



**Hold it To Heal It: Healing Trauma and Disease with Biological Medicine  
August BioBites Audio Transcript  
August 6, 2024 – Dr. Dickson Thom and Julie Thom**

00:00:33.000 --> 00:00:39.000

Hi! Everybody! Welcome!

00:00:39.000 --> 00:00:44.000

Good to see everybody joining.

00:00:44.000 --> 00:00:49.000

So welcome everyone. Welcome to the August 24 BioBites.

00:00:49.000 --> 00:00:58.000

My name is Jessica Frank, and I'm the Biological Medicine program manager at the Marion Institute. If this is your 1st time to BioBites, welcome.

00:00:58.000 --> 00:01:06.000

This is the Marion Institute's Monthly Educational Series on all things related to Alternative health, Natural Healing, and Biological Medicine.

00:01:06.000 --> 00:01:13.000

Where we bring guest experts on to speak about key topics related to wellness and empowered help.

00:01:13.000 --> 00:01:21.000

Before we roll right into our presentation. I want to let you know what you can expect from today's webinar.

00:01:21.000 --> 00:01:26.000

Please keep your mics muted for the duration of the presentation, since we are recording it.

00:01:26.000 --> 00:01:32.000

But feel free to let us know right now in the chat function, from where you're joining.

00:01:32.000 --> 00:01:36.000

We love seeing people coming from all parts of the world.

00:01:36.000 --> 00:01:46.000

So the majority of today's webinar will be both Dr. Thom and Julie Thom presenting and demonstrating on how unrecognized trauma and biological medicine are connected.

00:01:46.000 --> 00:01:52.000

Then, toward the latter half of our hour together we will have a moderated QA.

00:01:52.000 --> 00:02:04.000

So if you have a question that comes to mind while they are presenting, please just type that into the chat, and I will field those questions to them during the QA. Portion toward the end of our time, together.

00:02:04.000 --> 00:02:17.000

In addition, we will be sending out the recording of this episode within about 24 to 48 h to your email inboxes along with the slide presentation, too. So look for those in the coming days.

00:02:17.000 --> 00:02:23.000

And it will also go up on our Youtube channel. The video will. And that's at Marion Institute.

00:02:23.000 --> 00:02:34.000

Finally, I'll go ahead and announce that our next BioBites is on September the 3rd and that will feature a very dear friend of the Mi's, the Married Institutes, Dr. Martin Hart of Keystone, Total Health.

00:02:34.000 --> 00:02:45.000

Dr. Hart will be speaking about ways to reduce our exposure to toxic P. Fos and ways that we can help detox our bodies through biological medicine.

00:02:45.000 --> 00:02:53.000

And that's called breaking up with forever chemicals. And I'll also drop a link to that registration in our chat shortly.

00:02:53.000 --> 00:02:59.000

And make sure that you're getting our emails and following us on our social channels in order to stay informed of our upcoming.

00:02:59.000 --> 00:03:00.000

Coming events.

00:03:00.000 --> 00:03:07.000

Speaking of upcoming events now on to our program for today, hold it to heal it.

00:03:07.000 --> 00:03:18.000

Today's topic takes the very real and pervasive issues of chronic illness and disease, and looks at them not just from the symptomatic or pathological present.

00:03:18.000 --> 00:03:20.000

But the historical past.

00:03:20.000 --> 00:03:25.000

From childhood, infancy, and even preconception, and beyond.

00:03:25.000 --> 00:03:37.000

Through proven techniques rooted in natural therapies and biological medicine, like emotional self-regulation, mindful movement and energy medicine. We can be our own scientists.

00:03:37.000 --> 00:03:43.000

Exploring the past and revealing it in the light of day, in service of our own healing.

00:03:43.000 --> 00:03:59.000

So this special BioBites is a preview of what you can expect when we hold a 3 day in person, workshop on this very topic in October, at the legendary Retreat Center, Omega Institute, in Rhinebeck, New York.

00:03:59.000 --> 00:04:07.000

There you will have the opportunity to immerse yourself in these experiential exercises and take home the lessons you hear today.

00:04:07.000 --> 00:04:11.000

All from the beautiful fall setting along the Hudson River.

00:04:11.000 --> 00:04:13.000

So about today's guests.

00:04:13.000 --> 00:04:21.000

Joining us from Scottsdale, Dr. Thom, among the foremost practitioners and educators in biological medicine in North America today.

00:04:21.000 --> 00:04:28.000

He's the author of the book. Begin again. Trauma disease and healing with the brain protocol and biological medicine.

00:04:28.000 --> 00:04:35.000

Dr. Thom has more than 45 years of clinical experience, helping thousands of patients overcome chronic illness and heal from trauma.

00:04:35.000 --> 00:04:39.000

Joining us from Ontario, Canada is his daughter Julie. Thom.

00:04:39.000 --> 00:04:55.000

Julie is a trauma informed movement specialist, a wellness coach, and the founder of fitness. She's an avid traveler, mother of 2, and also the co-host of a great podcast where you can learn a wealth of great information called connecting with the Toms.

00:04:55.000 --> 00:05:04.000

So happy to have them here. So, without further delay, please welcome Dr. Dick, Tom, and Julie, Tom to our bio.

00:05:04.000 --> 00:05:07.000

Take it away. Doctors.

00:05:07.000 --> 00:05:12.000

Thank you very much. Let me see if we can get the slides up here. There we go.

00:05:12.000 --> 00:05:14.000

Alright!

00:05:14.000 --> 00:05:18.000

Alright, Julie, we're going to let you start.

00:05:18.000 --> 00:05:20.000

We'll give these people something to do to start off with.

00:05:20.000 --> 00:05:40.000

All right, I'm the action oriented person. So what we're going to do to start this webinar off is we're going to actually check in on your Vegas nerve and check in on your body. So the 1st thing that you could do is check your uvula. So if

you don't know what your uvula is. It is something that little dangly thing in the back of your throat. So you may have to go to the mirror.

00:05:40.000 --> 00:06:05.000

And get your phone light to look at. But what you want to do is you want to check to see if that is pulling straight back. And the way you do that is, you say, and you look at that uvula, and what we want to see is that if it's pulling to the left or the right, that's a sign that your Vegas nerve is a little bit disregulated.

00:06:05.000 --> 00:06:07.000

Just for you to be able to check in on you.

00:06:07.000 --> 00:06:32.000

The second option. What I would like you to do is I want you to reach right behind your ears, and I just want you to touch just at the base of your jaw, behind your ears and just feel, does it feel tender there, and just notice, what does it feel like, is it? Is there something uncomfortable is that you're just bringing awareness to? What does it feel like behind there? And then what you're going to do is you're going to come down to your side of your throat and right to the base of your throat. There's a little hole here, and you're going to push.

00:06:32.000 --> 00:06:47.000

A little bit to the left and a little bit to the right, and notice, is there any tenderness? Yes or no? So again, we're just bringing awareness to and then coming down. So you have a zip on my shirt coming down right to your sternum. I want you to press up.

00:06:47.000 --> 00:06:56.000

Up the sternum on the inside of your ribs on the left and the right, and notice, is there any tenderness there? And I just want you to bring awareness to it right now, and if there is.

00:06:56.000 --> 00:07:03.000

We'll show you how to release that tenderness. At the end of this webinar.

00:07:03.000 --> 00:07:23.000

So if you're unaware of today, we're going to be talking about trauma and how it can get dropped in your body. But 1st we need to start with. The definition of trauma is an experience characterized by sense of threat, disconnection,

isolation, or immobilization, that leads to a prolonged state of deregulation in the body's organ systems.

00:07:23.000 --> 00:07:39.000

Trauma affects various critical systems, including your nervous system, endocrine system, your immune system, as well as impacting your emotional body, heart, and spirit, especially when you remain in a non-optimal state over extended period of time.

00:07:39.000 --> 00:07:55.000

So these you know that the interesting thing about trauma and everybody who is listening today, and patients who I've seen for the last you know, half century. Many people say, you know, when they think of like.

00:07:55.000 --> 00:08:04.000

It's like, no, I've not really had any trauma cause. I asked that, or I asked every patient that, especially with them. So trauma is, this is an experience.

00:08:04.000 --> 00:08:05.000

And.

00:08:05.000 --> 00:08:15.000

Whether you believe it or not. It it is an unexpected threat to one's emotional wellbeing and physical wellbeing.

00:08:15.000 --> 00:08:18.000

Because it elicits these intense feelings.

00:08:18.000 --> 00:08:29.000

Very often we're not even aware of what that feeling is. But over time. What ends up happening is, it creates a sense of helplessness creates a sense of terror.

00:08:29.000 --> 00:08:33.000

Creates. It creates a sense of of being in isolation.

00:08:33.000 --> 00:08:43.000

And what ends up happening and what it in reality has happened to most of us. And if somebody thinks that they, since we're still alive, and we've lived through Covid.

00:08:43.000 --> 00:08:51.000

Covid was one of the greatest aspects of creating trauma to the entire world. That basically went on for a couple of years.

00:08:51.000 --> 00:08:54.000

And has had, and will continue to have it.

00:08:54.000 --> 00:09:02.000

Pretty significant impact on people's health as we as we move forward, because what we know is is that the prolonged exposure.

00:09:02.000 --> 00:09:12.000

To these repetitive and severe events is causes very severe and very lasting effects in general.

00:09:12.000 --> 00:09:13.000

So.

00:09:13.000 --> 00:09:15.000

At the when trauma happens.

00:09:15.000 --> 00:09:24.000

This, the person is rendered helpless. So what we're talking about rendered helpless means your physiology is rendered helpless.

00:09:24.000 --> 00:09:28.000

It goes into a different state. It's it's it's not normal.

00:09:28.000 --> 00:09:41.000

Functioning things are in balance. Every organ. All our 12 organ systems are working the way they supposed to be working optimally. So in other words, some aspect.

00:09:41.000 --> 00:09:48.000

Some parts of your body have to go on defense. They have to go into this protective mode. If you like.

00:09:48.000 --> 00:10:05.000

And what happens in time. And it's not just. It's not just a event, although a event easily does that when they're particularly traumatic. Events that are happening. So it creates this sense of exceeding our ability to control. It concedes our ability to connect.

00:10:05.000 --> 00:10:10.000

For what's happening, and the severity of the event itself.

00:10:10.000 --> 00:10:14.000

We can't. You can't really measure it. You can't say well, what just happened.

00:10:14.000 --> 00:10:19.000

You know, we're not hooked up to a whole bunch of machines, you know, in an artificial setting.

00:10:19.000 --> 00:10:30.000

But they, and so the effort to try and quantify what the effect of the trauma was is really not helpful. So we have to look at. We have to look at experience.

00:10:30.000 --> 00:10:32.000

But the key aspect.

00:10:32.000 --> 00:10:38.000

Whether you think that you've experienced or not is the sense of helplessness and of care.

00:10:38.000 --> 00:11:00.000

So I like to. I like this picture because and everybody knows about the Titanic, and it wasn't the what was above the water. That was the big issue as far as the Titanic, thinking. It was what there was, the iceberg that was below the water that ripped a hole in the hole in general. So what we call is that the obvious traumas, when you ask somebody about trauma, is.

00:11:00.000 --> 00:11:09.000

You know they'll they call them the Big T's. These are the ones that immediately come to mind when somebody says, Have you ever experienced trauma or not?

00:11:09.000 --> 00:11:18.000

And they said, No, I've not had any problem. And then what they're saying is, no, I've not had any of what we're going to show you is the big T.

00:11:18.000 --> 00:11:26.000

But I can virtually guarantee that everybody was listening has had many of these little t's. The things that are under the water.

00:11:26.000 --> 00:11:27.000



The these.

00:11:27.000 --> 00:11:33.000

Every day type things, and when do you experience them? Literally? From a moment of preconception.

00:11:33.000 --> 00:11:41.000

Through conception, through pregnancy of your parents, through delivery, through childhood, etc.

00:11:41.000 --> 00:11:48.000

And so what ends up happening that? All these little promos, these little t's.

00:11:48.000 --> 00:11:53.000

The the brain is not capable of, you know, interpreting everything.

00:11:53.000 --> 00:12:02.000

And remembering all these specific events, however, they do get implanted into the brain.

00:12:02.000 --> 00:12:04.000

So this is just a

00:12:04.000 --> 00:12:23.000

A very quick snapshot of some examples of Big T and little T traumas. And so I realized that for some of you you may look at the top of the little T list and say divorce or separation could actually be construed as a big T, so the idea is just here is to give you an example of.

00:12:23.000 --> 00:12:25.000

Different types of.

00:12:25.000 --> 00:12:36.000

What's considered big T little based on a scores based on research. So I mean, this is just a snapshot. This is just a glimpse of.

00:12:36.000 --> 00:12:44.000

Of what could be construed as a trauma. The reality is that my dad and I have both, you know, working with people for.

00:12:44.000 --> 00:12:48.000

70 plus years between the 2 of us is that many people don't.

00:12:48.000 --> 00:13:06.000

Acknowledge, or have the awareness that they have a big tier, and so, like my dad said so we the 1st step to healing that I talk about with my clientele and and my community is is the 1st step is awareness. So this this chart is really just to give you.

00:13:06.000 --> 00:13:09.000

An idea, or have an awareness that you may have trauma.

00:13:09.000 --> 00:13:13.000

Trapped in your body.

00:13:13.000 --> 00:13:16.000

I would say that the greatest.

00:13:16.000 --> 00:13:19.000

Reason that people are not aware of.

00:13:19.000 --> 00:13:25.000

Of whether or not they've had trauma or not is because of perception.

00:13:25.000 --> 00:13:37.000

You know, perception is your interpretation of what something that you've experienced of, whether it's something that you put you into the state of what you would consider helplessness.

00:13:37.000 --> 00:13:40.000

Or trauma, or fear that kind of thing.

00:13:40.000 --> 00:13:52.000

So it's very different from person to person. And you know, in in practice I always, you know, I give this example many times in in seminars that I do.

00:13:52.000 --> 00:13:55.000

Of having a set of identical twins.

00:13:55.000 --> 00:13:58.000

And 4 or 5 years of age.

00:13:58.000 --> 00:14:07.000

Their their grandmother passed away, and one of it for one of the twins. It was like the end of the world.

00:14:07.000 --> 00:14:10.000

And the other twin was. Oh, it's too bad!

00:14:10.000 --> 00:14:11.000

And it's like.

00:14:11.000 --> 00:14:15.000

So I hear you have somebody the same genetics, the same upbringing.

00:14:15.000 --> 00:14:16.000

Same grandparents.

00:14:16.000 --> 00:14:20.000

For one person. It was like very devastating.

00:14:20.000 --> 00:14:22.000

For the for the other twin. It was like.

00:14:22.000 --> 00:14:24.000

Not that big a deal.

00:14:24.000 --> 00:14:25.000

So that.

00:14:25.000 --> 00:14:29.000

The perception that you experience has a lot to do with.

00:14:29.000 --> 00:14:34.000

What happens as far as your health is concerned. As time goes on.

00:14:34.000 --> 00:14:38.000

So when we look at the 3 t's of trauma.

00:14:38.000 --> 00:14:40.000

There's the event.

00:14:40.000 --> 00:14:44.000

Whatever the event is, you just saw the list of Big t's and old t's.

00:14:44.000 --> 00:14:51.000

It's how you individually experience that particular event. And then what are the effects.

00:14:51.000 --> 00:14:57.000

Many times people experience the have the event, experience the event.

00:14:57.000 --> 00:15:03.000

And then are not aware of what the effects are. And maybe it's like if it's especially the little T.

00:15:03.000 --> 00:15:07.000

You know you can. You think it's like I wasn't such a big deal.

00:15:07.000 --> 00:15:18.000

And you know, as a physician how often I'll listen to a person. Tell me you know what their story is, and you know, as a human being, I'll say.

00:15:18.000 --> 00:15:28.000

Well, you, that is something that to me is like, oh, that's an everyday event. It really was that that's such a big deal. But once again it really comes down to the individual's perception.

00:15:28.000 --> 00:15:30.000

Of what the issue is.

00:15:30.000 --> 00:15:35.000

So we have these type of things. So you can talk about those.

00:15:35.000 --> 00:15:59.000

Yeah, so there's some typical traumatic events. So the abuse is the big one. So adverse events of childhood, some violence, physical, emotional trauma, witnessing violence or bullying stalking. So we're hearing now. You know, teenagers are committing suicide more and more and more now. So there's the this can be definitely construed as a big T. We have lost death.

00:15:59.000 --> 00:16:16.000

Abandonment, neglect, war. I've heard of people, you know. They've you know the fires in California. I've heard of stories of people losing their home, and then, you know, move, build another home, and then they get, you know, and then they lose their home again like that's some major loss and some traumatic.

00:16:16.000 --> 00:16:26.000

Experiences that they've that they've gone through accidents. So I fell out of tree. I did not know when I was a kid. I fell out of a tree, and basically a stump.

00:16:26.000 --> 00:16:30.000

Of a branch like I stab my shin in it.

00:16:30.000 --> 00:16:35.000

And it basically saved my life. I didn't think that was trauma.

00:16:35.000 --> 00:16:51.000

But the reality is, it was I almost died. But it was just something like, Ok, I was a kid I didn't know. And then we have major stressors. And so the I hear this a lot with my own personal clientele, like medical and illnesses, chronic fatigue.

00:16:51.000 --> 00:17:00.000

You know any kind of just ease. Typically, you know, when we experience too much stress in our bodies, it does add up.

00:17:00.000 --> 00:17:20.000

Racism historical. So you know, like we have parents who, and grandparents and great grandparents who fought in wars, and a lot of different types of adversity, oppression, family members with abuse of substance, abuse. These are all typical traumatic events that we most think of.

00:17:20.000 --> 00:17:22.000

When we think of trauma.

00:17:22.000 --> 00:17:28.000

But the reality is, there's things that are deeper as well.

00:17:28.000 --> 00:17:31.000

The this on that slide is a.

00:17:31.000 --> 00:17:33.000

Pretty, amazing, statistic.

00:17:33.000 --> 00:17:37.000

That the number one cause of death of people.

00:17:37.000 --> 00:17:39.000

You know, under age 46.

00:17:39.000 --> 00:17:41.000

Is trauma.

00:17:41.000 --> 00:17:57.000

I guarantee you. That's not something that maybe some of you have heard of that statistic before, but when you look at the slide, I mean, everybody thinks I said, Oh, yeah. Well, what is the most common cause of death in the Western world? And heart disease is number one.

00:17:57.000 --> 00:18:04.000

Cancer is number 2, and you know we have copd, heart lung disease, etc.

00:18:04.000 --> 00:18:10.000

But the reality is, is like who tends to think that trauma is really the number one cause of death.

00:18:10.000 --> 00:18:19.000

Yeah, statistically, it's there. And when you look at these types of statistics, you look at the fact that you know they're saying 70

00:18:19.000 --> 00:18:27.000

And forget the year that that this that I, when I found this particular slide.

00:18:27.000 --> 00:18:40.000

So we're we're going to say, it's a couple of years old. So they're saying, there's like 225 million people in this country who have experience from to a significant impact to a significant impact that that it's affecting your everyday life.

00:18:40.000 --> 00:18:43.000

We do know that trauma has a.

00:18:43.000 --> 00:18:44.000

Incredibly.

00:18:44.000 --> 00:18:54.000

Impactful aspect on how we interact with life, how we interact with other people, how we experience life.

00:18:54.000 --> 00:18:59.000

A woman has beaten every 15 seconds a forcible rate every 6 min.

00:18:59.000 --> 00:19:02.000

Those are typically thought of. Oh, those are big t's.

00:19:02.000 --> 00:19:13.000

But and they are definitely big. So it's like when somebody says, No, I'm never. That's not happened to me. So they tend that they tend to not put themselves into this category.

00:19:13.000 --> 00:19:23.000

We see that you know 1 3rd of use are in the community, are exposed to violence and have some aspect of post traumatic stress.

00:19:23.000 --> 00:19:25.000

So you know what.

00:19:25.000 --> 00:19:45.000

We're suggesting is, there's probably not anybody in this country, you know, for that matter, on the planet who basically have not in some aspect had trauma that's affecting their everyday, how they interact with the world on an everyday basis for right now.

00:19:45.000 --> 00:20:04.000

So the reality is, trauma affects the brain. And the 2 key areas that are important for you to know about are the amygdala and the hippocampus. So the amygdala is part of the brain. It's part of your threat system. It's basically your fire alarm. So what happens is that when we experience trauma. This fire alarm is constantly being.

00:20:04.000 --> 00:20:25.000

Set off, and then it triggers a fight or response or a stress response. So, depending on the threat, you could fall into different responses which we'll get to a little bit later. But what's important is that this little part of the brain is very, very important, and it affects releasing 31 different hormones.

00:20:25.000 --> 00:20:49.000

And your body. And so if your body feels like it's under threat, you know, you're going to have an endocrine issue. You're going to have some hormone issues. And then the other part of of the brain that trauma affects is the hippocampus. And this is where we store and remember information. So it's

like as the slide says, it's like the library, and that tags it with memories. So the reality is, the hippocampus doesn't know.

00:20:49.000 --> 00:21:01.000

If it's in the past, in the future. Or now. So this is where you know, like, when we talk about trauma, we can traumatizing ourselves because the hippocampus.

00:21:01.000 --> 00:21:03.000

The the events from there.

00:21:03.000 --> 00:21:06.000

And then on the next slide.

00:21:06.000 --> 00:21:29.000

This actually shows what actually happens. You know, when we experience trauma. So the reality is the front, the prefrontal cortex actually shrinks. And this is the area of the brain where mood, rational thoughts and emotional regulation happen. So this part of your brain actually gets smaller. And then, as a result. Again the amygdala becomes overactive, and this is, you know, your body's in a constant.

00:21:29.000 --> 00:21:31.000

Stress, fight or flight, response.

00:21:31.000 --> 00:21:56.000

And then, like I said before, the hippocampus shrink. So then it doesn't know if it's in the past or the present. So people with Ptsd Ctsd, these parts of the brain are then altered. They're changed. So this basically keeps us in this constant loop of fighter flight and can cause health issues down the road. And this is why it's important.

00:21:56.000 --> 00:21:58.000

To acknowledge that trauma.

00:21:58.000 --> 00:22:17.000

Does in the body. It gets trapped in the body because of this. So your body is actually responding in a way to keep you safe as best it can. So what we want to be able to do is help you and help you rewire your brain.

00:22:17.000 --> 00:22:26.000



So why is, you know, why is this such a big deal like, why are these traumas such a big deal.

00:22:26.000 --> 00:22:41.000

They're a big deal, because they actually are altering how we have learned to adapt over the 310,000 years Homo sapiens have sort of been on the planet in the form that we that we recognize.

00:22:41.000 --> 00:22:48.000

So what we end up, what ends up happening is that we end up an overdevelopment of the survival brain.

00:22:48.000 --> 00:22:52.000

And that's at the expense of the learning.

00:22:52.000 --> 00:22:59.000

And that's what the brand call therapy that I evolved over the last 30 years is really about.

00:22:59.000 --> 00:23:07.000

How, how can we ultimately change the the brain that has been developing throughout our entire life?

00:23:07.000 --> 00:23:13.000

It has a significant impact on our stress response. These little T big T's.

00:23:13.000 --> 00:23:16.000

And it reduces our immune system, activity.

00:23:16.000 --> 00:23:24.000

And it should be no surprise that that you know. We know that at age 50 there's a significant change in our immune system.

00:23:24.000 --> 00:23:36.000

You know they have. Everybody looks at hormones. Everybody looks at our microbiome that we know changes in our gut. For about that age.

00:23:36.000 --> 00:23:56.000

And it's like, but I wonder how many people are actually looking at the aspects of of truly of the traumas that have occurred in those 50 years, and how the person has learned to deal with that it has significant impact on our ability for our brain to think how we learn how we make conscious, etc.

00:23:56.000 --> 00:24:06.000

And the 2 most sensitive times that these are impacted are around h. 2, which is phase 2 of the 7 phase brain protocol.

00:24:06.000 --> 00:24:13.000

And then in the late free adolescence, which is the late phase 3. And then the adolescence phase, which is phase 4.

00:24:13.000 --> 00:24:26.000

So, which is, you know, which will go over and at Omega in October, when we look at the different stages that that we ultimately are are going through.

00:24:26.000 --> 00:24:34.000

So trauma and the brain. You see that little picture there you see the 3 brains of reptilian brain, the limbic brain, and the neocortex brain.

00:24:34.000 --> 00:24:43.000

Those are the 3 aspects of the brain that basically make up the remedies that I evolved and developed to make the brain protocol.

00:24:43.000 --> 00:24:49.000

And so, you know, the the reptilian brain is why reptiles are the oldest surviving.

00:24:49.000 --> 00:25:01.000

Animal, if you like, on the planet they they were have been here 225 million years or so long before the dinosaur showed up. They've been here since the dinosaurs left.

00:25:01.000 --> 00:25:10.000

It's because they don't have the aspects of the the limbic brain, which is the emotional part of the brain. And when you have trauma that comes into play.

00:25:10.000 --> 00:25:15.000

You see that that the typical development is flipped upside down.

00:25:15.000 --> 00:25:19.000

And we basically spend most of our time in survival.

00:25:19.000 --> 00:25:25.000

As opposed to basically developing higher levels of cognition. And so trauma has that impact.

00:25:25.000 --> 00:25:33.000

And so you can just imagine what's happening in the world right now, and the very tumultuous, you know. Think of the Middle East thinking.

00:25:33.000 --> 00:25:40.000

Think of the southern border of this country, etc, etc. And you you start to understand.

00:25:40.000 --> 00:25:45.000

That the impact that these types of day-to-day events are having.

00:25:45.000 --> 00:25:56.000

On people as they age and mature. And why, in 5 years, 10 years, 15 years from now, there's such a significant impact for people.

00:25:56.000 --> 00:26:18.000

And the lasting impact of these experiences. Most when people think about, we talk about them, how it affects us, our mental health. So when you think you know you've experienced trauma, you go to talk to a therapist, you go talk to a psychotherapist, you know, not a physiotherapist, a psychotherapist or some type of you're going to talk it out.

00:26:18.000 --> 00:26:32.000

You know, trauma. It affects you in a way that you develop depression, anxiety, psychosis, eating disorders, personality disorders, as you can see. But the reality is.

00:26:32.000 --> 00:26:41.000

Trauma can impact us in other ways, the physical health. Many of us don't actually think about how trauma could impact your coronary arteries.

00:26:41.000 --> 00:26:53.000

Artery, or your liver, or how it affects your lungs with developing or autoimmune diseases, or chronic pain or insomnia. So when people think I have insomnia, they don't think oh, it's trauma.

00:26:53.000 --> 00:26:56.000

But what we want to do is help. You understand that.

00:26:56.000 --> 00:27:04.000

Possibly maybe a link to that or your digestive issues. I had chronic digestive issues.

00:27:04.000 --> 00:27:11.000

For a long time, you know, when I was swimming, and I just thought I just had poor gut Flora.

00:27:11.000 --> 00:27:22.000

Never even thought about trauma was not on my radar chronic fatigue. That was something that I was diagnosed as well. In my. I was 20 years old, and I had chronic fatigue. How is that possible? So this is the thing is realizing.

00:27:22.000 --> 00:27:29.000

That trauma is not just mental. It actually impacts your physical health and also your behavioral health. So how.

00:27:29.000 --> 00:27:48.000

Manage your relationships? How do you think the thoughts that you have every day is your normal, everyday life? Are you stuck in hyper vigilance. Do you avoid people, places and activities like? I can tell you now that I'm in perimet.

00:27:48.000 --> 00:27:50.000

Hello peopleing.

00:27:50.000 --> 00:27:53.000

Can be a lot. And sometimes it's just.

00:27:53.000 --> 00:27:59.000

It takes its toll, and those intrusive thoughts will sleep. Disturbances, you know, like who.

00:27:59.000 --> 00:28:07.000

Im peri menopause has not had a sleep disturbance. So there's these things, this irritability, this anger, these emotions where they come from.

00:28:07.000 --> 00:28:09.000

The reality is.

00:28:09.000 --> 00:28:24.000

These can come from trauma being trapped in your body. That guilt, that shame, the societal withdrawal. These are things it's really just. I want to make the point that it's not just mental health, it is physical, behavioral as well.

00:28:24.000 --> 00:28:27.000

I just going to make a comment regarding the next slide.

00:28:27.000 --> 00:28:31.000

How many people do you think have gone to a cardiologist?

00:28:31.000 --> 00:28:49.000

That it may have had a an mi that may have had a, you know, some form of an art, a coronary order, cardiovascular accident, and after you put some on Stat, and then high blood pressure mad, and a blood thunder, etc. Does he say, okay. Now that we got that stabilized. Now we need to deal with the trauma of why you had it. In the 1st place.

00:28:49.000 --> 00:29:07.000

Which, of course, doesn't happen in medicine. And you could take any of those conditions there and say the same thing. It's like, Are we really trying to address the problem, or we're just trying to cover it over. And of course, that's the reason we talk about biological medicine, because the goal is not to just cover it over. The goal is help. You feel better.

00:29:07.000 --> 00:29:12.000

Understand what the problem is, but truly get to the true core of what the issue is.

00:29:12.000 --> 00:29:23.000

And that's why you know, my bias is biological medicine. There's really the only real way. If you truly are looking for the true root of the problem.

00:29:23.000 --> 00:29:31.000

And the and we have this. You know, this picture that's been most people now familiar with, where we had adverse.

00:29:31.000 --> 00:29:42.000

You know, which means that and high percentage of children unfortunately do. But underneath that lies this generational aspect of historical trauma.

00:29:42.000 --> 00:29:57.000

In Canada. You think of. You know what happened to the the natives in this country. We think of what happened with slavery. We think of what happened to the natives in this country. You know the aspects that are laid down to our present day generations.

00:29:57.000 --> 00:30:06.000

And then the social conditions under which people have, you know, have been raised. These adverse childhood experiences are cumulative.

00:30:06.000 --> 00:30:11.000

We'll talk about them quite a bit. And they and during the 3 day workshop.

00:30:11.000 --> 00:30:13.000

In general.

00:30:13.000 --> 00:30:24.000

And it doesn't take very many of those to have unfortunately, a premature death, and which is what's happening. Unfortunately for a lot of people. So the aspects of these.

00:30:24.000 --> 00:30:31.000

Many times big taste, but often little taste that that you know, we all end up being experienced by.

00:30:31.000 --> 00:30:40.000

Is, is a true aspect of why we are experiencing the problems that we are in society as far as health is concerned.

00:30:40.000 --> 00:30:50.000

So many of you have may know of Maslow's hierarchy of needs and how you know our. But our basic needs need to be met in order for us to feel safe.

00:30:50.000 --> 00:30:57.000

Within our environment, within our own bodies. But the reality is when we experience trauma.

00:30:57.000 --> 00:31:11.000

The key is really about finding safety first, st and not necessarily the food, water, warmth, or rest being the priority. So it's important to just acknowledge, when we, when we.

00:31:11.000 --> 00:31:13.000

When we approach, healing.

00:31:13.000 --> 00:31:17.000

It's from a trauma approach. It really.

00:31:17.000 --> 00:31:21.000

Important to take safety into.

00:31:21.000 --> 00:31:30.000

Consideration. And so I say, safety and I tend to use it in air, quotes because some people will use a different word of what safe feels like.

00:31:30.000 --> 00:31:52.000

But the idea is, we need to feel something ourselves in our, in our, in our soul, if you will, in your spirit, we need to be able to feel that inside, interceptively and outside excessively and proprioceptively. And this will impact how we move our bodies and how we live and how we feed our bodies and how we interact with the world.

00:31:52.000 --> 00:32:03.000

So the ideas in this hierarchy of knees is, there is a slight adoption to Maslow's hierarchy of needs when we consider trauma so.

00:32:03.000 --> 00:32:04.000

Just wanted to say that.

00:32:04.000 --> 00:32:07.000

And then we move on to the next slide.

00:32:07.000 --> 00:32:16.000

So what's important, understand is that when we experience trauma, there are actually 7 F's 7 stress responses. Most people know flight.

00:32:16.000 --> 00:32:28.000

Freeze, maybe, is a new one. Fight, freeze and fawn are the typical 4 that you'll hear on social media. But what's important to understand is that there's actually 7.

00:32:28.000 --> 00:32:37.000

And the other 3. We talk about our flag and flow. So the flow comes from. If you know Stephen Porges.

00:32:37.000 --> 00:32:40.000

He created in 1,994. He.

00:32:40.000 --> 00:32:47.000

Develop the basically presented the world. But the polygle theory. And it talks about how.

00:32:47.000 --> 00:33:11.000

Every mammal on this planet. Our intention to live life is for social connection and flow. Is that opportunity for you to feel that space. So here's a chart that I've created to help. You understand, if we just take a upside on stoplight, the reality is, everyone wants to live in flow. We want to live in this.

00:33:11.000 --> 00:33:27.000

Place of safety and connection. We want to have that engagement with other mammals. And this is where the concept of co-regulation comes in. It's really important that we have that connection with other people. But sometimes, you know, like my daughter, struggles with some trauma.

00:33:27.000 --> 00:33:44.000

That's from me and utero and all that stuff, and I recognize that, and something that she struggles with is making friends. So she spends a lot of her life in a fight. Freezer Fawn, which is, you know, the center circle where most people, when we talk about.

00:33:44.000 --> 00:33:52.000

You know what happened to you, or how are you living your life? You often hear I'm like, I'm always overwhelmed, or I'm always stressed, or I'm always busy.

00:33:52.000 --> 00:34:15.000

That's how many people have said, Oh, yeah, how are you doing? Oh, I'm really busy. This is this middle response that we end up. Our nervous systems are responding in a fight. Freezer, fawn. So fight, meaning there's mobilization. So the center circle is really about, how am I moving, or how am I fawning is about people pleasing.

00:34:15.000 --> 00:34:19.000

It's about, you know, keeping friendships, even though it's not necessarily.

00:34:19.000 --> 00:34:24.000

Best for you, but that connection is more important, overrides.



00:34:24.000 --> 00:34:33.000

How you actually get along with other people and whatnot freezes a common state. Now, a lot of people, because.

00:34:33.000 --> 00:34:55.000

They want to do something, but it's like they're just stuck. They don't know how to respond. So their nervous system typically gets stuck in this hyper, vigilant state. So it's a sympathetic state. And then we obviously have the red state. This is the dorsal. This is the most primal part of you. This is that shutdown, or disconnection, or immobilization.

00:34:55.000 --> 00:35:18.000

So flagging is basically characterized as an emotional detachment. So if you're that person that you end up scrolling, or you go on, Netflix, and you binge watch, or you know you're just. You have that brain fog that you're struggling with. This is you flagging? This is your nervous system, showing signs that you're just too overwhelmed. And so we just need to.

00:35:18.000 --> 00:35:23.000

Take it down, and we need to distract ourselves. So if you try to disengage or disconnect.

00:35:23.000 --> 00:35:28.000

This is you in a flag state, and then the.

00:35:28.000 --> 00:35:52.000

Most primal part of you is the faint or flop, which basically means your nervous system. Like you need to lie down. You need to be in that horizontal position, because the reality is, if any of you check your Hv. Which is heart rate variability, we know that most stressful thing you do every day is going from is waking up in the morning and getting up out of bed. So what happens is that our nervous systems went as soon as.

00:35:52.000 --> 00:35:54.000

We sit up.

00:35:54.000 --> 00:36:03.000

That could be construed as a stress response. So your body will then create dizziness, or those migraines, or all these different.

00:36:03.000 --> 00:36:17.000

Issues as soon as you go vertical. And so your body's going to do what it needs to do to immobilize you and shut you down. So it wants you. Go into that horizontal position, and that's just your dorsal primal.

00:36:17.000 --> 00:36:23.000

Aspect of getting you to rest and recover.

00:36:23.000 --> 00:36:34.000

So they, you know we look at, you know. How can the same events that is traumatic for one person, you know, be different from someone else?

00:36:34.000 --> 00:36:44.000

And it's because that you know how you experience the specific events, whatever the event is, is varies because of a number of factors.

00:36:44.000 --> 00:36:48.000

Big factor is what was the age of onset.

00:36:48.000 --> 00:36:59.000

So we tend to think as we grow older. As we're adults, you know, we're more mature. We have a better understanding of the world, we have a better understanding of life.

00:36:59.000 --> 00:37:02.000

But it's not necessarily true. We definitely know that.

00:37:02.000 --> 00:37:08.000

Babies in in utero 1st of all, and then babies, toddlers, children.

00:37:08.000 --> 00:37:27.000

You know, we know that the brain doesn't fully mature, energetically develop until the mid twenties, so literally from a preconception age until our mid twenties. We are in a very susceptible state, as far as different areas of our nervous system and our brain developing.

00:37:27.000 --> 00:37:37.000

The severity of the trauma, the frequency of the trauma, the duration of the trauma, the extent of the injury, are all you know, factors that will, how big an impact.

00:37:37.000 --> 00:37:39.000

Well, these have.

00:37:39.000 --> 00:37:53.000

And each age that we go through, and which I have learned over all the years of trading people with the brain protocol based on the stages with which the individual trauma and based on those factors. We just said.

00:37:53.000 --> 00:37:58.000

We'll have a significant impact on how you look at life.

00:37:58.000 --> 00:38:12.000

And how you interact with life and how you respond to different situations is what we call your learn perceptions. It's you have learned to react the way you do in present situations.

00:38:12.000 --> 00:38:15.000

Based on something that happened to you in the past.

00:38:15.000 --> 00:38:22.000

It's not something that happens in the moment these reactions are all pre determined. We'll say.

00:38:22.000 --> 00:38:26.000

By previous experiences that you've had.

00:38:26.000 --> 00:38:37.000

And so depending on that age depending on the what the trauma was. Your memory of that. And people say, well, I don't have any memory of it, and because the brain necessarily doesn't want to remember. But.

00:38:37.000 --> 00:38:46.000

Remember from the slide earlier, when we look at the hippocampus is sort of the library. It doesn't forget it catalogs it.

00:38:46.000 --> 00:38:59.000

And sometimes people, you know, they and you don't necessarily have to know what it is in order to basically recognize the fact that that doesn't need to affect me as much as it it has at this point in time.

00:38:59.000 --> 00:39:03.000

But we do know that these experiences that we have had in our past.

00:39:03.000 --> 00:39:06.000

Do have a very significant effect on our.

00:39:06.000 --> 00:39:10.000

Biochemistry, physiology.

00:39:10.000 --> 00:39:13.000

Our emotional aspect of how we interact with the world.

00:39:13.000 --> 00:39:22.000

And we. And we tend to think that the younger the age that it happens the Mo, the greater the potential of long term damage.

00:39:22.000 --> 00:39:28.000

But thankfully we have ways to unravel those pieces of the puzzle.

00:39:28.000 --> 00:39:40.000

Which, of course, will be a big extent of what we're going to do at the at the workshop for for Omega. So these are, you know, the common reactions. And you know.

00:39:40.000 --> 00:39:49.000

We know that children typically up to age 5 are more likely to experience nightmares. But if you have an adult experience, nightmares.

00:39:49.000 --> 00:39:58.000

And it's like, Wow, there's a there's an old trauma that probably is coming back. But whether you get physical symptoms, whether you have this hyper vigilance that Julie mentioned.

00:39:58.000 --> 00:40:04.000

Difficulty concentration. We have focusing problems. We have people with cognitive decline.

00:40:04.000 --> 00:40:11.000

You know, you can think it's Ptsd, you can think it's just, you know, cognitive decline, etc.

00:40:11.000 --> 00:40:18.000

People will dissociate because of the fact. They don't want to remember things they don't want to be in specific situations.

00:40:18.000 --> 00:40:23.000

When you get into this effect, where you start people or places or events.

00:40:23.000 --> 00:40:27.000

And maybe because those are a subtle

00:40:27.000 --> 00:40:32.000

Trigger of something that happened to you in the fact, even if you have no memory of it. But.

00:40:32.000 --> 00:40:35.000

I can I? In in the book I talk about.

00:40:35.000 --> 00:40:43.000

one of my patients who I've seen for many years, who had a specific smell and a specific color.

00:40:43.000 --> 00:40:52.000

That she was she just attested from had no idea why, but in the course of doing treating her.

00:40:52.000 --> 00:40:59.000

She was actually able to reexperience. Her birth, and the smell and the color were actually in delivery room.

00:40:59.000 --> 00:41:06.000

And there was. She had very unpleasant experience. As a child there was a very unpleasant pregnancy.

00:41:06.000 --> 00:41:10.000

Her mom actually didn't want her.

00:41:10.000 --> 00:41:13.000

And see what's so. Basically, it was an unwanted child.

00:41:13.000 --> 00:41:26.000

And that coming into life was something that affected her without even recognizing that it was but once she came to the realization that she didn't have to no longer experience that event.

00:41:26.000 --> 00:41:31.000

That smell, that color really was really a non-issue.

00:41:31.000 --> 00:41:48.000

So you know, we think about worry and fear, and people of multiple personalities, or people who will act out in the form of anger, or sadness or depression, I mean all common. These are all everyday types of things. These are, you know, as a physician. These are. These are.

00:41:48.000 --> 00:42:01.000

When people talk to me about, you know, why are they experience these types of things? And so what happens in society, whether you go to a psychologist a therapist, you know.

00:42:01.000 --> 00:42:02.000

You end up.

00:42:02.000 --> 00:42:04.000

Trying to cover it up.

00:42:04.000 --> 00:42:11.000

We're not suggesting that you have to live with it. But we're also suggesting that covering it up probably won't solve the problem.

00:42:11.000 --> 00:42:15.000

But we know that a great number of people take antidepressants.

00:42:15.000 --> 00:42:28.000

Because and many of them may need it. But a good number of them, actually, we're dealing with when dealing with some of the types of things that we are capable of dealing with. There, there will be a different way to. You know.

00:42:28.000 --> 00:42:30.000

Be able to deal with these.

00:42:30.000 --> 00:42:41.000

And a and a very positive way in general. So we have these, you know, you have things that bring it up that you don't even realize. You know somebody.

00:42:41.000 --> 00:42:46.000

You know, the very common problem that patients come in with is insomnia.

00:42:46.000 --> 00:42:56.000

And so I wake up at one o'clock or 2 o'clock, you know, and which we can look at the Chinese clock and say, oh, that's something going on in your liver.

00:42:56.000 --> 00:43:00.000

They said, well, I'm not aware of it, or I wake up, and I don't know why I'm waking up.

00:43:00.000 --> 00:43:08.000

Invariably there's there's often an internal trigger that is being triggered because of something from the past, but we also have external triggers.

00:43:08.000 --> 00:43:20.000

That will trigger somebody's reaction. And but once again, often, they don't know why they're responding with the way they do. But there's a this held aspect within your brain itself.

00:43:20.000 --> 00:43:34.000

That is the library that has, that has cataloged all that kind of things. So different types of things will trigger impacts of how we interact with the world.

00:43:34.000 --> 00:43:44.000

So there's 5 steps to coping with trauma triggers that I work on with, and that I help my community with, and the 1st step to.

00:43:44.000 --> 00:43:53.000

Working with trauma and healing is the T is tuning in. So it's really noticing the signs. As my dad just explained, there's internal and external signals.

00:43:53.000 --> 00:44:12.000

So really? You know, asking, what is your body and mind experiencing and just bringing awareness to it? The root, now that you've noticed the inner experience. Ground yourself using different grounding exercises. And that's what a lot of the Mega Institute. What I'll I'll be sharing. There is what are the actual.

00:44:12.000 --> 00:44:21.000

Tools that you can put in your tool belt to help you root and ground, because the reality is, as we've mentioned in this entire webinar so far is that every.

00:44:21.000 --> 00:44:33.000

Person. Every, you know everyone has a unique nervous system, and what may work for you may not work for somebody else. So it's really understanding your own nervous system, and what can help you ground.

00:44:33.000 --> 00:44:36.000

From there. You then analyze, to help you ground and feel safe.

00:44:36.000 --> 00:44:44.000

You know, it takes some time to understand what actually happened, and mapping out those triggers. And you know, mapping out your emotional.

00:44:44.000 --> 00:44:50.000

Your emotions from there, and I and I. It's a big piece of the puzzle of.

00:44:50.000 --> 00:45:00.000

You know, understanding and being able to understand why you do what you do in my experience.

00:45:00.000 --> 00:45:18.000

Helpful because I've always been on. I've always been seeking answers. I've always been searching, and so many of us, you know, are always looking for the answer. And the reality is, it's it's inside you. And so we just need to learn how to tune in. But trauma often doesn't want us to, because it's.

00:45:18.000 --> 00:45:22.000

Who wants to feel trauma. So.

00:45:22.000 --> 00:45:31.000

Then we move on to identifying. And so you identify your needs in the situation. And then we navigate and acceptance. And that's a big big part.

00:45:31.000 --> 00:45:46.000

Of traumas that many of us, you know, when you talk about people with self worth and self compassion, and how to show self compassion to yourself, it can be very difficult. And so this is where often we have to be shown how to do that. And that's.

00:45:46.000 --> 00:45:48.000

Again what I'll be showing you at the Omega.

00:45:48.000 --> 00:45:54.000

Workshop.



00:45:54.000 --> 00:45:55.000

Doctor.

00:45:55.000 --> 00:45:56.000

That me.

00:45:56.000 --> 00:45:57.000

Yeah, that's you.

00:45:57.000 --> 00:45:58.000

Me!

00:45:58.000 --> 00:46:03.000

So a big part of my work is trauma movement. And so you remember, at the very beginning.

00:46:03.000 --> 00:46:26.000

We talked about everybody, so did anybody. So if you can, just in the chat, did anybody have any tenderness in their body, or is everybody tender, free, there's nothing, and I am aligned, and everything is flowing. So if you did just like, give me a thumbs up, or Yes, did you feel? Yes, some tenderness. Okay.

00:46:26.000 --> 00:46:31.000

So what we're going to do now do we have time? Do I have time to show you an exercise to help you release it?

00:46:31.000 --> 00:46:32.000

Alright!

00:46:32.000 --> 00:46:33.000

We we yeah.

00:46:33.000 --> 00:46:34.000

Do you want it, or do you have to wait for the Omega?

00:46:34.000 --> 00:46:35.000

Do you have.

00:46:35.000 --> 00:46:37.000

We have about? Do we have about 10 min.

00:46:37.000 --> 00:46:38.000

Okay.

00:46:38.000 --> 00:46:39.000

Got it.

00:46:39.000 --> 00:46:40.000

Yeah. 6 min.

00:46:40.000 --> 00:46:43.000

Okay, I'm like, I'm going to leave the cliffhanger. So you have tenderness.

00:46:43.000 --> 00:46:44.000

Too bad!

00:46:44.000 --> 00:46:48.000

Come to workshop, and I'll show you how to release it. Just kidding, just kidding.

00:46:48.000 --> 00:46:52.000

All right. So Dad, can you go to the next slide?

00:46:52.000 --> 00:47:17.000

So what we're going to do is one exercise or one drill I love love to share with the world as a 6 healing sounds. This is from the Taoist community. So some of you may be very aware that sound is one of the fastest ways to shift your nervous system. We have a cranial nerve that has to do with the auditory system, and because it's right. Next to the Vegas nerve, it actually helps in the vibration and humming.

00:47:17.000 --> 00:47:33.000

Allows you to actually engage that Vegas which calms your puts you in a parasympathetic state or rest and digest state. So what I'm going to do is we're going to start, and we're going to do the 6 healing sounds together.

00:47:33.000 --> 00:47:50.000

If you, wherever you were tender, I want you 1st to just rub your hand. We're going to bring some energy, rub your hands and then place your hands, either at your ears, your collar bones at your sternum. Okay? So we're just going to bring the energy there. And then when I invite you to do is you're going to inhale.

00:47:50.000 --> 00:48:01.000

And you're going to start with the 1st sound. And the 1st sound like.

00:48:01.000 --> 00:48:31.000

Go as long as you can. Big, Long. Exhale. The longer the exhale, the more we get into that rest, and digest and kick on that parasympathetic state. Fantastic. Okay. Second, when you're ready, keep your hands where it's at all right. You can bring it again. Rub the hands together, bring some heat, put a little bit of pressure. Give you some love. Yes, you are worthy. So next one is Chu ready. So you're going to inhale.

00:48:33.000 --> 00:48:37.000

Okay. So for those of you that.

00:48:37.000 --> 00:49:01.000

And it couldn't come out. I see you. I got you. I feel you for those of you that were shorter. That's okay. But it's just that awareness of how long was that one next one ready when you're ready, inhale, and it's going to be a.

00:49:01.000 --> 00:49:03.000

Well done!

00:49:03.000 --> 00:49:06.000

Okay. So just we're halfway through check.

00:49:06.000 --> 00:49:12.000

Check that spot again. Everybody just do a quick check behind the ears, or wherever you are. Has that tenor's gone away? Yes or no?

00:49:12.000 --> 00:49:14.000

Is it still there?

00:49:14.000 --> 00:49:16.000

Yes, it's good.

00:49:16.000 --> 00:49:18.000

It went away.

00:49:18.000 --> 00:49:26.000

Did anybody. Has it gone away yet or no? It has it still there, I'm even more tender. What happened to your body? We're halfway there.

00:49:26.000 --> 00:49:27.000

Okay.

00:49:27.000 --> 00:49:32.000

You can put in the chat if you like. All right, let's move on to the next one. Mine. Well, there you go, so you know.

00:49:32.000 --> 00:49:43.000

We've engaged at Vegas nerve right on Jessica. Yay. So now let's continue on. Let's just see if any of you that are not the next one we're going to do is haw! So go ahead and inhale.

00:49:43.000 --> 00:49:55.000

Hold that space that you had tenderness, or anywhere you feel in your body, and release.

00:49:55.000 --> 00:49:56.000

Good job.

00:49:56.000 --> 00:50:08.000

Next one is.

00:50:08.000 --> 00:50:10.000

Awesome.

00:50:10.000 --> 00:50:15.000

If you have anxiety where you're hopelessness in your body that might be a good one for you to practice just a side note. There.

00:50:15.000 --> 00:50:31.000

Point that PIN that there all right. Last one. Is he ready? Inhale.

00:50:31.000 --> 00:50:35.000

Beautiful! Well done, everybody all right. Now. Double check.

00:50:35.000 --> 00:50:55.000

How does your body feel? Check all your 3 points that we did at the very beginning? How does everything feel? Are you now more in flow. How's everything? That's just a sign that your body's in a state of protection. Okay? So the reality is, when we are tender in any way parts of our body. That's your body just trying to say, Hey.

00:50:55.000 --> 00:50:56.000

I don't feel safe.

00:50:56.000 --> 00:50:57.000

Okay.

00:50:57.000 --> 00:51:22.000

Awesome 0 tenderness way to go. So the reality is is that we can shift our nervous systems very, very quickly, right? The short one for ha! For me, too, Jen. I see I feel you. I see you. I got you so. The reality is, there are simple ways for us to be able to shift our nervous systems, and when we learn to dial in and understand and befriend our nervous systems, it is extremely powerful. So this is a slide that.

00:51:22.000 --> 00:51:43.000

Is actually linked to a release, because the main nerve that we need to start befriending is the Vegas nerve again. We're going to talk a lot. I don't have enough time to really talk about the vagus nerve, but what I offer is, there's lots of different ways to turn on and tone. If you will tone the Vegas nerve.

00:51:43.000 --> 00:51:47.000

This is just a

00:51:47.000 --> 00:51:58.000

A chart I made to help you understand when you reset your vagus nerve. How long does it take you when you do the exercise. How long does it take you? And that is actually an indication of.

00:51:58.000 --> 00:52:18.000

What nervous system state you're in? Because, again, the 1st rule of healing club is awareness. So we really need to have awareness of what state is my nervous system in? And when I know that, how do I support it? And we can go from there because the the reality is your body's always trying to heal it, heal itself. And we just need to get out of the way because.

00:52:18.000 --> 00:52:30.000

We're human, and we need to let it do what it needs to do best. So this is just another charts. This is something that I offer in my community lots and lots and lots of different exercises and.

00:52:30.000 --> 00:52:50.000

Tools to pull in your tool belt, so we'll be going all over this in the workshop. So I hope you guys can all come because it's really fun. And the reality is when you do it with people, it's even more powerful, because that's what our nervous terms are designed to do. And then, finally, this is just another exercise to practice pausing a lot of people.

00:52:50.000 --> 00:53:01.000

A lot of people say the most important part of breathing. My dad always talks about breathing. Everybody breathed. Yes, Dad, we're breathing, but the reality is the most important.

00:53:01.000 --> 00:53:10.000

Time when you breathe is the space between each breath that pause. There's magic there. And so what we want to do is help you practice that space.

00:53:10.000 --> 00:53:33.000

Between each breath. And this is just a chart that I've shared on social media often times. It's very hard to do very easy, and you know, to talk about it and to think about it, but to actually practice it. That's the hard part. And oftentimes we need a little bit of support and co-regulation. And that's what we're here for, and that's what I do and what I share with the world.

00:53:33.000 --> 00:53:40.000

So we obviously will go over these, you know, variety of these types of things to.

00:53:40.000 --> 00:53:46.000

Be able to cope with the world, be able to cope with every day, to be able to cope with whatever your experiences are.

00:53:46.000 --> 00:53:55.000

So the the workshop is not just, you know, an aspect of lecture. It's a good part of it is actually going to be doing so.

00:53:55.000 --> 00:54:13.000

There's going to be some intellectual stuff. But the bigger the more important part is that when you leave the workshop on Sunday you will have a lots of tools to be able to share for yourself. But, more importantly, with your family, because everybody will be experiencing a variety of different types of things.

00:54:13.000 --> 00:54:18.000

So we will have these. We'll we'll talk about these in great detail.

00:54:18.000 --> 00:54:31.000

And as Julie said, We look forward to you having you join us in in the end of October.

00:54:31.000 --> 00:54:32.000

And that would put it back to Jessica.

00:54:32.000 --> 00:54:34.000

That's awesome.

00:54:34.000 --> 00:54:41.000

That was great. You guys, thank you so much. I really enjoyed doing some of those practices and felt some changes happening in my body.

00:54:41.000 --> 00:55:00.000

Just a couple of quick questions. And one of those, of course, was, can you show us something that we might be doing in Omega, which, of course you did, and I wanted to know a little bit more about the differences between extra and proprioception. Can you describe the differences between those 3.

00:55:00.000 --> 00:55:03.000

Things.

00:55:03.000 --> 00:55:28.000

So interception is the feeling that we have inside. So when somebody asks, how are you feeling right now? That's interception is your environment. It's what's happening outside of you. So where I am in the environment. So you know, like, I'm in a Airbnb in a bedroom type thing where I am in space and proprioception is your posture like where you are in space.

00:55:28.000 --> 00:55:30.000

Is in space.

00:55:30.000 --> 00:55:32.000

Does that answer it?

00:55:32.000 --> 00:55:35.000

Yeah, like, I'm hungry if I feel hungry. That's interoception.

00:55:35.000 --> 00:55:36.000

Interception.

00:55:36.000 --> 00:55:41.000

Like where my hands are, and that I'm not going to hit anything with my hands.

00:55:41.000 --> 00:55:43.000

Proprioception.

00:55:43.000 --> 00:55:44.000

Okay.

00:55:44.000 --> 00:55:45.000

That's proprioception with movement. Yeah.

00:55:45.000 --> 00:55:46.000

And x.

00:55:46.000 --> 00:55:49.000

And then extra section is, I'm standing, or I'm lying, or I'm sitting.

00:55:49.000 --> 00:55:50.000

Awesome.

00:55:50.000 --> 00:55:53.000

Okay. Cool.

00:55:53.000 --> 00:55:54.000

Extra.

00:55:54.000 --> 00:56:00.000

Or no. Ask proper reception. Sorry? No, no. Where I am in space, so I'm outside. I'm inside, I am, you know, like where I am where I am.

00:56:00.000 --> 00:56:02.000

Okay. Great.

00:56:02.000 --> 00:56:08.000

One more. I am curious about pre verbal traumatic.

00:56:08.000 --> 00:56:10.000

Events.



00:56:10.000 --> 00:56:17.000

Can you tell me about? Let's say, the development in the brain specifically around hearing. So if I'm preverbal.

00:56:17.000 --> 00:56:23.000

But I can hear everything that's going on around me. The screaming in the next room, or.

00:56:23.000 --> 00:56:26.000

You know the loud sounds around me.

00:56:26.000 --> 00:56:30.000

That sensitivity... is that sensitivity...?

00:56:30.000 --> 00:56:39.000

Tell me about the brain that's that helps that sensitivity. Does it amplify it, or does it want to tamp it down? Do you know, Dr. Tom?

00:56:39.000 --> 00:56:42.000

Basically it's going to put you into.

00:56:42.000 --> 00:57:02.000

Potentially more survival. And that's happening. I mean, you're talking. A pre verbal aspect is going to be, you know, from preconception. In utero. We know that the baby is hearing everything, because, you know, they'll say, Talk to the baby plain, etc, and the baby is hearing all that, and they're certainly not verbal.

00:57:02.000 --> 00:57:16.000

In utero, and they're not verbal other than you know that at Google, etc, so that information, the brain is picking it all up. The brain is sorting it. The brain is trying to figure out which compartment, to put it in.

00:57:16.000 --> 00:57:26.000

And if there's if there's a sense of, we'll say what you we know. It's a startle that there's a surprise, and your nervous system is being surprised.

00:57:26.000 --> 00:57:33.000

The brain is well aware of that, even if you can't voice it, even if the the.

00:57:33.000 --> 00:57:35.000

The embryo, the child.

00:57:35.000 --> 00:57:43.000

The baby cannot say anything. So it's it's in the reptilian brain, it's in the basic brain that that's all about survival.

00:57:43.000 --> 00:57:54.000

That's the brain that's being affected. And that's that slide that we showed where you start to live more in your survival brain than you lose the ability to develop the cognitive brain.

00:57:54.000 --> 00:57:58.000

And decrease that ability.

00:57:58.000 --> 00:58:00.000

Okay. Wonderful.

00:58:00.000 --> 00:58:21.000

Alright folks. That was it for our questions. And we're just at the end of our hour. I have dropped a lot in the chat for you all to check out some upcoming events. One. If you can't make the in person event at Omega we do have an 8 week course in mindfulness, based stress reduction coming up, too. That's all online. So if you wanna flexure awareness muscle, that's a great place to start.

00:58:21.000 --> 00:58:36.000

And I think at this point if there's nothing else anyone would like to add, I will go ahead and sign us off and say, Thank you very much to Dr. Thom, and for Julie Thom to being here for being here today, and for also helping us.

00:58:36.000 --> 00:58:43.000

Run this amazing workshop that we're going to have in October, and I will say, fall in. The Hudson River Valley is beautiful.

00:58:43.000 --> 00:58:47.000

Thanks, everybody.

00:58:47.000 --> 00:58:48.000

Thank you for everyone for coming.

###