

Reference Materials:

The Power of Neuroplastic Healing. The 5 Stages Everyone Must Understand

Review:

- Pre-Game Videos (*Feeling Resistance; Rest/Sleep; Food-Good Food; Physical Activity/Exercises; Scheduling/Not Scheduling*)
- 3-Part Healing Trauma Video Training
- Original Healing Music (*by Seth Lyon*)

PLEASE NOTE: All these 'review' resources are within the ADDITIONAL RESOURCES section of the program site.

Neuroplastic Healing - Four of Those Five Stages:

- Neuro - **STIMULATION** (movement, touch, light, sound, visualization.)
- Neuro - **MODULATION** (aka: regulation - settling the noisy brain and nervous system.)
- Neuro - **RELAXATION** (rest that restores and repairs - sleep, being lazy and quiet)
- Neuro - **DIFFERENTIATION** (refining skills, growing options and choices.)

Reference: Norman Doidge, M.D. *The Brain's Way of Healing*

A - Neurostimulation (movement, touch, light, sound, visualization.)

ALL labs bring in this stage!!

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“The learned movement must *be actually performed many times* in order to actually experience all the sensations which form the basis for its sensory corrections. It must be performed *many times* to allow the brain sensory areas to become acquainted with all the variety of deviations and modifications and to combine a vocabulary for all future deciphering. Certainly, the most sensible correction training would be organized in a way that combined a minimization of effort with a large variety of well-designed sensations and that created optimal conditions for meaningfully absorbing and memorizing these sensations.”

Nicolai Bernstein. Dexterity and Its Development

TO STIMULATE MEANS TO ACTIVATE (IT'S NOT A BAD THING!)

- A. This is anything that provides a stimulus to the NERVOUS SYSTEM .
- B. Sound, movement, light and visualizing are all various kind of stimuli into the human system.
 - a. Walking, movement, dancing ... etc.
 - b. Listening to music, humming, singing ... etc.
 - c. Being in the sunshine, having a warm bath, or a cold shower etc.
- C. The main purpose of stimulating the system is to challenge it and WAKE - UP circuits in the system that have been asleep or have been simply taking a big long REST.
- D. In *SmartBody SmartMind*, pretty much every single lesson and practical neurosensory exercise you did was a form of NEUROSTIMULATION.

YOU MOVED. YOU TOUCHED. YOU LEARNED BY A CONSTANT SYNTHESIS OF THINKING AND SENSING. YOU VISUALIZED, MADE SOUND ETC.

- A. The Feldenkraisian way of learning is more **POTENT** , I believe, than many forms of neurostimulation because we're doing more than just "**FOLLOWING THE LEADER** ," so to speak.
- B. You're pausing between your thoughts/images/sensations/feelings/reflexes/ reactions (ALL OF IT!) - of the **IMAGINED** movement (from my instruction) and the **ACTUAL** movement.
- C. You're orchestrating **A LOT** (nervous system-wise) during the neurosensory exercises.

B - Neuromodulation (aka: regulation - settling the noisy brain and nervous system.)

- A. This stage is all about helping the noisy brain and the autonomic nervous system become more **REGULATED** and settled so it can have the chance to **HEAL** and grow.
- B. Depending on the person and their history, how to bring the system down and settle it, will **VARY** .

FOR OUR PURPOSES, THE FIRST THREE LABS WERE DEDICATED TO THIS.

- A. **ORIENTING** can be a powerful tool for settling the system as it sparks up the parasympathetic nervous system and that social engagement nervous system. By looking around with awareness and feeling the **HEAD** and **NECK** move (neurostimulation) it's allowing the system to know where it is. To see (cognitively at least) that danger isn't actually present.
- B. **BREATHING** exercises (cultivate the inhale and exhale) are placing a focus on the body, on the breath (neurostimulation). Just this **BASIC** shift in attention can help to settle the system and bring it to rest. They also serve to increase awareness, capacity and help to lessen the **BRACING** that occurs in the true diaphragm due to stored traumatic experiences, toxic and chronic stress etc.
- C. Potent **POSTURE** , while more stimulating due to the standing upright position, is challenging the body's balance organs and is demanding a **FOCUSED** attention to body position in standing (neurostimulation), which in turn, due to this focused attention, can **SETTLE** the nervous system.
- D. Diaphragms, joints, kidney/adrenals, brainstem (rolling the head), gut-brain and mediastinum exercises ... are bringing more focused **ATTENTION** to even more specific parts and systems of the body.
- E. Plus, there's more visualization of the system **OPENING** up, more **SPACE** increasing and even (as in the case of the kidney/adrenals) **DECREASE** of the body's stress chemicals (adrenaline and cortisol).

BOTTOM LINE

By bringing the focus and attention to key **STRESS** organ systems (kidney/adrenals, brainstem, gut), and to areas of the body that get tight and **SHUTDOWN** - such as the joints, diaphragm and mediastinum spaces - as a result of excess and toxic stress, we are facilitating a shift from **SURVIVAL** sympathetic fight/flee energy and parasympathetic **FREEZE** energy, to the social engagement "**MAMMALIAN**" parasympathetic energy.

SAID ANOTHER WAY:

In order to become more evolved humans, when we're under duress or stress that isn't life threatening, we want to lessen the time we are in our high **DORSAL** vagal (shutdown/freeze) parasympathetic nervous system and/or the high **FIGHT** / **FLEE** sympathetic nervous system, to A LOT of **VENTRAL** vagal (social engagement) and low tone **DORSAL** (that true rest-digest) of the parasympathetic nervous system.

WE WANT TO GO FROM REPTILIAN TO MAMMALIAN TO HUMAN!

C - Neurorelaxation (rest that restores and repairs - sleep, being lazy and quiet)

Need I say more? Yes, we need to rest.

- A. Depending on where we are in our lives, our demands, tasks, jobs etc., we might not always get what we need. But when we can rest/sleep, we want it to **OOZE** that **LOW TONE** dorsal vagal branch of the parasympathetic nervous system.
- B. **PERSONAL** assessment is a must, and you must change and prioritize to suit **YOUR** needs.

D - Neurodifferentiation (refining skills, growing options and choices.)

- A. Feldenkraisian learning **IS** neurodifferentiation.
- B. How can we make the learning (the neurostimulation), more **COMPLEX** , and *still* keep up the neuromodulation?
- C. It all comes down to continually challenging and **TESTING** ourselves – and, breaking out of our **COMFORT** zones, while staying **PRESENT** and **ORIENTED** to ourselves and our environment. Continually, re-calibrating and lowering our **STRESS** chemistry. And, remembering to go back to the **BASICS** frequently.



Handout For Training Call #9

NEUROPLASTIC HEALING SEQUENCING:
THEORY + PRACTICE = APPLICATION + INTEGRATION

Personal Notes: