



# Mind Energy Body *School of Transformation*

## **Traumacoaches.com Empowerment Webinar Notes February 8, 2018**

### **NERVOUS SYSTEM and BRAIN SYSTEM'S REACTIVITY**

1. 3 parts of the brain:

- Executive Functions (Pre-frontal Cortex)
- Limbic or Mid-Brain, amygdale (fight, flight, freeze)

Our trauma orienting reflexes are held in our procedural memory. We tend to be hypo-aroused, in which we fail to protect ourselves. Or we tend to be hyper-aroused, in which we tend to over-react. Exploring which of these you tend to do offers the chance to transform it.

### **ATTACHMENT SYSTEM**

Secure Adult Attachment – Connection to your true self (Core Being) and the ability to self-regulate back to your inner wholeness.

How you have been programmed to feel safe as a child, influences how you will chose to protect yourself as an adult.

### **ENERGY SYSTEM**

- Dimension of Core Being (higher self/true self) – feminine energy (<https://vimeo.com/175102167>)
- Intention Line – male energy (<https://vimeo.com/167465919> )
- Level 2 – Emotions About Yourself (<https://vimeo.com/167465629>)

## **BODY SYSTEM**

Pay attention to your body, it will give you information so you know if you are balanced, or able to under react or more likely to over-react.

- When we become ungrounded and feel fear in the pelvis and inner thighs, we are more likely to collapse and not stand up for ourselves. Or we under react.
- When our energy is in our head and upper back, we can tend to over-react.
- When we feel tingles and flows of balanced power and an open loving heart, we are more able to protect ourselves in a healthy manner.

## **BOUNDARIES**

- Too tight a boundaries can mean you use control to feel safe. This can be appropriate in some instances, but not all.
- Too loose boundaries means that you are more likely to let people take advantage of you and you are not self-protective enough.
- Then there is the combination of the two. When people don't have strong enough boundaries in the beginning they may be nice and kind at first and then when they are mistreated or taken advantage of, they can be very controlling and overreact with anger.

**Come March 9 and 10 and join our weekend in-person training. Only \$97 if you register before February 20!**

**Information and registration at this Link:**

**<https://mindenergybody.org/work-with-carolyn/boulder/>**

