

New *Renaissance*

"It's our time to Shine!"

Experience Vibrant Health through
Healing Your Emotions

KARI BROWNING

- * Seminars on Releasing Toxic Emotions
- * Releasing Toxic Emotions Appointments
- * Online Releasing Toxic Emotions (RTE) Certification Course
- * Wellness Intensives
- * Wellness Retreats
- * Personal Mentoring

www.newrenaissance.us

208.640.9292 | kari@newrenaissance.us

A vibrant nebula with a bright star and a vertical light beam. The nebula is composed of various colors including blue, green, yellow, and orange, with a bright star in the upper left corner emitting a vertical beam of light. The background is dark with scattered stars.

Session Three

Releasing Toxic Emotions

www.newrenaissance.us

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”
(Matthew 11:28-29 Message)

“How to Turn Off the Stress Response”



What is Stress?

A state of mental or emotional strain or tension.

A neurobiological response to a perceived threat.



Stress Causes Illness



Conditions Associated with Autonomic Nervous System

Dysfunction:

Adrenal Fatigue

Candida

Recurring Headaches

Impotency and Erectile Dysfunction

High Blood Pressure

Heart Disease

Multiple Chemical Sensitivity

Bipolar

Manic Depression

Autism

Food Sensitivities

Hyperactivity

Alcoholism

Addiction

Compulsive Overeating

Ulcers

Insomnia

Panic Attacks

Heart Arrhythmia

Gastrointestinal Disorders

Bowel Disorders like Constipation and IBS

Multiple Sclerosis

Obesity

Circulation Disorders

Hyperactivity

Attention Deficit Disorder

Violence and Aggression

Overactive Bladder

Excessive Sweating

PTSD - Post Traumatic Stress Disorder

Tachycardia

Chronic Fatigue

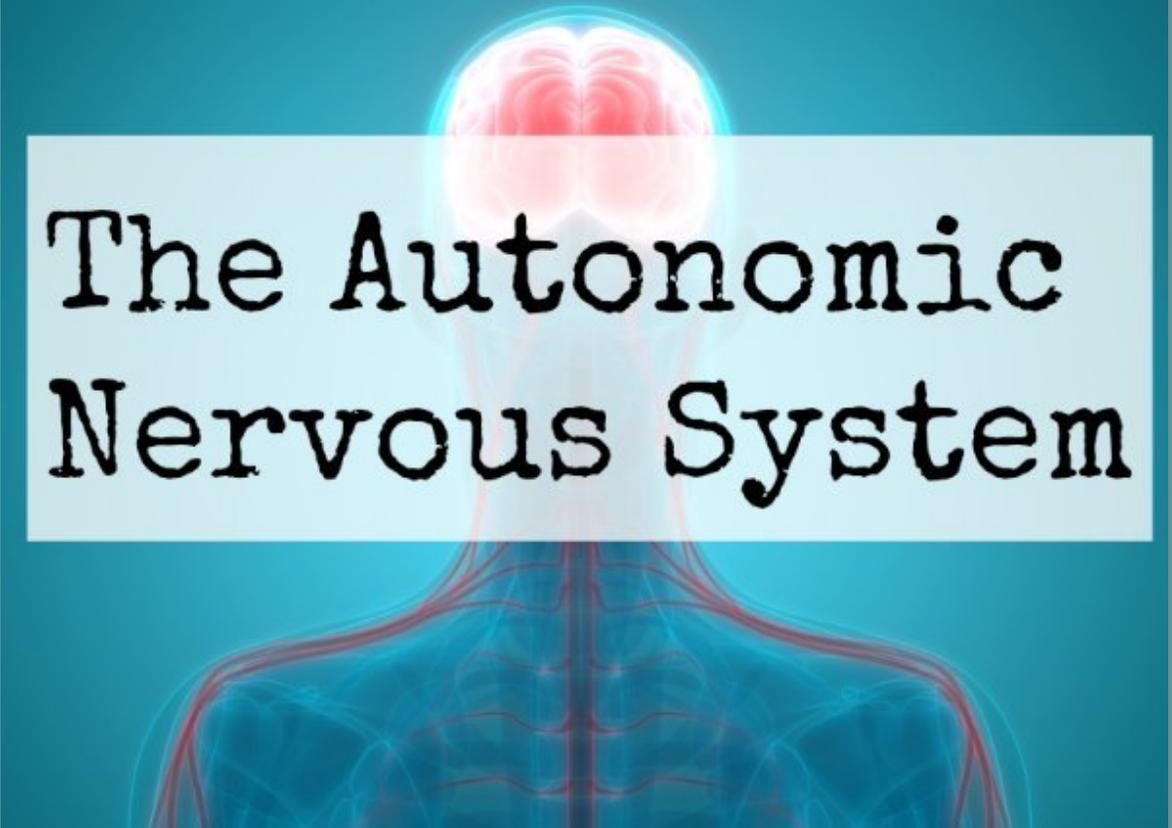
Fibromyalgia

Depression

Anxiety

Alzheimer's

Parkinson's



The Autonomic Nervous System

The autonomic nervous system is responsible for control of the bodily functions not consciously directed, such as breathing, the heartbeat, and the digestive process.

Autonomic Nervous System

Sympathetic - "Fight or Flight"

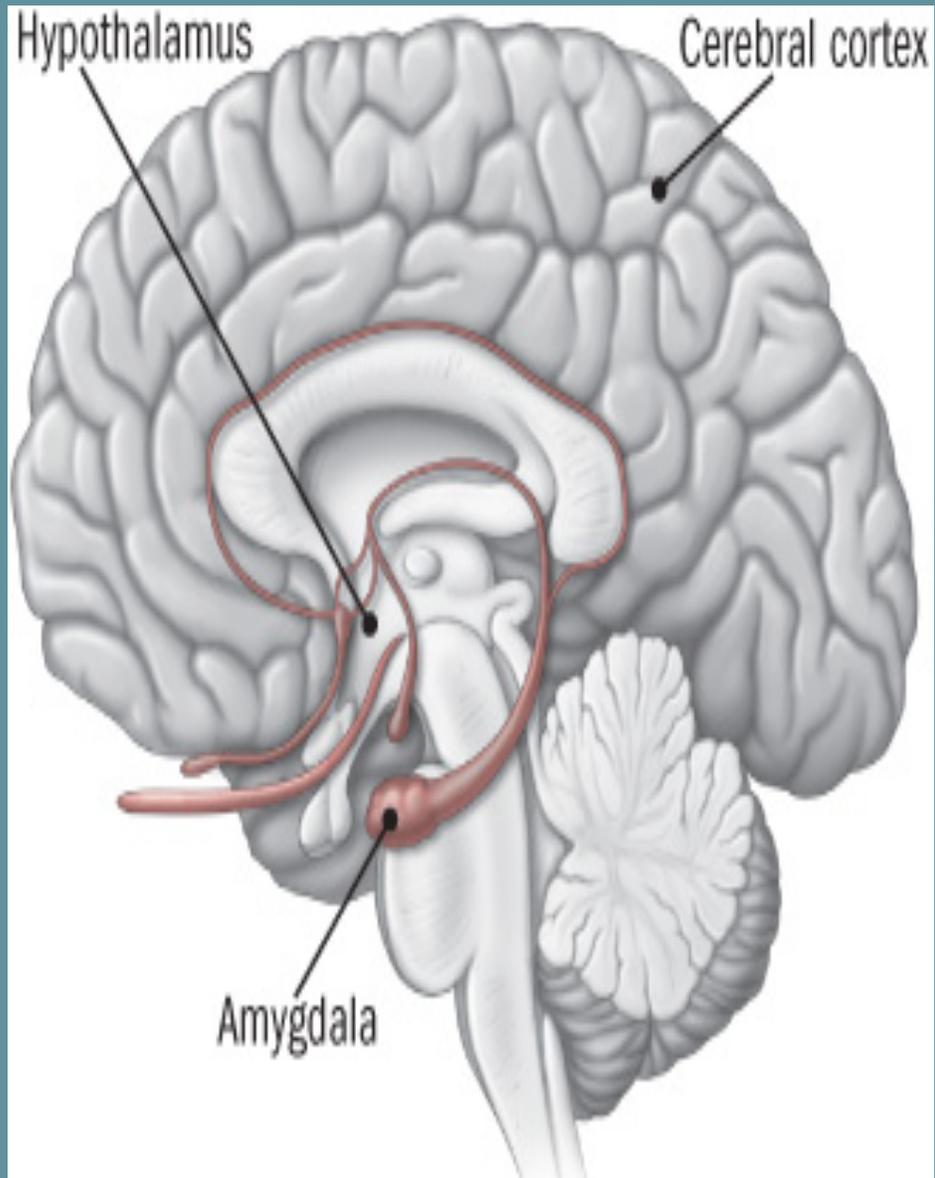


Parasympathetic - "Rest and Digest"



Anytime you experience stress of any kind, the sympathetic nervous system is activated.

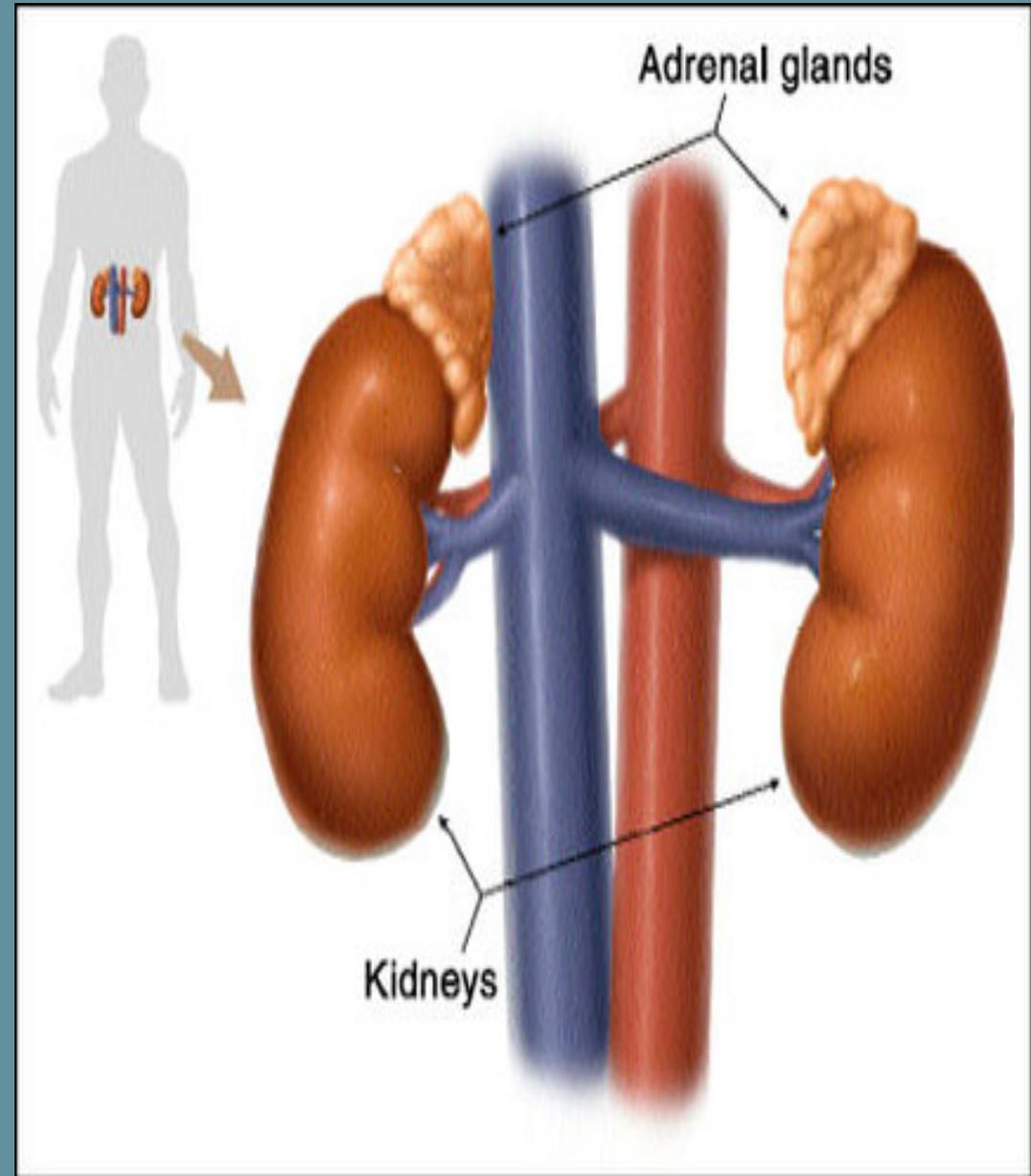




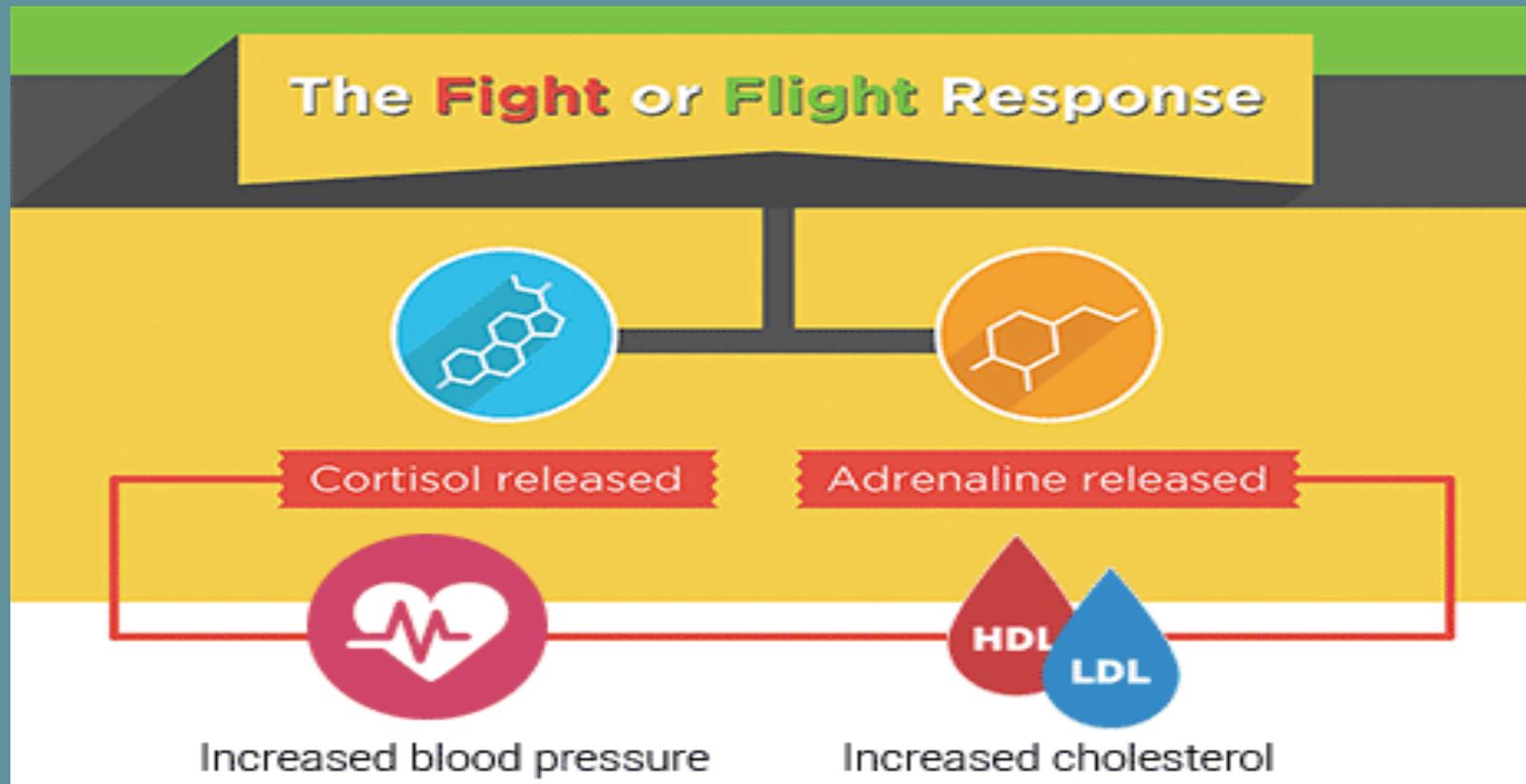
Your amygdala — where fear registers in the brain — fires off signals to the hypothalamus.

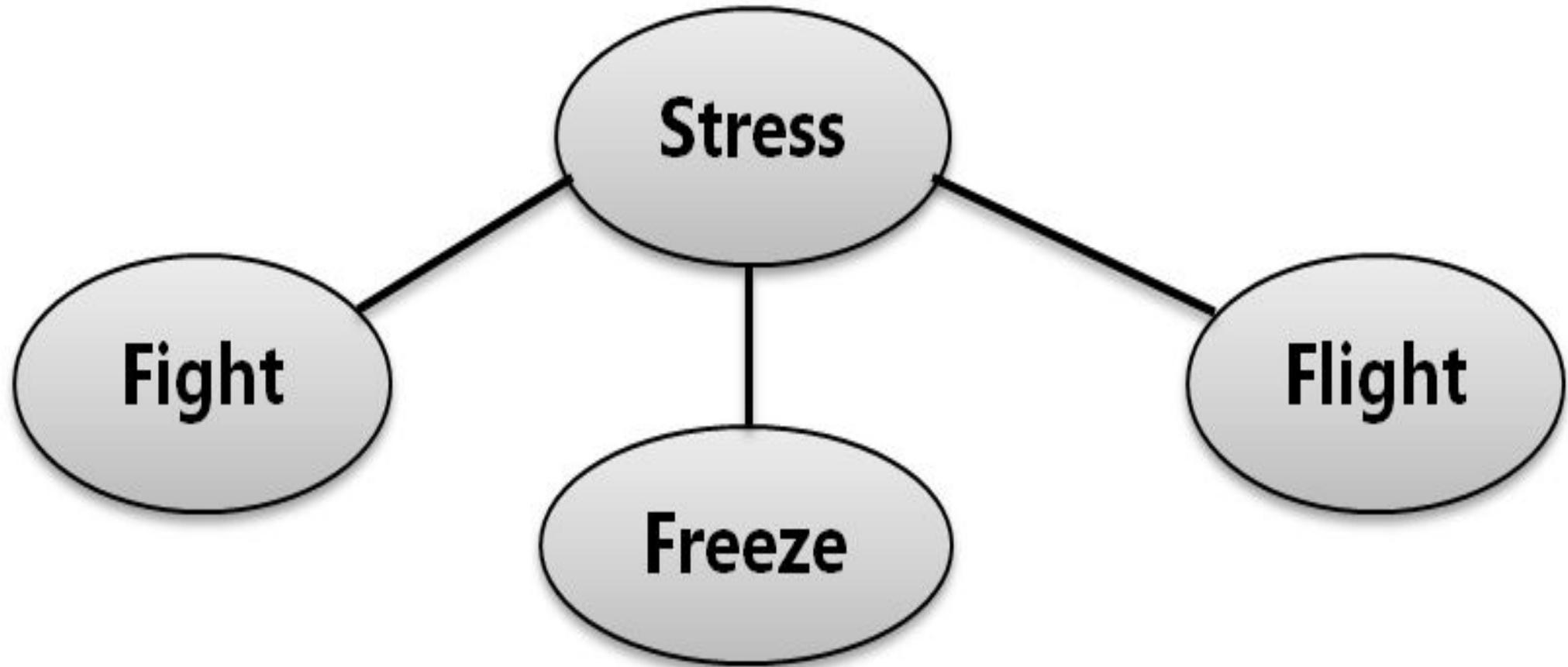
The hypothalamus controls the sympathetic nervous system.

Your body's adrenal glands, located near your kidneys, release adrenaline – the “fight-or-flight” hormone — along with norepinephrine and cortisol, which are stress hormones.



With these hormones surging through your body, your heart races, your muscles contract, your breath quickens, your blood pressure rises, and your pupils dilate.





Not Feeling Safe
Early Trauma
Emotional Stress
Internal Conflict
Cognitive Stress
Sensory Stress
Environmental Stress
Hopelessness
Physical

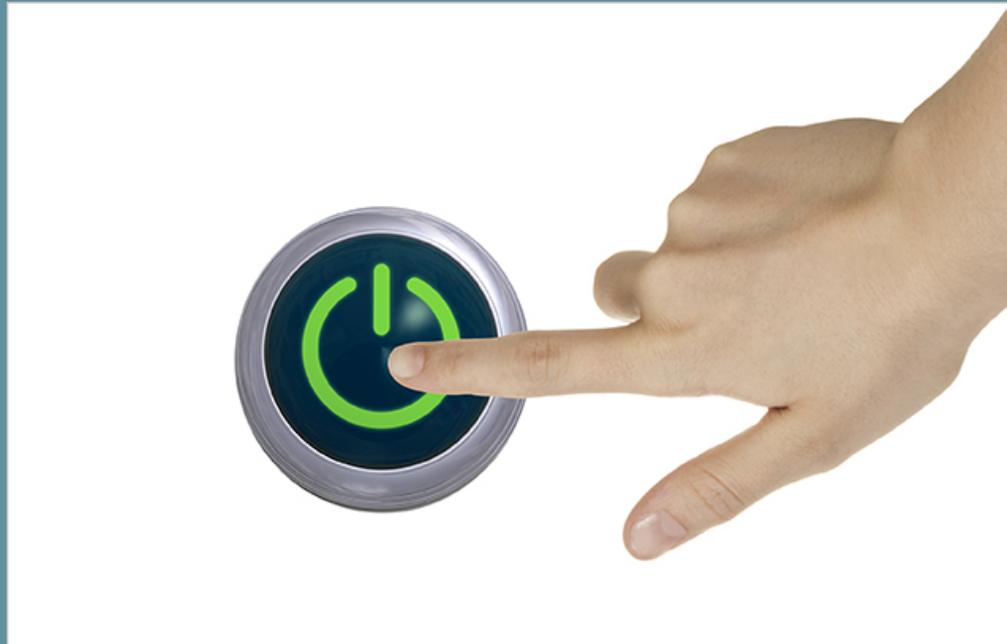
The stress response also turns on when we are in a rush or hurrying.





When your total stress load, which is the sum of all your stressors added together, becomes too high then you can experience an emotional break down, a health crisis, or “burn out.”

*If you are under stress on an ongoing basis,
then the stress response system never turns off.*



Some nervous systems will stay stuck in “on” while others will become stuck in “off,” which is the Freeze response.

When the Freeze response happens, the person shuts down and we see symptoms of disassociation, depression, fatigue, disconnection, and lethargy.

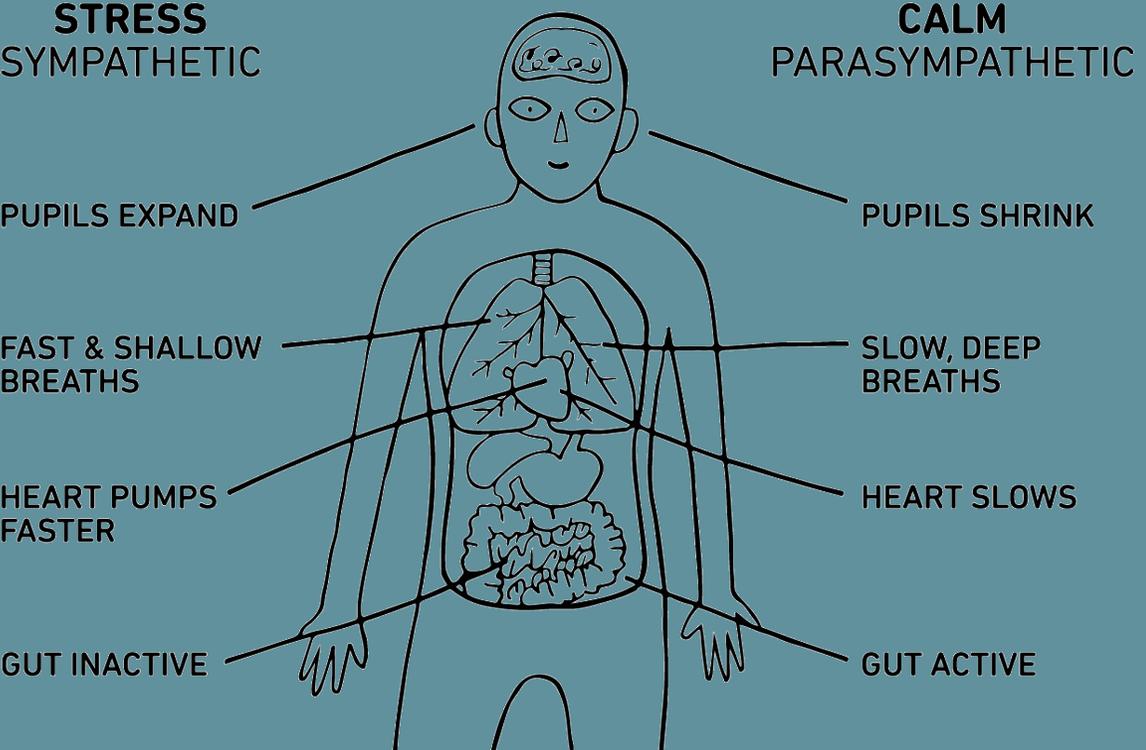


When your system is overstimulated like this, you will have a hard time managing your emotions and are more likely to act impulsively.

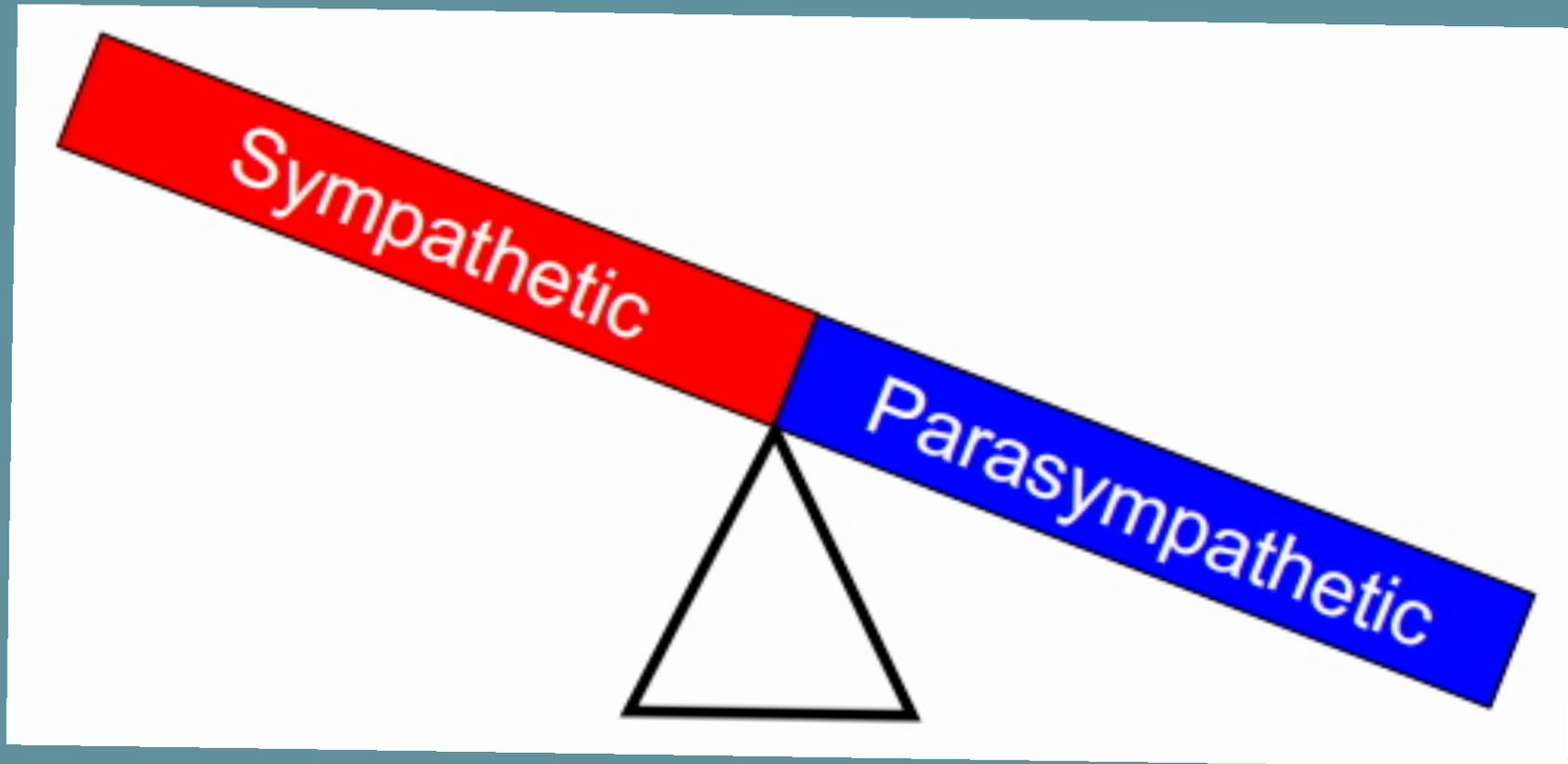


The Parasympathetic Nervous System is the rest, repair, and digest system.

We must be in parasympathetic nervous system dominance for healing and optimal health to occur.



*These two systems work in opposition to one another.
When one is turned on, the other is turned off.*



*Sympathetic = Degenerative if
continues for an extended period of time.*

*Parasympathetic = Regenerative and
healing. The preferred state for the body
and mind.*

Chronic stress, severe trauma, and early childhood adversity such as abuse and neglect, can cause extreme damage to the stress response system.

This type of trauma leaves the individual with stress circuits that remain in a hypersensitive state and perpetuate sympathetic nervous system dominance throughout their life.

This is the major contributing factor to disease.

*Most illness is just stress
from not living in
harmony.*

Bruce H. Lipton

Common Signs of a Dysregulated Nervous System:

Frequent headaches, jaw clenching, or pain

Gritting, grinding teeth

Neck ache, back pain, muscle spasms

Dizziness

ringing, buzzing or “popping sounds”

Increased or decreased appetite

Frequent blushing, sweating

Cold or sweaty hands, feet

Dry mouth, problems swallowing

Frequent colds or infections

Rashes, itching

Heartburn, stomach pain, nausea

Difficulty breathing

Insomnia, nightmares, disturbing dreams

Difficulty concentrating, racing thoughts

Trouble learning new information

Forgetfulness, disorganisation, confusion

Difficulty in making decisions

Feeling overloaded or overwhelmed

Nervous habits, fidgeting, feet tapping

Irritability, edginess, over-reaction to petty annoyances

Obsessive or compulsive behaviour

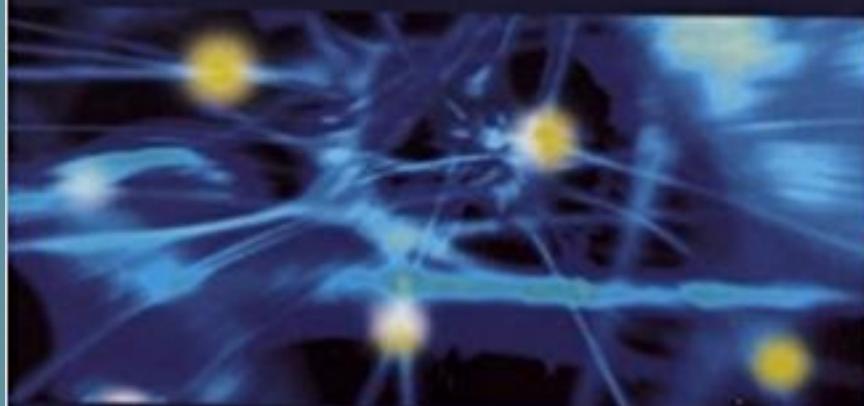
Social withdrawal and isolation

Constant tiredness, weakness, fatigue

Weight gain or loss without diet

Increased smoking, alcohol or drug use, gambling, or impulse buying

THE POLYVAGAL THEORY



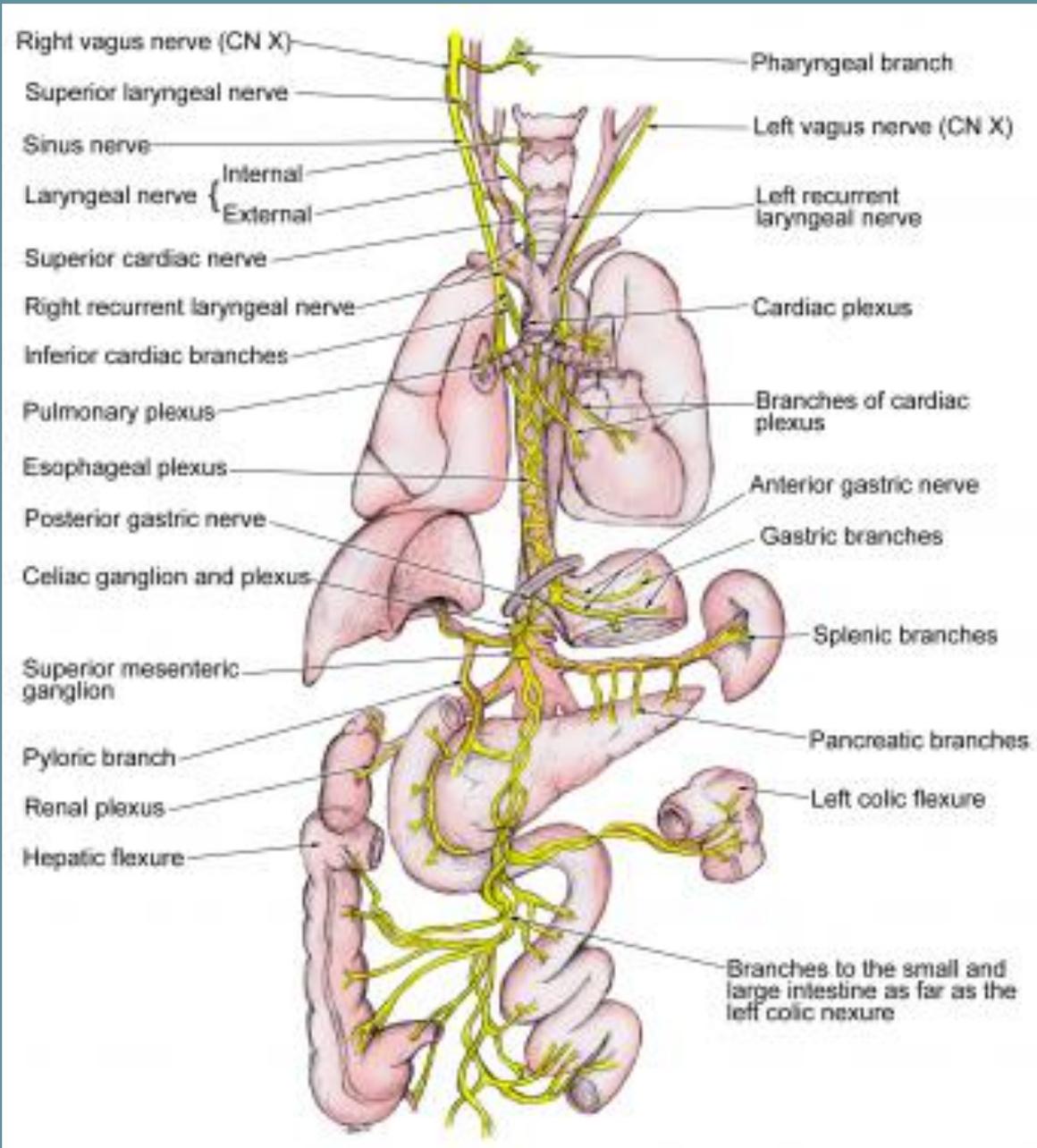
NEUROPHYSIOLOGICAL
FOUNDATIONS *of*
Emotions
Attachment
Communication
Self-Regulation

STEPHEN W. PORGES

Hmmmm.
I know this "Polyvagal
Theory" is important
for healing my PTSD
and Depression.
Now. If I could
just truly
understand it.

som^{ee}cards
user card





The Vagus Nerve
 The longest nerve in the body which originates in the brain and travels down the neck and then passes around the digestive system, liver, spleen, pancreas, heart, and lungs.

The Vagus Nerve Affects our Organ Systems

How The Vagus Nerve Affects Organ Systems

Heart

Decreases heart rate, vascular tone.

Liver

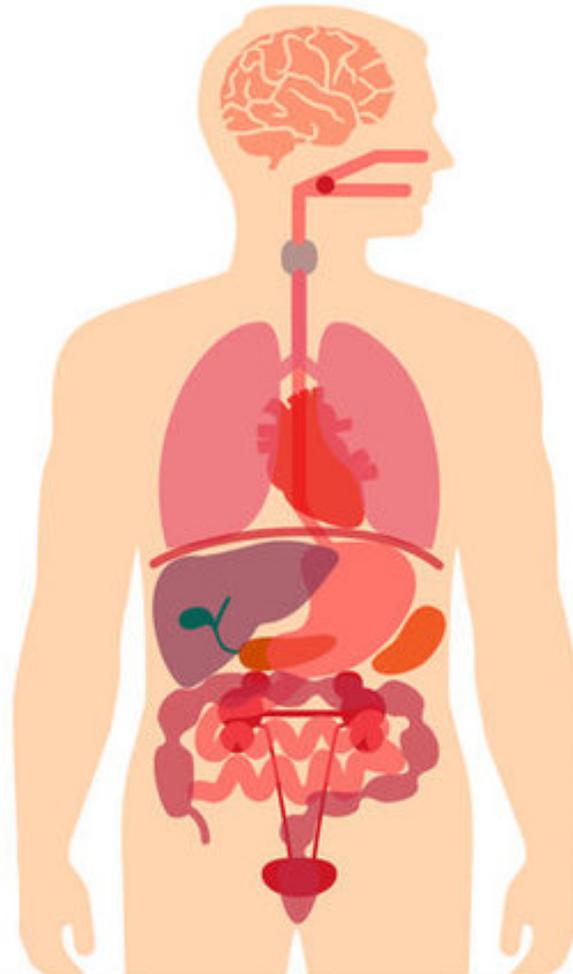
Regulates insulin secretion and glucos homeostasis in the liver.

Gut

Increases gastric juices, gut motility, stomach acidity.

Inflammation

Suppresses inflammation via the cholinergic anti-inflammatory pathway



Brain

Helps keep anxiety and depression at bay. Opposes the sympathetic response to stress.

Mouth

Taste information is sent via three cranial nerves, one of which is the vagus nerve. The vagus nerve is needed for the gag reflex, swallowing, and coughing.

Blood Vessels

Decreases vascular tone, lowering blood pressure.

Vagal Tone

The tone of the vagus nerve is key to activating the parasympathetic nervous system.

Vagal tone is measured by tracking your heart rate alongside your breathing rate. Your heart-rate speeds up a little when you breathe in, and slows down a little when you breathe out. The bigger the difference between your inhalation heart-rate and your exhalation heart-rate, the higher your vagal tone.

Higher vagal tone means that your body can relax faster after stress. It is also associated with better mood, less anxiety, and more stress resilience.

We can learn how to turn off the stress response by becoming more aware of our body and by doing things to stimulate the vagus nerve and to relax our nervous system.



Calming Your
Nervous System

A damaged or compromised vagus nerve can lead to extreme physical and mental disorders.

The vagus nerve, and the entire nervous system, can be optimised by a few simple practices.

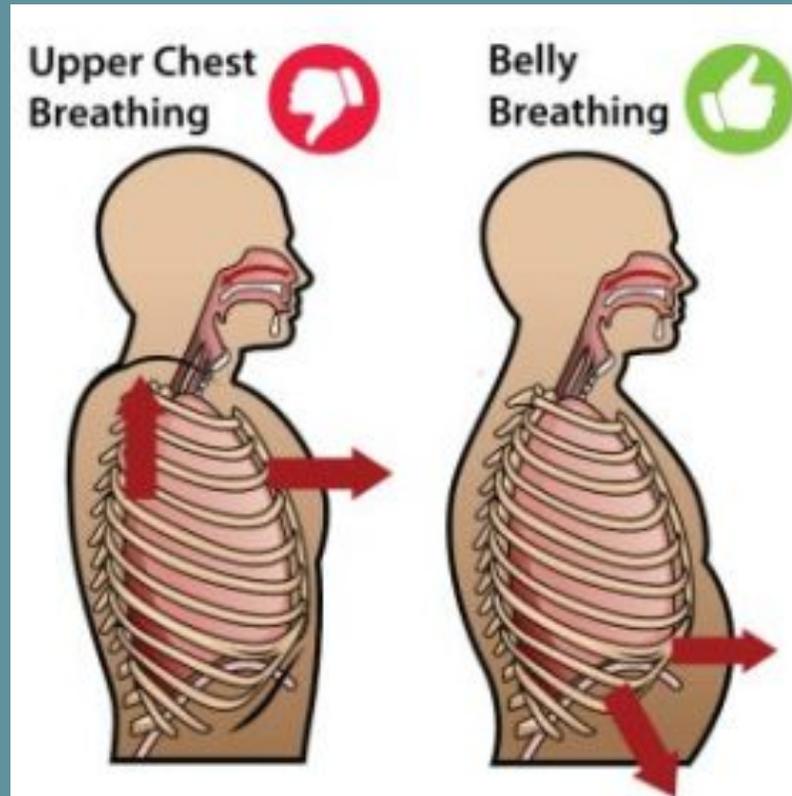


PAY ATTENTION
TO YOUR BODY

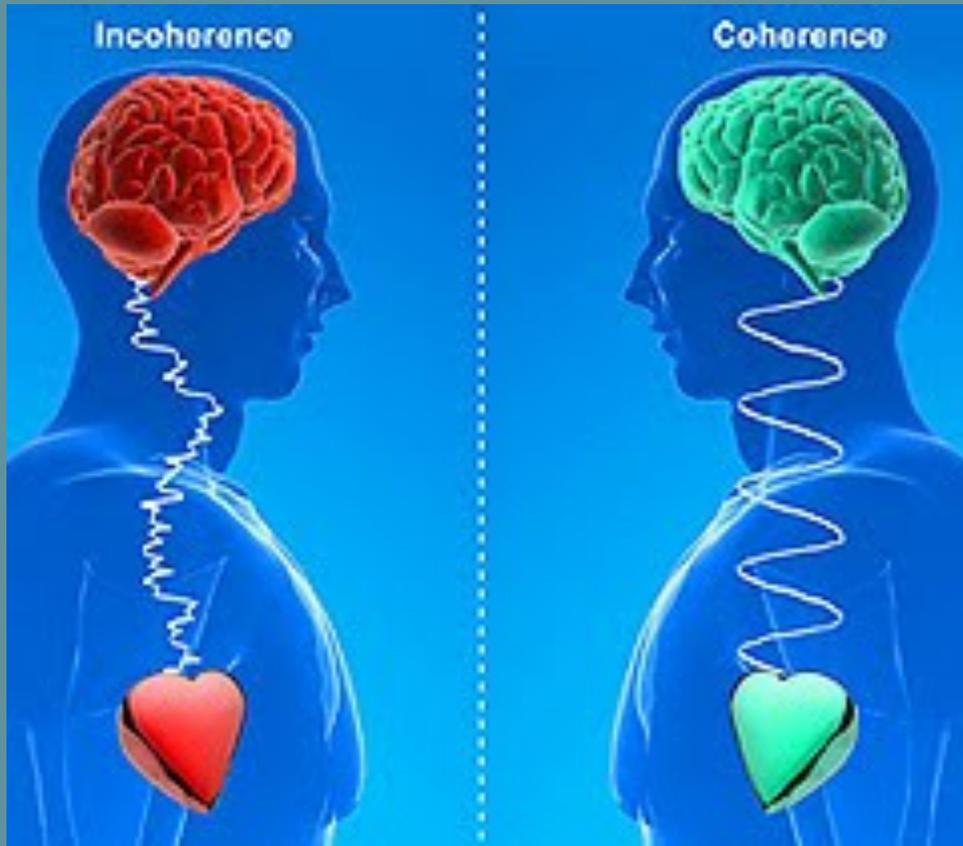
*We can turn off the stress response by creating sensations that tell the body that there is no emergency.
Breathing has a HUGE capacity to calm the brain and regulate the nervous system.*



Deep breathing exercises should be practiced every day, in the morning when you get up and in the evening before going to sleep and anytime throughout the day that stress feels particularly high.



Coherence, refers to the synchronisation of our physical, mental, and emotional systems. It can be measured by our heart-rhythm patterns: the more balanced and smooth they are, the more in sync, or coherent we are.

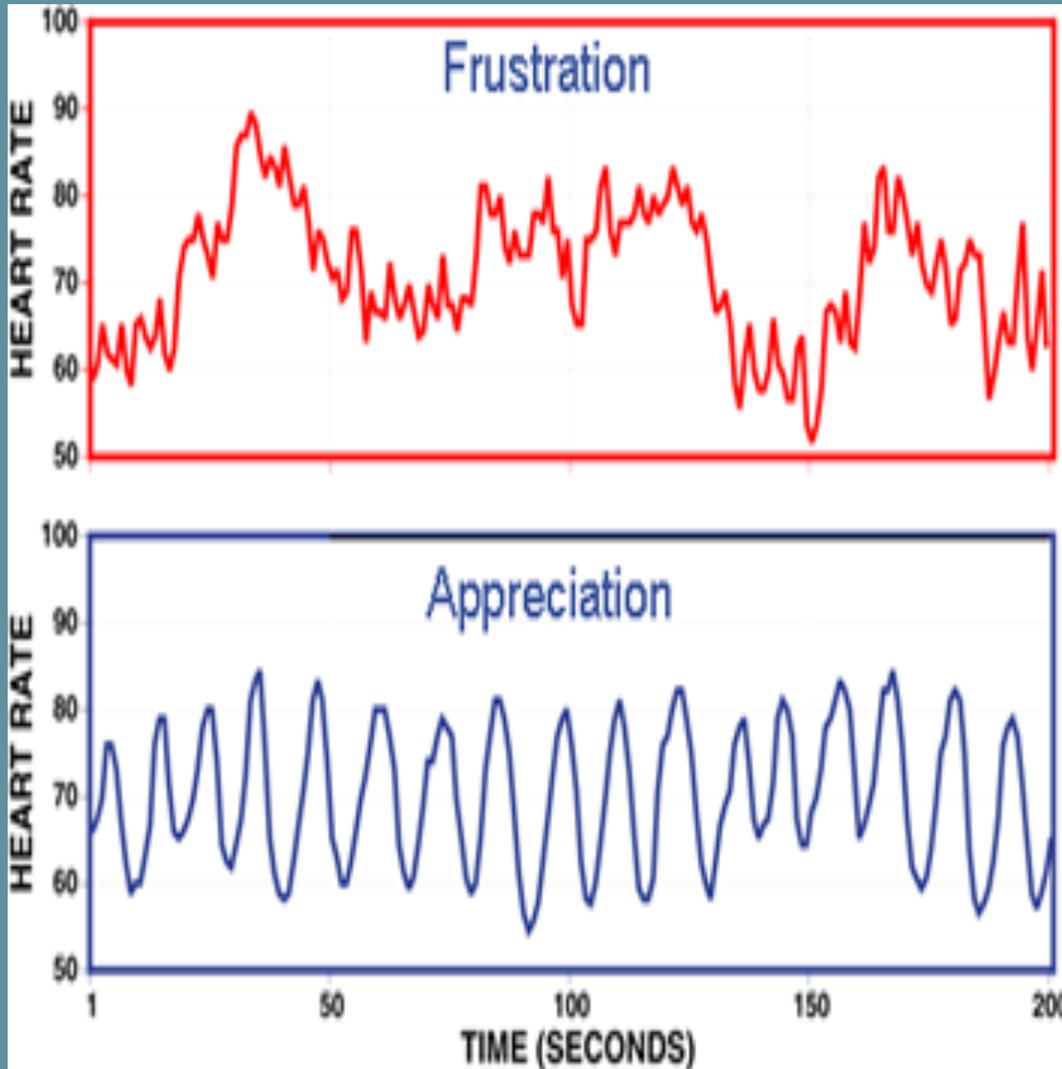


Heartmath.com

One of the simplest ways to have heart coherence is through experiencing positive feelings such as compassion and love. We become incoherent when we experience emotions such as anger and fear.

You can improve your Heart Rate Variability (HRV) by practicing various, daily techniques to help neutralise your negative feelings and to build uplifting, calming emotions.

Focusing on the heart and positive emotions, along with deep and slow breathing, can consciously turn off your sympathetic nervous system's response to stress!



When you are in a state of frustration, your Heart Rate Variability (HRV) pattern can be jagged and erratic.

When you are in a state of appreciation, your HRV pattern will be smooth and coherent.

HeartMath's Inner Balance™ or emWave™ sensors measure coherence. They can help you shift to emotional balance and help you learn how to turn off the stress response.



The Quick Coherence® Technique

Step 1: Heart-Focused Breathing

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual.



The Quick Coherence® Technique

Step 2:

Activate a Positive Feeling

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.





Emotional Freedom Technique - EFT

Studies show that both ancient acupuncture and tapping on acupressure points signal the amygdala to calm down.

Tapping on these points signals the amygdala that we are safe,

Sound and Music Therapy

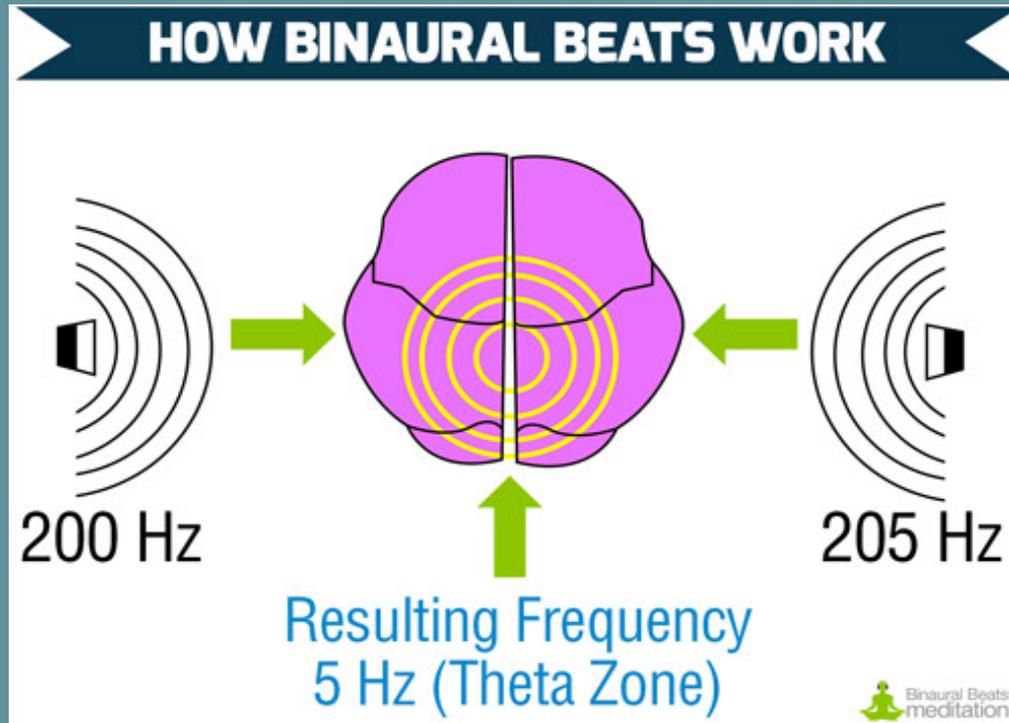


King David used music to calm and bring deliverance to King Saul.

Singing bowls, gongs, drumming, and binaural beats have a positive impact on the nervous system and the vagus nerve specifically.

Music floods our brains with dopamine—the happy chemical. It also releases oxytocin, a natural painkiller and hormone that allows us to bond with and trust people.

Binaural Beats



When one tone is played to one ear, and a different tone is played to the other, the two hemispheres of the brain connect and create a third (internal) tone called a binaural beat.

This is said to synchronise the brain, providing clarity, calmness, and faster communication between the mind and the body.

Parasympathetic Blend:

Equal amounts of clove and lime essential oils in a roller bottle. (Add carrier oil if skin is sensitive.) Apply behind ears on bone.



Calming Essential Oils



WAKING THE TIGER

HEALING TRAUMA



PETER A. LEVINE
WITH
ANN FREDERICK

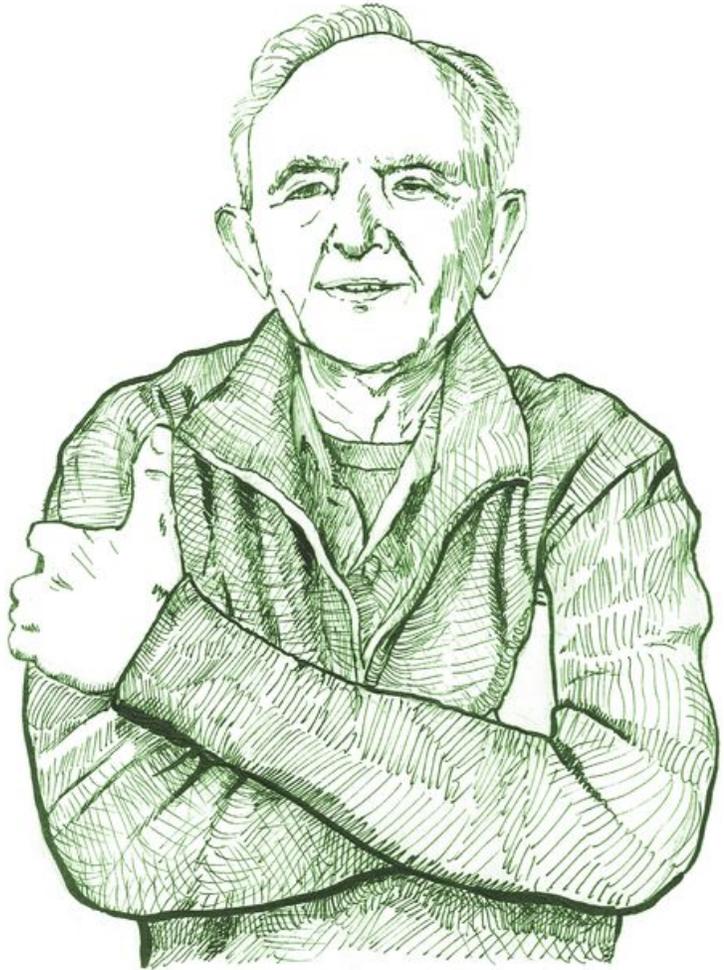
Somatic experiencing is a form of alternative therapy aimed at relieving the symptoms of post-traumatic stress disorder (PTSD) and other mental and physical trauma-related health problems by focusing on the client's perceived body sensations (or somatic experiences).

Quote by Peter Levine:

“Trauma is a highly activated incomplete biological response to threat, frozen in time. For example, when we prepare to fight or to flee, muscles throughout our entire body are tensed in specific patterns of high energy readiness.

When we are unable to complete the appropriate actions, we fail to discharge the tremendous energy generated by our survival preparations. This energy becomes fixed in specific patterns of neuromuscular readiness. The person then stays in a state of acute and then chronic arousal and dysfunction in the central nervous system.”

This self-holding exercise helps create an internal state of calm.



This exercise brings a “settling” feeling and the person feels less overwhelmed.

When the person can feel the container, then the emotions and sensations do not feel as overwhelming because they are contained.

The goal of this exercise is to calm the nervous system, bring the self back into the body, develop more body awareness, and to train one's own nervous system to remember what normal is like.





By holding these neuro-vascular points, you can turn off the stress response.

When stressed, blood is being sent to parts of the body to activate the fight and flight response and you can't think clearly. By holding the forehead and the back brain, you can assist the blood in the brain to circulate more efficiently.

It will stop the fight or flight response and calm the nervous system!

Somatic exercises work directly with the nervous system to release chronic muscular tension, relieve chronic pain, and improve posture and movement.



Trauma-Informed Yoga



Colleen Saidman Yee

“Yoga for Life”

1. Hips and Pelvis

2. Diaphragm

3. Throat

4. Jaw

5. Hamstrings

6. Shoulders

7. Neck

7 Poses to Release **Trauma**



1. Bound Angle Pose



2. Pond Pose



3. Upward Facing Dog



4. Lion Pose



5. Pyramid Pose



6. Arm Swings



7. Headstand



Studies have shown that light to moderate intensity exercise for at least 30 minutes per day at least five days per week can improve the Parasympathetic nervous system response.



During sleep the sympathetic nervous system—the fight-or-flight system—relaxes, and blood pressure lowers and muscles relax.

The parasympathetic nervous system is more active.

Sleeping or lying on your right side can increase vagal activation.

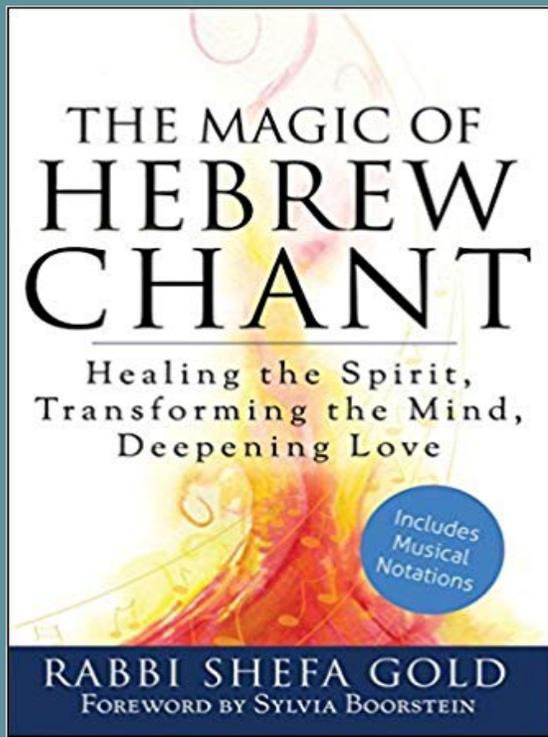
Most adults need 7-9 hours of sleep per night.



*His delight is in the law of
the LORD, and on His law
he meditates day and night.
(Psalms 1:2)*

Meditation activates the parasympathetic nervous system. It slows down heart rate, breathing rate, blood pressure, and soothes all other sympathetic nervous system fight or flight functions.

Medical studies have shown that individuals who practice meditation daily have lower levels of adrenaline, norepinephrine, and cortisol.



*“A few short words
—repeated with passion
and intention—can
unlock treasure upon
treasure of healing,
wisdom, and love.”*

Benefits of Chanting:

It regulates the rhythm of our breath, recalibrating the entire system of the body while slowing the thought waves of the brain.

It balances the relaxation and activation response of the nervous system by stimulating the vagus nerve.

It reduces the limbic activity and stress response of the brain while increasing the higher executive functioning parts of the brain responsible for traits such as empathy and patience, through the rhythmic repetition of words and phrases along with the vibration of sound.



In everything, give thanks....

(1 Thessalonians 5:18)

Gratitude causes the nervous system to relax.

Studies have shown that gratitude increases parasympathetic activity and decreases sympathetic (fight or flight) activity.

Practicing gratitude has been shown to reduce cortisol (the stress hormone).



The vagus nerve is connected to your vocal cords and the muscles at the back of your throat.

Singing, humming, or gargling can activate these muscles and stimulate your vagus nerve.



This has been shown to increase heart-rate variability and vagal tone.

“Let thy food be thy medicine, and
let thy medicine be thy food.”

Hippocrates, father of medicine

Foods that can Help Heal and Calm the Nervous System:

Fish (Salmon)

Eggs, meat, and dairy products

Nuts

Spinach

Coconut Oil

Oatmeal

Bananas

Blueberries

Broccoli

Avocados

Sweet Potatoes

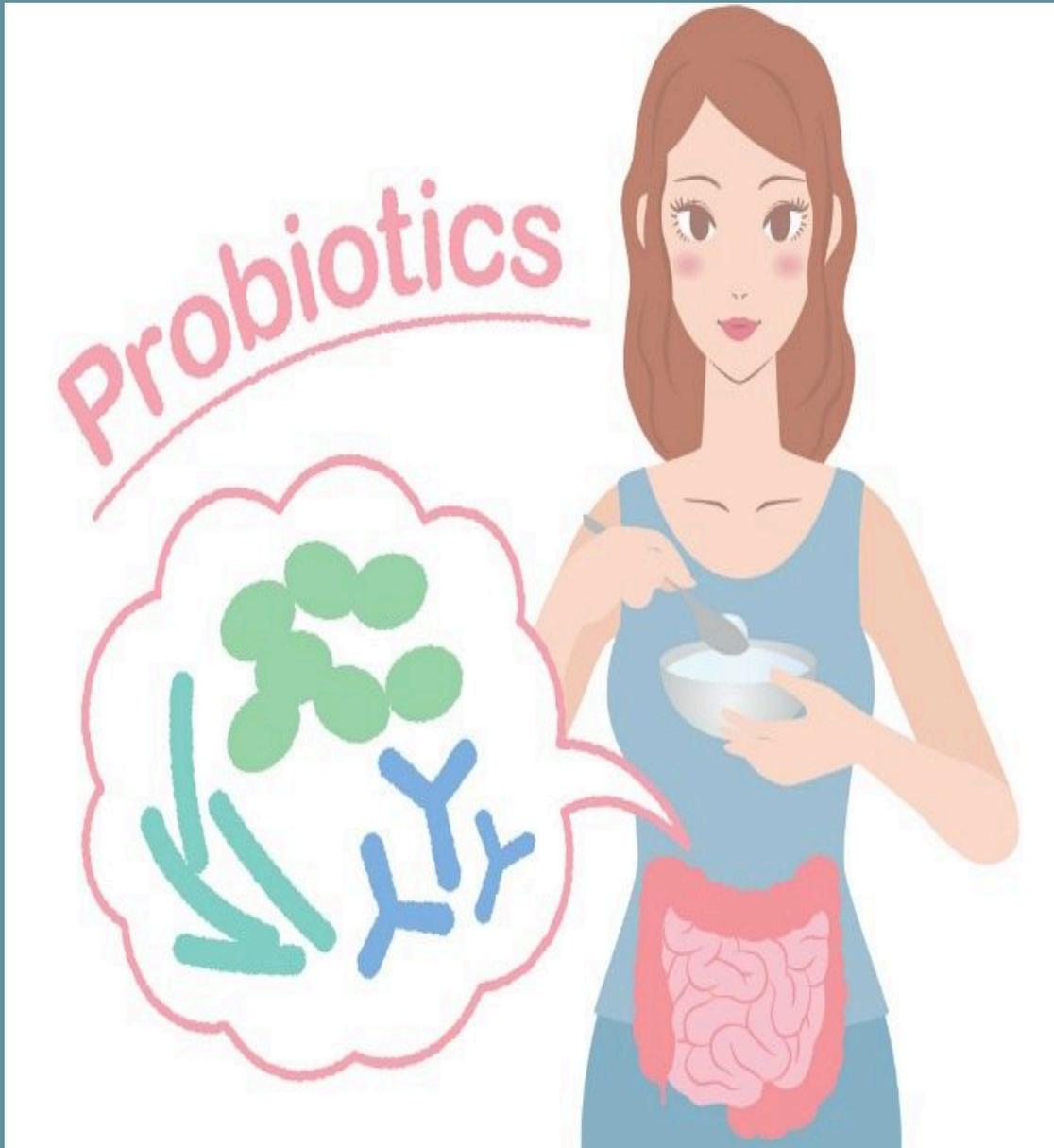
Dark Chocolate

We often use comfort foods and sugar to self-medicate.

To calm our nervous system, we need to eliminate processed foods or foods high in sugar as these excite the nervous system.

Also avoid MSG and aspartame as they negatively affect the nervous system.

Probiotics are effective in improving central nervous system functions.





Intermittent Fasting

The more energy the body uses on digestion, the less energy we have for healing and repair.



Practice Mindful Eating

Take a small bite of food, close your eyes, and chew it thoroughly (20-30 times) while paying attention to the texture and the taste of the food.

Instead of attempting to multi-task, eat with no distractions.



The body is about 72% water and water is vitally important for every important bodily function.

*Drink at least eight
8 oz. glasses per day.*

The amount and the quality of the water you consume can have a dramatic impact on your brain and nervous system.



“Laughter does good like a medicine.” (Proverbs 17:22)

Smiling reduces stress and elevates your mood.

Science has shown that the act of smiling reduces cortisol.

Putting a smile on your face releases dopamine, endorphins, and serotonin, which calm your nervous system.



Grounding has an almost immediate physiological effect on your Parasympathetic Nervous System.

Your muscles relax while grounding. Relaxed muscles tell your nervous system that you are safe and helps your body switch into parasympathetic mode.





Research has shown that therapeutic massage stimulates the nervous system to produce hormones that have tremendous benefit on the entire body, such as Dopamine (the happy hormone), Serotonin (the calming hormone), and Endorphins (the body's pain reliever).

Massage has also been shown to reduce cortisol.



Stress and excess adrenaline can drain your body of essential magnesium. When Epsom salt is dissolved in warm water, it is absorbed through your skin and replenishes your magnesium level.

It helps to produce serotonin, which is a mood-elevating chemical in your brain that creates the feeling of being calm and relaxed.

Soaking in an Epsom salt bath can help regulate the electrolytes in your body, which is essential in proper functioning of your muscles and nerves.



Flotation Therapy

It's dark, quiet, and the water temperature matches your body temperature so you feel like you are floating in mid air.

When you float in a flotation tank, your body's magnesium and sulfate levels increase.

This helps to calm your nervous system and enhances your body's natural ability to heal.

The deep relaxation state that you enter when floating helps to reduce stress by reducing cortisol levels. Blood flow is stimulated and endorphins are released.



Acute cold exposure activates the vagus nerve.

Research has found that exposing yourself to cold on a regular basis can lower your sympathetic “fight or flight” response and increase parasympathetic activity through the vagus nerve.



Adding herbal teas to your daily routine can be an easy way to calm your nervous system.

Here are some of the many natural herbal tea remedies that can help you relax: Kava, Lavender, Peppermint, Chamomile, Passionflower, Valerian Root, St. John's Wort, and Lemon Balm.



The use of an infrared sauna engages the parasympathetic nervous system.

Stress relief and the release of emotional tension are important sauna benefits.

The infrared sauna helps to reduce physical stress by boosting blood circulation and stimulating the production of endorphins (the “feel good” hormones).



Acupuncture reduces stress and has been successful in helping people with various autonomic nerve-related disorders.

Research suggests that acupuncture stimulates the release of oxytocin, a hormone that helps regulate the parasympathetic nervous system.

When the spine is not aligned or the body is out of balance it can impact the function of the nervous system. Studies have shown that chiropractic is a very effective treatment for numerous neurological conditions including: Vertigo, Cerebral Palsy, Multiple Sclerosis, Parkinson's, Epilepsy, Tourette's Syndrome, and Autism.





Reflexology has been shown to increase vagal modulation and heart rate variability, and decreases the “fight or flight” sympathetic response.



Sunshine can cause stimulation of the vagus nerve.

When you are out in the sun, this stimulates a hormone that causes your skin to tan after sun exposure and it has a vagal-stimulating effect.

You can't
be your best
self
until you find
your tribe.

Our brains are wired for connection and are strengthened by connection.

Stress hormones are released when connection is disrupted, engaging the fight or flight response.

We need each other to heal the wounds of the painful disconnections from the past.

Change
starts
in your
thoughts.

*“As a man thinks in his heart, so is
he...”*

(Proverbs 23:7)

THE MOMENT YOU CHANGE YOUR PERCEPTION,
IS THE MOMENT YOU REWRITE THE
CHEMISTRY IN YOUR BODY.

DR. BRUCE LIPTON





Anxiety occurs when you think you have to figure everything out all at once. Breathe. Focus on taking one small step at a time. Over time, those small steps will add up to big transformations.



**KEEP
CALM**

AND ACTIVATE YOUR

**PARASYMPATHETIC
NERVOUS SYSTEM**

*“In order to heal others,
we first need to heal ourselves.”*

~ Thích Nhất Hạnh

*‘Love others as well as you love yourself.’
(Matthew 22:39)*

Definition of Shame:

*“The intensely painful feeling or experience of believing
that
we are flawed and therefore unworthy of love and
belonging.”*

Signs of Self-Hatred:

Inability to have fun or enjoy life

Difficulty looking in a mirror or seeing a picture of yourself

Negative outlook on life

Irritability and Moodiness

Anger

Discouragement - Depression - Despair

WHAT IF
YOU
SIMPLY
DEVOTED
THIS YEAR
TO LOVING
YOURSELF
MORE?

How to Practice Self Love





‘I’M WORKING MY
HAPPINESS LIKE A
FULL TIME JOB’

LOVE YOURSELF
ENOUGH TO
LIVE A
HEALTHY
LIFESTYLE.

Eating well
is a form
of self-respect.

“Learn to say ‘no’
without explaining
yourself.”

*Place your hands on your heart
Close your eyes and say to your heart:*

“I’m ready to heal.”

“I’m ready to listen to your wisdom.”

“I’m ready to deeply love and accept myself.”

“I accept myself the way I am without judgment.”

*“I accept my body the way it is with all its
beauty and imperfections.”*

“I break the lies I have been programmed to believe – all the lies that I am not good enough, or strong enough, or intelligent enough.”

“Other’s opinions do not define me. I am free to be me.”

“I am confident and bold.”

“I am seen and I am heard.”

“I am free, healed, and whole.”

“I enjoy my own company.”

“I am kind to myself and I forgive myself.”

“I accept others the way they are without judgment.”

“I forgive anyone who has ever hurt me.”

“My heart is healed to love myself and others unconditionally.”

“I like what I see when I look in the mirror.”

⁷ Instead of your **SHAME** you shall
have double honor,
And instead of confusion they shall rejoice in their
portion.

Therefore in their land they shall possess double;
Everlasting **JOY** shall be theirs.

Releasing Shame

Recommended Oil: Bergamot

“I deeply love and accept myself.”

“I am unashamed.”

“I am worthy of love.”

“I am lovable.”

“I accept myself completely.”

“I love my inner child.”

“I parent myself with unconditional love.”

“I am my own best friend.”

“I am affirmed and approved of.”

“I am honoured and favoured.”

“I belong.”



RTE Technique:



*Release Toxic Emotions with
Essential Oils*

Re-image Traumatic Memories

Renounce Negative Core Beliefs

Rewire the Brain

Regulate the Nervous System

Rewrite Your Story

Private Three-Hour RTE Session



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