

Mind-Body Healing

COURSE OBJECTIVES

Upon completion of this course, the participant will be able to fulfill the following theoretical and practical objectives:

Theoretical

- ✓ Identify the three pathways of Mind-Body methods
- ✓ Explain the concept and utility of Sensory Awareness
- ✓ Identify the four steps in the learning process for Sensori-motor transformation
- ✓ Identify the three basic Mind-Body concepts
- ✓ Identify the four Characteristic Somatic patterns
- ✓ Name and discuss three (of the seven) Adaptation theories

Practical

- ✓ Demonstrate and teach two yoga poses that will help promote integration for each of the four Somatic patterns.
- ✓ Teach four breathing techniques
 1. Complete breath
 2. Extended exhale
 3. Kapalabhati
 4. Alternate nostril
- ✓ Use creative cues that promote Seeing Alignment
- ✓ Use creative cues that promote Sensing Alignment
- ✓ Teach the 14 pose Integration Program
- ✓ Create a brief inspirational reading or affirmation
- ✓ Explain and demonstrate the following details for each of the seven Chakras:
 1. location in the body
 2. relevant somatic concept
 3. a yoga pose or movement

Video clip

From the Mind Your Breath DVD

Course Excerpt:

Did you ever have an experience that was so unbelievable or amazing that you shouted “Pinch me so I know I’m not dreaming”? The sharpness of a pinch is designed to prompt a profound sensation (Ouch!) so you will know with all certainty that what is happening is really real. The pinch assures you that this moment is not a figment of your imagination and it is not some sort of waking dream. As your mind perceives the sensation that has registered in your body, you are awakened to the state of mindfulness. You are now certain that this moment is grounded in immediate, perceptible three dimensional reality, and what you are experiencing is truly a moment of your life.

Though we fail to recognize it, our perception of reality is based on our sensations. This is why it is important to learn how to tune into your body. The life of your body is your life, and your body is an expression of who you are. Your posture, movements, mannerisms, characteristic behaviors and cognitive patterns are affected by who you are, as a self. Likewise, the bodily resources (physical and mental) available to your self are either acutely limited or freely flexible, and this is determined, to a large extent, by your posture, movements, mannerisms, characteristic behaviors and cognitive patterns.

The premise of this text is that unification between the mind and body is a valid and true phenomenon. Because the functional status and health of the mind and body are interrelated, any type of assault or trauma that directly affects one will indirectly affect the other. On a positive note, any attempt at healing either the mind or the body will also affect the other.

This text offers practical information that promotes wellness and healing of the body, mind, and spirit through the medium of the body. It contains the following five chapters: (1) The Horizon of Health and Fitness, (2) The Basic Mind-Body Concepts, (3) The Stress Paradigms, (4) The Healing Techniques, and (5) Aesthetics and Appreciation.

In Chapter One we are introduced to the notion of Mind-Body wellness and we will learn how Mind-Body techniques for health and fitness can address and potentially heal all aspects of the self.

In Chapter Two, we examine the three basic Mind-Body concepts that underlie all Mind-Body techniques. They are (1) Somatic awareness, (2) Gravity, and (3) Grounding.

In Chapter Three, we learn about the somatic stress paradigms. These six theories or viewpoints explain how structural and character anomalies are related to or derived from irregular muscular adaptations. The six theories are (1) Muscular response, (2) Seven Primary Holding Patterns, (3) Sensori-motor Amnesia, (4) Basic Bioenergetics, (5) Spinal subluxation, and (6) Immobilization. We will also discuss the role of pain.

Chapter Four begins with an exploration into what is meant by authenticity and how it relates to fitness and wellness. This chapter describes the stereotypical ways that the symptoms and indications of the stress paradigms are displayed in our bodies. These characteristic somatic patterns are manifestations of fragmented somatic awareness that indicate an incomplete sense of somatic inhabitation. In other words, our awareness has been withdrawn from certain areas of the body as a coping or defense strategy. The four most common characteristic somatic patterns are (1) Upper vs. Lower, (2) Front vs. Back, (3) Right vs. Left, and (4) Extremities vs. Core. This chapter contains an experiential program of 14 yoga postures that will promote healing through somatic integration and the mergence of experiential duality.

Chapter Four also includes a comprehensive section on Breathing Imagery (breathing inquiries) to facilitate the somatic experience of wholeness and wellness. Finally, this chapter introduces the concept of Energetics, which is an esoteric perspective that can be used to awaken and balance the body's subtle energy channels as a means of promoting physical health and mental well being.

Chapter Five provides a list of indications of personal growth and transformation. We will learn that as we change, what works for us might also change. The concept of authenticity is revisited.

Yoga asana (postures), when practiced with conscious awareness, is a valuable Mind-Body technique that can gradually lead us toward somatic integration. This is, quite literally, the sensational experience of wholeness, wellness, and authenticity, and it provides the integral understanding that life is lived in the moment and experienced as a momentary sensation. Life thrives in the loving bonds that mend and maintain relationships and connections. As an aspect of divinity, it seeks expression through balance, neutrality, and existence beyond duality. The essence of human life rests in embodied awareness, for the Mind-Body connection is the gestalt of life.
