

You Are Not Your Past

Primary Objective:

Create a thought provoking pondering; what if I can let go of my past and live in this life free to seize the possibilities and opportunities based on what is now?

Secondary Objective:

Build relationship with potential clients to let go of his/her past to live consciously in the moment. Living consciously allows us to observe and take action.

Living Consciously In An Ego Driven Society©

- Author: Karen Monteverdi
- *This book is an exploration of the evolution of a viewpoint through conscious awakening and a journey from the depths of inner darkness to the inner kingdom of light.*
- *Karen has become an expert in the tools associated with conscious living; let her help you on your path to your own inner kingdom of freedom and personal power, as she did for me.*
- *Karen has taught me that I have the answers, skills and tools I seek. I am powerful and amazing and to respect others in the same light. - Kathy (her sister)*

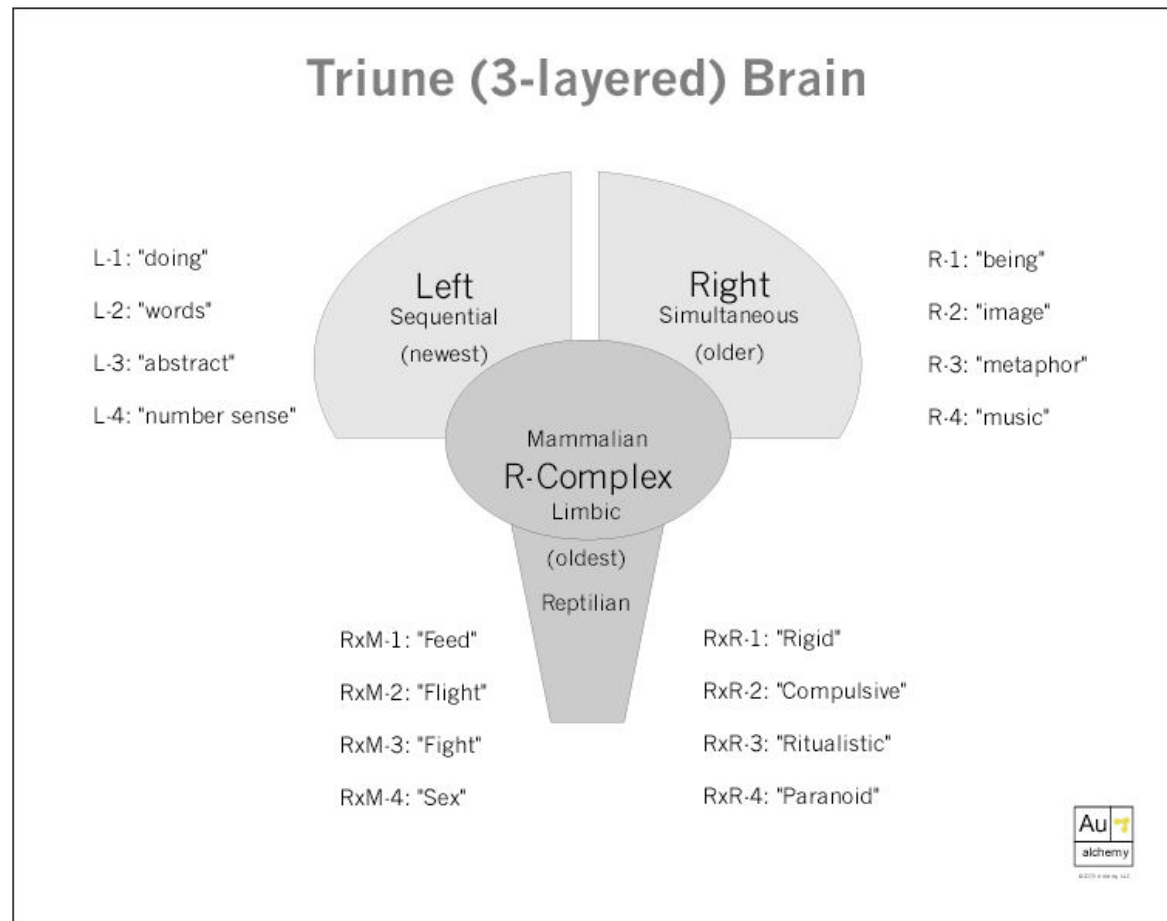
The Vortex of Trauma



What is Stopping You?

- We have dreams and hopes and beliefs about ourselves. We sometimes have self-destructive behaviors that limit our potential, and whether that be because of an emotion or a belief.
- I ask you to really look at what is stopping you. If it's a past experience, I encourage you to let the story go. Use logic to dissect what really happened and how you are carrying that belief with you.
- **It's important to understand that:**
 - **Events are separate from the actual meaning we place on them**
 - **The beliefs we once held about ourselves change as we mature and develop socially**
 - **Belief can change in an instant**

McLean Triune Brain Model



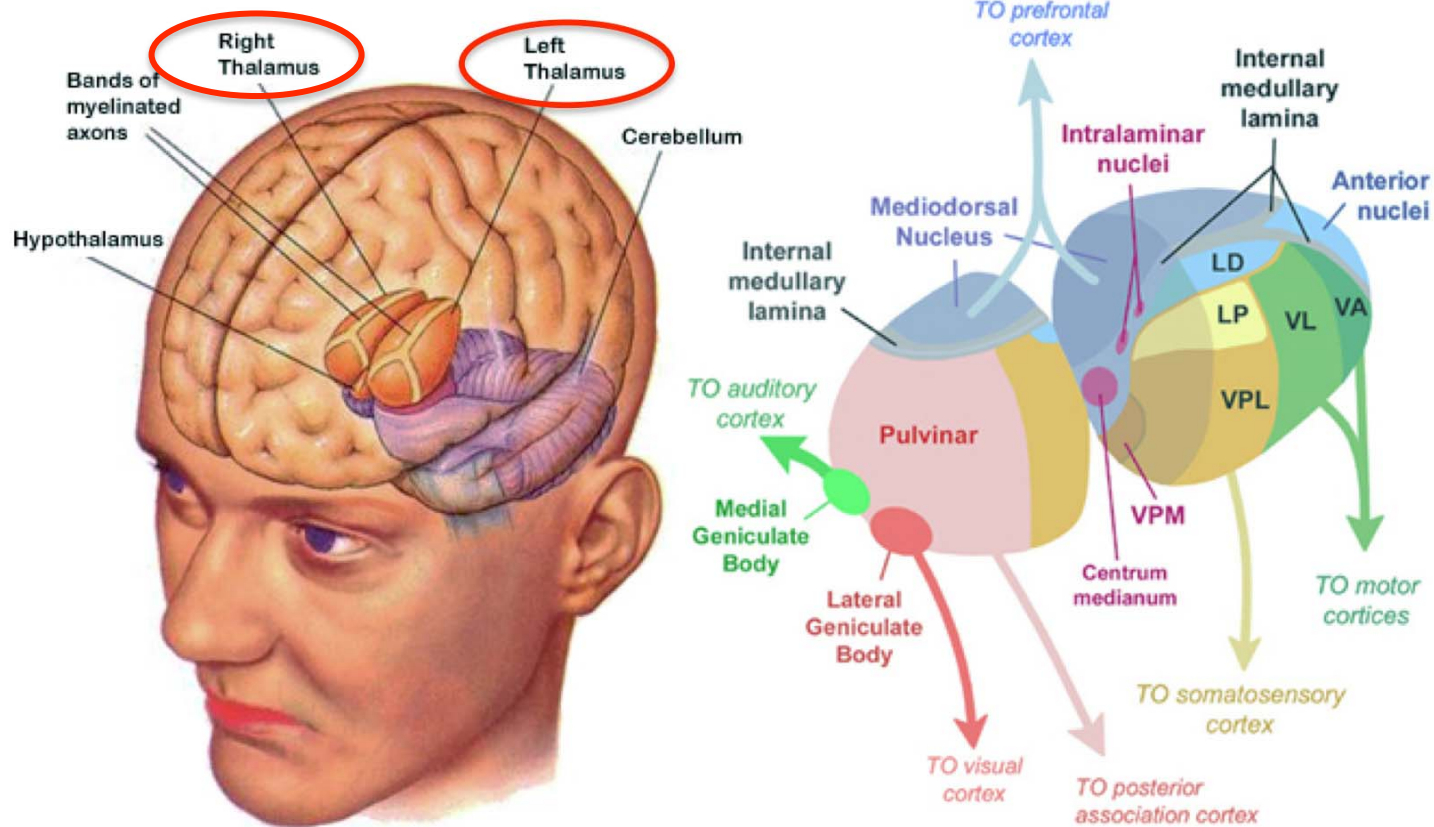
The MacLean Triune Brain Model

- In their work with epileptics in the 1950s, neuroscientists like Paul MacLean revealed a lot about brain function, and the relationship between the cortex (left and right hemispheres), and what MacLean and others call the R-complex (our limbic, mammalian and reptilian brain).**

The Limbic System

- The limbic system, often referred to as the "emotional brain", is found buried within the cerebrum. Like the cerebellum, evolutionarily the structure is rather old. We will focus more time on this portion of the brain, because of the direct correlation to emotions and beliefs. The Limbic system contains the thalamus, hypothalamus, amygdala, and hippocampus. (source: Bryn Mawr College)

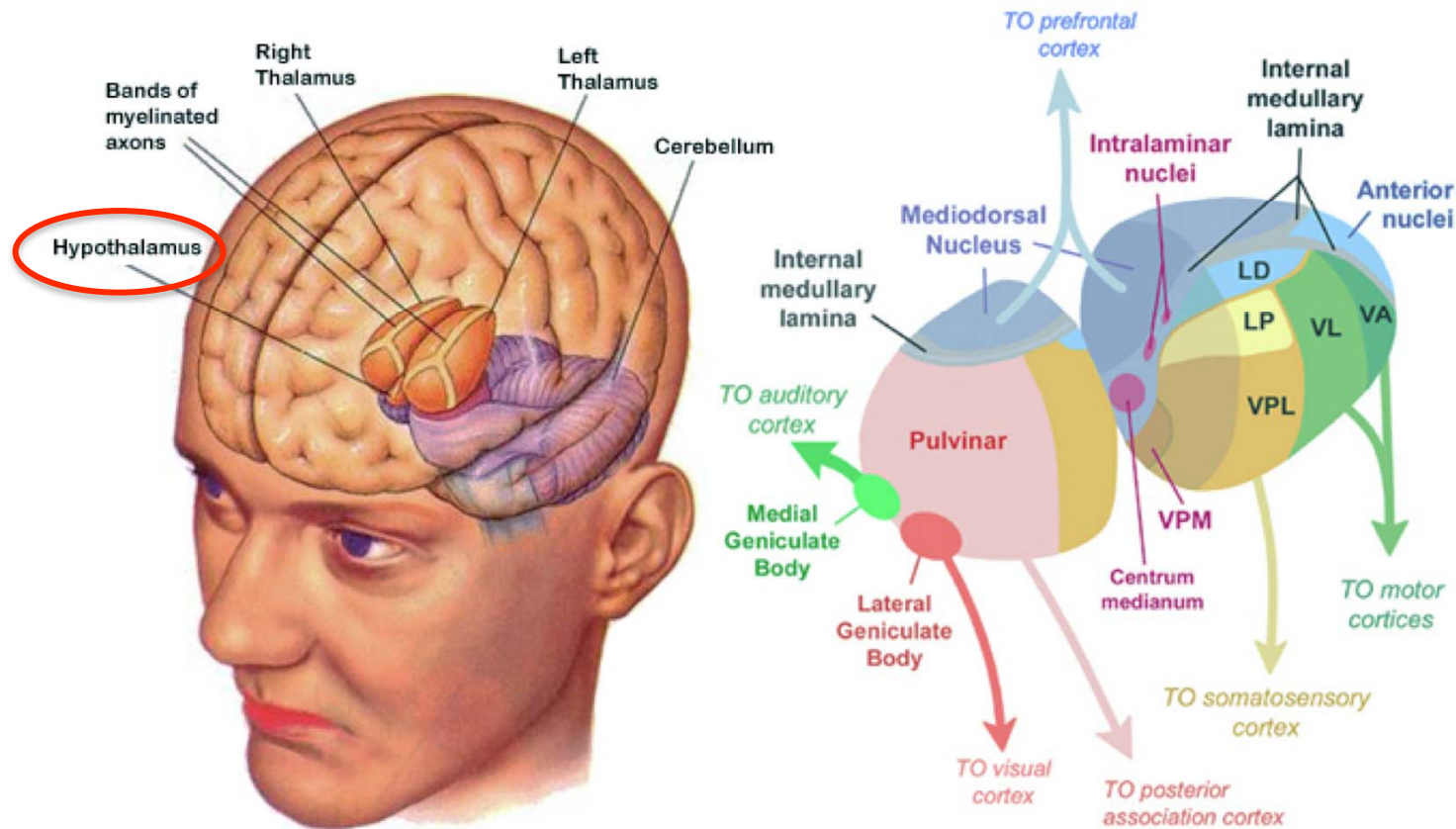
Thalamus



Thalamus - Emotional

- Thalamus- The structure has sensory and motor functions. Almost all sensory information enters this structure where neurons send that information to the overlying cortex. The Thalamus is responsible for movement such as walking or stretching. It controls our senses such as seeing, smelling, touching, tasting, and hearing . It stores and retrieves emotions, thoughts, and memory. It regulates breathing and heartbeat, food digestion. Lastly it is vital to the functions of talking and use of language.

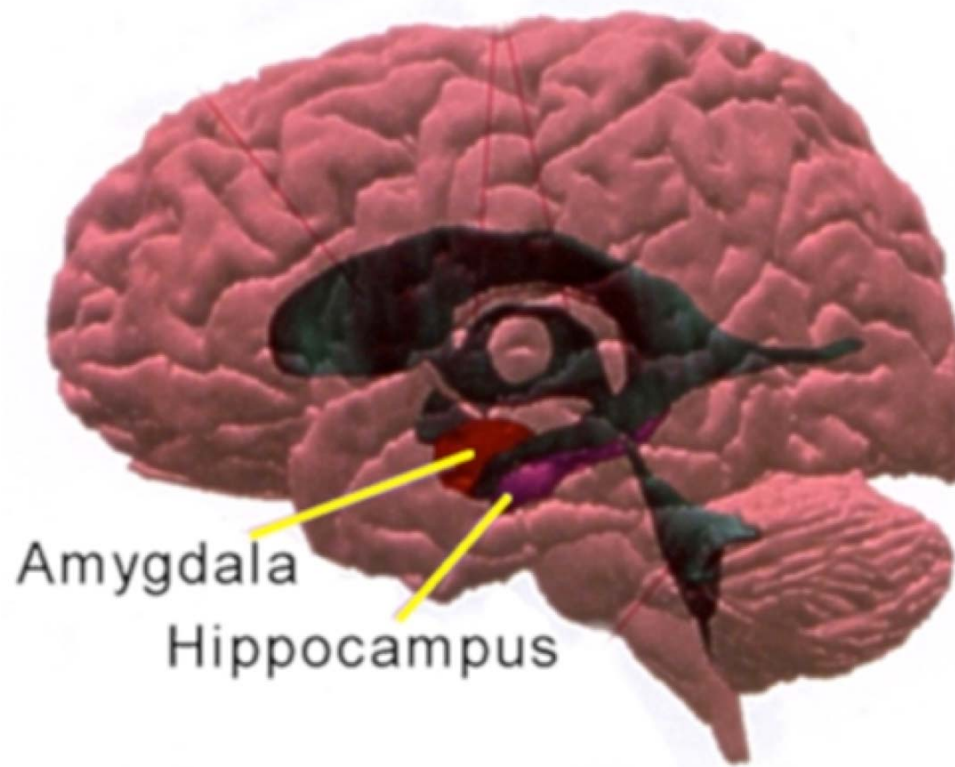
Hypothalamus



Hypothalamus - Emotional

- Hypothalamus- The hypothalamus secretes hormones that stimulate or suppress the release of hormones in the pituitary gland, in addition to controlling water balance, sleep, temperature, appetite, and blood pressure.
- *The hypothalamus is like a little mini-factory, it is a place that assembles certain chemicals that match certain emotions that we experience. Those chemicals are called peptides. A small chain of amino acid sequences.* Dr. Joe Dispenza
- Amino acids create the bodies physical structure. Emotions have a direct affect on the production of the 20 available amino acids that are the building blocks of our body. If we are flooding the body with negative emotions we are building our bodies with those peptides that correlate with the associative proteins.
- Dr. Dispenza reports that there are chemicals for each emotion.

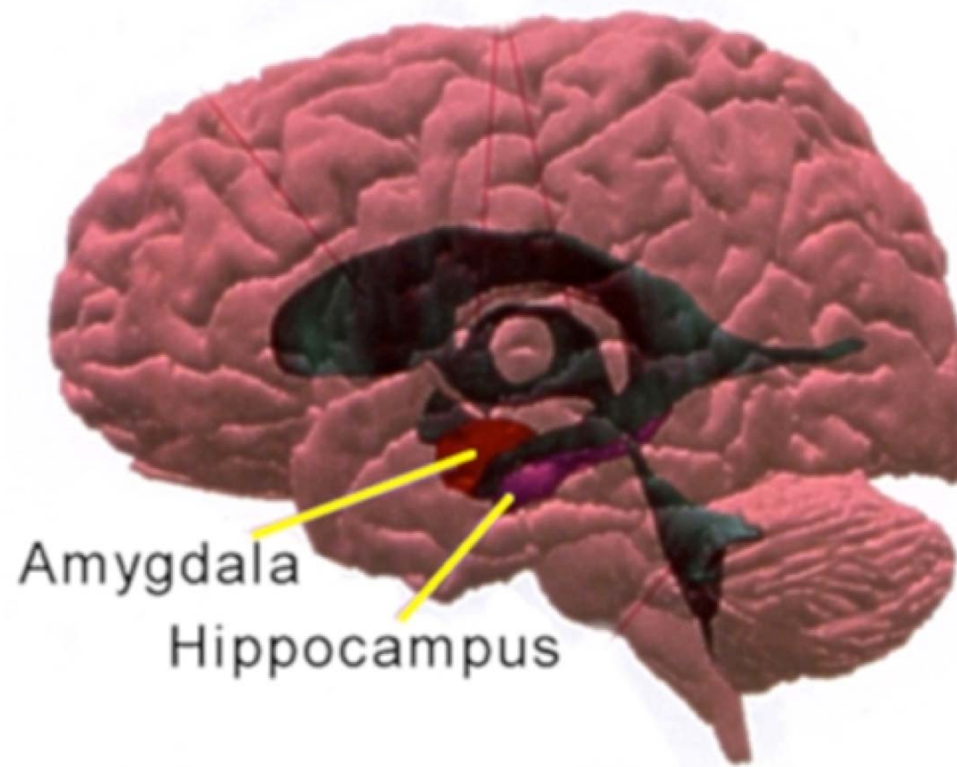
Amygdala



Amygdala - Emotional

- Amygdala- A brain structure with strong connections to the hippocampus and other structures of the limbic system that is vital to emotional arousal and the formation of long-term memories.
- Therefore our memories then begin to be associated with the emotional response in the moment of production.
- We see this occur when we have an overactive emotional response to a situation. The chemicals are stored in the body, and our body gets addicted to the production of these chemicals.
- We begin to see ourselves a certain way based on what we feel and think.

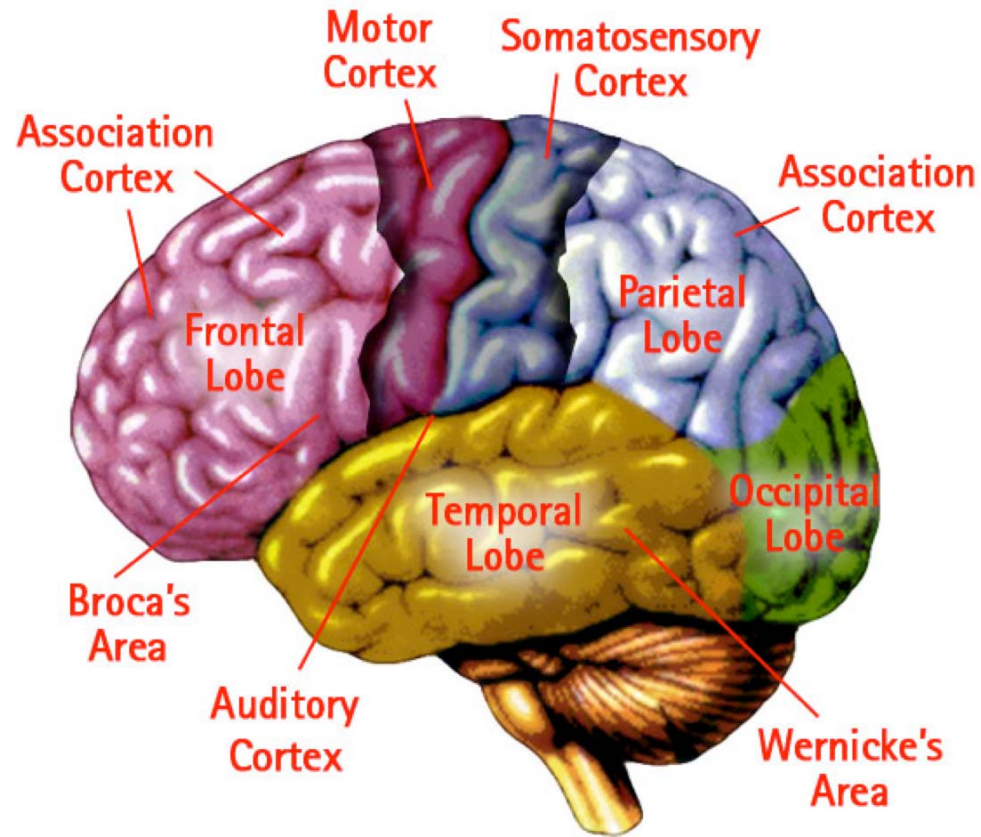
Hippocampus



Hippocampus - Emotional

- Hippocampus- This part of the brain is important for learning and memory . . . for converting short term memory to more permanent memory, and for recalling spatial relationships in the world about us.
- The production of the chemicals again can taint our experience of life based on the past.

Cortex



Cortex

- The most recent brain part is the cortex which is involved with thinking and sensory input and interpretation. These three parts of the brain are meant to work together and communicate with each other. But if one part is injured or blocked, our sense of joy and satisfaction in life can be diminished. Many blocks are unconscious, below awareness. For a full life, blocks must be released and made conscious so they can be integrated. (The MacLean Triune Brain Model)
- When we begin to have the conscious awareness of our thoughts and emotions, we can use the cortex portion of our brain to interrupt the old patterns of belief. At this moment of consciousness we create choice.
- We can choose to continue to live as a victim or to live an empowered life of our design.

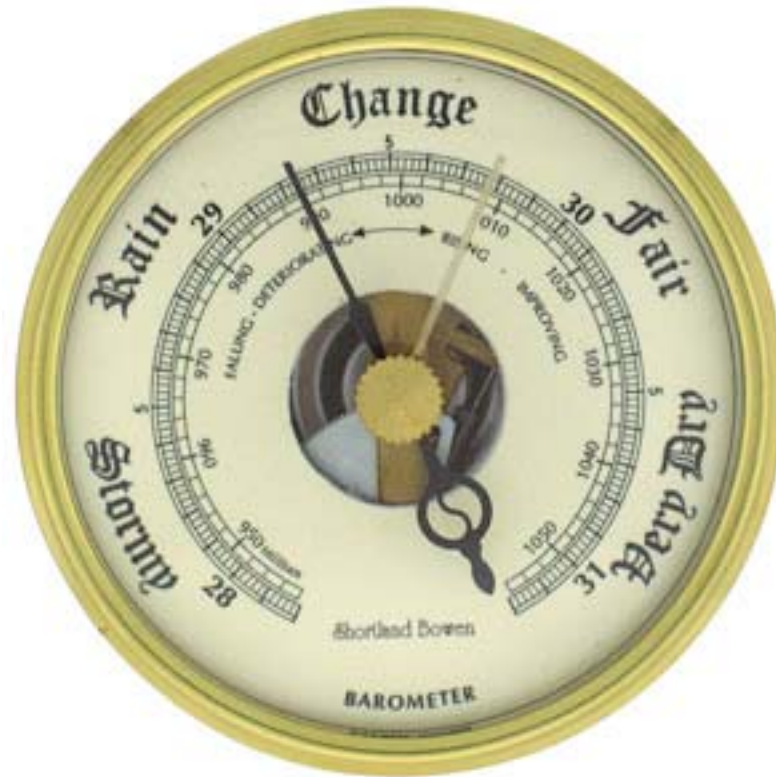
The Vortex of Emotion



Vortex of Emotion

- As we have seen emotions have a direct affect our our Limbic System, the system that creates our physical wellbeing.
- We truly can be addicted to negative emotions.
- We can break this addiction through training. Why would we want to break this addiction?

Barometer of Emotion



Emotions As Information

- Emotion can be a great barometer for the mind to become consciously aware of a belief.
- Beliefs are formed and stored in the brain and body through the proteins built by the amino acids produced by the Limbic system.
- Through these beliefs each new event is evaluated, categorically stored and retrieved throughout our life process.
- These biological chemical units determine our physiological wellbeing, as well as our quality of life.
- As our beliefs change, so does our experience of life.

The Natural State

- Those who live in trauma feel a sense of a state of being when the adrenalin rushes through their veins. They experience a heightened state of awareness. But after the trauma is over they lose the feeling and they have a huge mess to clean up. They often become depressed.
- Those of us who understand the bodies desire to experience this aliveness seek a new way of being.
- There is a natural energy flow that runs through all living things. Its free flow creates spontaneous thinking and feeling in life. Success, joy, and satisfaction result when we are aligned with our free flowing natural energy flow.
- I remember reading Echart Tolle. He talks about those who have had a life of drama and trauma, the pain body. When these people wake up they evolve faster than others.
- Personally I believe because they have experienced an idea of this aliveness chemically in their body.



Blocks in the mind/body connection

- With the integration of thoughts, beliefs and emotions, perspectives that block the natural flow of our bodies ability to be healthy and well can be released. Bodywork practitioners further release this blocked energy.
- The natural process of integration takes time, coach accelerates the process of integration.
- We evaluate these aspects of the human brain and body removing the blame, or shame and move you into a stage of empowerment.
- Through time tested techniques we help the addiction of your emotions untie their grip on your reality.
- We help you understand the operational manual of your mind-body connection.

The Flow Interruption

- The natural energy flow often becomes blocked early in life when our natural human urges conflict with social rules.
- We learn to block our own energy or others enforce blocks that later make it difficult for us to be spontaneous when we grow up.
- Success lies in finding the blocks, releasing them and renegotiating more successful ways of acting in the world.

Childhood Wounds



Childhood Wounds

- Example. A 2 yr old is angry and will want to hit when her toy is taken by another. Afraid her child will become violent. Mother tells the child never to hit and shames her for her anger.
- The child learns to set her jaw, harden her eyes, and clench her fists instead of expressing the anger her Mother does not like. These blocks become unconscious and as she grows up she cannot assert herself even when she should for her own well being.
- Good bodywork can help her work through the blocks. Integration and learned behavior allows her to express her anger in socially acceptable ways.

Tools

- Use the tools you have or begin your education about how to create:
 - Perspective check
 - Reality check
 - Body Intelligence
 - Awareness of patterns. Patterns are the common thread that exposes endless suffering.
 - Forgiveness
 - Retrain the Brain



Unlearn what you learned.

Perspective Check

- Identify if the emotion and stress is caused by the immediate situation, or are you involving moments from the past.
- Begin to create a perspective check, is the emotional response appropriate for the events in my life today?
- Over reacting to a situation is a clue that the past is beginning to surface.
- The more you ignore the signs the louder and more prevalent the past will show itself.
- This is the Vortex of Emotional Upset. The vortex twists and turns moving us further into the eye of the storm.
- When we find the thread that is prevalent in similar events we have found a valuable key to letting go.

Past & Future Are Only In The Mind



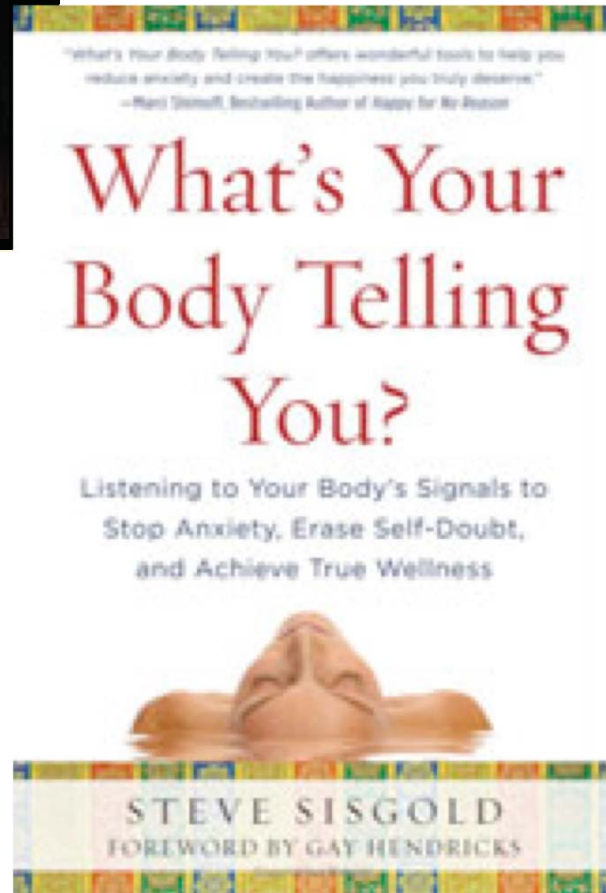
Reality Check

- Remove blame, shame and judgment from the equation.
- This allows you to see what is and what is not true.
- Emotions and Ego create trickery in our experience of life.



Presenting STEVE SISGOLD

Introduction by
The GoToCoach



"What's Your Body Telling You?" offers wonderful tools to help you reduce anxiety and create the happiness you truly deserve."
—Matt Stone, Bestselling Author of *Happy for No Reason*

What's Your Body Telling You?

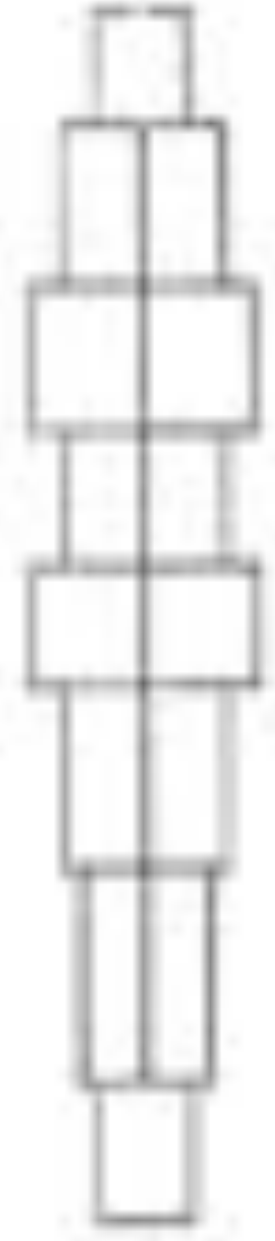
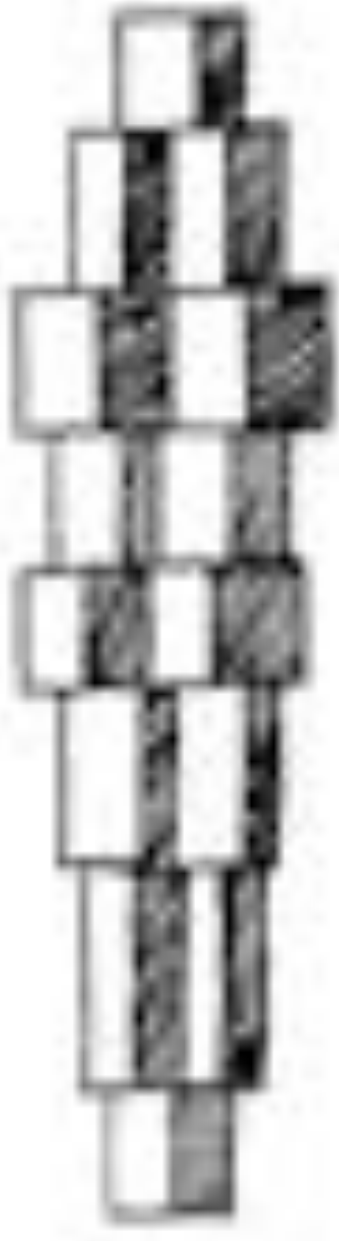
Listening to Your Body's Signals to
Stop Anxiety, Erase Self-Doubt,
and Achieve True Wellness



STEVE SISGOLD
FOREWORD BY GAY HENDRICKS

Body Intelligence

- In Steve Sisgold's book "What is Your Body Telling You" we learn to become aware of the body's response to situations.
- We can detect valuable information about our emotions from paying attention to these signals.
- We can detect areas of Dis-Ease, and relieve the pressure by reframing our perspective.



Pattern Detection

- We can see where in our lives a pattern is prevalent.
- In the coaching process we help you see where you are currently blind. This detection is found in word usage, and consistent evidentiary experience.

Forgiveness

- Forgiveness is sometimes seen as letting someone off the hook for their behavior.
- However, if they are the one who is wrong, why are you the one in pain?
- Forgiveness is one of the greatest tools to release the suffering.
- Taking 100% responsibility for letting go, and then allowing for the learning process allows us to be free of old tapes that stop us from being who we truly want to be.
- In coaching we give you tools to reconcile the truth from fiction, then using forgiveness we become able to easily and effortlessly shatter the patterns of the vortex.
- Areas where it seems you have no choices in life, use of the tools transforms those times into an empowering opportunity to learn choice.

**WHY IS THIS
HAPPENING
TO ME ...
AGAIN?!**

... and What You Can Do About It!

Painful and costly on target...
michael's work can **SAVE** your life forever.
James Redfield, author of
THE CELESTINE PROPHECY

**POWERFUL TOOLS THAT ARE
TRANSFORMING OUR PLANET!**

dr. michael ryce

<http://www.whyagain.com>

Retraining The Brain

- To retrain the brain, we simply become aware of old patterns and choose a new way of operating in our reality.
- The tools presented today help you understand the change through emotional and belief-oriented shifting; creating action has a direct effect on the body and on one's experience and quality of life.
- Because we are now responsible for our own experience and are no longer being victimized ourselves, we are able to respond quickly with ease and decisiveness, and create empowerment for all.

Transformational Life Coaching

- As a Transformational Life Coach, we look at the event that happened and learn what the client took away as a belief about themselves. Personally, I'm not interested if the event was right or wrong morally, I am interested in the belief that the client came away with about themselves from the event, and furthermore, if that belief is holding them back from realizing their full potential.
- Beliefs are formed and are stored in the brain and body. Through these beliefs each event is evaluated, categorically stored and retrieved through out our life process. As beliefs change so do our experience of life.
- We encourage you to discover your own beliefs, and agendas.
- We believe you to be creative and effective in generating your own strategies and solutions with our help and encouragement.
- We hold the client responsible and accountable for what they want to create, what they have created and how it has been incorporated into their life.
- We hold that you are capable of living presently in the moment and consciously creating your reality of life. A reality that will serve you is the most important use of life.

Recap **You Are Not Your Past.**

- We understand that our beliefs affect our thoughts.
- Our thoughts affect our emotions.
- Our emotions affect our hormones, and state of wellbeing
- Our emotions can be a powerful tool for information or a vortex to live disempowered.

Recap You Are Not Your Past.

- We learn there are powerful tools to help us live consciously creating from fact and letting the stories of the past stop victimizing our life today.
 - Perspective check
 - Reality check
 - Body Intelligence
 - Awareness of patterns. Patterns are the common thread that exposes endless suffering.
 - Forgiveness
 - Retrain the Brain

Recap **You Are Not Your Past.**

- I give you three resources to help you be the amazing being you are, and have the amazing life you chose to have.
- Steve Sisgold; “What Is Your Body Telling You?”
- Michael Ryce; “Why Is This Happening Again”
<http://www.whyagain.com>
- Karen Monteverdi, CPC coaching service.