
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:

- A. Neuro - _____ (movement, touch, light, sound, visualization.)
- B. Neuro - _____ (aka: regulation - settling the noisy brain and nervous system.)
- C. Neuro - _____ (rest that restores and repairs - sleep, being lazy and quiet.)
- D. Neuro - _____ (refining skills, growing options and choices.)

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

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

_____ 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 _____ (IT'S NOT A BAD THING!)

- A. This is anything that provides a stimulus to the _____.
- B. Sound, movement, light and visualizing are all various kinds 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 _____ - _____ circuits in the system that have been asleep or have been simply taking a big, long _____.

D. In *SmartBody SmartMind*™, pretty much every single lesson and practical neurosensory exercise you did was a form of _____.

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 _____, I believe, than many forms of neurostimulation because we're doing more than just "_____ _____ _____," so to speak.
- B. You're pausing between your thoughts/images/sensations/feelings/reflexes/reactions (ALL OF IT!) - of the _____ movement (from my instruction) and the _____ movement.
- C. You're orchestrating _____ (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 _____ and settled so it can have the chance to _____ and grow.
- B. Depending on the person and their history, how to bring the system down, and settle it, will _____.

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

- A. _____ 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 _____ and _____ move (neurostimulation) it's allowing the system to know where it is. To see (cognitively at least) that danger isn't actually present.
- B. _____ exercises (cultivate the inhale and exhale) are placing a focus on the body, on the breath (neurostimulation). Just this _____ 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 _____ that occurs in the true diaphragm due to stored traumatic experiences, toxic and chronic stress, etc.
- C. Potent _____, while more stimulating due to the standing upright position, is challenging the body's balance organs and is demanding a _____ attention to body position in standing (neurostimulation), which in turn, due to this focused attention, can _____ the nervous system.
- D. Diaphragms, joints, kidney/adrenals, brainstem (rolling the head), gut-brain and mediastinum exercises ... are bringing more focused _____ to even more specific parts and systems of the body.
- E. Plus, there's more visualization of the system _____ up, more _____ increasing and even (as in the case of the kidney/adrenals) _____ of the body's stress chemicals (adrenaline and cortisol).



Handout For Training Call #9

NEUROPLASTIC HEALING SEQUENCING:
THEORY + PRACTICE = APPLICATION + INTEGRATION

BOTTOM LINE

By bringing the focus and attention to key _____ organ systems (kidney/adrenals, brainstem, gut), and to areas of the body that get tight and _____ - such as the joints, diaphragm and mediastinum spaces - as a result of excess and toxic stress, we are facilitating a shift from _____ sympathetic fight/flee energy and parasympathetic _____ energy, to the social engagement “_____” 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 _____ vagal (shutdown/freeze) parasympathetic nervous system and/or the high _____ / _____ sympathetic nervous system, to A LOT of _____ vagal (social engagement) and low tone _____ (that true rest-digest) of the parasympathetic nervous system.

WE WANT TO GO FROM _____ TO _____ TO _____ !

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 _____ that _____ dorsal vagal branch of the parasympathetic nervous system.



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B. _____ assessment is a must, and you must change and prioritize to suit _____ needs.

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

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



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Personal Notes: