

# Dancing With Discomfort part 2

Reclaiming our Indigenous Spirit Forum

Reclaiming the Power of Intentional Challenge in Addiction Recovery

# Who am I

- Physiotherapist for over 25 years with over 33 years of working with the body in a variety of settings from high performance to complex pain to Indigenous community settings
- Informed by various traditions: Indigenous / land based work, Zen Buddhism, Yoga, Somatic and Breathwork practices, Sound Healing, and others.



# Let's Talk about Working with our Body and Mind

- The entire human experience we are attuned to happens through the body and we witness this through our mind and consciousness
- The body continues to be understood as the carrier of our past experiences and a potential resource for our future wise/aligned decision making
- The nervous system/sensory system is the interface for our intense experiences, and experiences that we would rather not experience
- Being skilled at working with our body and nervous system is not a given, it is a skill that is trained
- We HAVE TO GROW UP IN OUR BODY

# Fragility/Immaturity

- The concept of **Hormesis** - Exposure to something intense that challenges our system which in the end we benefit by exponentially
- This is connected to fragility or in this case **Anti-Fragility**
- Which leads to the concept of development or **growing ourselves up**
- Most importantly this has to be done in the context of **compassion**:
  - In other words done in **RELATIONSHIP — RIGHT SUPPORT, RIGHT CHALLENGE**

# Lets try a few exercises

- These are all by invitation - no pressure or judgement AND....
- If you are even a little open to experimenting I invite you STRONGLY to stretch yourself a little or a lot - get into the DISCOMFORT ZONE
- Having said all that, PLEASE take care of yourself and you needs. If you are feeling any degree of anxiousness just stop the experiment and open your eyes, look around the room, grab a drink of water, and slow your breath.
- Try to have fun with these :)

# First Exercise in Discomfort

- Nasal Breathing
- Breath retention - Parasympathetic Drive

# Second Exercise in Discomfort

- More Rapid Breathing - Sympathetic drive

# Third Exercise in Discomfort

- Kundalinni movement or Tai Chi Posture

# Final Exercise

Discomfort in the inner body realm and the inter-relational

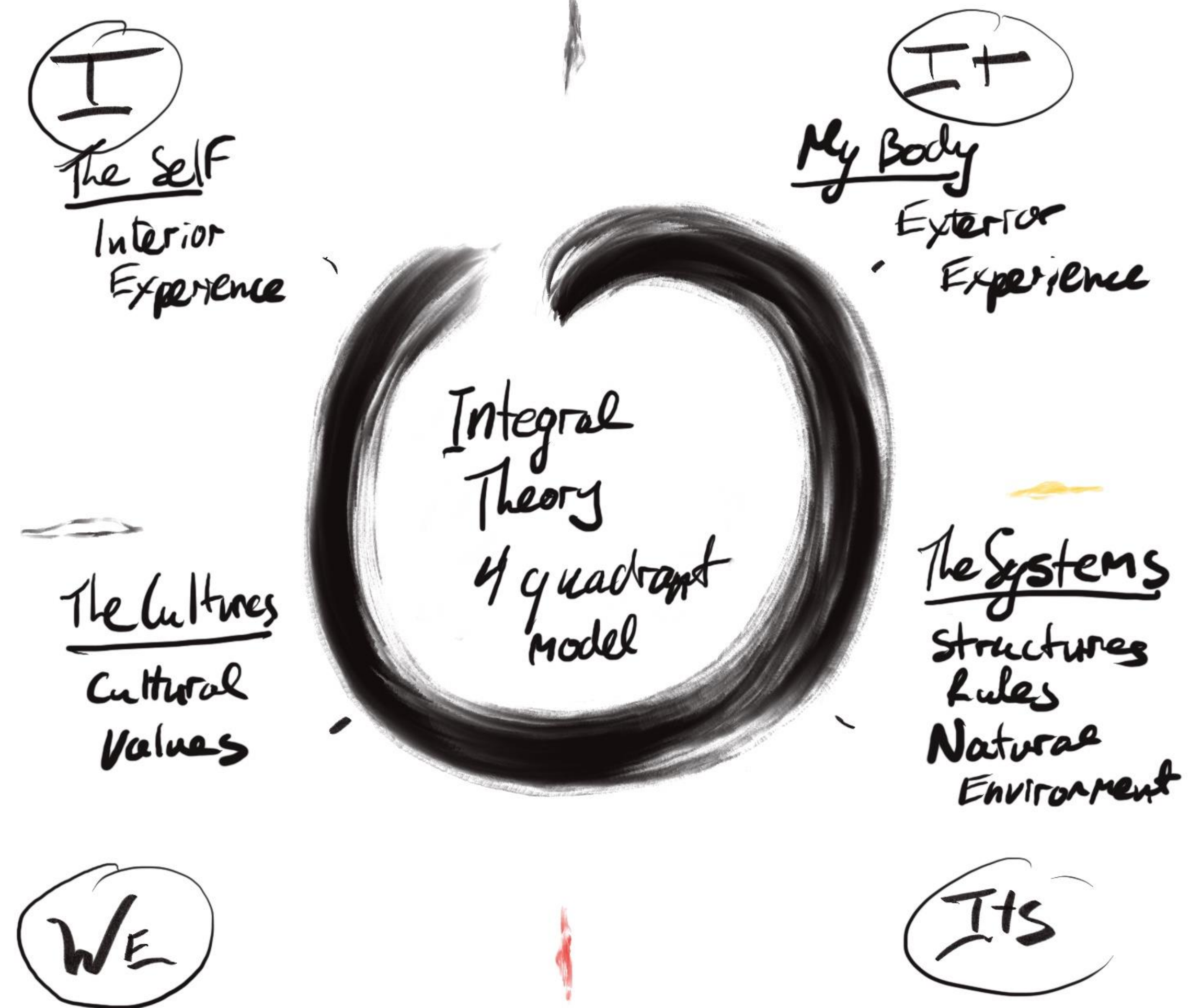
- Visualization - GUIDANCE
- Contextualize the visualization
- Go through the imagining
- Feel it and connect with it
- **\*\*Now share it\*\*** - small groups 3 min

# Culturally Working with Duress

- What are the cultural practices that have challenged you and thus made you grow in some way?
- Think beyond just the physical...
- What are practices that you have wanted to try but haven't taken the leap yet? \*\* small groups \*\* 2 min

# Integral Medicine

- Integral Theory from Ken Wilbur
- 4 quadrants: we can challenge ourselves in each one of these quadrants
- Development, i.e. growing up, is central to this theory
- Different developmental lines and levels



# Back to the Phones

## The Seeking of Pleasure Pathway

- So what was it like to not check your phone for an hour?
- We're you able to do it?
  - If YES - How did you do it?
  - If NO - What did you notice?
- What can you learn from this and how could you apply it for this conference and going forward at home?



Lets check in at the end of the day on the question and answer panel and let us know how you did.

Thanks for Your Attention  
and Curiosity