

5 STEPS TO FREE YOUR BODY FROM STORED TRAUMA

(and unlock your greatest potential)

Tired of pushing your life like a ship through mud??

Here are the exact strategies that
I've used to overcome a decade of
chronic illness + multiple major injuries
to grow 4 successful businesses


Dr. Satya



HEALING IS HARD, AMIRIGHT?

Trauma is universal, really varying only by degree. But it doesn't have to stop us. The ones who thrive are the ones with the most powerful + effective resources to navigate it.

Trauma is, of course, terrifying. And so we tend to brace. We splint. We isolate. We freeze. And if we don't come out of that, the problem is that this sustained body tension perpetuates a trauma response in the brain.

When you're stuck in trauma response because of stored body tension, you can't move forward with your life. Forget creative productivity - it's just survival mode. Anxiety becomes a constant and everything feels amplified. You can't evolve and expand and really take up space and be who you are.

When we come from a deep place of purpose to do our work, nothing can stop us, right? We push and push and MAKE IT HAPPEN. Except you can only drive a ship through mud for so long. And the coping mechanisms we turn to most often either take time we don't have (like meditation and the gym) or simply mask symptoms...leading up to an inevitable health crisis that wrecks our ability to do our work in the world.

And working with providers like chiropractic, massage, physiotherapy, etc often re-triggers the trauma because they're pushing your body to let go instead of activating your internal self-healing mechanism.

That's why I developed this strategy to facilitate true healing that lasts, restoring resilience + stability from the inside out, so you can live your best unf*ckwithable life and express your unique magic!



STEP 1: Establish Safety



All change is challenging, even in the right direction.

Right down to the cellular level, our systems can be in either healing + growth mode OR protective + bracing mode, but not both at the same time. When you help the brain shift into healing mode, the body can soften and unwind with a more profound ability to release stored tension. You can facilitate this shift by establishing a sense of safety.

MENTAL FOCUS	Turn attention inward to your breath, establish mental presence, quiet the chaos of life, and consciously focus on reassuring your body that it is safe in this moment. Notice what is real, and see that you are safe in this moment.
BODY SIGNALS	Apply broad, gentle, deep squeezes (like cat paw massage) on your arms and legs. Like a tiny hug, these movements send specific signals of safety to your brain. Include joints like your shoulders, elbows, wrists, and even the bones of your hands and feet for extra happy signals.
SENSORY ENVIRONMENT	This step may also include activities to create a safe space in which to unwind, like adjusting lights + sound, moving to a room where you already feel safe, establishing communication boundaries for uninterrupted time, and clothing or blankets for sensory comfort.

The downshift from CHAOS to CALM activates self-healing so you don't need to force anything.

You can do this step before any type of bodywork or even a negotiation meeting so you're totally ready for change!

STEP 2: Facilitate Softening

This step so naturally follows step 1 that we often don't notice the transition. When your brain feels safe, the body softens. This is the true beginning of the unwinding process. You may notice that softening begins immediately upon establishing safety, and can be further facilitated with specific visualizations.

Here are my favorite two exercises to facilitate softening:

BODY MAPPING

Close your eyes and begin at your toes, scanning through your body slowly. Notice any places where you're holding tension. Notice the gaps between your body and the floor. Where is there space versus contact? Where could you maybe begin to soften? Continue into the next exercise...

RIDING THE WAVE

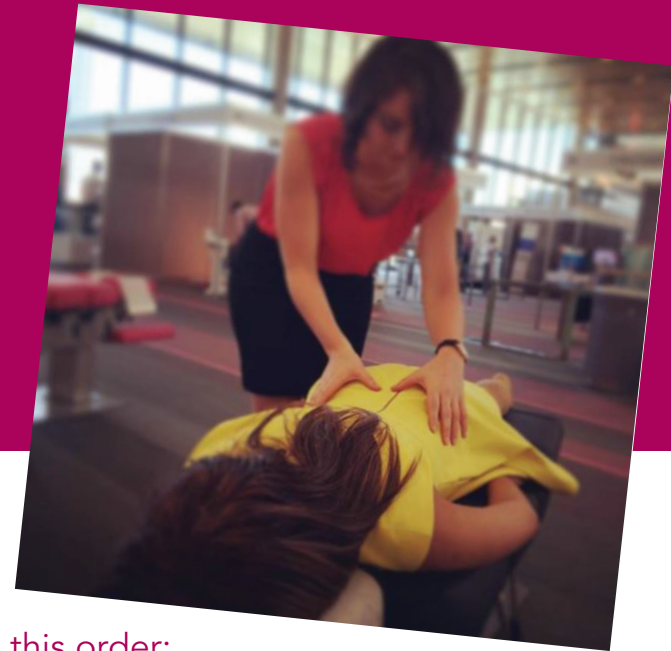
Pain is amplified by the bracing away from the original discomfort (like the toddler screaming to be heard). Pain is a messenger from your body telling you something is wrong. For this visualization, focus all of your awareness on the uncomfortable sensation, and try to truly feel it. Use the in-breaths to dive in, and on the out-breath notice if I might be able to soften just a bit. What could you maybe let go of in this moment? Are there any little bits that might soften? (without pushing). Like letting a wave take you for the ride in the ocean, allow the sensations in your body take over; surrender to it. If it feels too big, you don't have to do it all at once. You could even consider what small part could you unpack today, in this moment? And notice the softening from there...

This step is really about allowing the body to let go of whatever tension it's naturally able to release without effort.



STEP 3: Change / Expand

In this step, we start to “yawn open” the windows bit by bit, assisting the body in opening and moving through the stuck places as much as possible, but – and this is CRUCIAL – without pushing into a “guarding” or “bracing” mode. There are 3 layers to release, usually in this order:



- ENERGETICS** Energetic bracing often sustains joint restrictions, muscle tension, and other structural patterns in place. This layer can be addressed with providers like reiki, acupuncture, through yoga and/or meditation, and even with a good therapist or counselor. Other techniques like NET and EFT may help as well.
- FASCIA** Fascia is the most energetically charged tissue we know of, and when restricted in its movement often traps muscles and joints in sustained restriction and tension patterns. Fascia also has a very high density of receptors that signal safety to the brain, so gentle fascial release can have a strong neurological impact. Therefore, it's crucial to be careful and not push too hard with fascial release techniques (most of the professional techniques out there are so intense that they may be counterproductive and you often see a 'backsliding' into tension shortly after a session).
- JOINTS** Joint restriction sustains alarm signals that perpetuate 'survival mode' in the brain, so it's crucial to restore fluid movement. Joint restriction in the spine can also interfere with brain-body signaling. This layer is best addressed by a chiropractor, but it's crucial to find one with a high level of specificity and finesse in their adjusting skills, and a strong understanding of neurology.

Most people focus solely on this step of release / loosening of body tension. By addressing the layers in order, and within this 5 step context, you will experience greater ease and healing that lasts.

STEP 4: Re-Establish Safety



Before barreling through opening everything at once, we want to re-establish the sensation of safety, even with just a small pause and check-in to give the system a moment to recognize that the newly opened space is safe.

Remembering that all change is challenging, it's crucial that we take these moments to re-establish the sensation of safety and reassurance before trying to open and release deeper tension patterns.

WHAT TO DO

Revisit step 1 and use those same tools to bring the brain + body back into 'safety' mode.
(My personal fave is the squeezes, but if I have the time I'll do a quick body map visualization, too.)

PROTIP: This step is usually super quick, but **DON'T SKIP IT!** As soon as you notice Step 3 is approaching resistance, move into Step 4 and help the body feel safe with the newly expanded space. You can even do this when you feel triggered or overwhelmed in daily life to find center quickly.

STEP 5: Integration



Repetition helps the brain create a new pattern so it's less likely to regress into old bracing habits. We want to practice moving through the newly opened setpoint with ease and fluidity, without trying to open further just yet, so everything "gets with the new program".

Think of it like riding a bike: at first, you have to think about all the moving parts, but once you've practiced over and over it becomes second nature and apprehension dissipates entirely as the brain establishes an autopilot program running in the background.

WHAT TO DO

Practice moving gently and fluidly through the newly unwound area. For example if you just got fascial work and/or a chiropractic adjustment in your spine, you could allow your torso to move in tiny waves. Start at the low back and gently echo the wave up your spine. If you feel sticky or difficult places, think about how a river wears down rock (as opposed to forcefully chiseling through it). So go lighter, softer, smaller, or stop altogether if needed. It's the repetition of practicing smooth motion which helps integrate and adapt to a new 'normal'.

PROTIP: Check with your doctor before doing these or any new exercises, since of course I'm not intending to provide medical advice with this report :) These are merely suggestions you could try, and the concepts hold true regardless.

STEP 6: Concentric Repetition



From this place, we can come back to repeat steps 3-5 (expand, re-establish safety, integrate + adapt) concentrically... going bigger + deeper with each cycle, unwinding and expanding additional bracing patterns. In this way we build greater fluid ease over time in a way that is truly long-lasting and builds resilience along the way.

Here's an example of the full 5 steps used to release tension in your feet:

STEP 1 (safety): sitting on the floor comfortably, first gently touch your foot with your whole hands. Say hello :)

STEP 2 (soften): move into deeper, broad squeezes and very easy wiggles to all the little joints.

STEP 3 (expansion): wiggle the joints a bit more in sticky places to loosen (3-4 wiggles per joint, thinking of gently 'clearing the cobwebs' from between anything feeling 'gunky'. Then gently flush the bottom surface to encourage fluid movement with your knuckles (not digging, just "flushing" 5-6x).

STEP 4 (re-establish safety): deep, broad squeezes + light wiggles again (no longer trying to loosen anything).

STEP 5 (integrate): walk barefoot, fluidly and gently articulating through all the joints.

STEP 6 (repeat later): try this every day for a week, and you may find that you're able to go deeper and/or loosen a bit more each time (so long as you don't push for too much change too fast).

PROTIP: during any healing process, everything wants to feel somewhere between NEUTRAL and AWESOME. If it's anything at all less than neutral, then go smaller, slow down, or stop. This helps train your nervous system to activate self-healing and prevents re-traumatization.

IMAGINE LIVING A LIFE THAT FILLS YOUR CUP INSTEAD OF DRAINS IT...

Where you feel free to move in your body...

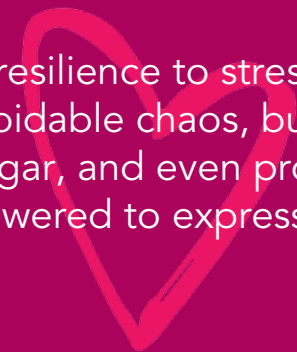
Where you never have to worry about feeling out of control in your own body because you finally have resources to move forward - without relying so heavily on providers to prop you up...

Where you finish the workday feeling energized, not exhausted. And where you feel constantly connected with the inspiration that drew you to your purpose-driven work in the first place.

It's hard to do this on your own. Sometimes REALLY hard. I'm incredibly lucky to have been raised in a family full of healers who gave me the resources to navigate healing from the inside out to truly thrive. And STILL I reached out and got even more support from other providers and mentors... so I highly encourage you to get support, too!

More specifically, I urge you to get support from people who have been where you are. Who have faced similar challenges and come out the other side where you want to be. Who believe in your great capacity to heal.

Get help in clarifying your healing strategy to restore and amplify your resilience to stress. Seek out trainings that give you the tools to not only survive life's unavoidable chaos, but to truly THRIVE (without constant reliance on outside-in crutches like coffee, sugar, and even providers). So you can become your very best self, feeling truly inspired and empowered to express your unique magic in the world.





LET'S CONNECT

My mission is to help purpose-driven changemakers more powerfully express their magic in the world. In service to this, I give trainings throughout the year both in person and virtually to restore resilience, optimize health from the inside out, and amplify creative productivity so you can live your best unf*ckwithable life and show up feeling calm through any chaos, and creating a life around your unique brilliance (without feeling bogged down by unresolved trauma).

To find out more about personal coaching and training with me, I would love to connect with you personally. Let's hop on the phone and I can share with you some great ideas and resources that will help you find freedom in your body, in your brain, and in your spirit.

To schedule, click over to calendly.com/resilienceartist and we'll get you leveled up!

