

HEALING PATH

By Julija Slaby

Tools: Faces, Punctum, Flow

Additional: 3 sheets of paper, colors, stickers, journal

Arrangement: Faces centerpiece, Punctum face up, Space for moving

Duration: 160 minutes

Introduction 5-10 minutes

Hello everyone! It's so good to see you here and thank you for your time, your attention and that you care for more.

More consciousness, more presence, more healing and understanding.

Before we start, let me introduce myself my story shortly.

Few words about trauma 15-20 minutes

We came to live in a very interesting time, full if unexpected changes, uncertainty, threads in so many fields: economically, politically, health wise.

There are so many situations where our trauma can have a window to show up and live through us to the fullest. How do we know it's our old friend?

Trauma is a part of life not apart from it. Trauma is not what happened to us, but how we react to what happened to us.

To have trauma means being human and having challenges.

Now we are living in the time of great disorder, and we have 3 times more depression, 3 times more suicide. We all are feeling it.

Trauma is the experience your body had going through the event, or through a period of time. For one person, it could be a miscarriage, for another it could be loss of a marriage, or loss of their health. For another person, it could be an earthquake, a car accident, something else. For some people, it might be their whole childhood, or even accumulated life experiences and they can't identify anything specific. But at the end of the day, no matter what happened, the effect on the nervous system and our bodies' experience through all this is the same.

The way we can identify trauma is through patterns of our life. Patterns for numbing. Patterns for managing emotions. Patterns for being able to handle difficult conversations. Do we emotionally check out? Mentally check out? What are our patterns around food and eating? Is there emotional eating going on? That is a part of the freeze response. Numbing different emotions is part of the freeze response.

Let's have a short quiz to understand if you are dealing with any kind of traumatic experience.

GENERAL

Low Energy
Overwhelmed Burnout
Depression
Anxiety
Low Stress Capacity

COPING MECHANISMS

Emotional Eating
Numbing Patterns
Substance Use
Binge-Watching TV
Mentally Checking Out
Emotionally Distancing
Other
Phone Scrolling
Over-Exercising

HEALTH CONDITIONS

Chronic Pain
Autoimmune Conditions
Digestive Issues
Bloating
Fatigue
Fibromyalgia

Each of these can be signs of stored trauma in the body. See how many how many of these patterns you identify with in your own life.

There is transformational power that lives within trauma. Hippocrates, the father of our Western medicine, described a “healing crisis,” a time of inflammatory aggravation which, if properly accepted, understood, and treated, can become a time of transformation.

Trauma is opening the door to transformation.

In modern psychology there is a term post traumatic growth.

Traumatic experience can open us to a new life with greater understanding, greater intelligence, greater compassion for other people and larger vision what does it mean to be human.

REBALANCE YOUR NEUROLOGICAL SYSTEM

PAUSE

BODY MIND SPIRIT

This workshop is about making discoveries for yourself. We will learn to speak and to listen to the language of the SOUL, language of art, symbols, metaphors, imagination, intuition. We are going to bypass critical left-brain part.

When we will do this process, let it just come out without control.
I will give you instructions and whatever wants to come out is totally fine.

PAUSE 7 minutes

Let's Pause and during this time focus on your breath, like a healing force which is coming in and out. Notice your body. Are feeling safe? What does it mean for you to feel safe in your body? Just observe.

Music:

<https://music.apple.com/pl/album/ayni/1446860187?i=1446861011>

After the Pause

Welcome back and look around and ground yourself in the present moment.

SESSION1

Introduction to the process – 3 minutes

Take your three printed pages. Write your name and date on it. Number them 1-2-3. We are going to return to them later and maybe you would love to return to them long time after our workshop.

First thought – Best thought

We are going to have 5 -7 minutes for each round.

1 Round

Who am I now? 7 minutes

Close your eyes for a moment and take a deep belly breath.

Open your eyes and focus on the thought:

Who are you today? (Whatever that means to you)

Choose Faces card, that knows something about you today or represents you in some way.

I will ask you a question and you start to draw around on your paper sheet around your card.

Who is this person? A woman, man, child?

What is the most obvious about this face?

Describe three feelings, thoughts or memories that come up in response to this photo.

Imagine the body of this person.

How does it feel like to be in this body?

Try to stand and move around as this person or make this expression of the face.

How does it feel? Draw it.

Whatever is there it's perfect as it is.

After drawing – shake it out to change the energy.

2 Round

Me and my trauma or my biggest issue – 7 minutes

Take a couple of deep breath close again your eyes for a moment. Breathe deeply and relax. Choose Faces card which represent you and Punctum card which represents you biggest problem.

And again, I will ask you some questions and you will start to draw around them. Let it come out of you whatever will come on the page. Let it flow.

Who is this person? A woman, men, child?

How it's important for you? What does it say about you?

How would you describe this person for somebody who unable to see her/him?

When I look at this person

I think...

I feel...

I remember...

What is this photo doesn't show about you?

Who could you give this photo to?

Who can never have this photo this photo?

Punctum

Look at the card you've choose.

How does it relate to your trauma/ biggest issue?

What are first three things that come to your mind?

What is this photo doesn't show about you issue?

What is missing from this picture?

Have a dialog with you issue:

Why are you here?

What do you want?

Put your second drawing aside.

Close your eyes, breathe deeply, and let go of the drawing number two. Shake your hands.

3 Round

Me and my problem solved/trauma healed - 7 minutes

Close your eyes and open your heart to yourself and imagine for a moment what would you look like with your biggest problem solved, you are healed from your trauma. You released.

Choose the Faces card which represent you and Punctum card with represent a solution.

Who is this person? A woman, men, child?

What is this person might feel?

When I look at this person

I think...

I feel...

I remember...

Punctum card

Where do you see the solution?

Three things this photo would like to change about itself?

Thing I expect will not change?

SESSION 2

SHOWING UP AND SHARING - 15 minutes

And now we are going to share in front of the camera each drawing. It will give us a sense what are the possibilities of expression. Each of us is different biologically, psychologically, we have different histories, background, hopes, dreams. There is no wrong way to do your work.

How many of you were surprised by a solution? Solutions are coming from our own wisdom.

And now write down in your journal what are your thoughts about each of your drawings?

Look at your drawings.

1. What does the drawing of yourself have to say to you?
What feelings or thoughts does see yourself drawn on the page bring up for you?
2. What's the biggest problem?
Are you surprised?
Is this what you expected to be there?
What does it feel like to look at yourself with your biggest problem?
3. What's the solution to your problem?
Does it make sense?
Are you surprised? Are you Disappointed? Are you Astonished?

BREAKOUT ROOMS

And now we are going to go in breakout rooms to share about your discoveries.

We have 10 minutes for that.

After coming back 1-2 person will share in the room.

SESSION 3

SHAKE IT OUT 10 MINUTES

Let's move your tension/trauma/ emotions out of your body.

Moving your trauma out. Form of self-expression. Moving our body to take out what we have inside. Living beings tend to move. We are going to do expressive meditation.

Dopamine, endorphins will come up.

Shaking – standing – allowing our body to move to music.

Close your eyes... it's not about anybody else it's just form you. You don't need any external stimulation. It's about compassion what can be possible.

Allow body to do the movement it wants to do.

Thank nature for your body and that you can move it.

3 minutes shaking – 2 minutes pausing – 3 minutes moving

SHAKING

<https://music.apple.com/pl/album/jin-go-lo-ba-jin-go-low-bah/253425923?i=253426067&l=pl>

PAUSING

<https://music.apple.com/pl/album/cornfield-chase/1533983552?i=1533984393&l=pl>

MOVING

<https://music.apple.com/pl/album/cornfield-chase/1533983552?i=1533984393&l=pl>

Sharing time 1 – 2 people – 7 minutes

How many people had emotions coming up?

Emotions are in our bodies and when we are shaking, they start to come up.

SESSION 4

INSIDE OUT – 12 minutes

Bringing what is inside.

What is going inside of me what I need to bring up?

What problem, issue you want to have a dialogue with?

Close your eyes for a moment and invite what is on the surface, what wants to be seen.

Choose the Faces card which represent your problem, issue or symptom and have a dialogue with it.

Ask an important question:

Why are you here?

What are you doing here?

Why am I dealing with you?

What do you want to teach me?

Ask this person an important question for you?

About decision you have to make, an emotional issue, physical syndrome or conflict.

What should I do next?
Can you explain more?
Anything else I need to know?

Write it in your journal.
Look at your dialogue and see what you are learning from it.

BREAKOUT ROOMS 12 minutes

SHARING TIME – 3 minutes per person 3-4 in the room

After participants come back 7- 10 minutes to share in the group.

Now we are going to a last part of our journey.

SESSION 5

CONNECTING TO YOUR INNER WISDOM – 12 minutes

How are you now? What is happening inside of you?

Let's dive into your inner wisdom and intuition.

Close your eyes again and imagine someone who loves you unconditionally. It could be a person, a saint, friend, guarding Angel. Just feel that you are unconditionally loved.

Imagine this person, how she looks like, how she moves like, what is her energy. Maybe you feel a smell or hear the music.

And now have a conversation with this person. Just a normal conversation. Ask her or him the most important question which is rising now in your heart and wait for the answer.

After you get the answer.

Open your eyes and choose PUNCTUM card face down.

Look at it with unconditional love and acceptance. What is the message here for you?

Write it down to your journal.

LET'S FOCUS - 10 minutes

What was the most significant insight from this process?

You can share with us or write down in the chat.

DOING – 5-7 minutes

For the next 5 days we recommend that everyday you:
Listen to relaxing 5 minutes meditation.

Continue with self observation & journaling about your daily emotional reactions experience to get curious about yourself.

Take a photo from your life of what you are grateful for, you can print it and place it to your journal with beautiful words of gratitude to yourself