

AWAKEN YOUR SACRED FEMININE FIRE JOURNEY: SPIRAL 3

Weeks 16 - 19 (August 13 – September 3): Water & Energy Body (Pranamaya Kosha)

NURTURING YOUR SACRED FEMININE ESSENCE, FLOW & LOVE IN ALL FORMS (SELF, ROMANTIC, COMMUNITY, DIVINE)

WEEKS 16 - 19 (Aug 13 – Sep 3): SPIRAL 3 - WATER & ENERGY BODY - AWAKENING LOVE & HEALING IN ALL FORMS (Self, Romantic, Community, Divine)

- **Week 16 (Aug 13)** Lecture #3. Pranayama Kosha. The Breath, the Heart, and Beyond
- **FULL MOON (Aug 15)**
- **BIRTHDAY (Aug 16) Elle!**
- **BALI 2020 RETREAT prices go up on Aug. 22nd!**

----- WEEK 17 (Aug 20): NO GATHERING. PERSONAL INTEGRATION -----

- **Week 18 (Aug 27)** Group Process & Shares
- **NEW MOON (Aug 30)**
- **Week 19 (Sep 3)** Guided NaiAsana Flow

“The only way to gain power in a world that is moving too fast is to learn to slow down. And the only way to spread one’s influence wide is to learn how to go deep. The world we want for ourselves and our children will not emerge from electronic speed but rather from a spiritual stillness that takes root in our souls. Then, and only then, will we create a world that reflects the heart instead of shattering it.”

~ Marianne Williamson

SPIRAL 3 THEMES

ELEMENT: Water

KOSHA: Pranamaya Kosha (PRANA/ENERGY BODY – Rivers of Life, Respiratory & Circulatory)

DIRECTION: South

GODDESS: Kuan Yin

MUDRA: Vittam Mudra

CHANT: Om Hare Om (and Ho’opono pono)

RITUAL: All things involving water! Also see below

ALTAR PIECE: See below

NAIASANA PRACTICE: Currents & Directions (see below)



CHECKLIST FOR SPIRAL 3 PATHWAY

- ✓ READ through your guide as soon as you can!
- ✓ Add Intentional Breathwork to your Inner Fire Womb Heart Meditation
- ✓ Complete your Spiral 3 Kosha Check-in Sheet (by Aug 15th)
- ✓ Complete Alchemy Sheet 3.1 – FULL MOON FULL HEART (by Aug 15th or as soon as possible)
- ✓ Complete Alchemy Sheet 3.2 - ENERGY DRAIN OR GAIN? (by Aug 25th)
- ✓ Complete Alchemy Sheet 3.3 – HO'OPONONO (by Sep 3rd)
- ✓ Complete Alchemy Sheet 3.4 – CONGRATULATORY CONVERSATIONS (by Sep 3rd)
- ✓ Continue to dedicate 5 min a day to NaiAsana (Flow, Dance and Yoga!)
- ✓ Complete the following lessons in the Aloha Flow Series (if you haven't already):
 - Lesson 3: Grace in Simplicity & Wisdom in Waves
 - Lesson 4: Weaving Harmony, Balance, and Nature
 - Lesson 5: Your Dance, Your Brain, Your Choices

ALOHA FLOW INSTRUCTIONS SERIES LINK & PW (easy access from the private portal):

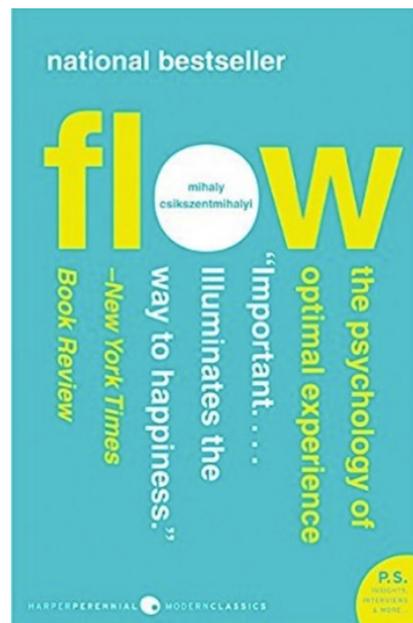
Small Group Leaders - PLEASE share weekly updates and progress with BIG GROUP in the private FB group. What I am hearing from you all is AMAZING and I feel it would be even more powerful for everyone to learn what I am learning from the leaders. There is juicy potential for the small group journeys to inspire each other.

References and Recommended Readings: (PLEASE don't feel pressured to read ALL of these! They are here to enrich your journey. Read as you feel inspired. Smile, Breathe, Feel & Go Slow.)

- 1) Mihaly – The Psychology of Optimal Experience
- 2) The Heartmath Solution
- 3) Radical Forgiveness, by Colin Tipping
- 4) Eat, Pray, Love (if you haven't already!) I'm re-reading it!
- 5) A General Theory of Love by Thomas Lewis, Fari Amani, and Richard Lannon
- 6) <http://theflowcentre.com/blog/breathing-flow/>
- 7) <https://www.yogavedainstitute.com/sattvic-living/>
- 8) <https://www.speakingtree.in/blog/pranamaya-kosha-energy-sheath>
- 9) <http://www.driftsurfing.eu/art-surfing-flow-state-one-waves/>

Recommended Viewings:

- 1) The Documentary Film, I AM (Dr. Elisabet Sahtouris is in this one!)
- 2) The Documentary Film, HAPPY (Mihaly, Father of Flow Psychology is in this one!)



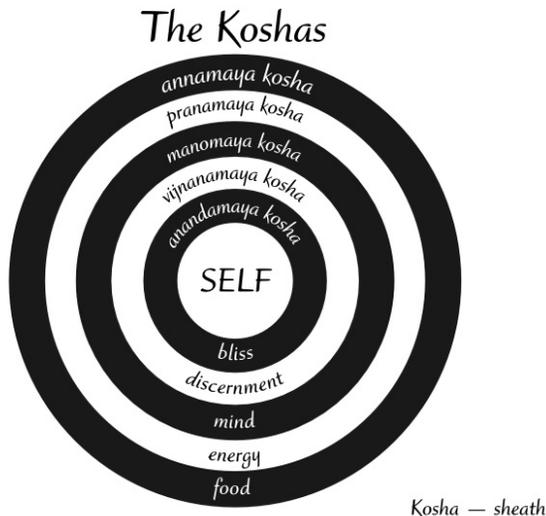
Spiral 3

KOSHA CHECK-IN

Do not look back at your scores from Spiral 2 (yet!).



THE KOSHA SYSTEM & PHILOSOPHY: YOU AS A MULTIDIMENSIONAL BEING



When you're looking at this "map" which of these areas do you feel like you have a really strong connection to? Or a weak connection with?

On a day-to-day basis, on a scale from 1 to 10 (10 being 'almost always excellent, strong, healthy, balanced and growing' and 1 being 'almost never feels strong, healthy, balanced or accessible')

My physical body (Earth) :

My prana or energy body (Water) how awake or tired you feel:

My personality body (Fire) mental & emotional:

My expression body (Fire) ability to express, manifest, and take goal-oriented actions):

My intuitive body (Air):

My wisdom body (ability to discern or bear witness without judgment):

My bliss body (living aligned with who I truly am):

WELCOME TO THE NEXT SPIRAL OF YOUR BIRTH JOURNEY!

Yes, in this journey, you are ALL Mothers, impregnated with new Life seeds, visions and possibilities conceived with the Divine, within your sacred Womb-Hearts, and being birthed into the world.... by you, sweet Mama! Congratulations!!

By Week 15 in a human mother's pregnancy, all of the baby's organs, systems, and limbs are fully formed! About the size of a 3 1/2 inch lemon, and dancing up a storm as all of his/her senses are coming fully on board! Soooo Exciting!!! Now is when most mothers begin to "show".

What is your relationship with your newfound baby bump? ;) Do you feel tempted to hide it from the world as long as possible? Or do you feel ready to let the world know you've got some big plans in store! Either way, rest and relax into knowing it's all perfect. Everything you feel, everything you don't feel.



IMAGE ARTIST UNKNOWN (at least I couldn't find him/her! yet!)

Every fear, every scream, every tear, every physical change of your temple vessel that is your body... and every smile. Indeed, I promise you all are undergoing very REAL physiological & physical changes (in the brain and beyond) as you continue to shift and grow yourselves and your visions.

The Divine Natural & Cosmic Worlds helped spark that Life into your Womb, and that Divine Nature knows exactly how to guide you AND bring your vision into the world.

It's interesting, for some reason, when we were fetuses in the womb of our Mothers, I'm pretty sure we didn't worry one bit about "HOW" we were going to grow a heart, make it pulse, grow a brain, birth a thought, or our first breath of air.... yet, all of that happened. And some of that was INTENSE, and we got through it. We expanded through it! Intense challenges are often called Rites of Passage because we are transformed through them... both consciously & subconsciously.

And then when it was time to take our first step, again, it happened. And it happened with joy, play... and.... ok, maybe not so much grace ;) But we didn't care about stumbling!!!

And you know what? Imagine if we did care? From the womb, to those first steps... Imagine if we spent half our time stressing out about HOW we were going to get there?

I venture to guess, it would've taken a lot longer to get there, if we got there at all.

I encourage you all (and myself) to remember as best as we can, that the more FAITH we have in that bigger divine intelligence, the less struggle it will be to get wherever it is we want to go. And the less struggle, the more FLOW!

WHEEL ORIENTATION & INVOCATION

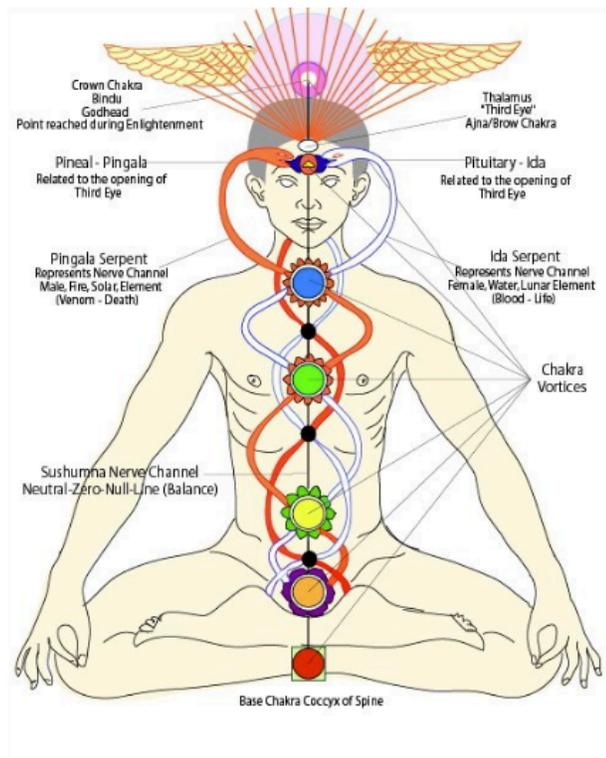
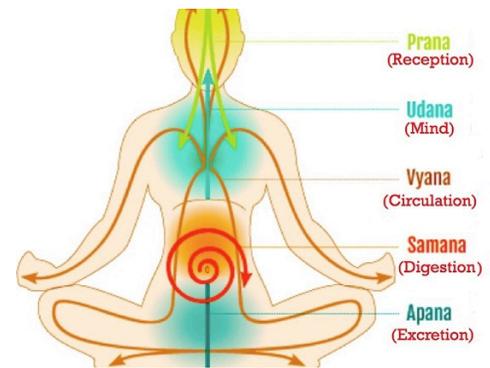
ORIENTATION. On our Lokahi Medicine Wheel & map, we now move from the element of EARTH (in the West) where we planted our seeds of possibility conceived in AIR (North), into the direction of the South, the realm of Pranamaya Kosha and the element of WATER.



According to the ancient Vedic scriptures, Pranamaya Kosha, also known as our Prana (Life Force) or Energy Body, is the layer of our being that has everything to do with the flow of energy, including emotions. Pranamaya Kosha is the realm of the breath and the heart, the respiratory and circulatory systems. This kosha is made up of three energy systems:

- 1) The Chakras (energy centers)
- 2) The Prana Vayus (energy currents, as illustrated to the right)
- 3) The Nadis (energy channels, as illustrated below).

While the details of these systems are beyond the scope of this journey, I believe visuals like these can help to integrate this kosha more deeply. The illustration below is from the article on Nadis in your recommended reading list.



INVOCATION & BLESSING. On this spiral of our journey, we call on Pranamaya Kosha, the element of WATER, and all benevolent entities that live in this realm to help guide the flow of our breath, heart, and energy, so we may cultivate harmony, balance, and ease, both in our dance, and in our lives.

May you let the rivers of earthly and divine love flow to nurture your vision seeds so they may begin to grow. May you be fully supported in feeling safe enough to allow yourself to FEEL the deeper currents of your being. Water invites us to feel so that we can heal. Water is the realm of LOVE & RELATIONSHIP. May you allow the healing medicine this element to flow into ALL of your relations.

Water also invites us to slow down, and sink into a rhythm with the cycles of our lives, especially in cultivating flow in the day to day. You've made your commitments, you have your visions, now it's time to dive into the river! Let the forces of Life carry you as you show up around each bend,

each wave, and each day with a full breath and a full heart.

We bow with gratitude to the healing forces within and around us. Mahalo!

A more recent note: In 2018, I had my first earthquake experience here and that was WILD. The epicenter was on the island next door but it was felt all through Bali. I understand now that Earthquakes are not to be feared... however, the structures we build to live, sleep, and work in... THAT's a whole other story! ;)

The earthquakes are never going to stop! She's ALIVE!!! And we WANT her to STAY alive... what needs to change is the way we LIVE, the way we BUILD... and we must build in a way that allows for all that energy to be able to FLOW.

Anyway, speaking of FLOW... your work this week and in this spiral is to SHOW UP with a FULL HEART & FULL BREATH... giving your practices & your commitments EVERYTHING YOU'VE GOT. So you can experience FLOW that you have powerfully cultivated... as opposed to letting yourself slip and fall... or get pulled by the currents of something else in life.

Water is tricky... there is SOFTENING within... and that softening needs structure, stability, safety... When all of these elements come together... we often experience something truly beautiful. It's called TRUST. Trust in Self, Trust in Other, Trust in Life. Water is the ultimate dance of the Masculine & Feminine in Harmony.

Group Ritual: Bring a glass of water to each class/gathering, including your small group meetings.

GODDESS KUAN YIN

In Spiral 3, we invite the divine powers, inspiration and healing medicine of the Buddhist bodhisattva, Kuan Yin, who is arguably the most well-known and respected Goddess across all of Asia. Legend has it, this Goddess of mercy, love, and compassion, was destined to become a Buddha. She earned the right to ascend the earthly realm of suffering, however, she refused to leave out of her compassion for the suffering of others. It is believed by many that she can hear the cries of all the world, and her vow is to remain on Earth to assist every soul in attaining enlightenment.

I invite you to do your own research on this divine feminine force and all her stories, across cultures, time, and religion. All across Asia, temples have been built in her honor. One of my personal dreams is to visit as many of them as possible. I just learned there is one in Bali and the Kwam Im ceremonies are supposed to be amazingly beautiful.



The image to the right is one from the Kuan Yin Oracle Deck. I highly recommend this deck for deepening your intuition and connecting with the Kuan Yin that lives within you. She is the ultimate healer of all matters of the heart.

MUDRA: Vittam Mudra*



Vittam means “vital energy”, and Vittam mudra is specifically practiced for Pranamaya Kosha. Prana means “life force energy”. This mudra is especially helpful for:

- Re-establishing the free flow of subtle energy.
- Nourishing the reproductive and urinary systems.
- Relaxing the lower back.
- Awakening vitality.

INSTRUCTIONS: Hold the hands slightly cupped in front of the lower abdomen with the palms facing each other about twelve inches apart. Allow the hands to naturally expand away from each other on the inhalation and to rest gently back toward each other on the exhalation. (This would be a wonderful way to prepare for your inner fire womb-heart meditation with the extended breath!)

* This information has been sourced from the book, *Mudras for Healing and Transformation*, by Joseph and Lilian Le Page. This is my mudra bible from my Hawaii Yoga Institute training!! I highly recommend!!

CHANT: Hari Om

Om Hare Om

Hare Om, Om, Om...

Hare Om

Definition - What does *Hari Om* mean? (according to Yogapedia)

Hari Om is a famous Sanskrit mantra thought to erase all suffering. It allows the individual speaking it to remove their personal suffering and reconnect with the universal consciousness.

Hari means "the remover" and refers to the one who removes troubles, blockages, pain and bondages. *Hari* is also a name given in Hindu mythology to the god, Vishnu, who was himself the remover of bondages. It is said that repeating this name will erase sins, bad karma and suffering.

Om, on the other hand, is the primordial sacred syllable which encapsulates the whole of the universe and all of creation. *Om* is said to be the only mantra that has the potential to effortlessly bring the seeker into a state of *samadhi*.

Yogapedia explains *Hari Om*

Repetition of Hari Om forms a type of meditation in itself, referred to simply as Hari Om meditation. To meditate on Hari Om is said to activate the chakras. In doing so, *kundalini* energy, which is stored at the base of the spine, can move upward through the *nadis*. Hari Om meditation also allows prana to move from one energy center to the next.

Some say that the Hari Om mantra is a shortened version of the mantra, Hari Om Tat Sat. Om Tat Sat can be considered as three words for God, and translated as "Supreme Absolute Truth" or "all that is." Hari prefaces this mantra as it is the name of God in the physical form. This is said to allow the speaker of the mantra to explore the sat, or the truth, from their physical form.

Hari Om meditation is reputed to be particularly helpful for those suffering from depression as it improves the mental condition, finding happiness through one's connection with the universal energy.

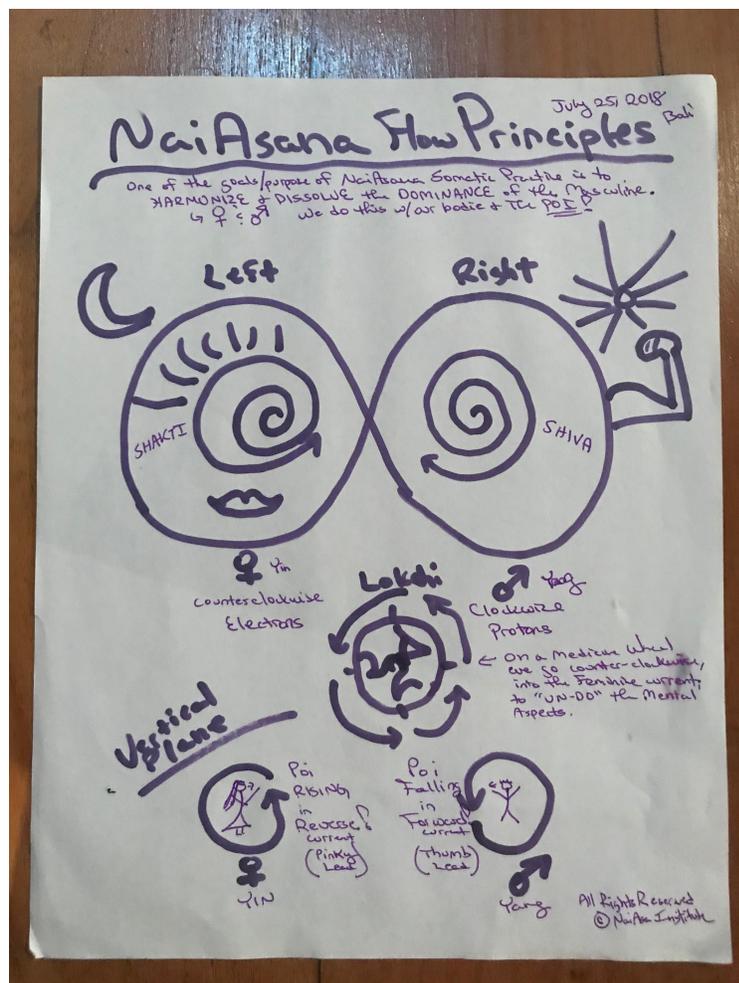
RITUAL: Make water the first thing you welcome into your body and your experience every morning by washing your face, drinking a glass of water (before coffee or smoothie or food!), and of course even a minute of Vittam mudra with deep breathing would all be powerful ways to connect with this element. If you can find your way to a natural body or river of water, splash or submerge the top of your head for purification. As we all have experienced, water greatly affects our energy usually toward calmness and serenity. Please feel free to share ideas of other rituals inside the private facebook group.

ALTAR PIECE: As we move into each Element & Kosha, I invite you to add a new item to your Inner Fire Altar. For the element of Water, if you haven't already, find a creative way to have water sitting in the Southern direction of your altar. It can be as simple as tiny cup, or miniature bottle. Please share photos as it flows! And have FUN getting creative!

NAIASANA PRACTICE: Harmonizing Feminine & Masculine Currents & Directions of FLOW

Please don't laugh too hard at my earliest presentation of some of the core principles of NaiAsana © I'm actually pretty excited about how this just recently birthed and look forward to working with a graphic designer to begin illustrating these concepts in a more professional & helpful (and beautiful) way!

For now, I hope that this can help you harness the flow medicine of the poi to help harmonize the masculine & feminine energies within your mind and body.



If you haven't found or made time to practice, it's time now to FEEL into why that is. It will likely come down to your bigger WHY for a movement practice like this. What do you notice when you feel into the pattern that is playing out around "time for your practice"? Breathe deeply as you notice without judgment.

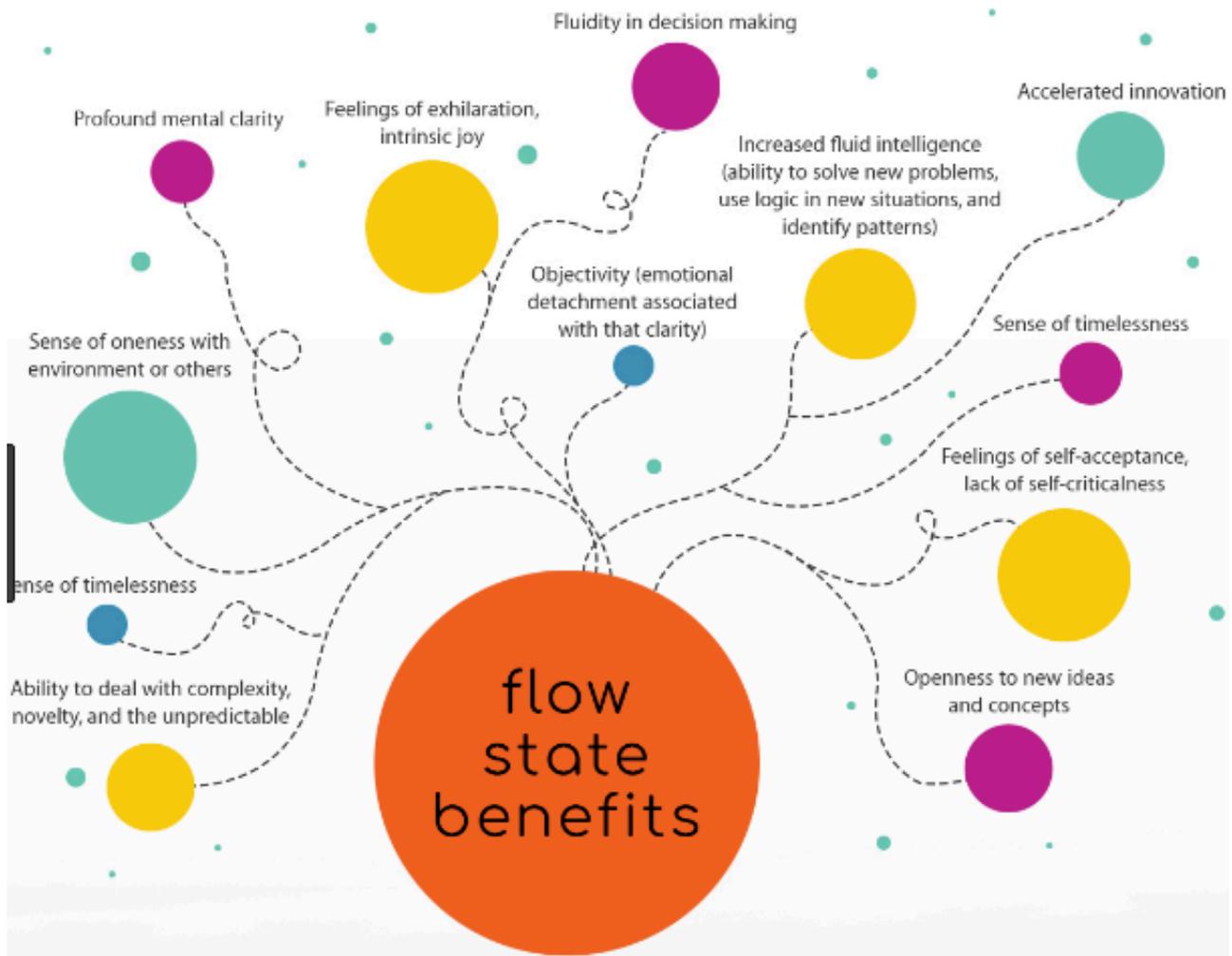
INNER FIRE WISDOM JOURNALING QUESTIONS & ALCHEMY SHEETS:

ON FLOW: What does "flow" mean to you? When do you find yourself most often in "flow"? Where do you desire more flow in your life? Do you find yourself in more "flow" experiences when you are moving fast in your life or more slowly?

ON LOVE: How do "love" and "flow" relate in your experience? How are they similar? How are they different?

ON PLAY: How do "love", "flow" and "play" relate in your experience?

ON HEALING: Where might you be able to surrender and cultivate trust on a deeper level? What do you feel is holding you back from being able to trust, if anything? What aspects of your self and your past could benefit from healing? What is your relationship to your emotions? (Alchemy Sheet 3.3 will be a beautiful companion for these questions)



Disclaimer. This diagram also had no author credited (sadly!). I'm learning a LOT about the importance of watermarking anything you put out into cyber-land!! And I am only sharing this diagram here within the privacy of this group for the purpose of illustration. Future guides (especially for the Training Manual) will refrain from using any images we can't find the source for. If anything, we will create our own version of the above, as I feel there are a few benefits missing! ;) Again, I feel it's important to let you all know I know and embrace the importance of honoring the artists and brilliant minds who gift the world with these images.

Spiral 3 ~ Alchemy Sheet 3.1

FULL MOON, FULL HEART

Next Full Moon - August 15, 2019



Instructions: Take about 15 – 20 min to reflect back on the last 4 months of your journey and your life. Begin writing down (on this page or in your journal) a list of all your accomplishments, breakthroughs, and gratitudes from the last 4 months. If you have more time, you can expand the list to reflect the whole last year. We often do not take enough time, if any at all, to sit and literally count our blessings. I promise your heart will be as full as this moon through this exercise. I imagine you will be quite surprised by just how far you've come already.

Full moons are a great time to celebrate your gifts, your accomplishments, and all that you are thankful for. This will help balance out the intensity of the darker energies being flushed through and up to the surface – individually and collectively.

Spiral 3 ~ Alchemy Sheet 3.2

ENERGY DRAIN OR ENERGY GAIN?

Complete by August 25th



Instructions: Take about 5 – 10 min to reflect and list ALL (or as many as possible) of the following: people, places, loved ones, relationships, work relationships, aspects of work, aspects of home, activities you engage in (including this coaching journey!), commitments you have, etc,.... Once you have as many as can during the time you give for this exercise, places or things listed out, begin to re-list them (on the next page!) under the appropriate column.

In the work of nurturing yourself, particularly in THIS spiral, I invite you to scale back on those things listed under the “Energy Drain” column. If you feel like there is anything on that list that you perceive you cannot scale back on, enroll support – professional, or through the help of your inner fire sisters – so you can heal whatever it is that needs to be healed so that whatever it is that needs to be released can be let go with love.

Whatever is in the Energy Gain (those things that bring you more Prana, Joy, Happiness & Flow), bring MORE of that into your life over the next 4 weeks.

LIST OF PEOPLE, PLACES & ACTIVITIES IN MY CURRENT DAY-2-DAY LIFE

Spiral 3 ~ Alchemy Sheet 3.2 continued
ENERGY DRAIN OR ENERGY GAIN?



ENERGY DRAIN

NEUTRAL

ENERGY GAIN

Spiral 3 ~ Alchemy Sheet 3.3

HO'OPONONO

Complete by Sept 3rd (or as you feel inspired!)



Instructions: Ho'opono pono is a practice of reconciliation and forgiveness. The word Pono means "to make right". In many indigenous cultures, it is believed that it is emotional conflict that causes illness. There is such rich history of this process and the process itself, which is actually really complex as practiced in Polynesian cultures. In it's simplest form, it is the process of sharing the following 4 statements with the person you are in conflict with:

- I'm Sorry (E kala mai ia'u)
- Please Forgive Me (E kala mai ia'u)
- Thank you (Mahalo nui loa)
- I love you (Aloha au ia 'oe)

Begin to feel into those situations and people in your life you can ho'opono pono with. Even if they are no longer in physical form, you can still ho'opono pono with them. You may do this process with yourself as well. Ask for divine support around this process and for assistance in divine timing. Use the space below to list those people, places, or even animals... you feel called to practice this with. Be sure to include Mama Gaia, Grandmother Ocean, and Grandfather Sky.

Spiral 3 ~ Alchemy Sheet 3.4
CONGRATULATORY CONVERSATIONS

Complete by Sept 3rd (or as you feel inspired!)



Instructions: This is a great one to practice in your small group! Congratulate each other on accomplishing one of their vision seeds!! One that has not YET birthed! The more ENERGY & EMOTION & DETAIL you can bring into your conversation, the more powerful it will be!

KEY CONCEPTS FOR NAIASA INSTITUTE CERTIFICATION TRACK

Again, instead of scaling back, I am leaving this next section in your guides, with the disclaimer that we will NOT be covering the majority of this within your journey. Though you will find the diagrams from my presentation here. Several of you are already on track for certification and for those of you still considering continuing your training with us, below is a glimpse of topics and concepts that we will dive into more deeply for facilitators, yoga or movement teachers, health professionals and life coaches to better serve their clients, students and beyond. For the rest of you, consider this "brain candy".

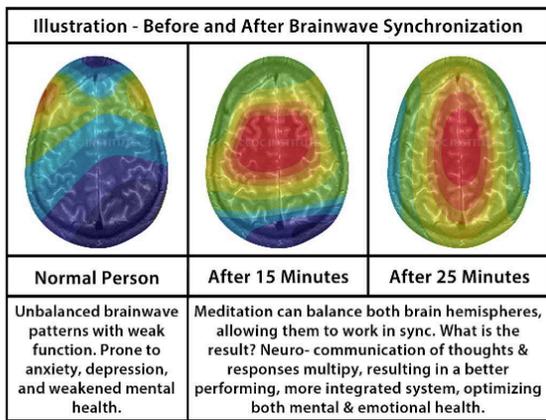
❖ FLOW AS A STATE OF BEING

- 3 Gunas (Ayurvedic Yoga)
 - Tamas (state of darkness & chaos)
 - Rajas (state of passion & activity)
 - Sattva (state of harmony, peace... FLOW... hmm... Aha!)
- Vayus, Chakras, Nadis

❖ BREATH FACTS

- We average approx.. 23,000 breaths per day
- By increasing the length of our inhale and exhale to 10 seconds each, we can reduce our heart rate from a stressed 120 bpm to a resting state of 60 bpm.

❖ YOUR BRAIN IN FLOW



Transient Hypofrontality Hypothesis

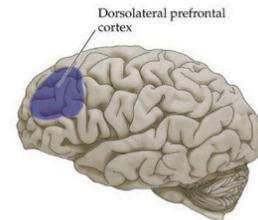
Dorsolateral prefrontal cortex (DL):

- Important for directed attention, temporal integration, and working memory

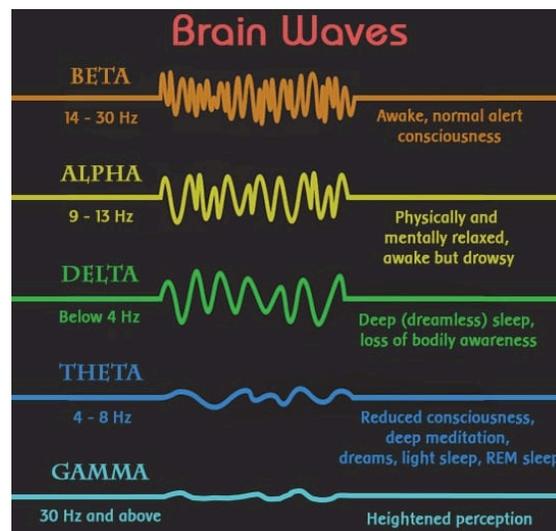
Working memory deficits cause:

- Less abstract thinking
- Less access to memory
- Less self-reflective consciousness
- Less cognitive flexibility

➤ These lead to subjective changes in consciousness



Dietrich (2003)



❖ Jinju's Nurture over Nature Story from her Doctoral Studies: Handling effect, maternal licking, addiction and the stress response.

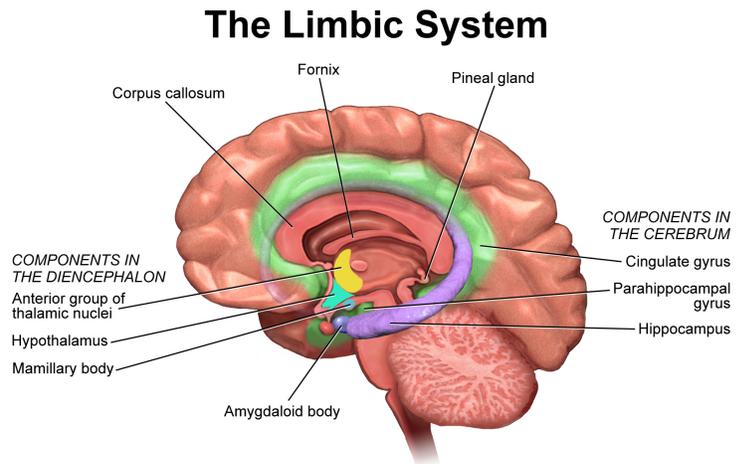
❖ **EMOTIONAL BRAIN**

○ AKA Limbic System or Mammalian Brain—a complex set of brain structures located on both sides of the **thalamus**, right under the **cerebrum**. [1] It is not a separate system but a collection of structures including hippocampus, amygdala are closely tied to memory and the regulation of emotions,

○ **Amygdala**. The right hemisphere of the amygdala is associated with negative emotion and plays a role in fear conditioning. The left hemisphere may play a role in the brain's reward system.

○ **Hippocampus**. Plays significant role in long-term memory formation.

○ **EMOTIONAL WISDOM**. Emotions are more ancient than thoughts! Important to learn how to discern the messages. Are your emotions choosing you? Or are you choosing your emotions?



❖ **LIMBIC RESONANCE, ATTUNEMENT, AKA PHYSIOLOGICAL COHERENCE**

○ LIMBIC Resonance is a term coined by Dr. Thomas Lewis and introduced in the book A General Theory of Love. Limbic resonance, physiological coherence and attunement are all fancy words for the simple phenomenon of LOVE!

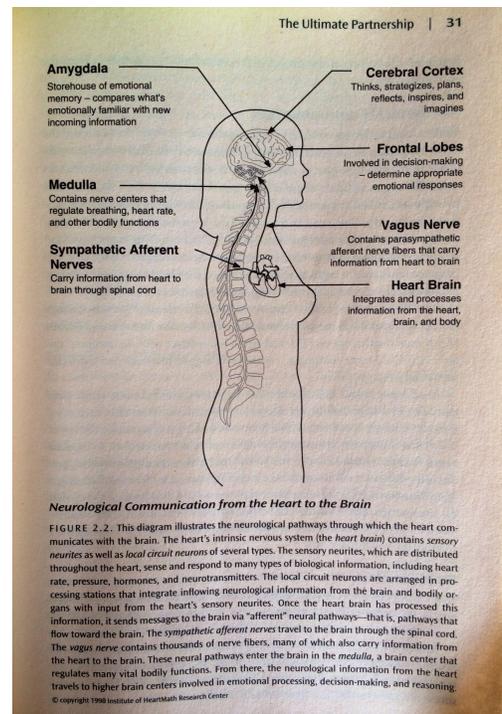
○ A symphony of mutual exchange and internal adaptation whereby two mammals become attuned to each other's inner states (as defined by Dr. Thomas Lewis)

○ 1st experience of love, play, and flow occur in the development of the mother/infant bond (limbic imprinting in the womb!). Without proper establishment of this bond, engagement of love, play and flow are challenged until the healing work is done to re-wire one's physiology.

○ Right hemispheres 'attune' between mother & infant... And between any two individuals who look into each other's eyes, lovingly.

○ Huge implications for TRAUMA Recovery!

○ This forces us to revise our understanding of healing... The quality of a mother's milk changes to cure baby's condition. How does the mother know??? Limbic Regulation/resonance. Our way of being affects another person's physiology. This is how CHILDREN know so much!

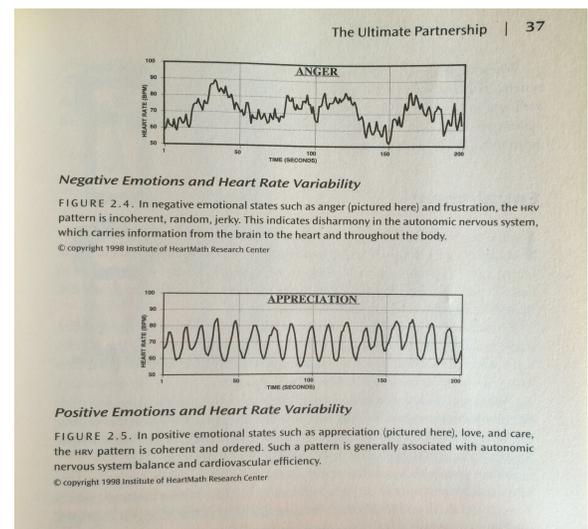


- Limbic Resonance, Regulation & Revision. We can revise, or re-pattern, our emotional circuitry.
- SLOWING DOWN. Importance of moving SLOW... LIMBIC brain takes longer to learn or re-learn or un-learn than neocortex
- **OXYTOCIN**
 - Neuro-modulating 'LOVE' hormone produced in the hypothalamus, stored and released in the posterior pituitary
 - Facilitates intimacy bonding – social and maternal
 - Breastfeeding. Nipple stimulation causes neurons that make oxytocin to fire action potentials in intermittent bursts; these bursts result in the secretion of oxytocin from the pituitary gland causing milk to be 'let down'
 - Inhibitory effect on amygdala and modulates HPA AXIS /stress response
 - Oxytocin receptors found in heart!

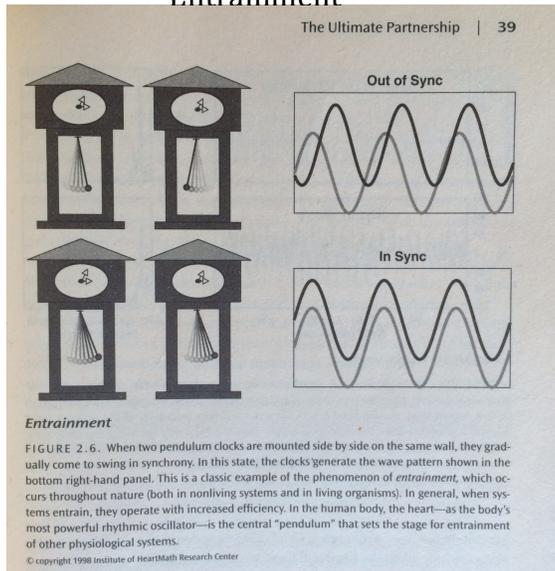
❖ THE HEART – BRAIN CONNECTION & ENTRAINMENT

- Role of the heart in traditional anatomy is merely a pump. We are now discovering the heart is electromagnetic center.
- The heart secretes hormones and “thinks”... Connecting the heart and the brain may not be a metaphor after all. IMPOSSIBLE for our hearts to be indifferent when another human being speaks from their heart (NEWFIELD)
- The heart is the first organ to develop in the nervous system
- The heart sends more signals to the brain than vice versa
- 60 – 65% of heart cells are nerve cells, not muscle cells
- We are at our **HIGHEST STATE OF ENERGY FLOW**, physically, mentally, and emotionally, when our brainwaves sync up with our heart rhythms. This is called a state of **Entrainment**, or '**heart-brain coherence**', a term defined by Heartmath.
- Story about inventor of pendulum clocks in the 17th century!
- Heart Rate Variability (**HRV**). High HRV is associated with high heart – brain coherence, and is powerful health predictor.
- When we shift our focus to the heart and away from the brain, large populations of cells in the forebrain entrain to the heart's rhythms. This results in:
 - Mind chatter is reduced
 - More efficient communication between the heart and brain through sympathetic and parasympathetic nerve pathways, as well as baroreceptor system
 - Connectivity increases between brain and body, neuronal firing increases
 - Can function at higher states - MORE FLOW!!
- **SLOW, DEEP, BREATHING AND GRATITUDE** are the most effective techniques to create “coherence” of HRV.

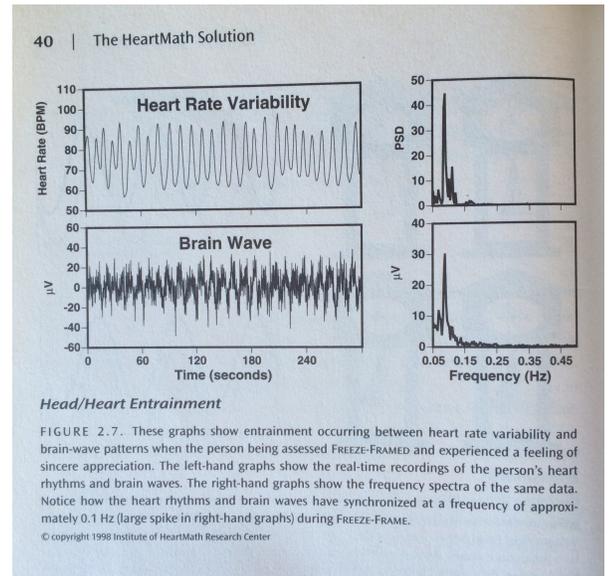
HRV PATTERNS & EMOTIONAL STATES



Entrainment

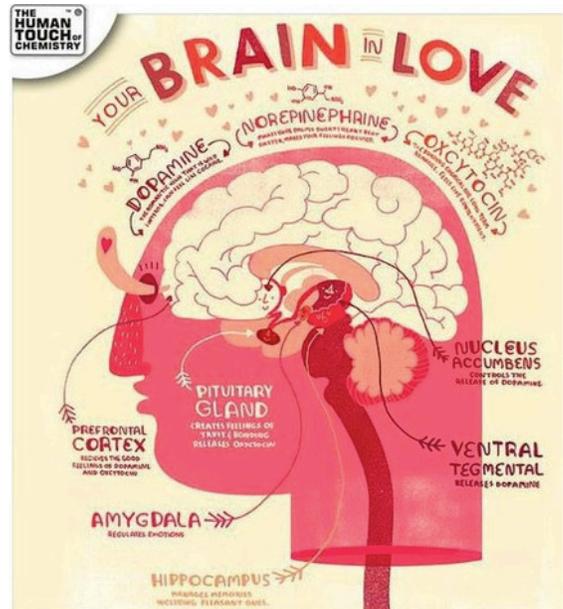


Heart/Brain Entrainment

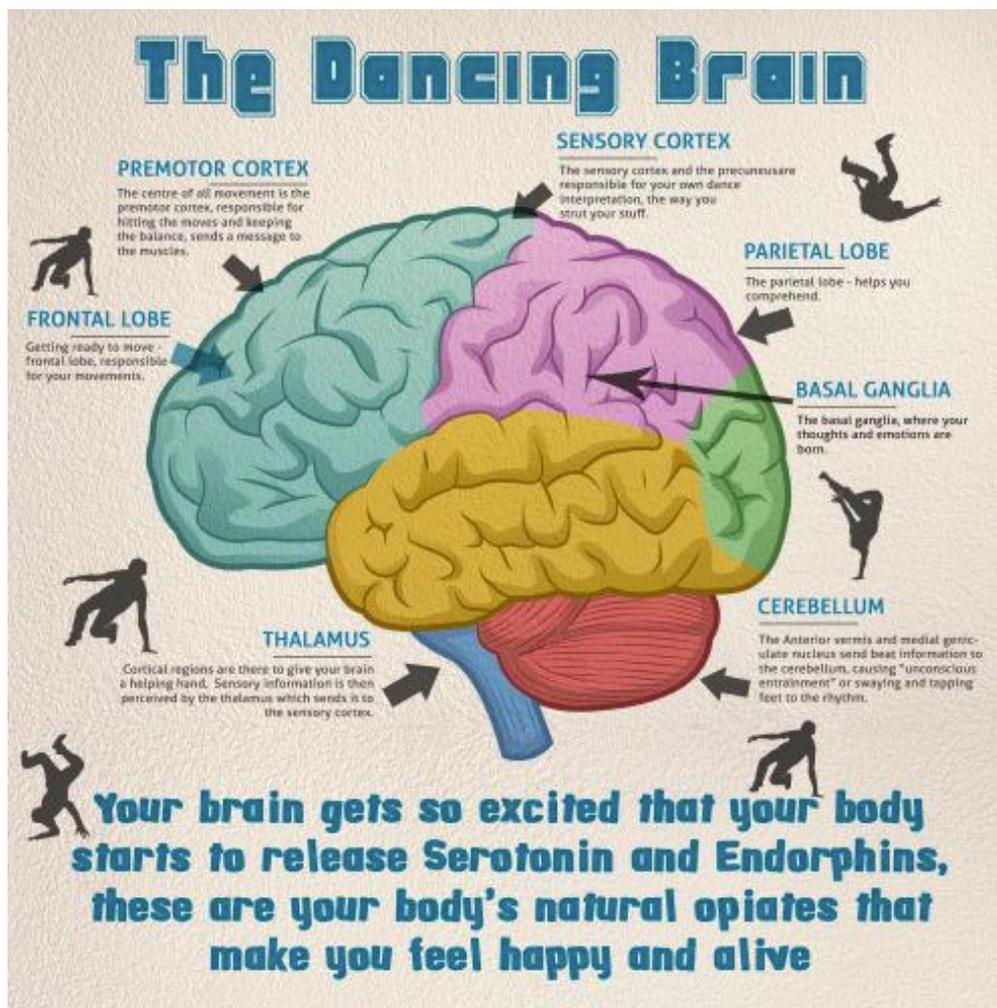


LOVE = FLOW = PLAY

- When we look at how scholarly experts of all three phenomena define each, it's interesting to notice the definitions are all strikingly similar!
- LOVE vs. ADDICTION. Being careful to know the difference! Even in the flow arts!
- Mihaly Csikszentmihalyi – Father of Flow Psychology
- Stuart Brown, M.D. – Expert on Play
- Dr. Helen Fischer – Expert on Love
- Now we can see even more clearly why LOVE, FLOW, and PLAY are so important! The dolphins are a powerful teacher of this message!
- Story about swimming with spinner dolphins while pregnant. We believe it's no accident that our 1st Soul Flow Retreat was birthed on an island where dolphins delight in their spinning 'dance' no different than we do! It's all connected!!!



A 2014 Human Touch of Chemistry diagram on **neurochemicals**, such as Dopamine, Norepinephrine, and oxytocin, and **neuroanatomy**, such as the prefrontal cortex, amygdala, hippocampus, pituitary gland, nucleus accumbens, and the ventral tegmental area. (Q)



SPIRAL 3 CLOSING REFLECTION: WHAT DID I LET GO OF TO HELP NURTURE MY INNER FIRE AND LET MY SOUL FLOW?

CLOSING PASSAGES

Pendulation

By Peter A. Levine, PhD
From "In an Unspoken Voice"

Pendulation is the primal rhythm expressed as movement from constriction to expansion.... It's steady ebb and flow tell you that, no matter how bad you feel (in the contraction phase), expansion will inevitably follow, bringing with it a sense of opening, relief, and flow.... as clients perceive that movement and flow are a possibility, they begin to move ahead in time by accepting and integrating current sensations that had previously over-whelmed them.... Thus pendulation allows you to recover your balance and return to life's moment-to-moment engagement.

When this natural resilience process has been shut down, it must be gently and gradually awakened. The mechanisms that regulate a person's mood, vitality and health are dependent upon pendulation.

Where before, there was overwhelming immobility and collapse, the nervous system now finds its way back toward equilibrium. We cease to perceive everything as dangerous, and gradually, step by step, the doors of perception open to new possibilities. We become ready for the next step.

What is Flow?

By Burning Dan, Founder of Flow Temple in LA

Flow is what's going right when you're in the Zone. Flow comes from losing yourself and doing something so completely that you're not thinking about it. Flow comes from Now striking you as so compelling that everything else fades away. Flow is the guiding grace in charge when your ego and fear are not. Flow toes the fine line between controlling your actions and obeying your commands.

Some people sit in the snow in the Himalayas for years eating nothing but bark and beetles to improve their flow. The lucky ones simply slip into the Flow naturally. Others train and train so as to more easily find, focus and maintain their Flow.

We also Flow with meditation, yoga, chanting, music, tantra, breathing and many other techniques. Others flow with tai chi, rapping, walking, whirling, knitting, surfing and more. It's an important distinction that NOT everyone who spins, meditates, chants, raps or knits is doing it in the Flow. Wondering whether you're in the Flow is like wondering if you're in love. You know when you Flow. And Flowing is half the battle