HEALTH FOR A CHANGE

Kentucky Inspired: Bringing Justice Back to Our Bodies (7 of 8)

December 18, 2020

Bringing Justice Back To Our Bodies (leader edition)

BREATH, BEAT, BRAIN, BODY

FRI DEC 18 @ 12:30 PM CST
CRE DYE
SESSION 7
Foundation for a Healthy Kentucky’s MISSION

To address the unmet health needs of Kentuckians

by . . .

- Developing and influencing policy
- Improving access to care
- Reducing health risks and disparities
- Promoting health equity

And VALUES . . .

- Integrity
- Respect
- Effectiveness
- Leadership
- Policy Equity
- Collaboration

www.healthy-ky.org/events/health-for-a-change
www.healthy-ky.org/events/bost-health-policy-forum

HOWARD L. BOST MEMORIAL HEALTH POLICY FORUM WEBINAR SERIES

Moving Kids Towards Natural Highs:
Kentucky Opportunities to Prevent Youth Substance Use, Suicide and Risky Behavior

Stopping Vaping and Substance Use
Monday, January 11, 2021
2:00 to 3:00 p.m. ET


www.kpa.org

Effective Advocacy Every Voice Counts!
Presented by Sheila A. Schuster, Ph.D.

Sponsored by the Advocacy Action Network,
the Kentucky Psychological Foundation,
and the Kentucky Psychological Association

MONDAY, JANUARY 11, 2021
11:00 AM - 1:00 PM
CONTACT

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I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE
• GROUNDEDNESS
• ATTUNE THE ROOM
• NARRATIVES

UNSETTLED PEOPLE
UNSETTLE PEOPLE
MAKE YOUR GROUNDEDNESS AS LARGE AS POSSIBLE (LETS PRACTICE)

what does it really mean?
The Māndūkya Upaniṣad shares the deeper meaning (and a few other juicy details).

Silence at the end: Turīya (peace).
The sound of silence, anahata nādīs, pure consciousness. Delta brain waves. Ātman is present.

Maya: Illusion that we are separate. Keeps us immersed in the material world.

Deep Sleep State: Pújna.
The "mmm" sound. Latent unconscious mind, theta brain waves. Siva and completion.

Dream State: Tajāsa.
The "swaah" sound. Subconscious mind, alpha brain waves. Vijnāna and maintenance.

Waking State: Vahāra.
The "saah" sound. Conscious mind, beta brain waves. Brahman and creation.

4 stages of consciousness in the Aum (Om) Symbol:
THE EYES ARE THE LAMP OF THE BODY

WE CAN CONNECT WITH OUR LAMPS DURING THIS TIME OF VIRTUAL CONNECTION

EYE-GAZING
ACTIVITIES TO ATTUNE THE ROOM

3 Things that make you Human

How Do you Come Into this Space (1 or 6 word)

Name Speed

Intuitive Count

WE HAVE THE ABILITY TO MESSAGE EACH OTHER

ELECTROMAGNETIC ENERGY

WE CAN SEND MESSAGES DIRECTLY INTO OUR NERVOUS SYSTEM AND COMMUNICATE RELATIONALLY

WE ARE WIRED FOR CO-REGULATION
### BRAIN WAVES

<table>
<thead>
<tr>
<th>POEMS/ READINGS</th>
<th>STORIES THAT ACTIVATE ALL SENSES</th>
<th>MUSIC</th>
<th>FUNNY VIDEOS</th>
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<td></td>
<td></td>
<td></td>
<td>ie. babies laughing or cute puppies</td>
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**THE SUPREME PRAYER OF MY HEART . . . IS NOT TO BE RICH, FAMOUS, POWERFUL, OR TOO GOOD, BUT TO BE RADIANT. I DESIRE TO RADIATE HEALTH, CALM COURAGE, CHEERFULNESS, AND GOOD WILL. I WISH TO LIVE WITHOUT HATE, WHIM, JEALOUSY, ENVY, OR FEAR. I WISH TO BE SIMPLE, HONEST, FRANK, NATURAL, CLEAN IN MIND AND CLEAN IN BODY, UNAFFECTED, READY TO SAY I DO NOT KNOW IF SO IT BE, TO MEET ALL MEN AND WOMEN ON AN ABSOLUTE EQUALITY, TO FACE ANY OBSTACLE AND MEET EVERY DIFFICULTY UNABASHED AND UNAFRAID. I WISH OTHERS TO LIVE THEIR LIVES, TOO, UP TO THEIR FULLEST AND BEST. TO THAT END, I PRAY THAT I MAY NEVER MEDDLING, INTERFERE, DICTATE, GIVE ADVICE THAT IS NOT WANTED, OR ASSIST WHEN MY SERVICES ARE NOT NEEDED. IF I CAN HELP PEOPLE, I WILL DO IT, BY GIVING THEM A CHANCE TO HELP THEMSELVES; AND IF I CAN UPLIFT OR INSPIRE, LET IT BE BY EXAMPLE, RATHER THAN BY INJUNCTION AND DICTATION. THAT IS TO SAY, I DESIRE TO BE RADIANT, TO RADIATE LIFE.**
ALWAYS OFFER TIME TO DOWNLOAD.... (MIDWAY & END)
LETS DOWNLOAD

NARRATIVES RELAX THE STRESS RESPONSE & TURN ON RELAXATION RESPONSE
The Power of the Breath in Connection

in meetings....
in classrooms.....
in small groups......
one on one.......
UNSETTLED PEOPLE
UNSETTLE PEOPLE

ALWAYS OFFER TIME TO DOWNLOAD…. (MIDWAY & END)
LETS DOWNLOAD
CHPT 1: MIND, BODY & SPIRIT

CHPT 2: BRAIN BASICS

CHPT 3: RELAX & RELEASE

CHPT 4: A MEDITATION A DAY

CHPT 5: MINDFUL MOVEMENT

CHPT 6: FOCUS & CHOICES

CHPT 7: SELF-CARE