ENERGY PSYCHOLOGY CONFERENCE
26th INTERNATIONAL

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From Fight/Flight to Flowering: Nurturing Resilience

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Transformational Change
The Art & Science of
Objectives

• Demonstrate an intercultural group exercise using flowers and energy psychology
  emotional and mental fitness, and resilience model in your community.
  
• Create an outreach strategy to build, strengthen, and maintain Flower Living's
  compassion using evidence-based skills.

• Describe 2 ways to connect with the essential self and the unified energy field of
  heart coherence and resilience building.

• Demonstrate at least 3 evidence-based tools used in emotional and mental fitness.

• Describe 3 important principles of Emotional Aid.

• Describe the components of the Flower Living Model.
We have been working on a successful model to create and help nurture a multitude of ways, usually from the inside out. We aim to have a lot of fun and get to know each other in a healthy, supportive space where people can connect with others who share their values and goals.

Our community is a safe and supportive environment that supports personal growth, healing, and transformation. We offer a variety of programs, education, guidance and services that support their human, spiritual, and magical potential.

Flourish Living Community Garden is where people can explore and develop their resilience model of Flourish Living.
Clarity
Less stress, more peace, more focus and
Brain-Heart Coherence

Using cardiorespiratory coherence parasymпатический and the sympathetic activities activity branches distribution, namely the ANS (ANS). The regulation is achieved by the two ANS Abstractive Regulation of heart rate variability (HRV)
Cognitive Clarity

40Hz
Association, 12(21), e030780. https://doi.org/10.1161/JAHA.12.3.030780
Alzheimer’s Disease: The Heart–Brain Axis. Journal of the American Heart
Sweet, A., Lopez, O., Cohen, A., & Reis, E. (2023). Cardiovascular Disease and
Activities in Alzheimer’s Disease Patients. Frontiers in Systems Neuroscience, 15,
Cimneser, A., Hempel, E., Travers, T., Strozewski, N., Martin, K., Malchao, Z., &جيلر,
www.sciencedaily.com/releases/2024/02/240228113828.htm
stimulation clears amyloid in Alzheimer’s mice.
Picozer Institute at MIT. (2024, February 28). How 40Hz sensory gamma rhythm
Balancing self-care and community service
Importance of expressing essential nature in all aspects of life
Accessing Essential Nature and Energy Connection
Journaling of Petals (Cook, J. M., 2018)

The power of the Pen
Insights from Nature
Let’s explore, play, and embrace curiosity.
Sunflowers are a symbol of warmth, positivity and strength. Strong, bright sunflowers provide nutrition and light. And the sunflower is a sign of hope and endurance.

The sunflower is loved by both humans and wildlife alike.
Grounding into essential nature/soul (Oschman, J. 2023)
Connecting through the Hara line of energy (Brennan, B. 1973) (Haramein, N. 2008)
soscer ball

is a ball of ethereal energy about the size of a

nut or Dantien. This

Around the Hara Center there is an envelope

river of life force or Chi.

An inch in diameter and is the gateway into the

body where the Monad seats itself. It is about

The Hara Center is the center of the ethereal

surrounding the planet.

The gateway into the ethereal envelope

two inches inwards from the skin.

The Hara Center is located at the navel about
(Connect dimensions to the Morphogenic Field)
Scalar Wave dimension on Safe
myself when I don't feel
Doorway to an aspect of Embodiment
System and Template of Foundation to our Energy

HARA
Grounding in your name

Grounding spiritual and earth energy

If you are stumbling as you say your name, your name being used does not resonate with your soul and body and soul might not be fully integrated or the name frequency of my soul's path can come into my space. Only those beings of the highest luminous harmonic (3x) and I am only

---

I am
With practice you can achieve a state of ecstasy:

- Opening to the possibility of homeostasis
- Morphogenetic field expansion
- Relaxation and consciousness
- Ease Anxiety
- Grounding

Energy flow through all your systems

Heavenly awareness

Psychology [or EM [energy medicine]] do the intervention

Openness and willingness to do the work at hand (necessary to open our client to an EP [energy]

Integration of polarity

Presence

Access and integration of the Divine Source (whom the client connects to) and compassion into your

With this meditation you will achieve:

Veritcal Alignment, Hara and divine compassion breathing meditation.
Math

using the Breathing/Augmented Heart

Coherent Heart Field of Compassion
Field with the Unified Field of Coherence

Connecting Through the Coherent Heart
Unified Field of Compassion
Coherent Heart Field of Compassion

Each part of a system behaves in relationship to others and the whole.

Is a reflection of the positive cooperation within a system and between systems.

Individuals experience coherence as ease, organization and unity throughout the body. We flow together and openly receive and give.
Peace
Stillness - Eases
Trauma/Stress
Burn out
What will you be connected within.

Our resonate state informs the person we are working with...
Unified Field of Compassion is Local and Global Simultaneously
Figure 88: In All Direction to Bring Energy In an Out of Our Field...
Heart Breathing

- Breath in and out of your heart.
- Calm your protection, support, or where you felt love for a person, animal, or place, and experience it.
- Think of your breath coming in and out of your heart.
- Notice the felt sense of your heart chakra and the other hand over it.
- Put one hand on the middle.

(An adaptation of the Quick Coherence Technique from the Institute for Heart Math: www.heartmath.org)
Utilizing emotional and mental fitness skills
What is Your Inner Sanctuary Where You Connect and Greet Your Being With Acceptance, Understanding, Compassion, and Care
What is the compassionate?
• How connected are you?
Flowing Through
• Are there thought forms
• What emotions are felt?
Body Now?
• What are you experiencing in the

Flower Grow
How are your
Well Being, and distress
Understanding patterns of
Are you Grounded?

- Can you feel your connection with the earth?
- How do you experience Her presence in your being?
- Is there an alive interaction?
How do you connect with the unified field?

Felt Sense of

Joy, compassion, love,

Spirit, well-being,

Flow, energy,

Awareness

........
Do you Know Yourself as Dynamic Presence Within the Field or as a Personification/Expression of Self in the Front of the Field?
When you are flowering, how do you experience your goodness being?

ESSENSE IN ACTION

Role: Helper, Inspire,

A more differentiated self

OR

Love itself:

COMPASSION, Curiosity,

GIVER, Worker, Teacher, Care
What is your Personal Community of Support
Assessing Patterns of Distress and Wellbeing
Understand the Body's Natural Survival Trauma Responses

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Impact of Trauma Understand The
Compassionate Response?

What is the relationship with self and other?

Is there a connection felt?

What emotions are present in the body?

What is happening in the distress patterns understanding?
FREEZE
FLIP
FLIP
FLIP
FLIP
SURVIVAL
Wired for
Biologically
You Are
Mobile

Softenn and Unlock and

Noticed

Being Not Immobile

Assessment

Freeze
Shake it out

Four Thumps

- Stomach Points
- Under the Eye
- Spleen Points
- Under the Arm and Eye
- Above the Thymus
- Center of Sternum
- Kidney 27 Points
- Under Collarbone K-27
Relaxation

Sit comfortably with arms crossed, one hand wrapped around the upper arm, the elbow just above the hip.

Put the other hand underneath the arm holding the side of the body about 4-6 inches below the middle finger in the notch above the elbow and the arm. Hold for at least one minute.

Switch the hand holding position with the other hand under the arm and hold for at least one minute.

Switch positions back and forth several times, until you feel a shift and a sense of deep relaxation.
Repeat 2-3 times

Breathe out counting to 8

Hold your breath counting to 7

Take a deep breath, counting to 4
Fight
Repeat 3-5 times
Open hands and let it go
SHHHH,
Blowing out air with a
Pull fists down fast while
And make fists facing you
Both hand over the head
With a deep breath, lift
STRESS BLOW-OUT
Flop

Disconnecting and Shutting Down To Take The Impact
Coming Back into the Body and Mobilizing The Energy
Assisted Shock Relief

Awareness comes back to hand until the person and/or back of the side of the hand. Tap repeatedly on the
Anxiety, fears, and emotional distress
Feeling jumpy and hyper-vigilant
Easily irritated, angry, and reactive
Restlessness, inability to rest or sleep
Feeling jumpy and hyper-vigilant
Anxiety, tears, and emotional distress

Head arrhythmia and breathing problems
Stomach and digestive problems
Fatigue, disconnected, and numb
Spacy, attention problems, can’t think clearly

Symptoms
Aches, pains, illness, and psychosomatic
Reactivity and Breaking Apart
Agitating and Overwhelming with Self Away
Running Numbing and Shutting
Saver/Draining Self for Others
Perfectionist/Never Enough
Perpetual Activation/Fight/Fright/Freeze
Stuck on in Sympathetic Survival

Standing Distress Patterns
What are the Long
Coming to Meet our Pain Together
Softening into Connection and Caring
Creating Inner and Outer Safety

Friend - Compassionate In and Out
Connection
Compassionate Response
Friend Response – Survival Needs

- We are in this together inside and out
- Allows the open connection and support
- Brings the person back to the community
- Builds coherence between people
- Produces oxytocin which promotes connection
- Softens the body
and accept myself.

With all my gifts, strengths, and abilities to love and accept myself.

With all my faults, weaknesses, and limitations, I want to deeply and completely

Acceptance and Understanding

Receiving the Self With
Regulate within the other to create the field of coherence.

Relaxed and receptive with no need for defense.

Relationships in coherence are open, understanding, safe.

How each party behaves in relationships to other and the whole.

Community
Within
Coherence

It is a conscious and automatic arrangement and co-
What are the Needs of the Community?

- Does the Community need to stabilize, regulated, and rebuild after a traumatic event?
- Does the Community need to come together to promote Flowerful Living and Well Being?
- Who is already meeting these needs?
- Are you building collaborative relationships with your community partners and supporting them in meeting the need?
- How does your offering meet the need of the community?
Promoting wellbeing within oneself
Still point within our hearts,

The self-love that brings us to a place in ourselves in a way that brings you a sense of mindfulness, heartfulness and embodiment. Connecting rituals can be anything that brings you a sense of...
energy states

Heart Breathing/Augmented Heart Math for accessing positive specific skills
Heart Breathing

• Sense in your heart.
  Breath in and out of the felt calm
  felt love protection, support, or
  and or experience where you
  Think of a person, animal, place,
  your heart.
  Breath coming in and out or
  Notice the felt sense of your
  hand over it.
  Heart chakras and the other
  Put one hand on the Middle

Institute for HeartMath www.heartmath.org (An adaption of the Quick Coherence Technique from the)
Augmenting Eco-Meditation (Church et al., 2022)

- Combining with Heart Breathing for Positive States

- Connolly et al. (2021)

(Stepelton et al., 2018, 2023; Church,
Accu-Tapping for Restructuring Distress Patterns

Stepeleton, 2020)
Invest in your emotional agility.

Build self-compassion and inner strength.

Improve focus and clarity.

Take control of your emotional responses.

Break free from the cycle of distress.

Being.

Accu-Tapping: A natural approach to emotional well-being.

Empower yourself with emotional resilience.

Restructure negative thought patterns.

Tap away anxiety and overwhelm.

Relief at your fingertips.

Accu-Tapping: Reprogramming Your Response to Distress.
EcoMeditation is a non-invasive therapeutic approach used to promote health and well-being, comprising three evidence-based techniques: The Quick Coherence Technique for regulating heart rate variability (HRV), Emotional Freedom Techniques (EFT), mindfulness.
Notice any changes and repeat as needed. Breathe deeply twice. Tap points 1-14 upset. Connect lightly with .

PEACEFUL HEART NETWORK (https://peacefulheart.net/)

TRAUMA TAPPING

TECHNIQUE
Regulation, fostering a sense of empowerment and well-being.

- Empowering: Self-having techniques put you in control of your emotional.
  - Be done anywhere, anytime, without any special equipment.
  - Easy to learn and use: Having techniques are generally simple to learn and can
  - Trigger and patterns, allowing you to manage them more effectively.

- Greater self-awareness: Having can bring awareness to your emotional
  - To cope with stressful situations and bounce back from emotional challenges.

- Enhanced emotional resilience: Regular practice of having can build your ability
  - Calm yourself down in the moment and promote relaxation.

- Improved mood: By regulating emotions, having can help stabilize your mood
  - Emotional charge of negative experiences, making them feel less overwhelming

- Reduce emotional intensity: Having can help you detach from the
- Continue until calm.
- Together in circle.
- Alternate with rubbing your palms without words.
- At the same time, hum a tune slowly and repeatedly.
- (Both hands at the same time)
- Shoulders down to the elbows,
- Gently draw the hands from both shoulders.
- The left hand on top of right hand on top of left shoulder and
- Cross the arms, putting the right shoulder.

By Ron Rubin, PhD

HAVENING TECHNIQUES
SIMPLIFIED SELF-HAVENING
Emotional Regulation
Steps after a stressful event: Safety, System Stabilization, Implementing Emotional and Mental Fitness
EMOTIONAL FIRST AID

Process: Connecting, attuning, calming, somatic response

Concentrate, attune, calm, somatic response
Share links to apps and videos if available

After calming the distress pattern, make sure that the person can utilize the skill well enough to practice it at home and share it with others.

Website: https://arteryripp/psychology

Performing an EFA skill from the resources for Resilience

Attention to the felt experience of distress/coherence while noticing what is happening in the body right now. Name the experience (can also connect with coherent patterns)

Connect with oneself and/or with the person/s who are experiencing distress.

The Emotional First Aid Process is

Simple
3 STEPS OF EMOTIONAL FIRST AID
Find a safe place
A smile
A connection
How can I help you?
Listen to the Need
Observe How The Body is Responding
SLOW THE BREATHING
NOTICE THE HERE AND NOW
STABILIZATION
A Coherent Connected State
in the Body and/or Ground
Calm the Trauma Reaction
Share a Skill or Two to Help

SELF-REGULATION
Trauma Tapping Technique

- Appreciate them
- Notice any changes and repeat as needed
- Breathe deeply twice
- Tap points 1-14
- Connect lightly with upset

Peaceful Heart Network (https://peacelulheart.se/)
How do you bring this to yourself and your community?
In Action

Compassion - Coherence

Unified Field of
Ram Dass, Compassion in Action

Stars and water.
Rocks and raccoons and -
not as well as all of nature -
we know and those we do
and eventually all beings, those
include our family and friends,
and eventually ourselves, and it extends to
as gentle love and acceptance
feeling compassion. It begins
blood and muscle, we are
the pain of others in our own
world. When we experience
know that we are in fact the
when our hearts open, we
we try to heal it. If it's an itch, we try to scratch it. If one part of the body has an itch, we try to scratch it. If we were all part of the same body, if we were natural, as if we were our own shoulders, but in a way, it is our responsibility to have the world on our shoulders, to carry the burden of our own fault, it is our responsibility, although the suffering of others may not be our responsibility. Together we create a coherent field.
What is your Dynamic Dance of Energy?

Our resonate state informs the person or Community we are working with and the Unified Field as a whole simultaneously.
Stay in touch and scale up
people for more trainings
Tell them to pass it forward or to send
from the PPT
Explain whatever they want to listen to
Show skills so they can feel the result
Gather anybody who wants to de-stress
Outreach
Simplified
Things Learned from Kristin’s Multiple Community Field Engagements

Self-regulation of the Somatic Stress Response with EFA is Possible - When attunement to the felt experience of the somatic response to stress is paired with the self-application of EFA skills, most participants experienced calming and regulation of the stress response in less than 10 minutes.

People Incorporate EFA Skills in their Lives - When empowered with EFA skills, many used them throughout the crisis and reported back through informal feedback that they incorporated these skills into their lives and their circles of care.

EFA is Versatile - EFA can be self-applied in many situations, even while providing service in emergencies.

EFA is Accessible to Everyone - Anyone can be trained in EFA and can share it with others, even students with their families and families with their first responders.

EFA is Enhanced in Groups - Group settings where EFA is learned together seems to enhance the benefits through co-regulation and their shared experience.

Community Training Expands the Use of EFA - Larger group experiential training in the use of EFA have resulted in these skills being widely shared and utilized in our community.
WEB RESOURCES

- https://www.freasupport.com
- www.peacefulheart.org
- https://www.selfhelpfortrauma.org
- www.peacefulheart.org

- AEFP: Finding Recovery and Empowerment from Abuse
- AEFP: Link Tree
- https://energypyschileged.es/co/emotional-first-aid/
- AEFP Emotional First Aid Training
- AEFP: Resources for Resilience
2. Train this group to use emotional first aid and emotional regulation skills to respond to stress and trauma.

3. Support them in bringing these methods to the people they serve in more informal settings and within existing groups they participate in. Establish an ongoing central group that can come together monthly to support each other in managing stress and bringing these techniques to their people. If you do not have a person in the community who can support newly trained people this could be done through Zoom.

or another platform. Any does this with groups in Las Vegas.

I. Gather together peer and professional support personnel who serve those who have experienced trauma in your local community.

Physical wellness outreach

Strategy for designing and implementing community emotional and
5. Challenge them to train at least five people in the use of these skills.

6. Share the successful veteran-to-veteran peer resilience/healing models within your communities.

4. Grow the field of healing and compassion one tap and one person at a time through community action.
Living With Heart

Guidance, Critical Thinking, and Hope Skills

Reflection

Conscious Action

Action

Ungrounded Hamster on Wheel
PERSONAL RITUALS: Non-negotiable!

- Group Hara Alignment
- Pole Dancing Group anchoring in your
  grounding your seeds together
- Flower coded workshops
- Laughter Yoga
- Flower arrangement and shifting
- Angel Healings
- Tea Time

Communal Ceremonies and Rituals
enhancing our community
strengthening our stemline
creating heart coherence
brining our hands and hearts together

The power of collective experience

Closing Ceremony
Embracing our Nature Mind
Develop your own rituals and ceremonies of well-being

Creating and maintaining a Healing Community

Flowering within the Unified Field of Compassion

Connected to group Hara Line / Dancing Central Pole

Grounding in Your Sunflower/Flowerwisdom

Blooming with Possibilities

Allow yourself to flower
My Next Step:

Steps to implement what I got from today:
Conclusion