

NEURO RESILIENCY



A LIFETIME OF
BUOYANCY

STEPHANIE MINES, PH.D.

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Dedication

This book is dedicated to Chilin Corripio who inspired it and to all the members of the devoted TARA Approach group in San Luis Potosi. They demonstrate the power of a local community to serve the holistic healthcare needs in their area by banding together, studying and practicing, and being open and willing to use their hands and their hearts to offer healing to someone in need. This is an inspiring model of what loving humans can do for each other. I am grateful to know and be part of this family of natural healers.

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The Art of Longevity

Understanding Resilience

Resilience and longevity are synonymous. Neuro Resilience is the conscious choice to actively engage in practices that promote resilience. Resilience is the essential component for not just a long life but for a life of fullness and joy. This book provides the ingredients for resilience but you will have to combine them to create recipes of your own. You can make the choice for resiliency at any stage of your life. The best time is NOW.

Resilience means bouncing back from stress. The opposite of resilience is rigidity or stubbornness. The more we let go the more space is available for resilience. As we age we need to lighten our burdens so that we find more and more space for increasing wisdom. The belief that we deteriorate as we age is not a fact, it is a choice. We can choose resilience instead of compression. This means decreasing or even eliminating the weights we carry out of habit. Creative resources are central to this unburdening process.

While only you can create and practice your own brand of resilience, we all need help learning how to do this. That is what this book is about. It provides you with practical and easy to use skills that are accessible to you no matter what your age or circumstances. When you engage regularly with these practices they promote resilience in three aspects of life:

1. Thought;
2. Movement; and
3. Relationships

When your thoughts, movements and relational behaviors are spontaneous and unburdened by the past, you step out of your old habits and flow with life. In this book you learn how to facilitate this with ease. It does not matter if you have physical handicaps or any limitations. Even if you are in a wheelchair you can live resiliently. Your age or finances are irrelevant as long as you have the will to be vital and buoyant for your entire life.

The Dual Aspects and Two Parts of This Book

This book focuses on two major rubrics. One is energy medicine and the other is neuroscience. These are fully explained in these pages and as you learn about them you will see how they fit together like a hand in a glove. This book also has two major sections. Part One is for those who are new to the concepts of energy medicine and neuroscience. People who already use energy medicine may want to go directly to Part Two if they are looking for more challenge. If you are consistent with the practices in Part One you can easily move to Part Two.

Just because Part Two takes you further does not mean that the recommendations in Part One are less effective. On the contrary; simple practices are often the most effective. For this reason even seasoned practitioners will find benefit from using the material in Part One. The belief that we deteriorate as we age is not a necessity; it is a choice. This philosophy informs Part One and Part Two of this book.

Neuroscience and Energy Medicine

Neuroscience is the study of the nervous system. It is also the study of how the brain determines or shapes behavior. Energy medicine encompasses the therapies that engage the bioelectricity of the human body. Bioelectricity is measured by various technological devices for diagnostic purposes. Bioelectricity is influenced by feeling

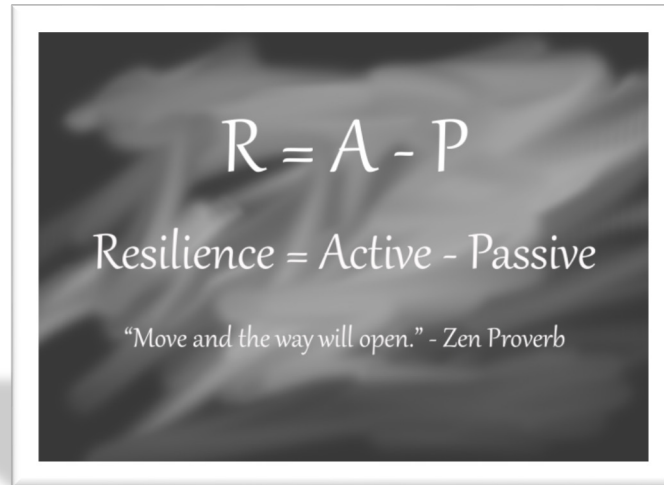
states so it also demonstrates emotional and psychological balance or dysfunction. Traditional physicians in China, India, Japan and Tibet read bioelectricity through pulses that they “hear” in their fingertips. Their methods are centuries old.

Anyone can learn how to measure their own bioelectrical conductivity by detecting their own pulses. This makes it possible to determine how we are responding and reacting to the environment. It also makes it possible for us to evaluate our own health. This is completely empowering. It gives us the capacity to be self-directed and to be in the center of our own wellbeing without being reliant on others. It directs us to trust ourselves and deepens our relationship to our inner world where resilience is born.

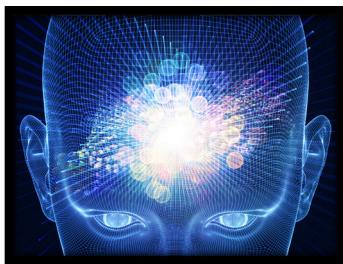
When we are able to change our feeling states, such as moving from resistance or stubbornness to receptivity, it creates a shift in bioelectricity. This is what is meant by “energy medicine.” Energy medicine is the art and practice of balancing bioelectricity. Health conditions change when people feel more relaxed and less tense. This has been proven in many studies and, in fact, Western technologies like MRI’s and biofeedback devices measure this shift. What is most important for this book is that you will feel the difference in your bioelectrical field when you become more resilient. That is the proof you are looking for to make the choice for resilience. The practices in this book will support you in experiencing resilience and then you will want more of that feeling! Resilience will become your preferred lifestyle. This will prevent unnecessary deterioration and compression as you age.

Resiliency and Brain Health

Active NOT Passive



Active and not passive is the formula for health in all regards, particularly in the Third Act of Life. This is especially true of brain health. Being proactive in keeping your mind engaged and stimulated is an essential preventative for dementia and other forms of cognitive deterioration. This means stimulating relationships as well as stimulating physical activity. But what if you are not motivated to be proactive? What if you are cautious or afraid of doing something you have never done before? This is where energy medicine meets neuroscience. Energy medicine kindles motivation for growth and change to take you beyond your comfort zone. That is why Part One of this book begins with energy medicine for motivation. Motivation replaces resistance, stubbornness, passivity, fear and even depression. Motivation paves the way to resilience.



PART ONE

Becoming Resilient

If energy medicine is new territory for you it may sound strange, like a foreign language. One of the best things you can do for the health of your brain is to try out a new language. Most people resist learning a new language because they do not want to make mistakes and fear being ridiculed. You will be reassured to know that there is no failure possible in using energy medicine as I present it here. You can do no harm. Therefore you can safely take the risk to explore the subtle world of energy medicine. The fear of being ridiculed is the perfect example of living in the past. Whoever may have criticized you before is not going to do that now so stop being your own critic and live in the present moment. Dare to be resilient.

Motivation

To use energy medicine to arouse motivation you will first discover the areas on your body that you touch to stimulate bioelectricity. Motivation is the first key to resiliency. One area that you can contact on your body to arouse motivation and get you started in a new direction is conveniently called The Prime Mover or Sacred Site #1. Try holding it on both the right and left sides of your body simultaneously. You can cross your hands or not, as you feel comfortable. It is illustrated in Figure 1 so that you can find the site on your own body.

Precision is not required. Orient towards a field and trust your hands to find it. A map of all the sites is provided at the end of this book along with recommendations for you to incorporate into your personal recipes for resilience. You can refer to the map or just look at the illustration to identify the site.

If reaching Sacred Site #1 is difficult or if you prefer another option, there is an alternate site called High 1. See Figure 2. This is equally powerful and can be found easily from a seated posture. For this application the hands can be spread softly with the fingers wide open in the middle of the upper thigh. The hands rest in this easy position either crossed as illustrated or uncrossed, with the hands on the mid-thighs, fingers pointed towards the knees. No pressure or massaging action or tapping is required. The spine should be as straight as possible while remaining relaxed so sit in a chair with good support. Sacred Sites #1 and High 1 can be used interchangeably.

As you hold these sites allow yourself to feel the bioelectricity that is conducted from the sites into your hands. It feels like a pulsation is rising up from the sites you are touching. This is the energy pulse. It may be faint at first but be patient. Or it may be pounding at first and your touch will help calm it. When that pulse is synchronous on both sides of your body and harmonized in a steady soothing rhythm in all positions then you know that you have stimulated the balanced flow of bioelectricity in these sites. You have released any obstructions in those areas.

Your response may be a deep sigh, a feeling of relief, or you may find yourself inspired to get up and do something fun and



Figure 1 – Sacred Site #1

creative. The impulse may come before you even register it in your mind. Try this whenever you find yourself procrastinating or resisting something. This is how we lighten burdens from the mind and the body. Healing can be this simple.

Holding High 1 has become a favorite application for me. Even after more than thirty years of using this system I find it incredibly effective for dropping down into my body. It stops over-thinking, worrying and anxiety. Over thinking is exhausting. High 1 promotes body wisdom. In fact, that could be another name for it! You can use Sacred Site #1 or High 1 to simplify your life by letting go and allowing motivation to flow through you with enthusiasm. You do not have to analyze the feelings or memories that held you back.

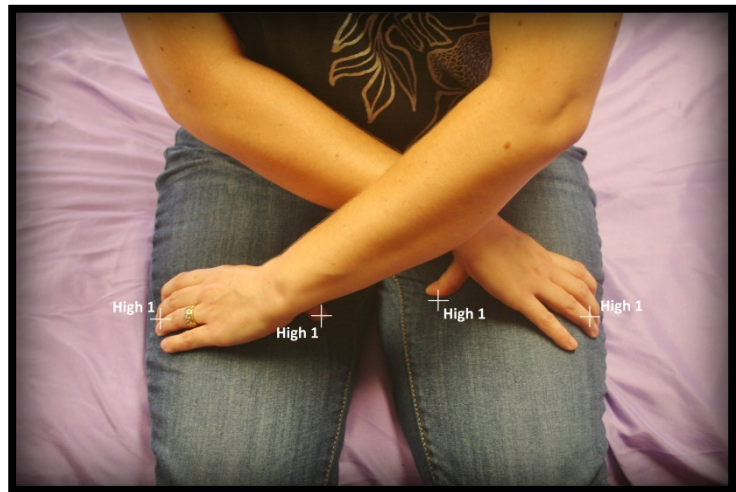


Figure 2 – Sacred Site High 1

You can just release them. High 1 brings you into the present with the core strength to stand on your own two feet. It is like an energetic work-out at the gym!

Unburdening

We can step forward into the exciting unknown with exuberant resilience when we are light. We become light by unburdening the past so that we can recognize the present and inhabit it. Unfortunately many people bring the past with them wherever they go and cloud the present moment. This happens when people repeat the same stories from the past over and over. They do this because they are burdened by those stories or they do not feel heard. When we no longer have stories of past hurts or past experiences to tell then we are fully in the present. We can listen to others because we are not always thinking of what we want to say.

Take the Load Off Your Shoulders

It is a common belief that people become shorter as they age. This may well be because they keep adding more and more weight onto their shoulders and thereby compress their physical structure. This is not a natural consequence of aging. It is the result of holding onto the past. Let us begin NOW to reverse this process. You can do this at any point in your life as long as your will is engaged and you repeat the practices here. Every day and every moment we can choose to not take on more burdens.

To support this commitment simply place the palm of one hand on the opposite shoulder. Let it rest there comfortably. See Figure 3. This is Sacred Site #11. You can hold it while lying down as pictured, or from a seated posture, or when standing. Feel the pulsation that rises up into the palm of your hand. When that pulsation feels



Figure 3 – Sacred Site #11

balanced and regular, do the same thing on the opposite side. You are taking off the yoke of over-responsibility. Your shoulders immediately lower and soften and your breath deepens. The woman who taught me this system, Mary lino Burmeister, used to jokingly say about this application, “Look down at the ground and see what falls off your

shoulders when you remove this yoke. Nothing. There is nothing there. You have been burdened by nothing.” And that is the truth. We carry our worries and concerns out of habit and not because there is any value or benefit from doing so.

Change Your Shock Absorbers

The joints of the body act as our shock absorbers. That is why older people frequently suffer from problems with their knees, hips, fingers, wrists and ankles. They have not unburdened the shock they have experienced before and the repeated impacts to those vulnerable joints accumulate and overload them. You can, however, learn how to change your shocks absorbers or, more aptly, regenerate them and make them buoyant again by removing accumulations. When you do this you not only remove the shock from your body, you also remove it from your mind. Many people do not know that this is possible but it is! You can spring back into action by regenerating your shock absorbers.

Your body has the capacity to produce lubricating hormones that flush the joints of constricting toxins that inhibit the range of motion we are capable of throughout life. Glucosamine and chondroitin are the fluids that can diminish inflammation and we can stimulate them by holding certain areas on the body. The lower back and the coccyx area in particular are regions that, when touched, send sensory signals through the spinal column to encourage the secretion of anti-inflammatory hormones. Our gentle contact reminds the body of what it can do.

Joint Resilience and Lubrication

Place the palm of your hand on the lower back area with the fingers pointing downward. Your middle finger should read your tailbone. Feel the way this contact with yourself soothes your lower back, decompressing and widening it. Place the palm of your other hand on the center of your chest (Middle #13). Shown in Figure 4. The center of the palm or your fingertips, as pictured, can rest on the indentation between your breasts.

Feel how this tender placement of your hands invites your tissues to unwind and expand. A gentle pulsation of bioelectrical current will rise into the receptive palms of your hands. Feel how this pulsation broadens and deepens, becoming full, and allow yourself to entrain to this resonant rhythm. Every step of this process of self-treatment enhances the positive outcome that is inevitable.

You can hold these sites while you are seated, standing, or lying down. Be sure you are completely comfortable. Let your eyes close if that increases your capacity to feel and merge with the pulsation that arises. In this relationship with yourself

you are repairing whatever damages occurred to your mind and your body historically and filling all the cells of your body with pure love. Love itself is expressed in the body hormonally through oxytocin, and oxytocin known as the neurohormone of love, encourages resiliency. It combines with glucosamine and chondroitin to lubricate your capacity to spring into action.



**Figure 4 – Sacred Site Middle #13
and Coccyx**

Freeing the Knees

Your contact with your sacrum and with your coccyx, along with the center of your chest which is a regenerative site, functions physiologically as an anti-inflammatory and detoxifying signal to your joints. You can hold the sacrum area with certain other areas for more specific results. For instance, you can hold the sacrum area with one hand and the High 1 that you learned about in the previous exercise, holding one side and then

switching hands to hold the other side. See Figure 5. This will release tension, compression and restriction in your knees. If you have already had knee surgery holding these sites will speed and enhance your recovery.



Figure 5 –Sacrum and Sacred Site High 1

The Physician's Finger

The index finger is the Finger of the Physician. This means that holding this finger will stimulate a fluid and cleansing response through all the joints but especially in the fingers. Holding the index fingers assures the exact formula of adrenaline and cortisol is distributed by your body for your needs. An excess of either is damaging to your adrenal functions. The activity of your kidney-adrenal system is central to your health and survival. It is the primary mechanism of your immune system. You can hold the index finger by wrapping the fingers of the other hand around it or you can use the Physician's Mudra (Inju) as illustrated in Figure 6.

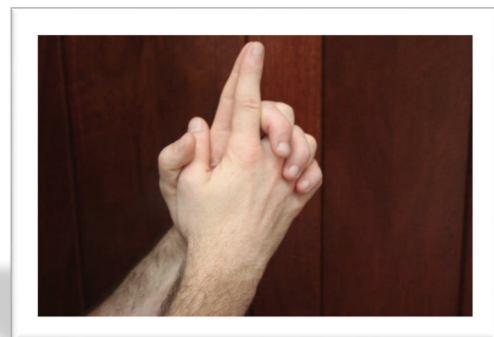
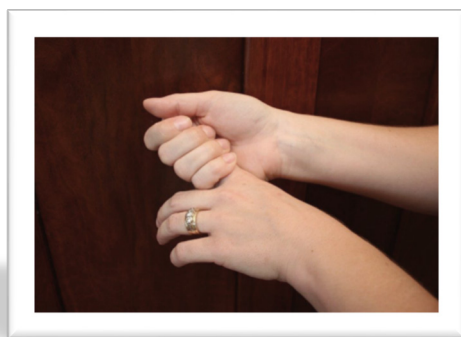


Figure 6 – Index Finger and Physician's Mudra (Inju)

Wrists and Ankles

Wrists and ankles are liberated from constriction by holding an area of the body called Sacred Site #17 which is located on the little finger side of the wrist in the valley

between your hand and your wrist bone. See Figure 7. This relatively small area is a hotspot of anti-inflammatory action that takes the stressors that have built up in the wrists and ankles and dissolves them to increase range of motion, functional movement and capacity. As you feel free to move forward and reach out you are more likely to consider what has held you back and recognize the difference between the past and the present. That is the path to resilient thinking. Sacred Site #17 not only gives you more range of motion. It also



Figure 7 – Sacred Site #17

makes you graceful and coordinated in all your movements and even in your speech and behavior. If you feel awkward or clumsy, hold Sacred Site #17. If you have a tendency to drop things or you trip over yourself, this is your Sacred Site!

Inspiration and Creativity

Inspiration and motivation go together and creativity is the byproduct of both. Everyone is creative. There are many forms of creativity. There is nothing more glorious than finding your own expression and letting it shine. It is one of the crowning glories of life. I have met many people in the Third Act of Life who are searching for their creativity. Even though they are over sixty they are wondering what they will be when they grow up! Having worked at a job for someone else for most of their life, a person in the Third Act can be mystified when they suddenly have time to consider themselves.

You can find the treasure of who you really are and your purpose in life by holding two sites on your body. One you have already discovered. Sacred Site #11, the Site of

Unburdening, can be held with Sacred Site #15, on the same side, to send a wave of pure, authentic inspiration up your spine and into your brain. Hold one side and then the other. See Figure 8.

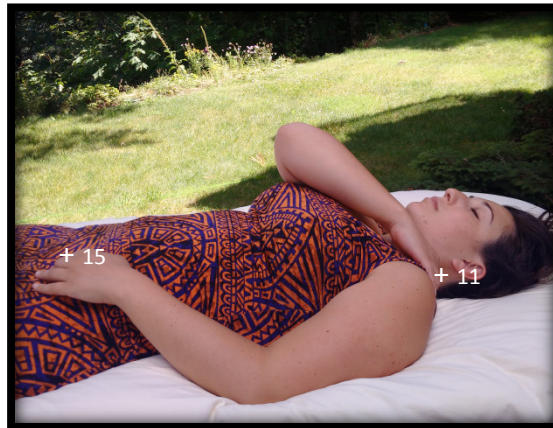


Figure 8 – Sacred Sites #11 and #15

Another way to become inspired and motivated with a clear sense of direction is Palm Inju. See Figure 9. This is the prayer posture as the illustration below shows. Inju is a word that means mudra or hand posture. This familiar gesture, especially when held with a slight pressure to connect the palms at the level of your heart and with eyes open and pointed straight ahead, is remarkably potent.



Figure 9 – Palm Inju



PART TWO

Resilient Forever

“Resilience is cultivated not so that we can perform well in a single instance, but so that we can live a full and flourishing life.”

- Eric Greitens

A commitment to a lifetime of resilience asks us to stop over-compensating, pretending to be strong and trying to control everything. If we allow ourselves to let go enough to surrender these false lifestyles we are likely to encounter:

1. Fatigue; and
2. Vulnerability.

This section of the book is for people who have experienced enough satisfaction and regeneration from integrating energy medicine into their daily lives to get a taste of resiliency from within. It is also for those who are enticed into a life of resiliency for its inherent values. The wisdom of resiliency makes itself known when you shift your habits and experience your own gorgeous spontaneity.

The Transitional Phase

When our nervous systems change in the direction of resiliency the inevitable consequence is that so does our thinking. In fact, the two are one and the same. Resiliency means we think for ourselves and live in the moment. When our nervous

systems are no longer hard wired by habit our thoughts, feelings and actions have a fresh unpredictability. We surprise ourselves. At the same time our histories of holding back and trying to control have likely led to an accumulation of fatigue. When we are in touch with this exhaustion it arouses our vulnerability. We are no longer protected by falsity. We are more exposed. This creates a transitional phase on the journey to a lifetime of resiliency.

There are wonderful ways to transmute the fatigue that emerges without pushing through it with pretense. This is again the meeting of energy medicine and neuroscience. Through self-care we create congruence between the mind and the body. We mend the split that most people struggle with throughout their lifetimes. It is when the mind is ahead of the body or the body is not being heard by the mind that we are fragmented and those fragments are barriers to resilience. Integration and communication within the mind-body system is what makes resilience possible and sustainable.

At this important threshold of lifestyle change it is valuable to support yourself so that you can continue into a lifetime of resilience fearlessly and with confidence. Therefore we will begin Part Two of this book with resources to move through this transitional phase and support the emergent new you.

Facilitating Holistic Regeneration

Revitalizing Emotion, Digestion and Action

There are three areas of the body that we can contact easily to encourage the remarkable ability that humans have for revitalization. This ability to regenerate is never lost. Do not forget that. No matter your age; no matter your abilities or disabilities; no matter your income. When there is willingness and a commitment to act in the name of positive growth, the path is cleared for you. From a neurological standpoint the neurohormones that you generate when you are curious and excited to move in a new, resilient direction literally lubricate the neuronal highways that generate new synaptic connections.

On the emotional level, resilience opens doors to new options for communication and the expression of feelings, including new relational dynamics. On the digestive level we can metabolize and absorb nutrients optimally. As we enter a lifetime of resilience we often make new food choices that enhance our physiological resiliency. We stop eating what everyone else eats and we learn to eat to thrive. This often means exchanging carbohydrates and sugars for superfoods rich with nutrients. New digestive functions are called into play to replace sluggish metabolic processes. Resilience also leads to enhanced activity. Our bodies become young again. We can invite, encourage and maintain vitality on these three levels of emotion, digestion and action using energy medicine.

Emotional Vitality: Renew Your Relationships

We discover renewal in our connections with others when we experience emotional resilience. To support your capacity to find new options for communicating with people and to not fall into habitual dysfunctional interactions, you can hold Sacred Site #13 as

shown in Figure 10. Holding this site allows you to quickly let go of your standard responses to others that are familiar and to speak from your heart with confidence.

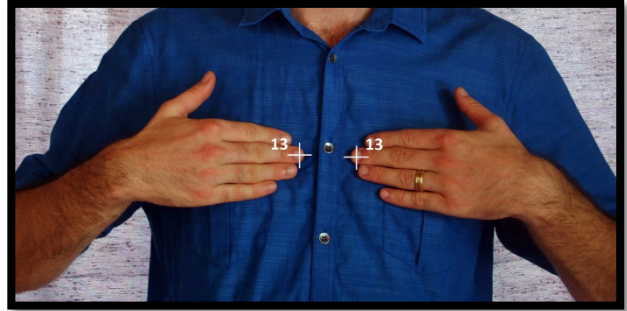


Figure 10 – Sacred Site #13

Digestive Vitality: Metabolize and Assimilate

In a modern world where food has been synthesized and altered so that nutritional values are diminished we often accumulate unwanted weight. Living foods that you will prefer when you step into resilience are much easier to metabolize. In the transition phase, however, we need help to let go of the undigested foods we have stored just as we learn to let go of the feelings that we have held in reserve. Placing your hands on Sacred Site #14 as shown in Figure 11 will signal your digestive secretions and recalibrate your metabolic rate. Place the full palm of your hands on these delicate areas and within a relatively short period of time you will see miraculous changes in your body. Stomach discomforts will disappear as if by magic.



Figure 11 – Sacred Site #14

The Activity Principle: Fuel for Your Undertakings

The sum of your renewed expression and balanced metabolism is that you have increased willingness to actively move yourself forward in life. You stop talking about what you want to do and just do it. To help you refuel regularly so that you feel exuberant and undeterred in meeting your inspired goals, you can place your hands on Sacred Site #15. This site needs to be held discreetly or in private as others may not understand what you are doing! You could, if you preferred, hold the site that is behind it: Sacred Site #2. See Figure 12. It will have a similar result. Or. You can hold #15 together with



Figure 12 – Sacred Sites #15 and #2

#2, on the same side, as illustrated. It will have a similar result. Treating Sacred Sites 13, 14 and 15 are top priority items on your shopping list of ingredients for your recipes for resilience.

True Rest

Most adults in the modern world take their stress to bed with them at night and feel restless instead of sleepy. We have been doing this for a long time. When we can shed stress by coming into true alignment and peace with ourselves then it is possible to truly rest. Repeated nights of true rest; naps that are true rest; and prayer and meditation begun from a place of alignment will transmute accumulated fatigue into refreshing regeneration. The treatment that accomplishes this for you is a powerful ritual that is simultaneously relaxing and integrating. It is called the Main Central Vertical Flow. It is illustrated in Figure 13.

Main Central Vertical Flow

This self-care treatment can most easily be done from a prone position. You can use any portion of it for its expressed purposes or shorten the flow if you do not have time for all of it. Hold the positions until you feel a sense of balance, relief or completion. Trust your experience.

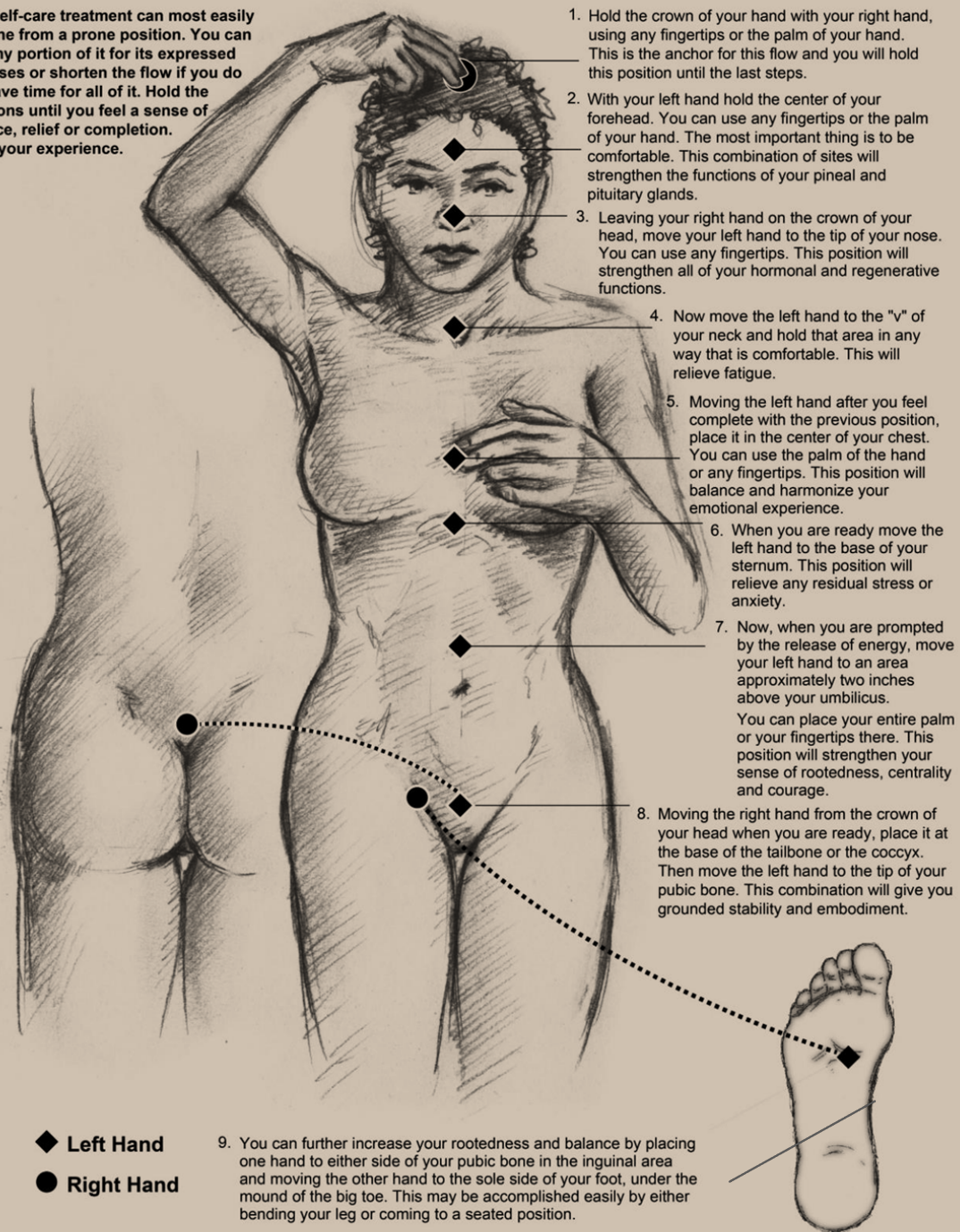


Figure 13 – Main Central Vertical Flow

Use this flow before you rest, go to sleep, meditate, pray or contemplate. It will bring you into harmony with yourself and the spiritual forces that guide and support you. Practice it daily and you will find yourself being freed from accumulated fatigue as if you were being bathed in miraculous waters.

Another way to release an accumulation of fatigue is to hold the Finger of the Physician, the index finger. You learned about this in Part One in our discussion about joint resiliency (see Figure 6). The index finger promotes the balanced circulation of adrenaline and noradrenaline. This is how it helps the kidney-adrenal system differentiate the past from the present.

Holding the fingers in various ways create Inju or Mudras for bioelectrical reorganization. The Finger of the Physician and Palm Inju are examples. See the end of this book for more Inju. Each of the fingers can be held to release emotions from the past and bring you into the present. The present is where resilience lives. Figure 14 illustrates the functions of each of the fingers. Practice holding them and notice what happens to you physiologically as well as emotionally. You can do this as daily self-care, whenever the opportunity presents itself. This will bring every function of your mind-body into vital newness in the moment. **See the charts at the end of this book for more resources including additional information on the fingers and hand postures that you can use to promote resiliency.**

FINGER CHART

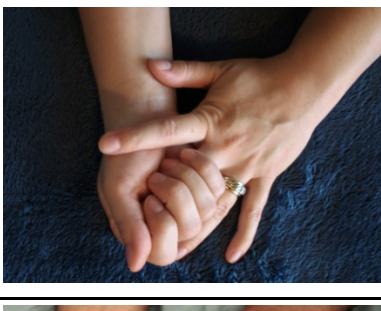
Thumb – Resilient Embodiment The Inju of holding the thumb helps promotes resilience by simplifying your life through embodiment. Worry, preoccupation, anxiety and over-thinking block resilience. Holding the thumb also balances eating choices so that you are resilient and in the present when you eat. Eating disorders are caused by eating or not eating for reasons other than nourishment. When we choose to eat simply to nourish ourselves weight is balanced. Hold your thumb for resilient embodiment.	
Index Finger – Resilient Immunity As we have seen, there are many ways to hold the index finger, including the Finger of the Physician Inju. The index finger can be your “go to” if you do not know which finger to hold. It strengthens your immune functions, cleanses you of toxins, eliminates fear, stops panic attacks, lubricates your joints, calms trembling or agitation, decongests, grows hair on your head and improves your hearing! When confronted with anything fearful, hold your index finger. It gives you the perseverance and agility you need to be active for your lifetime.	
Middle Finger – Resilient Mind Resilient thinking means awareness of a multiplicity of options. It is very difficult to be defeated or discouraged when you know how many possibilities exist. A resilient mind does not seek to control anything. Resiliency means being open and that allows for renewed planning and decision making in the flow of life. This is how resiliency is the key to intelligence. You invite all of these characteristics of the resilient mind when you hold your middle finger. You also transform your anger into creative thinking at the same time. And you stop procrastinating and just do it!	
Ring Finger – Emotional Resilience We all long for joyful contact with others. Past hurts interfere with the natural flow of love between all people. Yes, it is possible for us to feel joyfully connected to everyone, no matter their beliefs or skin coloration. Anything other than this fluid resilience is the product of a relational wounding. Can we heal this by holding the ring finger? The answer is yes. Holding the ring finger coupled with a willingness to examine your own relational history, make amends and release the past. When you do this while holding the ring finger, you are free to love everyone.	
Little Finger – Authenticity=Resiliency; Resiliency=Authenticity Authenticity and Resiliency are mirrors of each other. When you are resilient you are not competitive; you have nothing to prove. You just ARE yourself. Authenticity also means honesty. The genuine truth creates nervous system ease. And while we cannot eliminate stress entirely from life, authenticity lessens it. This takes the stinging and destructive pretense of pushing yourself and over-extending out of your body. This is a great boon to your heart, physically as well as emotionally and spiritually. As you see in the section on Being Vulnerable (see Figure 16), you can make an Inju using the little finger and the palm side of the thumb. You can do this for any of the fingers as an alternate to holding them. This frees up the other hand to hold other Sacred Sites.	

Figure 14 – Finger Chart

Being Vulnerable

Resiliency teaches us that we can be with our vulnerability. We do not have to do anything about it. This requires an open mind and an open heart as well as compassion for self. Allowing vulnerability without hiding or masking it promotes self-love and self-acceptance. You are granted permission to be just as you are. In this naked, honest state we are unable to obstruct the flow of resiliency.

Energy medicine can assist us to resist this vulnerability less and shed our defenses easily.

There is a simple routine practice that invites self-acceptance in the moment, even if we are not as far along in the process of letting go as we would like. It aptly resembles a self-hug.

The site we are holding when we give ourselves hug is Sacred Site #26 shown in Figure 15.

Some individuals may find this an awkward posture.



a

Figure 15 – Sacred Site #26



Figure 16 – Sacred Site #26 and Little Finger

There are alternatives as illustrated in Figure 16.

The arm is elevated in this illustration to make the Inju clearer for you. The arm can also be held at your side, on your lap, or wherever it is convenient and comfortable to place it.

Sacred Site #26 can also be used in conjunction with Sacred Site #12 to promote the capacity to let go and love oneself all at the same time! See Figure 17 as well as the chart at the back of the book to find these sites.

These self-care treatments do not eliminate vulnerability. On the contrary they encourage you to feel comfortable in your vulnerability through self-love and self-acceptance. When this is available to you readily you are in the flow of resiliency.



**Figure 17 – Sacred Sites
#26 and #12**

The Integration Phase

The Integration Phase follows the Transition Phase described earlier. What is meant by integration in this context? Through the practices recommended here the Transition Phase shifts to a period in which you feel that you have assimilated your own history. The hurt or wounded parts of yourself, or the overworked and anxious parts of yourself are replaced by a sense of beginning anew. You are awakened to the present as if being roused from a good night's sleep or a nourishing nap. Everything looks brighter and what you see is not tinged with memories from the past. Likewise, what you hear is heard without reminding you of something you heard before. You don't think about the past. You are present to what is. When this happens your integration is initiating your lifetime of resiliency. This likely will not happen all at once. Be patient with the process but at the same time notice that your presence is organically increasing and your tendency to impose the past on the present is decreasing until it completely evaporates.

Peace and spontaneity are the natural outcome of having digested your past experience and feeling complete and integrated with who you are now. This creates a natural state of vitality. Integration is physiologically beneficial. It soothes and supports the adrenal system which is your lifetime supply of energy. This is why resiliency and longevity are synonymous.

There are Sacred Sites that you can hold to enhance integration. There are also combinations of sites that can be held sequentially to support and sustain this phase. Any time Sacred Sites are combined in a sequence we call it a "flow" because that is exactly what these treatments do. They promote the flow of resiliency. One Sacred Site that is especially efficient for both integration and presence is #22. It is easy to hold both the left and right #22 simultaneously from any posture whether seated, standing

or lying down as illustrated in Figure 18. Use your fingertips to hold these sites comfortably. There is not a requirement to use any particular fingers.



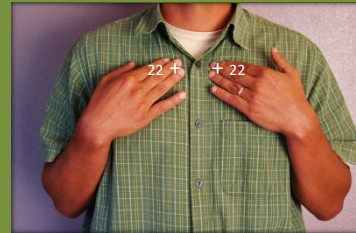
Figure 18 – Sacred Site #22



Power of Now Flow

Release Distraction to Be Here Now

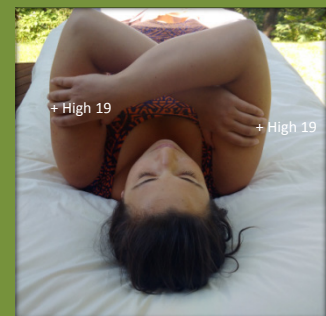
Sacred Site #22 that you just discovered initiates the Power of Now Flow. Hold these sites bilaterally until you have a sensation of balance, synchronous rhythm or for several minutes to feel the ease they promote and the presence and contentment in the moment that is their gift.



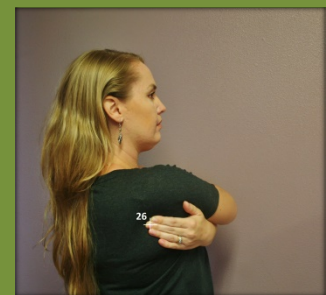
Once you feel complete you can now move to holding Sacred Sites #4 and #16. These sites may be held bilaterally or you can hold the same side #4 and #16 together, as illustrated. Relax and feel how these sites generate your ability to welcome the unknown without requiring you to do anything at all right now. As you can see, it is possible to experience these applications anywhere, even resting in the afternoon on your patio.



The next step in the Power of Now is to hold Sacred Site High 19. Holding these sites stabilizes your midline or center, allowing you to breathe in your individuality and your ability to make space for yourself.



Finally, hold Sacred Site #26 bilaterally and while doing so receive 36 complete breaths of life, putting your attention on the inhalation. This practice which, like the others, can be done as a treatment unto itself, emphasizes your deservedness, your worth and your capacity to receive all the love that is available for you in the breath of life that you have chosen.



To summarize, the Power of Now Flow is:

- Hold Right and Left #22;
- Hold the same side #4 and #16;
- Hold Right and Left High 19; and
- Hold Right and Left #26 receiving 36 complete breaths of life.

If it is not comfortable to hold any of the positions described in this book you can be creative and alter the flow without diminishing its effectiveness. For instance, if it is not easy to hold Sacred Sites #4 and #16 together on the same side, you can hold #4 bilaterally and then #16 bilaterally.

Take your time enjoying the Power of Now. You increase your Resiliency Quotient (RQ) each time you do. There is another Power of Now Flow that you can use as a variation or use both flows, one after the other. Here is the Power of Now Flow #2.



Power of Now Flow #2

Place the palm of one hand on the coccyx (tailbone);

Place the palm of the opposite hand in the middle of your chest;

When these areas feel in harmony with each other move the hand that was on your chest to the middle of your forehead;

When you feel the balance between your coccyx and your forehead, move the hand from your forehead to the crown of your head.

When there is balance, harmony and resonance between your coccyx and the crown of your head, you can remove your hands and luxuriate in the rejuvenation.

Increasing Your Resiliency Quotient (RQ)

There is another way to maximize your RQ and that is to share what you have learned and experienced in this book with others. Having the courage and enthusiasm to step forward and model resiliency even if you feel you have not mastered it, is a way of being in the flow of life. Your RQ increases each time you are surprised by what happens when you let go and give up control. Allowing yourself to be an instrument in the service of life is the highest expression of neuro-resilience.

Do not hesitate to share everything in this book with others. You cannot do any harm; you can only be of service. You can show others how to do the flows, you can offer to help them locate the sites, and you can also offer to do the flows on others if that is comfortable. You can safely assume that you will enhance relaxation and neuro-resilience every time. If you are interested in going further with this exploration into neuro-resilience contact the TARA Approach by visiting www.tara-approach.org.

Additional Charts and Resources to Enhance Resilience



MAP OF THE BODY

ONE—Awakening -Walk Your Talk
HIGH ONE—The Mover's Support -Confident Legs
TWO—Wisdom -Soft Focus Is True Seeing
THREE—Release and Receive -Breathing From An Open Back
FOUR—Clear Consciousness -Shamanic Gateway
FIVE—Fearless -Self Support
SIX—Balance -Androgeny-Center of Compassion
SEVEN—Peace -Death and Rebirth
EIGHT—Alchemy -Clarity
LOW EIGHT—The Dispeller -The Purgative
NINE—Transition -Anger Makes Space For Itself
TEN—Transformation -Your Voice Tells Your Story
ELEVEN—Unloading -Coming Out of Co-dependency
TWELVE—Surrender -Acceptance of Body Truth
THIRTEEN—The Mother -The Calm In The Storm
FOURTEEN—The Sustainer -Nourishment and Assimilation
FIFTEEN—Wash Your Heart With Laughter -Joy In Everything
SIXTEEN—The Foundation -Muscular Joy

Ascending Points

Jin Shin Tara

Descending Points

Right Bottom
7
Low 8
24
Right Top
16
16
24

NOTE:
If you cannot reach points 9 and 10, hold HIGH 19.

POINTS/AREAS

TARA

TOOLS FOR AWAKENING
RESOURCES AND AWARENESS

Right Bottom
6
Right Top
5

NOTE:
All Points are bilateral on the body. Due to the angle of view, not all points are shown.

SEVENTEEN—The Connector -Nervous System Healer
EIGHTEEN—The Pathmaker -Walking on Your Path
NINETEEN—Being in the Center of Your Own Life -Good Boundaries
HIGH NINETEEN—Selfhood -Really Good Boundaries
TWENTY—Conscious Awakening -Allowing Intuition
TWENTY-ONE—True Security -Freedom From Worry
TWENTY-TWO—Adaptation -Wholeness In The Moment
TWENTY-THREE—Destiny -The Energy Underneath Anxiety
TWENTY-FOUR—Peacemaker, Relationship Counselor -No More Jealousy
TWENTY-FIVE—Regeneration -Reserve Energy
TWENTY-SIX—Completion -Self Love

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INJU CHART

	Inju, or mudra, derive from ancient, sacred wisdom. Repeat these hand postures as frequently as possible, maintaining focused concentration. All these positions may be done on either or both hands. The purpose of these gestures, according to their universal tradition, is to awaken you to your essence. They also have been known to reduce stress and fatigue, increase immune strength and enhance vitality. Special thanks are humbly offered to Jiro Murai, Mary lino Burmeister and Haruki Kato for their transmission of this lineage that is our common birthright.		
	Great Sun Diamond Inju Index fingernails touch while middle, ring and little finger palms touch and the thumbs also touch. Use this Inju to balance temperature disturbances such as extreme and unusual cold or heat when the circumstances do not seem to merit it. This Inju is a great help for circulation problems.		Kidney Strengthening Inju The palms of the index fingers touch while the other fingers fold together and intertwine, forming the image of a temple. Strengthens the bones, balances kidney-adrenal function, enhances immune support and provides endurance and reliance. This is the Physician's Inju.
	Outside the Earth Inju Hold the inner seam of the little finger with the index, middle and ring fingers of the opposite hand. Opens the throat and helps speech flow clearly and easily		Solar Plexus Inju The index finger of one hand rests in the valley between the index finger and thumb of the opposite hand. Relaxes the shoulders, opens the solar plexus and helps us to let go.
	Heart Protector Inju Hold the middle and index fingers down onto the palm of the same hand. The middle and ring fingers of the opposite hand rest at the base of the little and ring fingers of the hand with the folded fingers. Supports the Pericardium or Heart Protector, thereby relieving the burden of multiple stressors.		Palm or Prayer Inju Bring the palms of the hands and all the fingers together as in prayer, pressing slightly to create contact. Brings you into a centered place of presence, stops nausea and eliminates confusion. Provides focus.
	Fatigue Releasing Inju #1 The palms of both middle fingers touch as the other fingers intertwine.		Fatigue Releasing Inju #2 The middle fingernails meet as the middle fingers bend towards each other. The palms of the remaining fingers are erect and touching.
	Fatigue Releasing Inju #3 The pad of the thumb touches the base of the middle finger on the opposite hand, palm side.		Fatigue Releasing Inju #4 The middle finger bends into the pad of the thumb on the same hand while the thumb rests on the top of the bent middle finger.

FINGER CHART #2

The Elements of Nature are in the fingers. This is a simple way of attuning mind, body and spirit. Holding the lower part of the finger, closest to where it connects with the hand supports the physical expression of the Element. Holding the upper part of the finger supports the spiritual function of that Element. Holding the entire finger will support both.

