

The TARA Approach for the Resolution of Shock and Trauma

The Tara Approach to REGENERATION FOR CAREGIVERS

- Prepared by Stephanie Mines, Ph.D.



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A publication of

TARA

TOOLS FOR AWAKENING RESOURCES AND AWARENESS

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The information contained in this book should not be seen as a substitute for medical care, or as eliminating the need for comprehensive professional assistance. It is essential that anyone reading this material that has any reason to suspect serious illness seek appropriate advice promptly. Neither this book nor any other should be used as a substitute for such assistance.

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The TARA Approach is a program of the Dom Project, a 501.c.3 non profit organization. The mission of the Dom Project is to create healing networks for communities in need. Action from compassion is the source of true healing.



Dr. Mines with Family Birthing Unit Nurses in Hawaii.

Introduction

Nurses, psychotherapists, massage therapists and others in the helping professions often struggle with professional burnout, or exhaustion. This guide provides tools to regenerate body, mind and spirit from this debilitation. In addition, this guide intends to help caregivers reflect on patterns of burnout and to change their lifestyle to correct these patterns.

The TARA Approach to healing is simple and effective and can be practiced anywhere. Symptoms of burnout can be resolved readily, but they will recur if the tendencies that caused them repeat. The TARA Approach is not only calming and restorative, but it also accesses our deepest physiological and spiritual levels of being, encouraging us to see the source of our tendencies to be vulnerable to vicarious retraumatization.

The information here is organized to supplement material made available in the TARA Approach Introductory or Self Care level programs. Additional advanced information is presented in subsequent training. For a schedule of these classes visit www.Tara-Approach.org or contact Dr. Stephanie Mines at 303-499-9990 or by e-mail at Tara-Approach@prodigy.net.

ARE YOU SUFFERING FROM BURNOUT?

Burnout is a condition that signals it is time to stop working for a while. This could mean a few hours, a day, a week, a month or years. Burnout can be a call to change careers, or to change your lifestyle, or to just take a rest. In any case, it is unquestionably a powerful message to stop!

Burnout is always, first and foremost, a spiritual condition with clear reference to the Fire Element that rules creativity, love, compassion and inspiration. Burnout comes from overuse or misuse of these fires without sufficient return. The best lifestyle is one that avoids burnout or, if it occurs, treats it immediately. If it is not treated immediately, burnout can only get worse. It never gets better by itself.

SOME SIGNS OF BURNOUT

- No excitement about life, especially your job.
- No enthusiasm upon rising in the morning.
- Frequent accidents or illnesses.
- Irritability.
- Lack of curiosity.
- Feelings of resentment, especially when others are bright and happy.
- Sleep disturbances.
- Obsession with work related issues.
- Feelings of being trapped with no option for change.
- Exhaustion.
- Inability to concentrate.
- Poor eating habits. This includes erratic eating, eating while standing, rushed eating, dissociated while eating, careless eating, etc.
- Excess consumption of sugar and caffeine to "keep going."
- No energy for relationships, intimacy or personal, creative expression.
- Melancholy, or dwelling on the past.
- No future vision; nothing to look forward to.
- Insensitivity to others.
- Weight gain. Weight loss.
- Unwillingness to exercise.
- Unresponsiveness and a need to be isolated; then not feeling happy when alone.
- Overuse of alcohol (drinking daily).
- Harboring negative feelings.
- Migraine headaches.
- Chronic neck and shoulder pain.
- Chronic back problems.



- Jaw tension; grinding teeth.
- Resignation.
- No desire for expression or communication.
- Operating mechanically.
- Feeling that no one notices. You feel invisible, and you feel your suffering is invisible

For care providers who work with trauma, chronic pain, the elderly, and terminal illness, these signs are also important:

- Despair about the human condition.
- Preoccupation with your clients' needs.
- Helplessness.
- Depression.
- Persistent grief.

Working with the dying and those with chronic conditions without inspiration is doubly harmful. Both you and your clients suffer. Finding resources in creativity, nature, and personal exploration to change these dynamics is completely liberating. Don't be afraid to change. It is you who will have to initiate the new direction by seeking out these resources. Using the energy medicine practices contained in this guide will help propel you in this direction. Ask for help. This may mean speaking to your spiritual guides, your friends, to family members you trust, and to the world of nature. Open yourself to healing. You are worth it.

See Section III of this handbook for the specific treatments for burnout. See Section IV of this handbook for tools especially designed for those who serve the dying.

See Page 23 for a *Map of the Body* to guide you in the use of the treatments given here.

NOTE: Each group of interventions listed may be done individually or collectively.



PRAYER FOR CAREGIVERS

May we know our most authentic feelings and have the power to voice them.

May we tap into soul and spirit in our silences.

May healing begin in us now.

May we feel connection to ourselves and to others,

Knowing that we are never alone in our suffering.

May we honor our vulnerability, fear, love, rage, hatred, compassion, despair and hope.

May healing begin in us now.

May we form a circle of friends, united with ourselves, each other and the whole world.

May healing begin now.

Stephanie Mines, Ph.D.



SECTION I ~ Regeneration

Our precious life force leaks out of us in many ways. When we see this and realize the weight of the loss, we must search for regeneration. It is not always easy to find. But teachers from the ancient world, our true ancestors, have wisdom treasures to offer us in this present time. These treasures wait for our discovery and interpretation in the here and now. The TARA Approach, and its subtle medicine component, Jin Shin TARA, combines ancient healing knowledge with contemporary circumstances. The message of the TARA Approach is regeneration and restoration.

Regeneration always happens on many levels of our lives. It is most successful when this is acknowledged. We regenerate when we understand the teachings in our experiences. This gives us mental and emotional regeneration through integration and absorption. This kind of regeneration touches the spiritual plane via the mental experience. It assures us that there is meaning in life. This in itself is a protection against exhaustion.

The following treatments have been known to yield deep regeneration when they are used consistently. The "flows" or combinations of points on the energy map provided in Jin Shin TARA are sometimes given without a specific reference to treating the right or the left side. This means that you may hold the points on either side or you may hold the points on both sides.

The map of the body included in this handbook will be helpful in practicing these treatments. The first time you do the treatments you may feel awkward as you combine the directions and locations on your body. However, the treatment flows are really quite simple and once you learn them you will find it extremely comfortable to continue treating yourself under almost any circumstances.

Hold the points indicated until the pulsation in your fingertips feels resonant and calm. If you don't experience pulsation, hold the points until you feel ready to remove your hands.

THE SIMPLE REGENERATION FLOW

This flow treats both sides of the body. Place your left hand under the sit bone or buttock, contacting the bone (Point #25). Simultaneously, close your left hand with your fingertips, contacting the center of your palm. This latter position is a mudra or inju. This entire flow stimulates quiet regeneration and deep centering.

FATIGUE WITH HEART PALPITATIONS

Place one hand on the outside of the ankle (Point #16), and the other hand on the opposite groin (Point #15). Then move the hand from the groin to Point #13, between the collarbone and the center of the breast, on the same side. Now place the other hand on the same side wrist, just before the wrist bone (Point #17).

Fatigue with heart palpitations indicates that the Pericardium (Heart Protector) is exhausted. This is an extremely significant sign of compassion fatigue and should never be ignored.

FATIGUE WITH LOW BACK PAIN

Release each finger of the left hand by contacting the nail of each finger with the pad side of the thumb (these are also mudras or injus). At the same time, the right hand will hold the same side middle of the back (Point #23), then the area half way between the elbow and the shoulder (Point #High 19), contacting both sides of the arm. Then drape the right hand over the left shoulder to Point #3, where the fingertips touch. Switch sides.

Fatigue with low back pain reveals that the body's support structures are exhausted. To maintain physical support, attention to this message is essential.

FATIGUE WITH LOW BACK, NECK AND KNEE PAIN

Place one hand on the base of the big toe, sole side (Point #7). With the other hand, contact both sides of the thigh, halfway between the knee and the groin (Point #High 1). Then place one hand just under the ribs (Point #14), and the other hand on the opposite side of the body, just above the eyebrow (Point #20).

Move the right hand from the forehead (Point #20) to the same side arm, halfway between the elbow and shoulder (Point #High 19), leaving the left hand in place.

When low back, neck and knee pain combine, your body is making a strong statement to you to stop; don't go forward until you take care of these loud statements.

The Main Central Vertical Flow (see Section IV) is another potent source of whole body regeneration.

FATIGUE WITH FOOD STAGNATION

Hold the center back of the head, between the ears, above the occipital ridge (Central Point #4), while holding the middle of the forehead (Central Point #20) with the right hand.

Move the right palm from the forehead (Point #20) to the same side arm, halfway between the elbow and the shoulder (Point #High 19), leaving the left hand in place.

Then, move the right hand to the area halfway between the diaphragm and the belly button (Middle Point #14), and the left hand goes to the center top of the head, the crown.

Fatigue with food stagnation can indicate the exhaustion of the Triple Burner Meridian, or the fire of digestion and assimilation. When this fire is burdened, the other two fires (respiration and elimination) will soon also be implicated.

THE WHOLE BODY REGENERATION FLOW

Hold the crown of the head with one hand while the other hand holds the coccyx. When the energy (pulsation) in both hands is resonant and calm, move the hand that is on the coccyx to the pubic bone.

Whole body regeneration is also felt energetically when you put both hands on the crown of the head, the fingertips meeting and the palms resting easily on the sides of the head.

Another approach to whole body regeneration is by holding Point #25 on the right and left sides, simultaneously. You can do this while sitting on your hands, or lying down on your hands.

The Main Central Vertical Flow (see Section IV) is another source of whole body regeneration.





SECTION II ~ Self Care Meridian Flows

"The stress of unremitting caregiving inhibits the immune system. The wounds of Alzheimer caregivers took an average of nine days longer to heal than those of controls."

Gabor Maté, MD, When the Body Says No

The following three meridian self care flows are specifically for exhaustion. Burnout of any kind wreaks havoc most dramatically on the Kidney, Liver and Spleen Meridians. The Kidney Meridian is the energetic source for the immune system. The Liver Meridian is the source of concentration and clear thinking. The Spleen Meridian provides us with the energy of will and intention. Repeated self care on a daily basis is necessary to re-fortify these energy pathways.

KIDNEY MERIDIAN SELF CARE

Hold the little toe with one hand, and with the other hand hold next to the base of the earlobe on the neck (Point #12).

LIVER MERIDIAN SELF CARE

Hold the occipital base on the left and right sides simultaneously (Point #4).

SPLEEN MERIDIAN SELF CARE

Place fingertips beside the inside of the ankle bone (Point #5). The fingertips of the other hand are placed just below the collarbone on the opposite side of the body (Point #22).

Doing these flows on both sides of the body adds regenerative power.





SECTION III ~ Treating Symptoms of Burnout

The following is an alphabetized list of the most common symptoms associated with burnout. Treat both sides of the body whenever possible.

ADDICTIONS

Addictions can reflect an inability to express anger directly, so that it is imploded. Addictions are cries for help that long to be heard.

Place one finger next to the nose, at the base of the cheekbone (Point #21). Place the other hand on the opposite middle toe.

Place one hand on the groin (Point #15) while placing the fingertips of the other hand on the opposite crook of the elbow (Point #19).

Place one hand on the groin (Point #15) and the other hand on the same side top of the foot between the little and ring toes (Point #24).

Place one hand on the groin (Point #15), and the other hand on the same side inside ankle (Point #5).

Place one hand on one side of the back (Point #23 which rests on the adrenals) and the other on the same side, below the collarbone (Point #22).

Place one hand on the same side middle of the back (Point #23) and the other hand on the same side inside of the knee (Point #1).

Place one hand on the coccyx at the tip and the other on the middle of the chest (Center Point #13).

Place the hands just under the ribs (Point #14), right and left sides simultaneously.

CONCENTRATION

Place both hands at the base of the occipital ridge (Point #4).

DEPRESSION

"The caregivers who reported lower levels of social support also showed the greatest depression in immune activity – just as the loneliest medical students had the most impaired immune systems."

—Gabor Maté, MD, When the Body Says No

Depression is a sign of the complete exhaustion of the Fire Element and is a strong plea to stop serving others and serve yourself by rebuilding the fires of your own inspiration and spiritual connection.

Place the fingertips of one hand next to the inside ankle bone (Point #5). The fingertips of the other hand are placed just below the collarbone on the opposite side of the body (Point #22).

Place one hand on the groin (Point #15) and the other hand on the same side bottom of the foot, on the pad under the big toe (Point #6).

INSOMNIA

Place the thumb of one hand on the opposite palm at the base of the fat pad of the thumb (Point #18).

Main Central Vertical Flow (see Section IV)

Place one finger next to the nose at the base of the cheekbone (Point #21), and the other hand on the opposite middle toe.

Place one finger next to the base of the cheekbone, alongside the nose (Point #21) and the other hand on the opposite top of the hip on the back of the body (Point #2).

Release all fingers, holding the base of each one in turn, first on one side and then on the other. Hold in the center of the palm of each hand.

Place one hand on the opposite groin (Point #15) and the other hand on the opposite crook of the elbow (Point #19).

Place one hand on the groin (Point #15) and the other hand on the same side top of the foot between little and ring toes (Point #24).

Place one hand on the groin (Point #15) and the other hand on the same side inside of the ankle (Point #5).

Place one hand just below the ribs (Point #14) and the other hand on the opposite crook of the elbow (Point #19).

Hold thumbs, first one side and then the other.

Hold center and back of the hand at the same time with the other hand, placing the thumb on the center of palm and the fingers contacting the back of the hand. Treat one hand and then the other.

IRRITABILITY AND FRUSTRATION

Hold middle fingers.

Place one hand on the inside of one knee (Point #1) and the other hand on the same side back at the top of the hip (Point #2).

Place fingertips on the insides of both knees (Point #1, right and left sides).

Place both hands on either side of the base of the occiput (Point #4, left and right sides).

Place one hand on the coccyx and the other hand in the middle of the chest (Central Point #13).

RESENTMENT

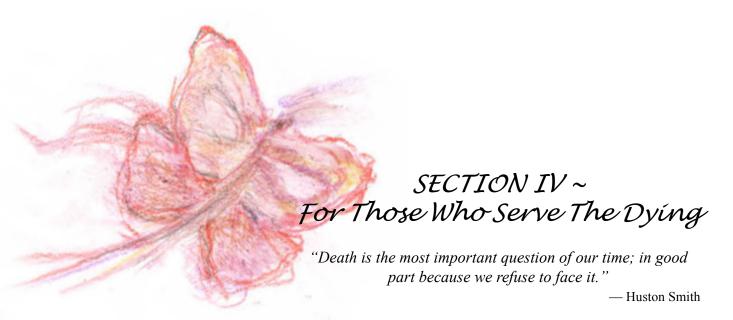
Place the fingertips on the outside of the ankles, one hand on each side (Point #16).

Place hands on the tops of the feet, between the little and ring toes, both sides (Point #24).

Place the left hand on the right top of the foot between the little and ring toes (Point #24), and the right hand on the left arm just behind the armpit (Point #26). Reverse sides.

Place one hand on the top of the foot between the little and ring toe (Point #24), and the other hand on the same side little toe.





Serving the terminally ill and supporting them through the dying process is a great spiritual service. Most people feel enormous fear as they face death. To ease suffering and apprehension, as well as physical pain, at this momentous time is a profound gift. The TARA Approach has many resources for the dying, their caregivers and their family members. They are contained in this handbook as energy medicine practices. I have also provided language and perspective to add dimension to both the experience of death and the health and wellbeing of caregivers and family members.

It is worth noting here that the TARA Approach was originally conceived because of its use in the healing death of Domingo Orejudos. For this reason it is auspicious to document the ways in which it can be of assistance to others caring for the dying. This demonstrates that what we lovingly invest ourselves in, with healing intent, though we may not know how at the moment, provides great benefit to countless others.

It is entirely within the scope of possibility that caregivers and family members can serve the dying without being completely drained of their own energy. However, it is not within the scope of possibility to serve the dying without being enormously impacted. It is completely natural to feel the magnitude of each death and to need time to reflect. This

handbook suggests that caregivers and family members must allow themselves this opportunity. It is the natural extension of their service. Regeneration allows you to serve more and more people with deeper and deeper wisdom.

Ultimately, when it comes time for caregivers themselves to die, we will reap the reward of all the years spent studying death and assisting people as they walk on this bridge.

If care providers are continually depleted their potent awareness is undermined and is not successfully passed on to others. Caring for the dying and the terminally ill is spiritual initiation and must be regarded as such by the caregivers themselves as well as the institutions and organizations within which they do their service. It is highly efficient to teach caregivers to care for themselves. Regeneration is always efficient and not only prolongs healthy life; it also makes it more useful to others.

Thus this is a guide for both the living and the dying; for those who are leaving this plane and for those who will continue to nourish it.

"True philosophers make death and dying their profession."
—Socrates

The practice of energy medicine for the experience of death is simple. It requires an attitude of peace and acceptance, and a confidence that death is not an ending but a transformation. While holding certain points on the body of the person who is dying, this attitude arises naturally and infuses not only the person who is dying, but whoever is holding these areas. Thus the giving of the treatment itself becomes a source of regeneration.

BASIC TREATMENT TO EASE THE MOMENT OF DEATH

- 1. While sitting at the feet of the dying person, place the palms of your hands on the calves of their legs. Hold them there until a resonant pulse arises in your hands. This will tell you that the individual's core energy is circulating in a healthy way that will allow death to occur without disturbance.
- 2. Once the pulse is resonant in the palms of your hands, move your hands to the base of the big toes, sole side (Point #7). You can cross your hands or not, as is comfortable. Pulse will arise from the big toes into your hands. The names for this point include Victory and Crossroads. It stimulates the circulation of

an energy field that forms an oval of protection around the body. This will allow the dying process to be free of fear.

Caregivers and family members can do this treatment confidently, knowing that it will arouse peace, serenity, surrender and ease at the moment of death.

ENERGY MEDICINE FOR REGENERATION AFTER SERVING THE DYING

- 1. Palm Inju Put the palms of the hands together, as in prayer. This will help the caregiver return to center after the strong emotional experience of service. While we are caring for others we sometimes get pulled apart. Palm Inju or Prayer Mudra puts us back together again.
- 2. The Main Central Vertical Flow The translation from the Japanese name for this flow is "I am the Divine Presence in the Honorific Center of the Universe." The right hand goes to the top of the head and the left hand is held (fingertips or palm) in the center of the forehead. After a resonant pulse arises, the left hand moves to the tip of the nose; then to the "v" of the neck; then to the center of the chest; then to the base of the sternum; then above the umbilicus; and then to the tip of the pubic bone. At this juncture the right hand comes down from the top of the head and goes to the coccyx or tailbone tip.
- 3. Releasing Intermingling Hold the top of the shoulder (Point #11) and the base of the buttocks (Point #25), first on one side of the body and then on the other. This brings us out of confusion and allows us to come into the present, truly embodied.

TRANSMUTING GRIEF INTO JOY

"Witnessing death is an initiation. It opens our eyes and it also breaks our hearts open. Those who have lost someone to death now have more room in their hearts then ever before. Witnessing death makes us become someone new. These are the quiet people who know the worst, who have been through the chaos, the isolation, and, in a way, the death of themselves. They come away from their witnessing with the gift of knowing what it means to have a fully realized life."

- Sukie Miller, Finding Hope When A Child Dies

Grief is not to be forgotten, repressed or overcome. Grief, in Oriental medicine, is transmuted into the joy of life, and especially the joy of relationship. To support our energy bodies in this transmutation:

- 1. Hold the ring finger, first on one side and then on the other.
- 2. Hold just below the collarbone (Point #22) and at the base of the ribs (Point #14), on the same side. Treat one side and then the other.
- 3. Hold the coccyx with the right hand and the middle of the chest with the left hand (Central Point #13).

FATIGUE ASSOCIATED WITH THE CARE OF THE TERMINALLY ILL

The fatigue that is felt after serving the chronically or terminally ill deserves to be honored. All of the treatments given here will help in some way to relieve fatigue. Sound rest, with dreams of release, is essential. The Main Central Vertical Flow can be done before sleep to promote it. In can also be done upon awakening, to refresh your energy. Use the self care meridian releases for the Kidney, Liver and Spleen Meridians to help recover your energy.

"Service through self-sacrifice is a dead end."

- Anonymous caregiver



For additional information see WE ARE ALL IN SHOCK: HOW OVERWHELMING EXPERIENCES SHATTER YOU AND WHAT YOU CAN DO ABOUT IT, by Stephanie Mines, Ph.D., available from New Pages/Career Books (www.newpagesbooks.com).

For additional training, including information about CEU's, contact The TARA Approach at www.Tara-Approach.org or by phone at 303-499-9990.

Map of the body.

