

# THE LIGHT YOU CAST™ | Communities of Practice

## GUIDE Training RESTORATION Practices



GUIDE



# RESTORATION



Lived experience refers to the way we have personal and subjective encounters with life events that shape our inner worlds and our perceptions. Our lived experiences also refer to the personal knowledge we gain about the world through direct involvement with everyday events. We know from trauma-based research that our appraisals of the events that occur in our lives that create our lived experiences involve the 3 E's.

(1) ENVIRONMENT -- The context in which we experience events.

(2) EVENTS -- The things that happen to us.

(3) EXPERIENCE of events -- How our mindbody perceives, experiences, and makes sense of the event.

(4) EFFECT -- The impact that the event + experience leaves on the mindbody and the impact that effect has on how we relate to the external world (how we respond or react).

Our lived experiences are SUBJECTIVE. How we "read" or perceive an event determines what we experience, how we experience it, and the impact it has on us. When we move through the world and engage life events, every event invites an instantaneous physiological and psychological response that in turn, shapes our perceptions and our continually evolving sense of self.

## 1. ENVIRONMENT



*"Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.*

[Victor Frankl]



# RESTORATION



## Threat vs. Challenge





# Metabolizing Stress

Cleaning Pain and moving energy along

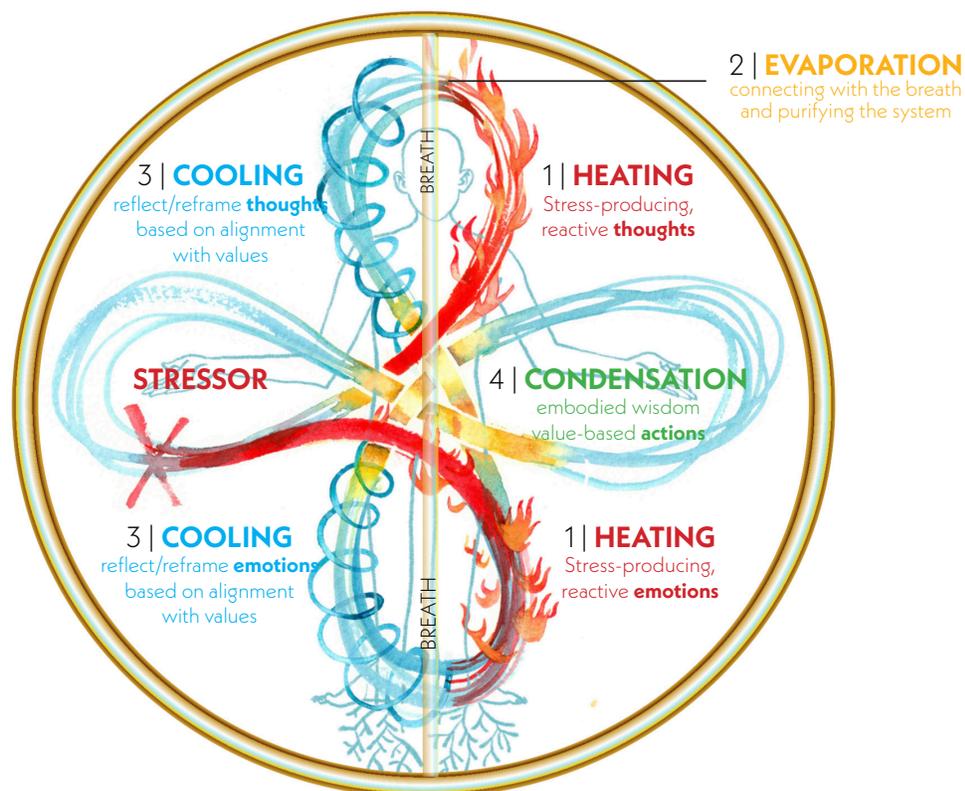
"Healing trauma involves recognizing, accepting, and moving through pain - clean pain. It often means facing what you don't want to face -- what you have been reflexively avoiding or fleeing. By walking into pain, experiencing it fully, and MOVING THROUGH it, you metabolize it and put an end to it. In the process, you also grow, create more room in your nervous system for flow and coherence, and build your capacity for further growth." (Resma Menakem)

**1 | HEATING** -- The liquid (soul) is heated to its boiling point [**think stress** and how it "heats" you up physically, emotional, and mentally]

**2 | EVAPORATION** -- The liquid (soul) evaporates and turns into a vapor to separate out the impurities [**think breath** and how your breath cleanses your system; how when you consciously breathe you are creating space to vaporize stress, heavy thoughts, stuck emotions, stress in the body...]

**3 | COOLING** -- The vapor (cleansed of impurities) is cooled by passing through coil tubes that are at a lower temperature [**think reflection and reframing an experience** from a more centered and calm vantage point that allows the meaning of the experience to settle in as you make more sense of what happened and how that moment was there to help you]

**4 | CONDENSATION** -- The cooled vapor condenses back into a liquid state becoming the distillate for maturation [think wisdom/value-based actions that are potent because your soul went through a re-refinement process that allow you to act in ways that are "matured" and potent]



# Metabolizing Stress

Cleaning Pain and moving energy along



## 1 | **Awareness**

Identifying a trigger changes the experience of the trigger.

## 2 | **Metabolization**

Re-cognizing triggers as they happen enables the use of conscious coping mechanisms.

## 3 | **Meaning**

Understanding why we think, feel, and act in a certain way lifts confusion and allows for a broader sense of perception of the self.



# RESTORATION



## The HEAL Cycle

### E | Embody the Breath

*How do I want to feel in my body in stressful moments?*

*How might I best be able to calm and regulate my nervous system's reaction to events like these before and/or during the event?*

*What does inner calm, peace, or harmonization in moments like these feel like?*

### L | Lean Toward Love

Care | Affection | Recognition |  
Respect | Commitment | Trust |  
Honest Communication

*What does a loving response look like during this event (for myself and another)?*

*What does a loving response feel like during this event (for myself and another)?*

*What are some specific actions I can take that are in alignment with my inner peace and core values or core purpose?*

*How do I want my Presence to feel to others?*

### H | Honor the Trigger

*What is the nature of this stressful event? What happened?*

*How is the stressful event influenced by the environment?*

*How is this stressor uniquely related to my role and connected to an opportunity for me to fulfill my primary purpose?*

### A | Align Thoughts and Emotions

*What are understandable thought reactions or stressful storylines that are common during stressful events like this?*

*--When I think these thoughts, how do I feel?*

*What might compassion/curiosity-based thoughts look like in this situation?*

*--How do these thoughts shift the emotional energy?*



# RESTORATION



## The HEAL Cycle

### E | Embody the Breath

*"I am safe. I am relaxed.  
I am in control."*

**E**

Cognitive  
Appraisal

### L | Lean Toward Love

*"My calm, compassionate  
presence is potent and  
positively influential."*

**L**

### H | Honor the Trigger

*"I am experiencing a  
stressor/trigger.  
This is an opportunity/  
challenge; not a threat."*

**H**

Emotional  
Appraisal

### A | Align Thoughts and Emotions

*"I can re-frame this  
situation from a  
perspective of curiosity  
and compassion."*

**A**

