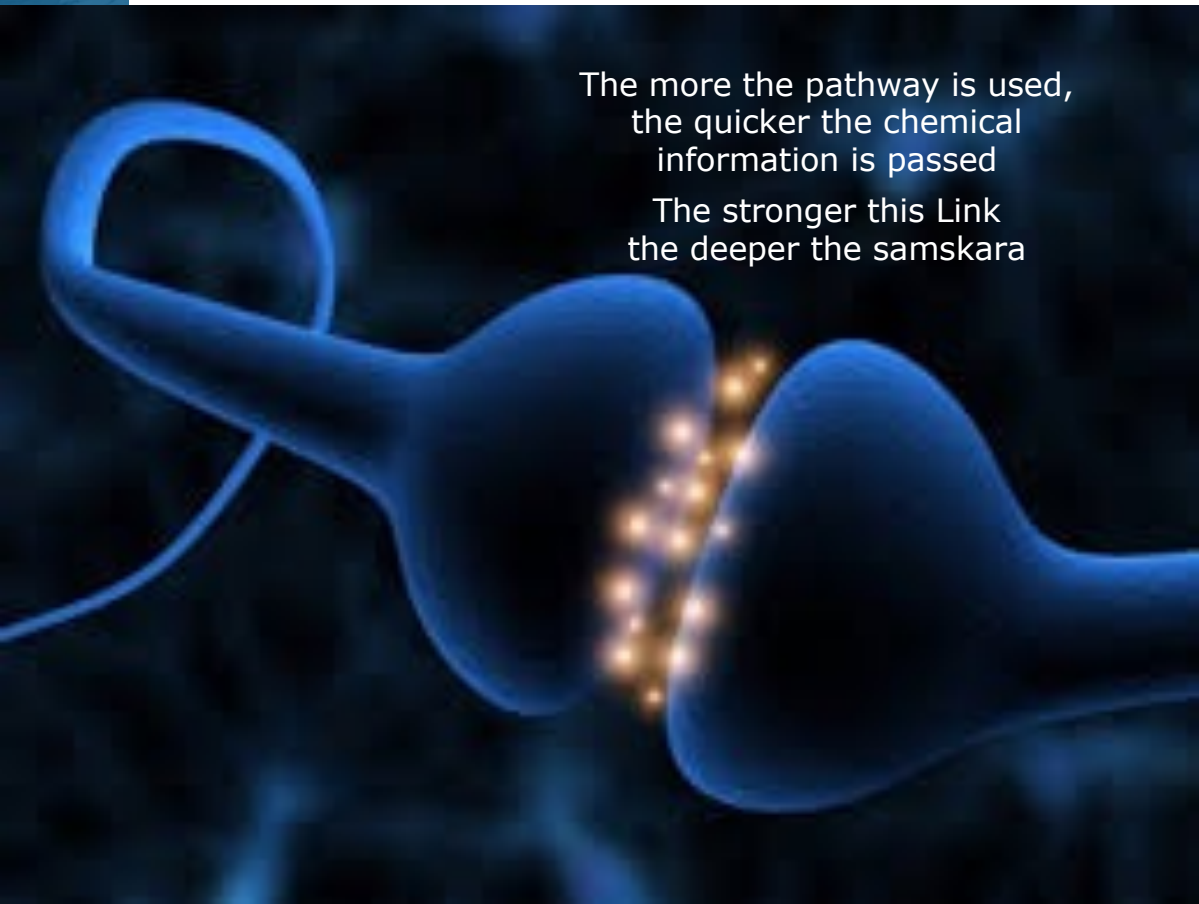

THE WHEEL OF THOUGHTS AND IMPRINTS



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Communication in the Brain

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The more the pathway is used,
the quicker the chemical
information is passed
The stronger this Link
the deeper the samskara

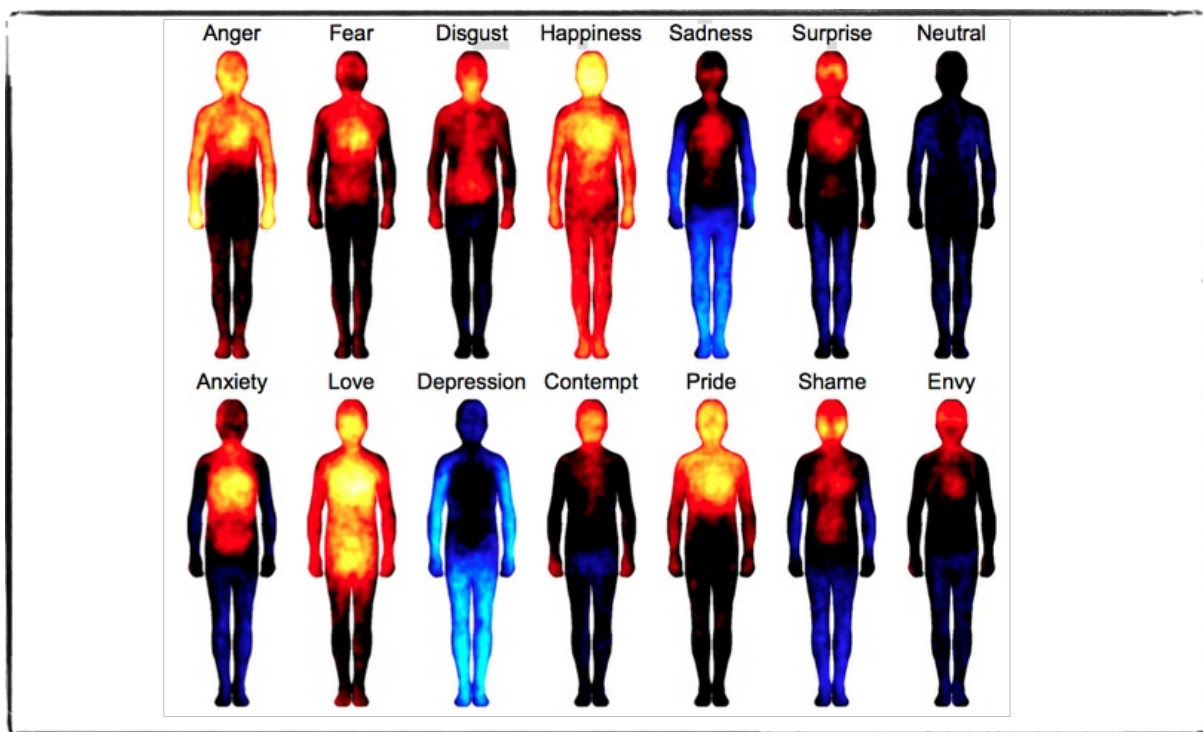
Habits & Conditioning



- For humans, learning generally easier than unlearning.
- Change is inevitable
- Challenge is to influence the direction of change
- Complex challenge
 - complicated by patterns that operate beneath the level of conscious awareness
 - unless transformed, re-creating the same or similar conditions is possible, even probable (Relapse)

Issues and Tissues

The Issues Live In Our Tissues



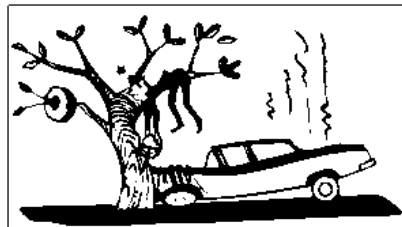
It Begins With Body
and Breath

Habits & Conditioning

- Sanskrit - sam (completed, joined), kara (action, cause)
- Habitual conditioning; patterns, Innate tendencies across all 5 bodies
- Tamasic, Rajasic, Sattvic
- Inborn (genetic), acquired (learned), imposed (laws, policy culture); personal, cultural, institutional



Neurobiology of Samskara

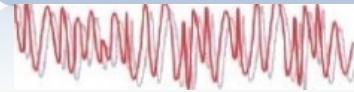


Truth of Experience: "What is"

Sensory Access Points (SAP's)

Hands: steering wheel
Nose: tires, gas, tree
Lips/Face: impact forces
Hearing: gears, crash,
Eyes: glass, blackness, road
Proprioceptors: foot/hand/head position, impact points

Neural Impulses translated from SAP's



Perception Filters (Metadata)

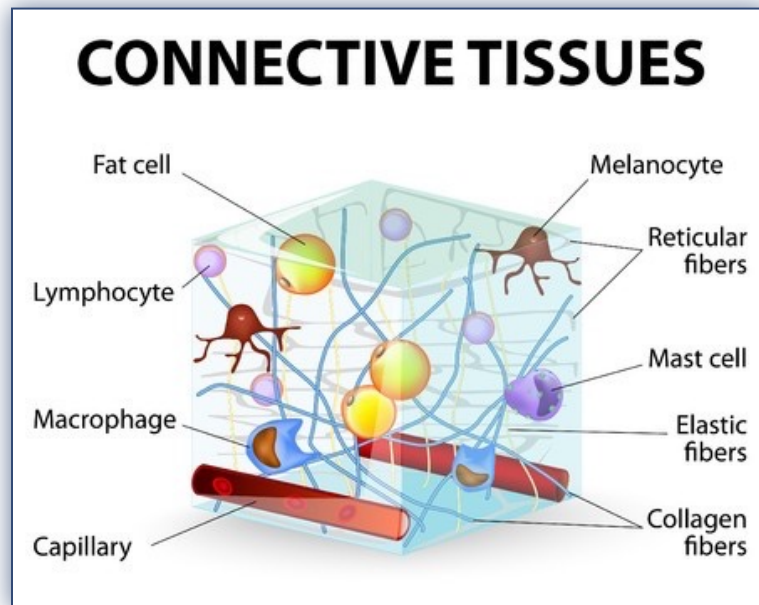
Neocortex

Connective Tissue

Information passed into connective tissue: thermally, chemically, acoustically, hydrodynamically, biophotonically

Connective Tissue

How is it possible that 'issues' are stored in connective tissue?



- Fascia
 - Medical use of term - sheets of biological fabric. Only applied to certain sheets like plantar fascia or TFL.
- Newer use of term refers to Extracellular Matrix (ECM)
 - ECM is a network or webbing that surrounds and supports every cell.
 - Cells 'velcroed' into fascia

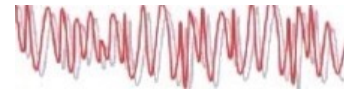
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**Neural Impulses
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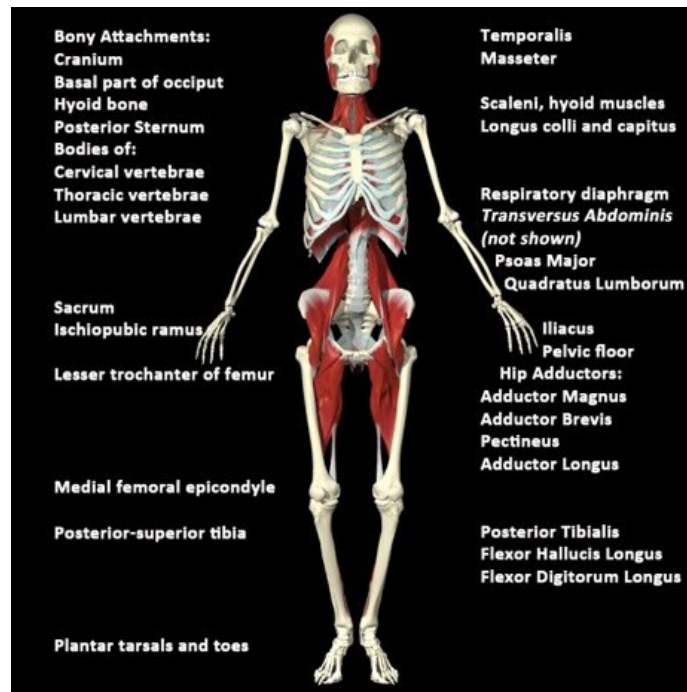
Neocortex

Connective Tissue

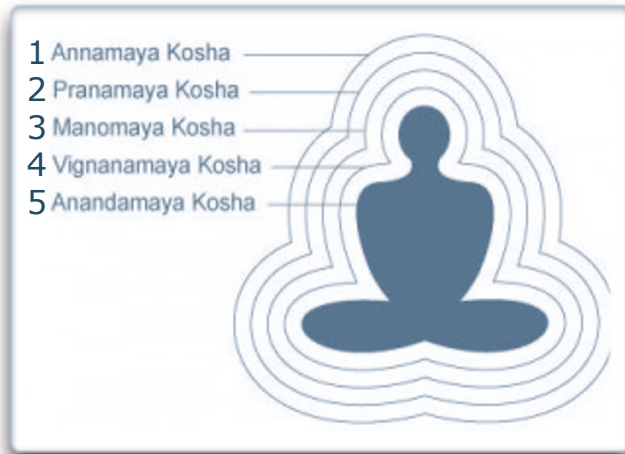
**Information passed into
connective tissue:
thermally, chemically,
acoustically ,
hydrodynamically, bio-
phontonically**

Myofascial Meridian

- It depends...
- Common areas include:
 - Psoas
 - Jaw, neck shoulders
 - Inner thighs
 - Hips
 - Pelvic floor
- Slow movement
- Longer holds - settling into pose supports lengthening of connective tissue



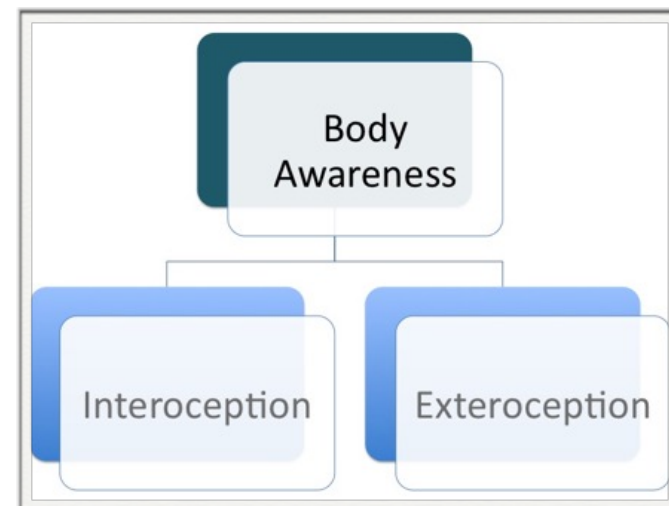
Why Yoga?



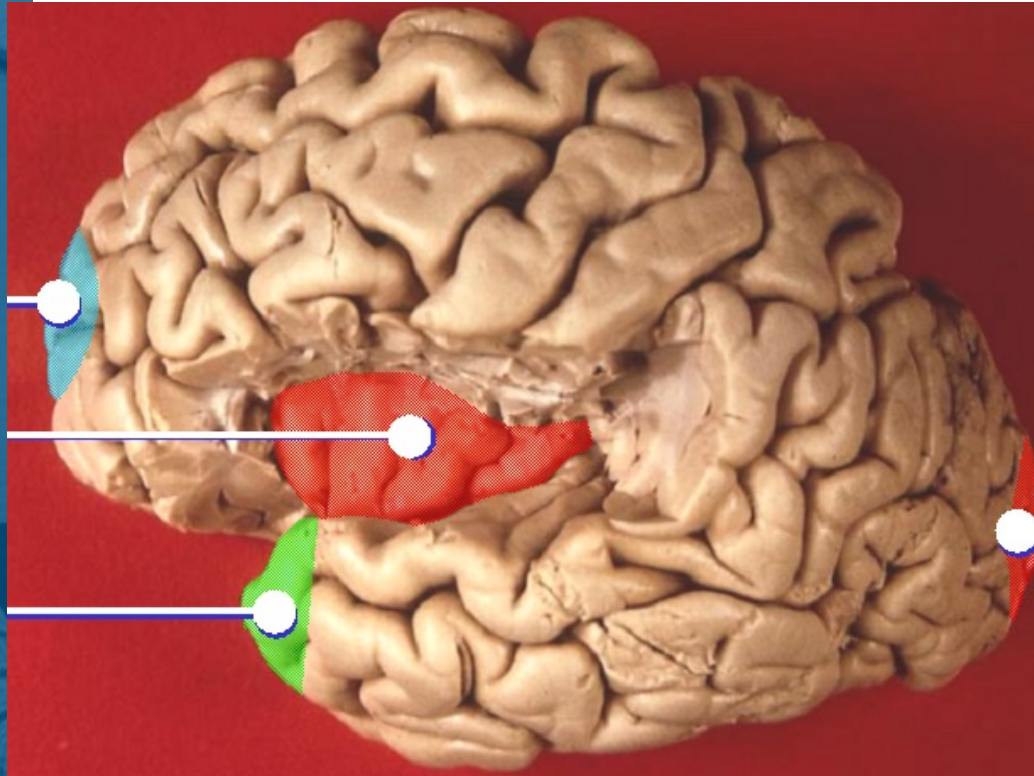
- Yoga works with the language of the body to release the information that is held in tissues
- Homeostasis based
- Works with consciousness - awareness, attention, self-reference

Interoception

- Exteroception is sensing the outside through 5 senses
- Interoception is sensing the states of the many internal bodily systems the brain needs to manage. (Glucose, oxygen, salt, circulatory, etc)
- Feeling of the sensation that come from inside the body
- Brain wired to feel interoceptive sensation as simple feelings: pleasantness, unpleasantness, aroused, calm



Meditation & The Brain





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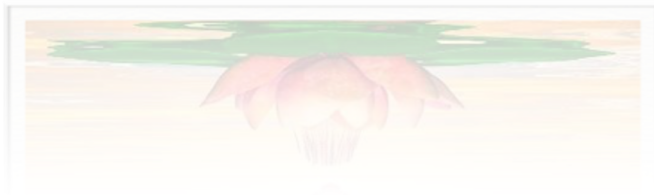
Yoga

- Healing rooted in learning how to dwell in silence and not try to fix anything
- Opening to full spectrum of the human condition without wishing for it to be different.
- Not about techniques or quick fix, rather opening to a way of being that help us to see ourselves differently.
- A rotation in consciousness that shifts our relationship with the world to opens up new degrees of freedom.



Inner Resource

Yoga Chitksa

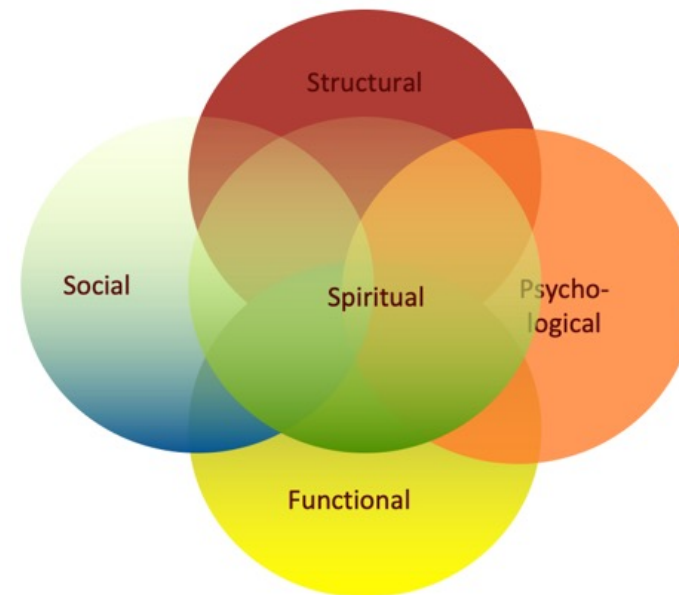


- About People NOT Disease
- Purpose:
 - ✓ Reduce suffering
 - ✓ Improve functionality
 - ✓ Awaken understanding
 - ✓ Strengthening will

Inner Resource

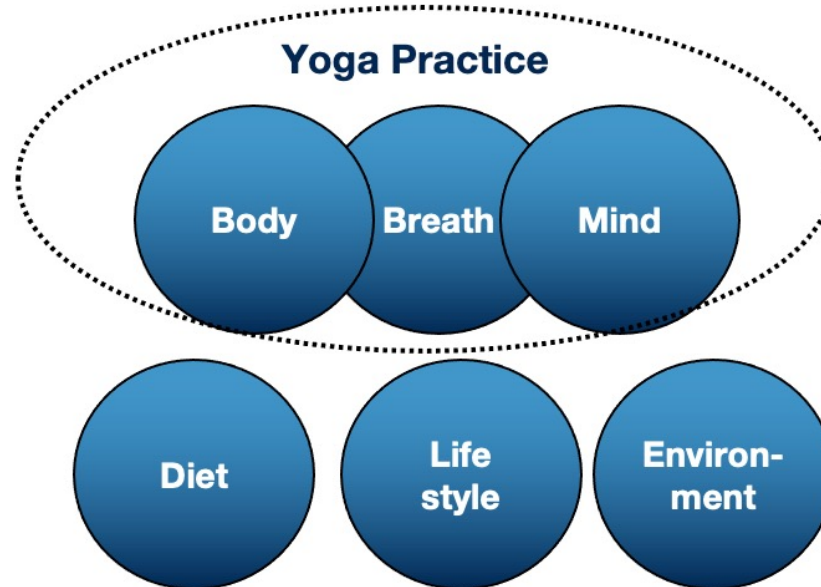
Yogic Approach To Reintegration

- Structural - body
- Functional - integration of values with actions
- Psychological - mind/body
- Social – relating to others
- Spiritual – interconnection between all things



Back top Wholeness

Yoga and Ayurveda speak of 6 spheres of influence:



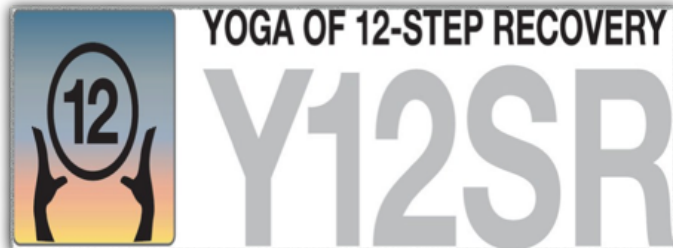
Sustainable Recovery

- Gives physical sciences and spiritual sciences equal importance
- Uses the spheres of influence to:
 - ❖ address all 5 bodies to heal and sustain the physical
 - ❖ explore the spiritual, the dimension that is the source of the physical
- 'Inner Engineering'





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YogaInternational.com - Y12SR



Completing Evaluations

- Please complete your evaluations in order to receive your CEUs.
- Thank you for joining us!



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