



The Unorthodox Healing Blueprint: What it takes to really heal

VIDEO 3 WORKSHEET

The 5 Keys to Heal For Real

The 5 keys form the core of the Unorthodox Healing Blueprint. They tell us what MUST happen to bring more nervous system regulation on board so we can heal and have more choice in how we live.

Healing really IS possible. And it's not always straightforward because humans are pretty complex creatures - which means a complex approach is required. The good news is it can happen when these 'keys' are in place along with that one essential element, Neuroplastic Healing Sequencing.

Let's take a quick look at each key and see what has to happen to put them into practice.



1. Know What's Going On: Awareness and Psychoeducation

To heal at this nervous system level first you need to know what's REALLY going on.

Because of our higher brain and its cleverness, we need to FEED it the right information about our nervous system so it can have the upper hand when we slip into survival mode. By this I mean, if we aren't aware of what releasing and healing survival stress looks like and potentially *feels* like (survival stress being those fight, flight and freeze energies) we might not realize what is happening in our body.

We've been trained to run away from uncomfortable and intense sensations, or find a way to curb and calm them down, but so often it is **these** discomforts and intensities that ARE the past traumatic stress bubbling up and saying hello to us!

SO IF WE AREN'T EDUCATED ON WHAT HEALING TRAUMA MIGHT BE LIKE, OR LOOK LIKE, WE MIGHT MISS IT!

Due to the complexity of the human system and how 'far' we've come in terms of masking and micromanaging human experience, it essential we do a deeper dive into topics such as:

- Vagus nerve and polyvagal theory
- How our nervous system stores traumatic memories

- What it takes to heal stored memories
- The importance of cultivating healthy aggression and anger
- The science of co-regulation and self-regulation (especially true when early and developmental trauma is front and center in a person's physiology)
- Neuroplastic healing sequencing

As you can see, this first key is a big one and we get into ALL of these topics and how to work with them at the practical level and more in *SmartBody SmartMind™*.



2. Connect: Support & Community

Humans need connection. When that connection is safe, unconditional, and nurtures us to be the best we can be, we do more than just survive, we thrive!

FINDING CONNECTION IS GOING TO LOOK DIFFERENT FOR EVERYONE.

The reason this is true is because we all, and by 'we' I mean humanity; we all come from different cultures and family systems. What one person might consider amazing and nurturing might seem downright gross and scary to someone else.

But at the end of the day, we need to have contact with people. We need connection.

This could be family, a sibling, spouse, church group, or a book club. It could be the people you serve food to at the diner you work at. It could even be the barista you say hi to each day when you get your coffee and exchange small talk about the weather. Heck, even a smile to a complete stranger at the bus stop counts as human connection!!

The main thing is, you find the types of connection and support that suit you!



3. Master Your Stress Physiology

To do this, we need to go right to the source of how our body responds to stress and holds onto it.

One way we do this is to work with what we call the more 'primitive' systems; the ones that develop early and have a huge influence over our survival responses. This means that, among other things, we need to work with:

- The kidneys and adrenals. *The adrenals secrete our stress chemicals, adrenaline and cortisol, so if we work at this level of the body, we start to de-stress at the neuro-physiological level.*
- The gut-brain interface. *This is where the vagus nerve comes in! When we improve how we relate to the gut and its connections with the rest of the body, we improve our brain (and vice versa - it's a two way highway).*
- The brainstem, upper spine and eyes. When we are under stress and threat, by design, our autonomic nervous system will 'automatically' orient to defend and stay safe. Working with these upper body areas in gentle and non-intrusive ways is KEY to mastering stress physiology.

All in all, a lot of healing and *positive* rewiring of the nervous system takes place when we master our stress physiology from many different angles and integrate them all together. *SmartBody SmartMind™* (SBSM) will teach you how to do this!



4. Feel Our Discomforts & 'Fears'

The very experiences, especially scary feelings and uncomfortable sensations, we try to avoid are often the VERY SAME experiences we need to feel to really heal.

(Maybe read that last sentence one more time. Real slow. It's important!)

We need to learn HOW to feel them in a way that's manageable and leads to deactivation (the release) of the stress responses (remember back to the video), and doesn't keep us stuck in the response or send us into shutdown.

To do this, we may need to feel things in smaller doses, which means learning:

- Pendulation and titration (two key concepts popularized by Peter Levine, founder of Somatic Experiencing).
- Feeling what's pleasant AND what's painful.
- How to actually go **WITH** the tension to help it naturally let go.
- The purpose and power of healthy aggression.



5. Build Capacity

Capacity is about growing that space in the pool (remember the pool with beach balls from video #1?).

Capacity grows all on its own when we put these other four keys into place, and there are many specific ways we can work with the body, its physiology, self-awareness, our intention, and our attention to sensations so our internal space (our capacity) is stretched and strengthened. This is what *SmartBody SmartMind™* (SBSM) teaches you.

The One Essential Element

We can't forget what holds these 5 Keys all together and that is:

NEUROPLASTIC HEALING SEQUENCING

What ensures these 5 Keys work is properly 'sequencing' how the psycho-education and experiential (practical) exercises are dosed out.

To become a master at any craft, one must start with the basics and form a solid foundation. For example, and we know this from learning a language, start with the abc's, 123's, learn words, form small sentences to conversation. We also know the basics need repetition. Over time we need to add increments of 'just enough' challenge to push the skillset to the next level. Mastering anything in life requires this basic framework.

HEALING TRAUMA AND RESTORING HEALTH BACK TO THE NERVOUS SYSTEM IS EXACTLY THE SAME.

Put another way, we can have ALL the tools and skills, but if we don't know how to put them in the right order, one that makes sense to our nervous system (and maybe its stress survival tendencies), the ability to heal for real will be stunted and likely not be realized.

Join the conversation!

[Come on over to Irene's Nervous System Facebook Group and let us know what you learned, what your questions might be, or simply drop by and say HI!](#)

To end, there is a reason I've called this an 'Unorthodox' Healing Blueprint. While it may not follow specific steps and protocols or systems, it is based on solid principles and integrated practices that are proven and work.

From our experience watching thousands of participants worldwide work through these principles and practices, we believe the reason it works is because it doesn't demand a person follow a set pattern, or a specific type of protocol. Rather, it teaches the person about themselves, about their physiology and what the heck is really going on. Because of our innate healing capacities, the system starts to sprout new wires, and it rewires towards healing, as it was designed to do from the very start.

If you want to learn how to put this 'blueprint' into practice and be guided by some of the best in the world, join *SmartBody SmartMind™* (SBSM) and watch your nervous system mastery unfold.

To your nervous system health,

Irene