

The Basics Method: 4 Essential Practices to Feel Good *Now*

A nervous system reset that brings you into alignment
with Self-Love & Self-Care
~ At a glance ~

The 4 Essential Practices method is designed to shift the energy body ~ the physiological, mental and emotional self ~ through developing conscious awareness of our heart, body and mind as a whole system. The heart possesses its own intelligence and is primarily responsible for relaying information to the brain. Breathing from our heart center can produce a cascade of feel good hormones throughout all of our body systems. As you learn to live more heartfully, meaning from our own *perfect heart center*, you can experience a greater sense of wholeness, improved health and a deep appreciation for your own *Value*.

Practice #1 Heart Centered Breathing

Practice 1 teaches us to focus on our heart center and breathe from the heart space. This is what I am calling *heart centered breathing*, this creates what is known as Heart-Brain coherence. We can calm and reset the nervous system by shifting our breathing to a slower, deeper and even rhythm. Bring your attention to your heart center, and place one or both hands over your heart center; inhale 5-6 seconds, exhale 5-6 seconds. Repeat at least 10 cycles of breath. You may notice your body and mind beginning to relax. Allow yourself to surrender to calm and balance. With this practice you are establishing a conscious resonance of body and mind.

Practice #2 Shifting Emotional Energy State

Practice 2 calls upon cultivating a high vibration emotional experience of peace, calm, joy and freedom. It invites a kind of visualization in our mind's eye, expanding the energy beyond all of the senses. We are retraining our attention to focus on experiences, images and feelings that are all peaceful, joyful and inspiring. Now bring your awareness to a simple moment in nature, notice feelings of appreciation, gratitude, peace and joy. Notice sensations of warmth, soothing and calm washing over you. You are beginning the reconditioning process, shifting the stress response to a more emotional centeredness; arriving in the present moment as your true self.

Practice #3 L A Hug, BodyMind Awareness

Practice 3 invites awareness and appreciation of our physical body. We can give ourselves a warm embrace; notice this miracle of this flesh and blood container we call our bodies. Whatever shape we find ourselves in, we deserve complete honor and gratitude. Great healing can occur through self-touch. Now, cross your arms over your chest, notice each hand connecting to opposite arms.; now send this loving connection to all parts of your body. A deeper relaxation can occur here, you may notice an energetic shift of safety and security. *Love and Accept* your body as it is, receive this soothing nourishment.

Practice #4 Developing Loving Speech

Practice 4 calls us to notice what words and old messages are cycling through our minds. Are they words of kindness and encouragement, or are they words of judgment, criticism, self blame and shame? We can shift these detrimental language patterns with words of love, support and reassurance. Pause now, what uplifting messages are meaningful to you? Some phrases that resonate with me are, "I am valuable," "I am peace and power," "I easily receive," "I get to be happy." You can choose your own words too. Let the *vibrational energy* of the words circulate throughout every cell of your being. You may experience a smile, uplift and inspiration.

Recondition Your BodyMind and Redesign Your Life

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