CULTIVATING INNER WARMTH THROUGH THE SKILL OF SELF COMPASSION

Class 2

**ENTERING THE FELT SENSE**

**(understanding the science of safety)**

SELF VISIBILITY – SELF RECEIVING – SELF TRUST

“WHAT DISTURBS AND THEN NOURISHES HAS EVERYTHING WE NEED”

David Whyte

“What disturbs, calls you to a place that you might normally avoid or abandon within which rests the answer to what you are longing for, ‘the nourishment’.”

Clare O’Sullivan

THE DILEMMA:

Entering The Felt Sense Is Painful –v- Longing For Ease (No Pain)

**OVERVIEW**

* What has turned us away from noticing what’s alive in our body’s?
* What has made our bodies no longer a comfortable place to be?
* Who to do with the in-formation that lives there
* How to be with the in-formation that lives there
* Gifts of being with your body in full presence
* Drinking from the deep well of things as they are
* To no longer self-abandon

**PURPOSE – The Science Of Safety – (when challenged by a moment in time)**

* To learn more about the wise origins of your inner reactivity to life – even though it can feel like something that is ‘in the way’ of you building your life
* Find room for all that you feel and experience, cultivate inner spaciousness. *Widening your window of tolerance*.
* CHOICE - The purpose of the warming process? To be here fully, in your truth in order to live thamore peacefully; No longer judging and blaming yourself or others for your inner pain, but you can let them know that there is something they are doing that is hard for you to bear.

**START WITH THE VULNERABILITY**

* To be vulnerable is to be human, it is the way we begin life, and then we meet our culture – it’s that simple and that painful
* Entering the *dance between* vulnerability and protection
* Vulnerability as our natural state – not in the form of ‘I feel vulnerable’

**ORIGINS**

**(In summary, there was a moment in time that was too big for your ventral vagal pathway to process – polyvagal theory)**

* There is a tragedy (lifelong and even centuries of grief) for how much our nervous systems have been asked to integrate
* There were and are times when to stay fully conscious in our bodies was/is intolerable – our nervous systems were/are so shaken, so disturbed that we could/can no longer be present.
* These life events are the source of relational trauma and disorganised attachment, a fragmentation of our psyche and our nervous system, resulting in creating an attachment hunger

**THE AMYGDALA (OUR EMOTIONAL ALARM) – adaptive creative ways of survival**

DON’T WANT! – being the initial message when it is activated

* The mobilised energy of fight or flight - I am gonna fight back because the world feels dangerous/overwhelming, I’m gonna disappear because the world feels dangerous/overwhelming - a sense of being collapsed and being immobilised
* When the amygdala is activated we can have a sense that we are still falling, terrified, and we never hit the bottom – these sensory elements are not necessarily available to conscious knowing but arise when some similar sensation or perception occurs in the present moment
* The amygdala doesn’t know who is out there, it is stuck in the time that the trauma happened, and so needs our compassionate intervention in order to soothe it
* This brings choice – we can receive this collapse and respond to it with a ‘yes’ ‘no’ ‘maybe’ (we have choice with what to do with the information)

**BATTLE OF THE HEMISPHERES**

More about the origins of the formation of ‘negative’ thoughts or ‘savage default mode network’ within fight, flight, freeze, alarmed aloneness

'The winner takes all' is the working relationship of the hemispheres. The brain consistently goes to whichever is better to do the 'WHOLE JOB' or the most ingrained pathway (habitual). And so with trauma, could it be that, if our brain is so used to a particular track in responding to outward stimulus, and without our intervention, it will continually choose that embedded path?

**ENTERING THE FELT SENSE - REACTIVITY** (what we meet there – the in-formation)

**It’s not your ‘mind’ – it’s your biology!**

Self-Compassion is a process of familiarising yourself with the weather in there, your longings filled voice making itself heard –

* The tidal waves, the ripples, the tsunamis
* The lurking sense of danger.
* The grief, the things I don’t want to grieve, the things I am tired of grieving,
* The panic
* The racing heart
* The nausea
* The anxiety
* The rage
* The shock
* The bewilderment
* The disillusionment
* The hopelessness
* Verbal narrative = The savage DMN (to self and to others)

**HOPE**

Cannot tell you the river-flow of gratitude in me for the neuroscientists, especially the ones that also hold the evidence against the backdrop of our culture and of the impact of trauma.

And so we are now told that we have the beautiful healing capacity to *experience and hold the experience simultaneously* Neuroscience now demonstrates that along with the innate urge to connect with life and with other humans – the human brain is capable of being distraught (scared, anxious, depressed) whilst simultaneously observing ourselves with compassion as a loving parent or partner would. The ability to experience and hold the experience is the key to maintaining balance and self-awareness in the face of life’s challenges and the key to hope for the softening of the violence through our species:

Thus - Widening your window of tolerance (and doing this work in a group can enhance this capacity)

(ref: Sarah Peyton – Your Resonant Self).

**REMEDY – THROUGH SELF-RESONANCE - INTERVENTION**

Self-Resonance is the mission ~~im~~possible (rescue mission, rescue remedy)

* Focusing your senses inwards, including our sight
* Entering the Dynamic life filled ‘now’
* To see and be seen – hunger
* By seeing the truth of how our body responds to life in all its forms, by becoming visible to ourselves, by seeing more clearly what is happening, we may be in a better position to do something about it.
* Entering the holy grief held within, through our own history and that of our ancestors
* All that rises is to look after you to protect you ie to call you home to your body to reveal your needs
* When hearing the Inner and Outer critic – hearing the **attempt to contribute** (highlight your needs and the needs of others)
* The self-compassion process is to warm it rather than suppress it or discharge it, and through the warming process it can reveal to you the origins of its voice, it’s longings then and its longings now
* Self-Regulation through the truth the ‘no wonder’ and ‘of course’
* Integration and belonging with ourselves first, the rest will take care of itself
* Self-Regulation through Self-Compassion - healing on a synaptic level through warm resonance

**SELF RESONANCE - process**

* Could this be comfort in a new form - in a truth and belonging to oneself, and self-acceptance through the naming process of how life impacts you and what you are longing for?
* Entering the dynamic peace in the moment – through the thawing process
* Melting the apparent surfaces away and displaying the infinite (David Whyte)
* Following your pain; hearing what you are longing for means you can choose and create a life that brings you spaces that are less painful (whatever that is for you).

**TOOLS**

* Self-accompaniment process in video
* Self-visibility invitation video
* Self-empathy video
* Needs video