

Gathering of Light

Mindfulness EFT Internal Family Systems

*Lisa Cobb, LMSW
peaceandlovelisa@gmail.com
September 19, 2020*

Today's Flow

- How did I arrive here?
- Mindfulness
- Emotional Freedom Techniques/Tapping
- Internal Family Systems
- Chakra Meditation
- Heartfulness



Chill,
IT'S ONLY
CHAOS

Who Am I

I Am That I Am

- Julian Community member for over 20 years
- Empath/Highly Sensitive Person
- Wife/Mother/Daughter/Sister/Aunt/In-Law
- Social Worker/Clinical Therapist/Kids and Adults
- Mindfulness and EFT Practitioner and Teacher
- Anxiety Driven based on Astrological Chart, Worldview and DNA



*COVID has Brought to
the Surface Much for Us
to Release*

As a planet, there are many humans who are not comfortable in stillness

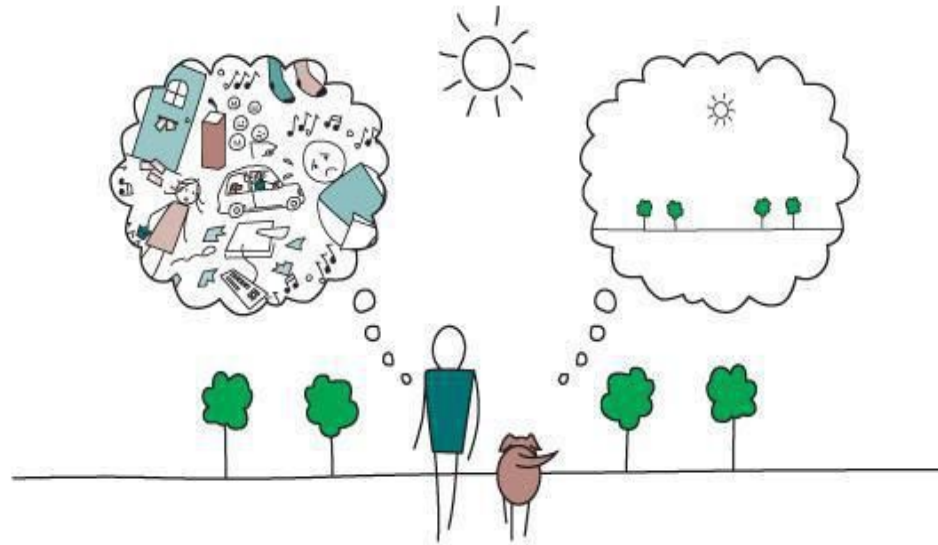
Many do not know how to move through their day without outside distractions

What will we do without sports, college, work, health, and our old “normal”

How do we co-create a new way of Being?

Living in the illusion of the “other” as being the source of our discontent, has led to an increase in dis-ease

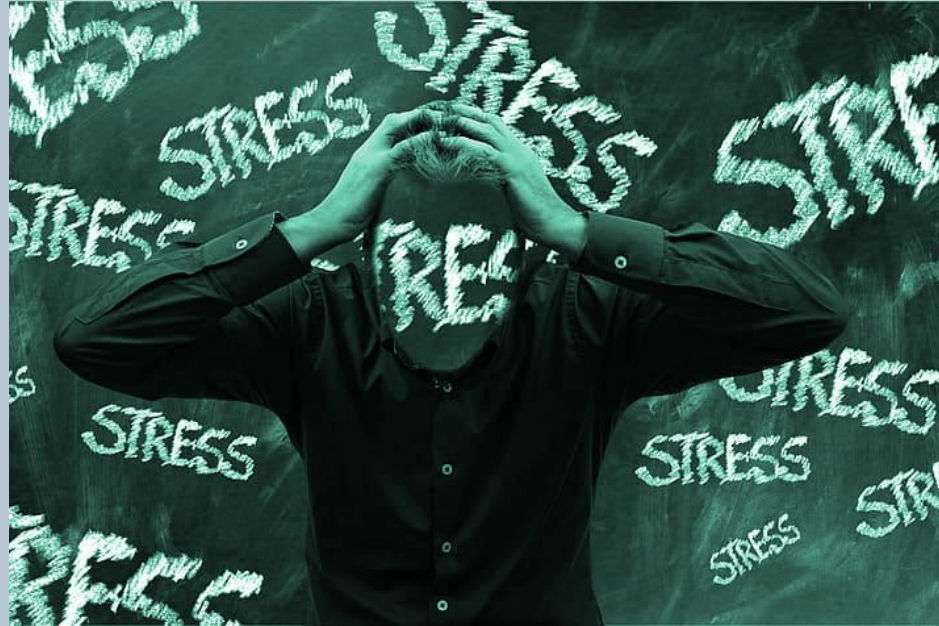
Check-In



Mind Full, or Mindful?

Type the Emotion You are Currently "Feeling" in the Comments

Check-In



WHERE in Your Body You Hold Your Stress

Mindfulness

Paying attention in a particular way

- On purpose
- In the present moment
- Without judgment

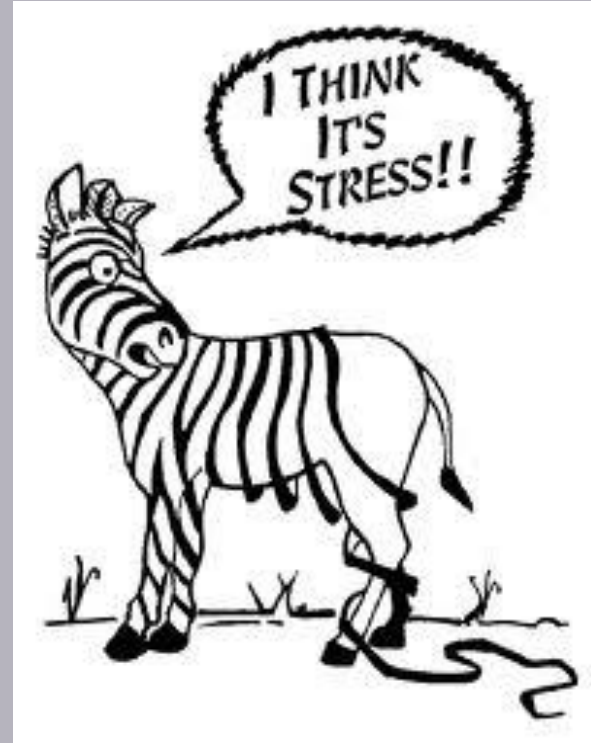
Jon Kabat-Zinn - Founder: Mindfulness-Based Stress Reduction (MBSR)

University of Massachusetts Medical Center

Mindfulness



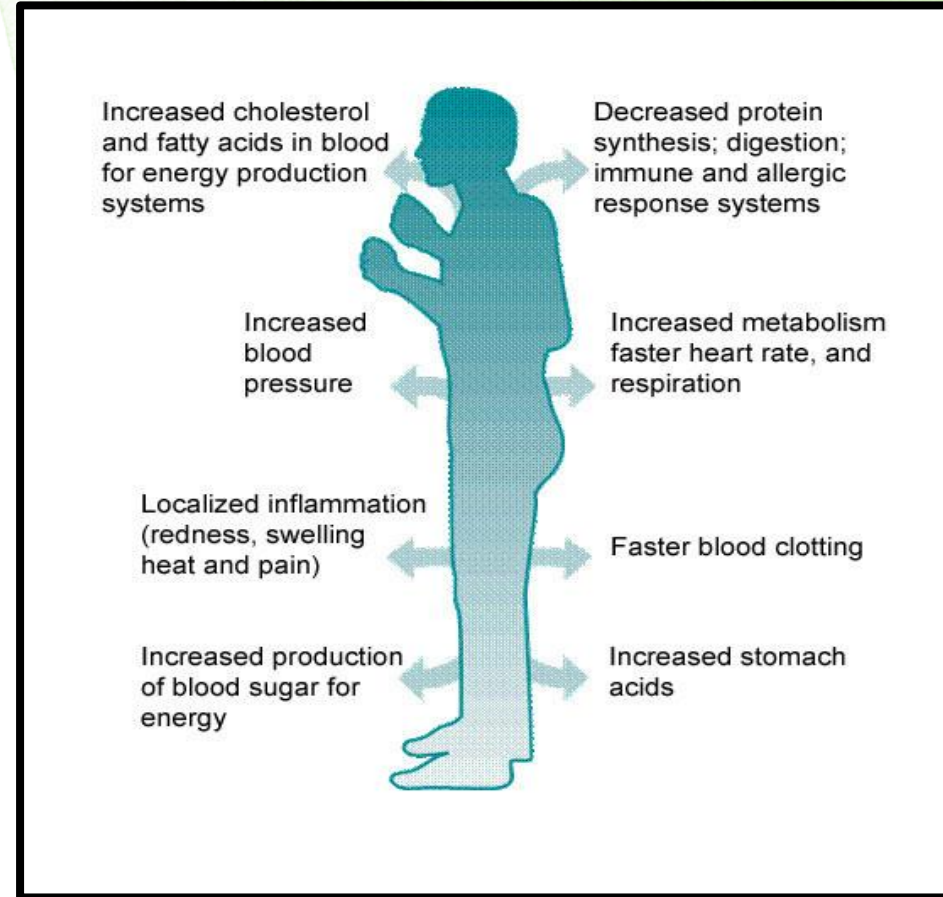
- Emotional stressors
- Family stressors
- Social stressors
- Change stressors
- Chemical stressors
- Work stressors
- Decision stressors
- Phobic stressors
- Physical stressors
- Disease stressors
- Pain stressors
- Environmental stressors



Stress Response

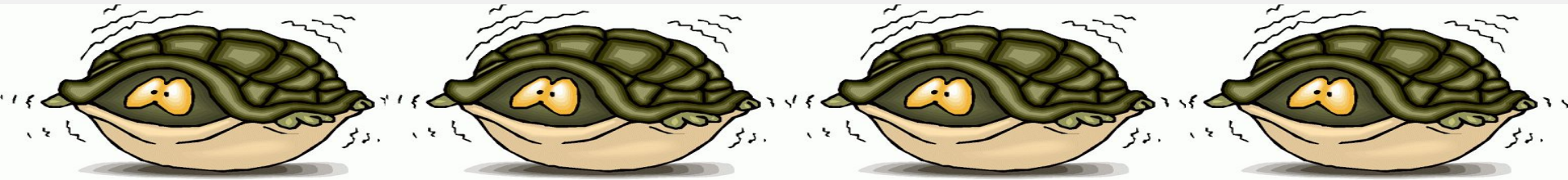
When your body perceives a
Threat or Danger

- Your nervous system releases a flood of stress hormones including adrenaline and cortisol
- These hormones prepare the body for emergency action
- Your heart pounds, muscles tense and tighten, your breath quickens and your senses become sharper



Stress Response

- o Your body cannot distinguish the difference between real or imagined threats
- o When you are continually stressed/worried/thinking about health, debt, the amount of work facing you or worrying about something that “might happen,” your body reacts just as intensely as if you were facing a life-or-death situation



Focus/Balance

Practice:
Release and
Return

Distraction/Disruptions

Awareness

Circle of Mindfulness Practice



How Our Brains Work

* Prefrontal Cortex (PFC/Smart/Owl)

- * Executive Functioning
- * Thinking part
- * Decision maker



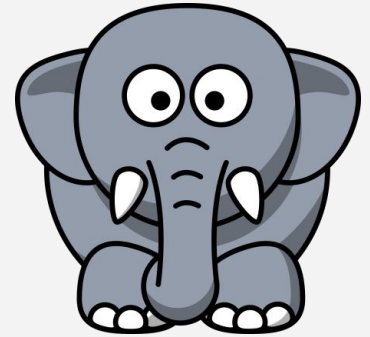
□ Amygdala (Body Guard/Lion)

- 5 Senses
- Safe or not safe
- Fight, Flight, or Freeze



□ Hippocampus (Memory/Elephant)

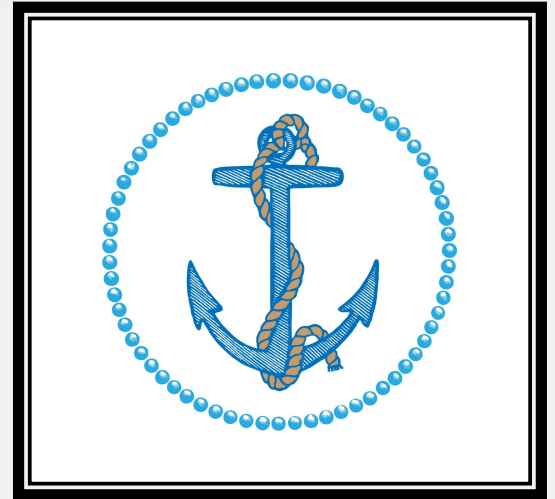
- Memory storage vault
- Good and bad memories
- Information gathered from the PFC



Mindful Breathing

Identify Your Anchor

- o Nostrils
- o Throat
- o Belly
- o Lungs



Mindful Posture (Bodies)

- Sitting Upright
- Heart to the Sky
- Hands in your Lap or Down to Your Sides
- Allowing your Eyes to Gently Close or Softly Gaze



Mindful Being - Emphasizes "Presence"

Awareness of our Inner Experience

- o Breathing
- o Feelings
- o Physical Sensations
- o Thoughts

Awareness of External Environment

- o Activity/Movement
- o Objects
- o People
- o Sensations (e.g., odors, sounds, etc.)



c'mon, inner peace.
I don't have all day.



Gary Craig

Gary Craig developed EFT, the Emotional Freedom Techniques, in the early 1990's

- His amazing discovery was based on a group of energy healing techniques called Thought Field Therapy (TFT), which Gary had learned earlier from psychologist Dr. Roger Callahan
- A professional engineer, Gary took what he learned from Roger and distilled it into a simple process that just about anyone can use to become as he called it “emofree”
- As a personal performance coach, he was interested in resolving emotional blocks to success
- Website: www.emofree.com
- <https://www.youtube.com/watch?v=VFKVVP8KXd4>



EFT *Across the Board*

By addressing unresolved emotional issues, EFT has proven effective with a WIDE VARIETY of serious diseases, everyday ailments and personal performance goals.

Please visit www.emofree.com for case studies and DVDs on all of the following issues.

- ◆ Weight Loss
- ◆ Anxiety/Panic Attacks
- ◆ Eating Disorders
- ◆ Relationship Issues
- ◆ Anger Management
- ◆ Children's Behavior
- ◆ Dyslexia
- ◆ Allergies
- ◆ Carpal Tunnel Syndrome
- ◆ Asthma
- ◆ Insomnia
- ◆ Multiple Chemical Sensitivities
- ◆ Pain Management
- ◆ Women's Issues
- ◆ Men's Issues
- ◆ Self Worth/Self Esteem
- ◆ Abundance
- ◆ Sports Performance
- ◆ Spiritual Connection
- ◆ Phobias
- ◆ War Trauma (PTSD)
- ◆ Sexual Abuse Trauma
- ◆ Addictions
- ◆ Depression
- ◆ High Blood Pressure
- ◆ Fibromyalgia
- ◆ Migraine Headaches
- ◆ Chronic Fatigue
- ◆ Obsessive/Compulsive Disorder
- ◆ Cancer
- ◆ Parkinson's Disease
- ◆ Muscular Dystrophy
- ◆ Multiple Sclerosis
- ◆ Rheumatoid Arthritis
- ◆ Cystic Fibrosis
- ◆ Diabetes
- ◆ Hepatitis C
- ◆ ALS—Lou Gehrig's Disease

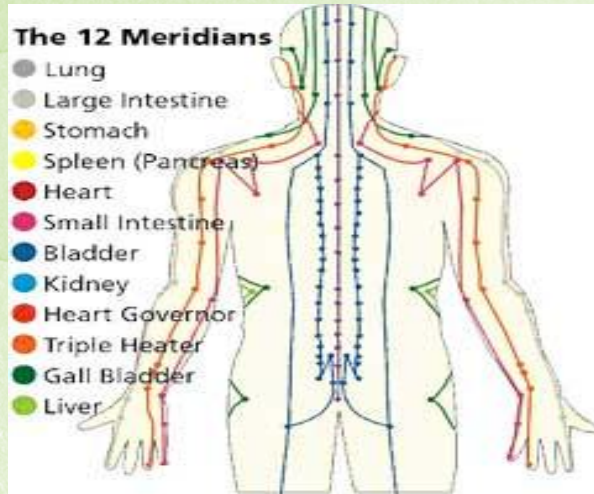
Meridians

In the same way that arteries carry blood, meridians carry energy

Meridians are invisible to the human eye, yet without them we could not sustain life

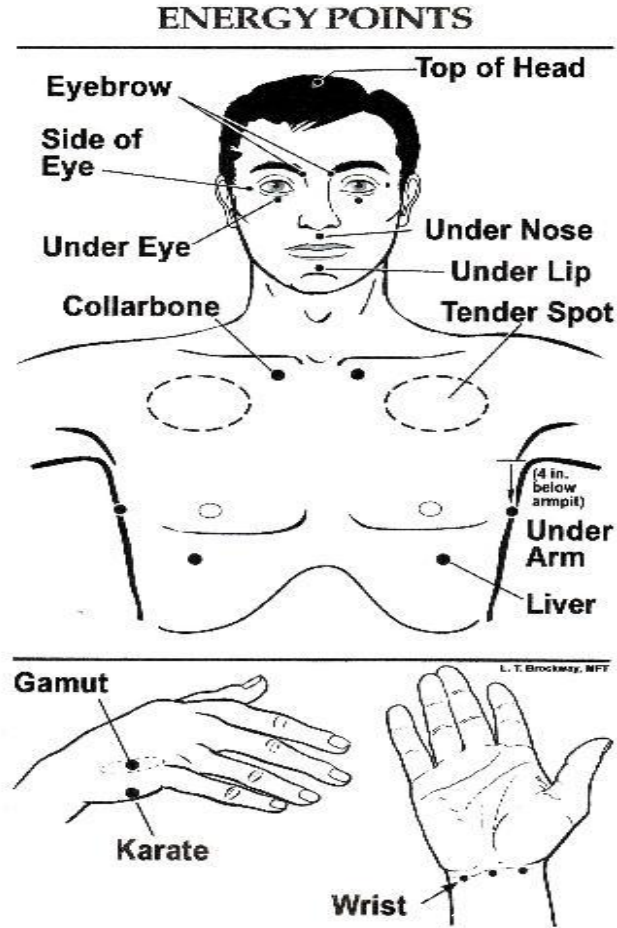
Meridians of the body affect every organ and physiological system inside of us

Meridians of the body affect all major systems including: immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular and the lymphatic system



The Basic Recipe

Tapping Points



- ▶ Practicing EFT will help **clear** energy disruptions in your meridians. Allowing energy to once more flow freely to all parts of your body
- ▶ Certain spots - the end points of Meridians - are tapped while the problem is being held in awareness
- ▶ The result is amazing relief from troublesome emotions, and/or the collapse of negative beliefs which may be associated with those emotions
- ▶ The body's energy system is helped to find balance



*Emotional
FREEDOM
Technique/Tapping*

Internal Family Systems

- We all have multiple sub-personalities or families within each person's mental system
- These sub-personalities consist of wounded parts and painful emotions such as anger and shame, and parts that try to control and protect the person from the pain of the wounded parts
- The sub-personalities are often in conflict with each other and with one's core Self, a concept that describes the confident, compassionate, whole person that is at the core of every individual

What does Mindfulness, EFT and IFS have to do with the Julian Community????

Chakra Healing Meditation



Heartfulness

- o May you be Healthy
- o May you be Happy
- o May you be Safe
- o May you be Peaceful
- o May you have Joy in Your Life



Thanks!

Any questions?

You can find me at:
peaceandlovelisa@gmail.com

Credits

Special thanks to all the people who made and released these awesome resources for free:

- ❑ Presentation template by [SlidesCarnival](#)
- ❑ Photographs by [Unsplash](#)