

Hands of Time Healing LLC

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RISE Program Details: Restoring Inner Stability and Empowerment

1. Reconnect and ReOrient (Weeks 1-2):

- **Polyvagal Theory Exploration:**
- *Learning:* Understand the principles of the Polyvagal Theory, exploring the intricate connections between your nervous system, emotions, well-being and your social engagement system.
- *Practice:* Engage in training and education, guided sessions and discussions to recognize your body's cues and build awareness around your autonomic nervous system responses.
- *Transformation:* By reconnecting with the wisdom of your nervous system, you'll lay the foundation for understanding your unique stress responses and begin the journey towards self-regulation.

2. ReIntegrate and Inspire Change (Weeks 3-4):

- **Self-Regulation to Integration Practices:**
- *Learning:* Delve into self-regulation techniques grounded in neuroscience and neurobiology, emphasizing their impact on your neural pathways and emotional well-being.
- *Practice:* Participate in guided Somatic Emotional Integration and Reflective Awareness, encompassing neuro-somatic exercises designed to cultivate self-empathy and compassion and deepen your connection to your stress responses and emotions while reconnecting to your authentic sense of self.
- *Transformation:* As you embrace feeling safe to feel in your body and with your emotions and sensations, you'll experience a shift in your inner dialogue, fostering a firm partnership with yourself, your nervous system as you nurture a positive and supportive relationship.

3. Renew Self-empowerment and Inner Strengthen (Weeks 5-6):

- **Mind-Body Integration:**
- *Learning:* Explore the symbiotic relationship between your mind and body, discovering how both the gut and heart play a huge role in emotional regulation, brain change by learning about your neuro modulators and how to enhance your overall well-being.
- *Practice:* Engage in effective breathing and breathwork practices, mindfulness exercises, gentle touch and movement practices to build vagal tone and strengthen the connection between your mental, emotional and physical states.
- *Transformation:* By incorporating mind-body integration, you'll cultivate a heightened sense of self-awareness and intelligent long lasting resilience, empowering you to navigate life's challenges with greater ease, personal empowerment and a inner confidence.

4. ReAwaken Nervous System Mastery (Integration and Ongoing Support):

- **Mastery Plan Creation:**
- *Learning:* Develop a personalized tracking and empowerment plan, drawing on the insights gained throughout the program.
- *Practice:* Nervous System Hygiene, Receive guidance on integrating the RISE principles into your daily life, fostering sustainable habits for ongoing well-being.
- *Transformation:* Step into your newfound empowerment as you apply the RISE method to navigate future challenges, armed with a deeper understanding of your nervous system and enhanced self-regulation skills.

Program Highlights:

- **Individualized Support:** Benefit from personalized coaching sessions tailored to your unique nervous system needs as you journey and face challenges.
- **Resource Library:** Gain access to a curated collection of individualized resources, including guided meditations, educational materials, and tools to support your ongoing growth.
- Welcome yourself as a valued 'Renewed Connectors': Remain part of this supportive community, fostering a sense of connection and shared learning.

The RISE program is not just about acquiring knowledge; it's a transformative journey that empowers you to restore inner stability, cultivate self-compassion, and embrace your innate resilience. As you progress through each phase, you'll witness a profound shift in your relationship with yourself, your stress responses, triggers and the world around you, laying the groundwork for sustained well-being and personal growth and recovery.

Transformative Effects of the RISE Program: A Journey from Survival to Thriving

Embarking on the RISE program is a profound journey that transcends survival mode, guiding individuals towards conscious living, deep healing, and a profound love for life. Below are ten transformative effects exemplified through a sample case study:

- **From Chronic Stress to Resilience:**
 - *Before RISE:* Constant stress, heightened fight-flight responses.
 - *After RISE:* Enhanced resilience, adaptive coping strategies, reduced stress reactivity.
- **Self-Compassion Redefined:**
 - *Before RISE:* Self-critical and judgmental.
 - *After RISE:* Embracing self-compassion, fostering a kind and nurturing inner dialogue.
- **Mind-Body Harmony:**
 - *Before RISE:* Disconnection between mind and body.
 - *After RISE:* Deepened mind-body integration, heightened self-awareness.
- **Shift in Perspective:**
 - *Before RISE:* A life seen through survival lens.
 - *After RISE:* Embracing a conscious and present outlook on life, finding joy in the ordinary.
- **Empowerment in Decision-Making:**
 - *Before RISE:* Feeling helpless and overwhelmed.
 - *After RISE:* Empowered decision-making, reclaiming agency over one's life.
- **Emotional Liberation:**
 - *Before RISE:* Emotional suppression and numbing.
 - *After RISE:* Freedom to experience and express emotions authentically.
- **Healthy Boundaries:**
 - *Before RISE:* Difficulty asserting personal boundaries.
 - *After RISE:* Cultivating and maintaining healthy boundaries with clarity.
- **Transformed Relationships:**
 - *Before RISE:* Strained connections, difficulty trusting.
 - *After RISE:* Improved relationships, fostering deeper connections.
- **Increased Productivity and Focus:**
 - *Before RISE:* Overwhelmed and scattered attention.

- *After RISE*: Enhanced focus, improved productivity, and greater clarity.
- **Rediscovery of Joy:**
 - *Before RISE*: Lack of joy and zest for life.
 - *After RISE*: Rediscovering joy in everyday moments, living with purpose.

Sample Case Study: From Survival to A Conscious Love for Living Again

Suzie, a 40-year-old professional, had spent most of their life in survival mode, navigating challenges with a heightened stress response and a persistent feeling of being stuck. The RISE program provided a holistic approach tailored to their needs, addressing the deep-seated beliefs and patterns that kept them in a perpetual state of survival.

Transformational Journey:

- **Initial Struggles:** Suzie faced initial challenges, experiencing heightened anxiety and resistance to change. This phase highlighted the importance of the supportive co-regulation within the RISE program.
- **Breakthroughs:** Through the exploration of Polyvagal Theory and self-regulation and integration practices, Rachael experienced breakthroughs in understanding her stress responses and fostering a kinder relationship with themselves.
- **Mind-Body Integration:** Engaging in mind-body practices facilitated a profound connection between Suzie's mental, emotional and physical states, allowing her to navigate limiting core beliefs, emotional overwhelm with greater stability and inner ease.
- **Empowerment Plan:** Suzie actively participated in creating a personalized empowerment plan, incorporating RISE principles into daily life, resulting in a sustained transformation.

Deep Healing and Relief:

The RISE program allowed Susie to release deeply held, trauma stress responses, beliefs and patterns that hindered her growth. The process wasn't without challenges, but each obstacle was seen as a new opportunity to put these new skills to the test and they became an opportunity for growth and self-discovery and self-understanding.

Sample Failures and Suspenses:

There were moments of resistance, setbacks, and revisiting old patterns. These were met with compassion and a deep understanding that healing is a non-linear journey. Failures were reframed as opportunities to learn and recalibrate the approach.

Why RISE Works for All:

The RISE method is rooted in individualized support and a comprehensive understanding of the intricate connections between the nervous system, emotions, and well-being. Its transformative effects are not limited by age, background, or previous experiences. By addressing the core of survival patterns and fostering a conscious love for life, the RISE program offers a universal pathway towards holistic healing and empowerment.

In conclusion, the RISE program is a beacon of hope for those seeking to break free from survival mode and consciously embrace life. The case study of Suzie exemplifies the transformative effects of this journey, illustrating that the RISE method can indeed work for all, leading to a life marked by inner freedom, self-compassion, and the joy of conscious living even as we continue to face life's challenges, past, present and future.

To Join This Program

Email Roseanne at rfbreilly@gmail.com to arrange a free initial consultation to discuss your needs and your alignment with this fantastic immersion program

From there a proposal will be drafted confirming your commitment to each other

Dates for the weekly 1 to 1 coaching sessions will be decided

And healing your nervous system can get under way

There is further reading attached below

Side Notes and How Our Stress response are deeply connected to early childhood experiences and the formation of the power within limiting core beliefs and how they negatively protect us.

Understanding CPTSD: A Neurobiological Exploration of Negative Core Beliefs

Complex Post-Traumatic Stress Disorder (CPTSD) is an intricate tapestry woven into the neurobiological fabric of our beings. To comprehend the formation of negative core beliefs, we must embark on a trauma-informed journey, delving into the very essence of our experiences and how they sculpt the landscape of our minds and bodies.

Neurobiological Landscape of CPTSD:

In moments of trauma, our brains undergo intricate changes, particularly within the limbic system and the amygdala, the emotional processing center. When exposed to overwhelming stress, the amygdala initiates a cascade of responses, triggering the release of stress hormones like cortisol. This heightened state of arousal imprints the experience into our memory, often encoding it with intense emotions and negative beliefs about ourselves, others, and the world.

Formation of Negative Core Beliefs:

These negative core beliefs, etched into our neurobiological framework, become the lens through which we perceive the world. For instance, an incident of betrayal may foster a belief in untrustworthiness, while neglect can cultivate a belief in unworthiness. These beliefs shape our stress responses, influencing how we navigate relationships, handle challenges, and view our own sense of safety.

Tracking CPTSD in the Body:

Understanding the neurobiological underpinnings of CPTSD is crucial for those on a healing journey. Tracking these experiences in the body involves cultivating somatic awareness, where sensations become signposts guiding us towards relief. Here are five examples of how we can track the echoes of CPTSD in our body:

- **Hypervigilance and the Fight Response:**
 - *Body Sensation:* Persistent muscle tension, clenched jaw, or a racing heartbeat.
 - *Understanding:* The body remains in a constant state of readiness, prepared for potential threats.
- **Dissociation and the Freeze Response:**
 - *Body Sensation:* Feeling detached, numbness, or a sense of floating.
 - *Understanding:* The body, as a survival mechanism, dissociates from overwhelming stress to shield the mind from the intensity of the experience.

- **Avoidance and the Flight Response:**
 - *Body Sensation:* Restlessness, racing thoughts, or a desire to escape.
 - *Understanding:* The body signals a need to avoid potential triggers, seeking safety in movement or distraction.
- **Heightened Startle Response:**
 - *Body Sensation:* Jumpiness, increased heart rate, or a sharp intake of breath.
 - *Understanding:* The nervous system remains on high alert, reacting swiftly to perceived threats.
- **Physical Discomfort During Flashbacks:**
 - *Body Sensation:* Sweating, shortness of breath, or chest tightness.
 - *Understanding:* Flashbacks activate the body as if the traumatic event is recurring, causing physical sensations mirroring the original experience.

Finding Relief Through Somatic Awareness:

Cultivating somatic awareness involves gentle exploration of these body sensations. Instead of reliving the trauma, we invite a compassionate curiosity towards the physical experiences. By tracking these sensations, we create an opportunity for healing, allowing the body to process and release the stored tension.

Conclusion:

Understanding CPTSD at a neurobiological level empowers individuals to embark on a trauma-informed healing journey. By tracking the somatic echoes and negative core beliefs in the body, we pave the way for relief and transformation. Through compassionate exploration, we reclaim agency over our narratives, forging a path towards resilience, self-compassion, and the gradual dissolution of the imprints left by past traumas.

[Read More Here; A Recent Blog Post](#)

Exploring the Neurobiological Landscape: A Soothing Journey to Inner Healing

The neurobiological landscape is the intricate terrain within our brains and bodies, where the dance of neural connections shapes our responses to the world. This landscape, adorned with synapses and enigmatic pathways, holds the imprints of our experiences, influencing our emotions, thoughts, and overall well-being. Let's embark on a gentle exploration of what this landscape means, looks like, and feels like, accompanied by three case examples that illuminate the intricate journey of inner healing.

Meaning of the Neurobiological Landscape:

Imagine your brain as a vast garden, each neuron a delicate blossom, and every synaptic connection a pathway between these blooms. The neurobiological landscape is the canvas upon which our experiences paint vibrant strokes, shaping our perceptions and responses to the world around us. It's a living tapestry where the echoes of joy, sorrow, and trauma resonate, influencing the way we navigate life.

Case Example 1: Hypervigilance and the Garden of Constant Alertness:

Meet Sarah, whose neurobiological landscape bears the garden of hypervigilance. In moments of stress, her amygdala, a guardian of emotions, sends signals that activate a continuous state of alertness. The garden, once serene, becomes adorned with flowers that never fully bloom, their petals caught in a perpetual state of anticipation. Understanding this landscape allows Sarah to gently tend to her garden, cultivating moments of calm and reassurance.

Case Example 2: Dissociation and the Garden of Detachment:

Enter Alex, whose neurobiological landscape has a garden of dissociation. When faced with overwhelming stress, Alex's mind detaches from the present moment, and the once vibrant flowers fade into a dreamlike state. By exploring this garden with compassion, Alex learns to nurture the connection between mind and body, allowing the flowers to bloom again, bringing color back to the garden of the present.

Case Example 3: Startle Response and the Garden of Swift Reactions:

In Tom's garden, the startle response dominates. The flowers, sensitive to the slightest breeze, react with sudden movement at the whisper of stress. Tom's neurobiological landscape is one of heightened reactivity. By tending to this garden with mindfulness, Tom learns to soothe the flowers, fostering a sense of calm resilience. The once-jittery blooms now sway gracefully in the breeze of self-awareness.

Feeling the Neurobiological Landscape:

Imagine walking through this garden, feeling the soft breeze of understanding and the gentle rustle of emotions. It's a place where the scent of resilience mingles with the fragrance of self-compassion. The neurobiological landscape is not static; it's a living, breathing testament to our capacity for healing and growth.

Understanding the Inner Healing Process:

As we meander through the garden of our neurobiological landscape, we discover that the key to inner healing lies in gentle exploration. Instead of rushing to uproot the flowers of trauma, we water them with self-compassion. We listen to the whispers of our body's sensations, acknowledging the emotions that bloom within. The healing process involves cultivating a sanctuary within, allowing the flowers of resilience, self-love, and understanding to flourish.

Conclusion:

The neurobiological landscape is a sanctuary where healing unfolds. Through the soothing tones of compassionate exploration, we can nurture our gardens, transforming them from places of stress and reactivity into spaces of resilience and inner peace. As we tend to our neurobiological landscapes with care, we find that the journey to inner healing is a delicate dance between understanding, self-compassion, and the blossoming of a garden adorned with the vibrant colors of wellbeing.

Questions/Notes/Reflection