



**A loving heart is
the truest wisdom.**

Charles Dickens

quorfancy

Integrating Heart Wisdom

Rev. C. Scot Giles, D.Min., BCC, DNGH

This Presentation is Available

www.CSGiles.org

About Me

- ◆ Diplomate and Certified Instructor, National Guild of Hypnotists
- ◆ Professional Hypnotist, ICBCH
- ◆ HeartMath Certified Coach
- ◆ Board Certified Chaplain



My Practice

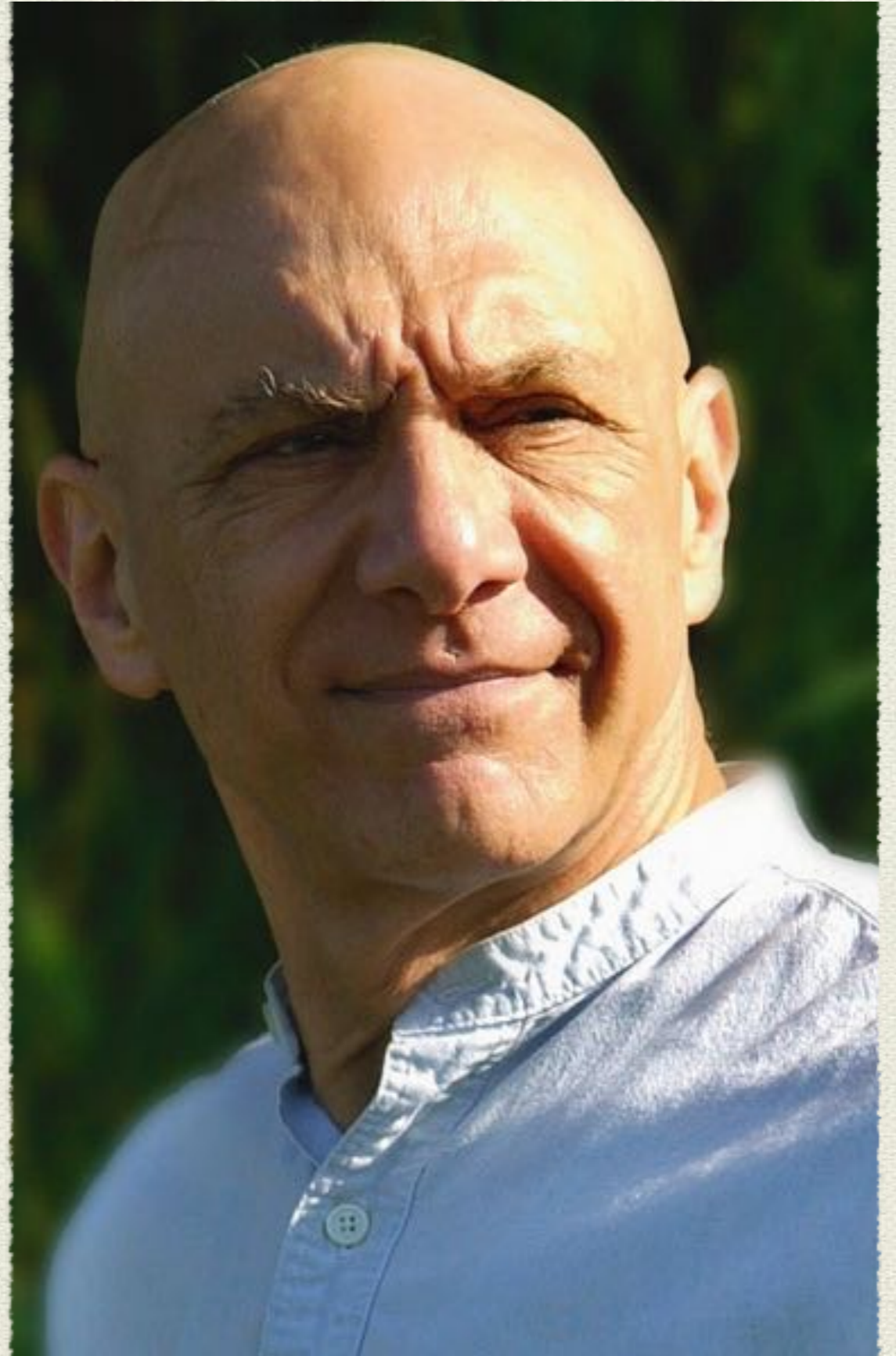
- ◆ Private Hypnotic Health Coaching (34 years)
- ◆ Three Free Cancer Clinics
- ◆ ICAN / Master Mind Program
- ◆ Advisory Board, National Guild of Hypnotists

Mind-Body Medicine

A Subjective Approach

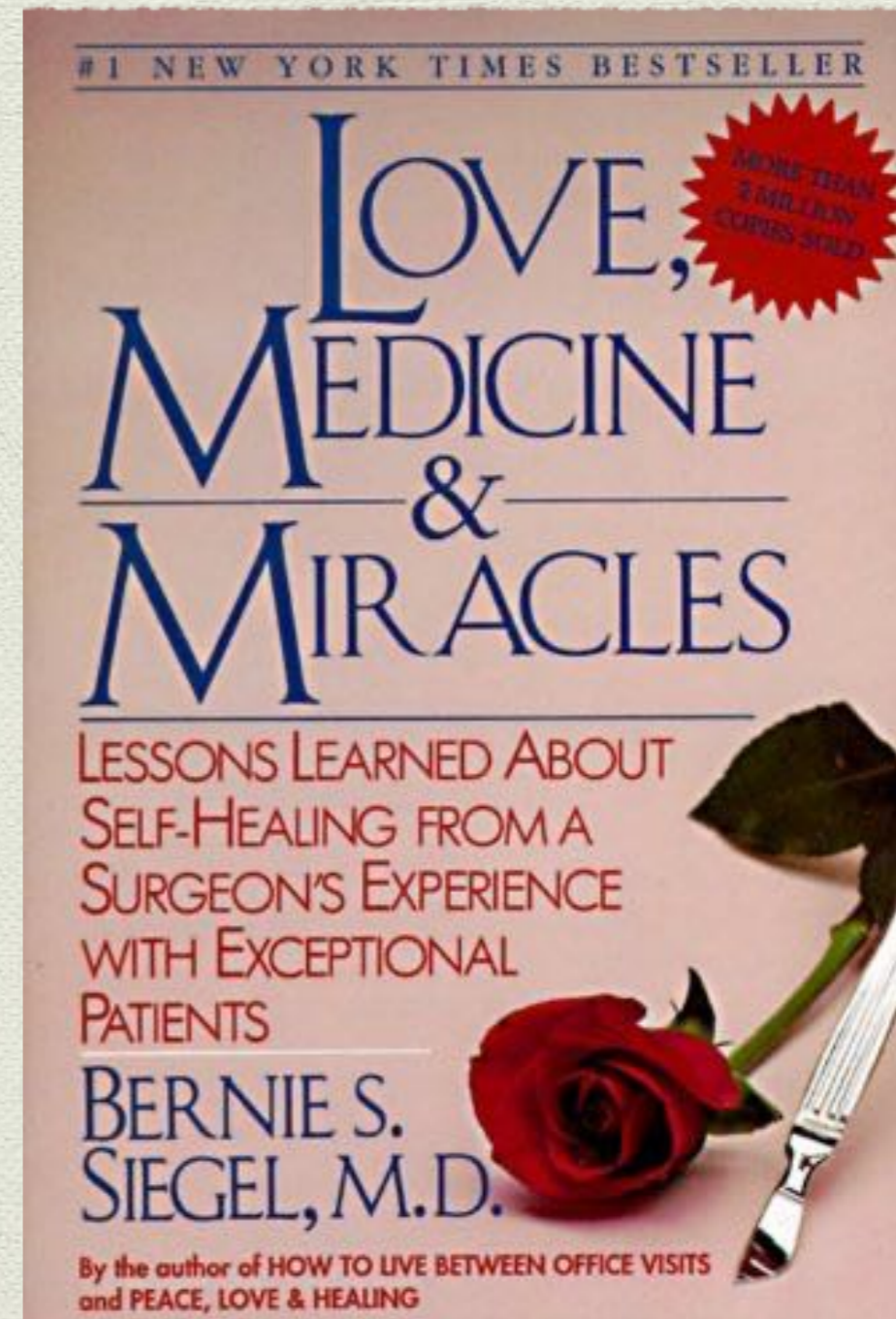
Bernie Siegel,
MD

1932 - Present



Practice Philosophy

- ◆ Published in 1978 - 1998
- ◆ ECaP - Yale University
Medical Center
- ◆ Based On Studying
Resilience



To Learn More

Bernie Siegel, 2013

"A beautiful guidebook of truth and wisdom
written by a genuine healer-sage. Bernie Siegel has given us a masterpiece."
— CAROLINE MYSS, author of *Anatomy of the Spirit* and *Sacred Contracts*



THE ART OF HEALING



UNCOVERING YOUR INNER WISDOM
and POTENTIAL *for* SELF-HEALING

BERNIE S. SIEGEL, MD

author of *Love, Medicine & Miracles*

His Core Idea

- ◆ There is a greater intelligence that materializes in our dreams, drawings, mediation, imagery and breath work.
- ◆ The Blueprint Hypothesis
- ◆ Helping someone explore their “blueprint” places us in the healing realm of inner wisdom.
- ◆ Heart Intelligence guides one to the Blueprint.

The Big Idea

- ◆ The Unconscious Mind contains an image of who we were created to be.
- ◆ The degree to which we fulfill that image is the degree to which we feel happy, resilient and strong.
- ◆ The degree where we depart from that image is the degree to which we feel unfulfilled and our resilience falters.

ECaP

- ◆ While Dr. Siegel has not described an objective method to determine the Inner Blueprint, he created a process using imagery, dreams and drawings to encourage its discovery.
- ◆ There are four key concepts that emerged from work with thousands of people.

1. Boundaries

- ◆ Boundaries
- ◆ Avoid Overcome and Overfunction
- ◆ There is one creature in creation....



2. Positive Expectation

- ◆ Positive Expectation
- ◆ You will do better if you act “as if...”
- ◆ See optimism material below



3. Agency

- ◆ Agency
- ◆ You do not need anyone's permission to say "no."



4. Self-Referencing

- ◆ Self-Referencing
- ◆ You should be living your life in your way, not someone else's way.



Cancer As A Turning Point

Lawrence LeShan

1989, 1994

CANCER AS A TURNING POINT

A Handbook *for*
People *with* Cancer,
Their Families, *and*
Health Professionals

"Wisdom and clinical acumen..."

The father of mind-body therapy is always worth listening to."

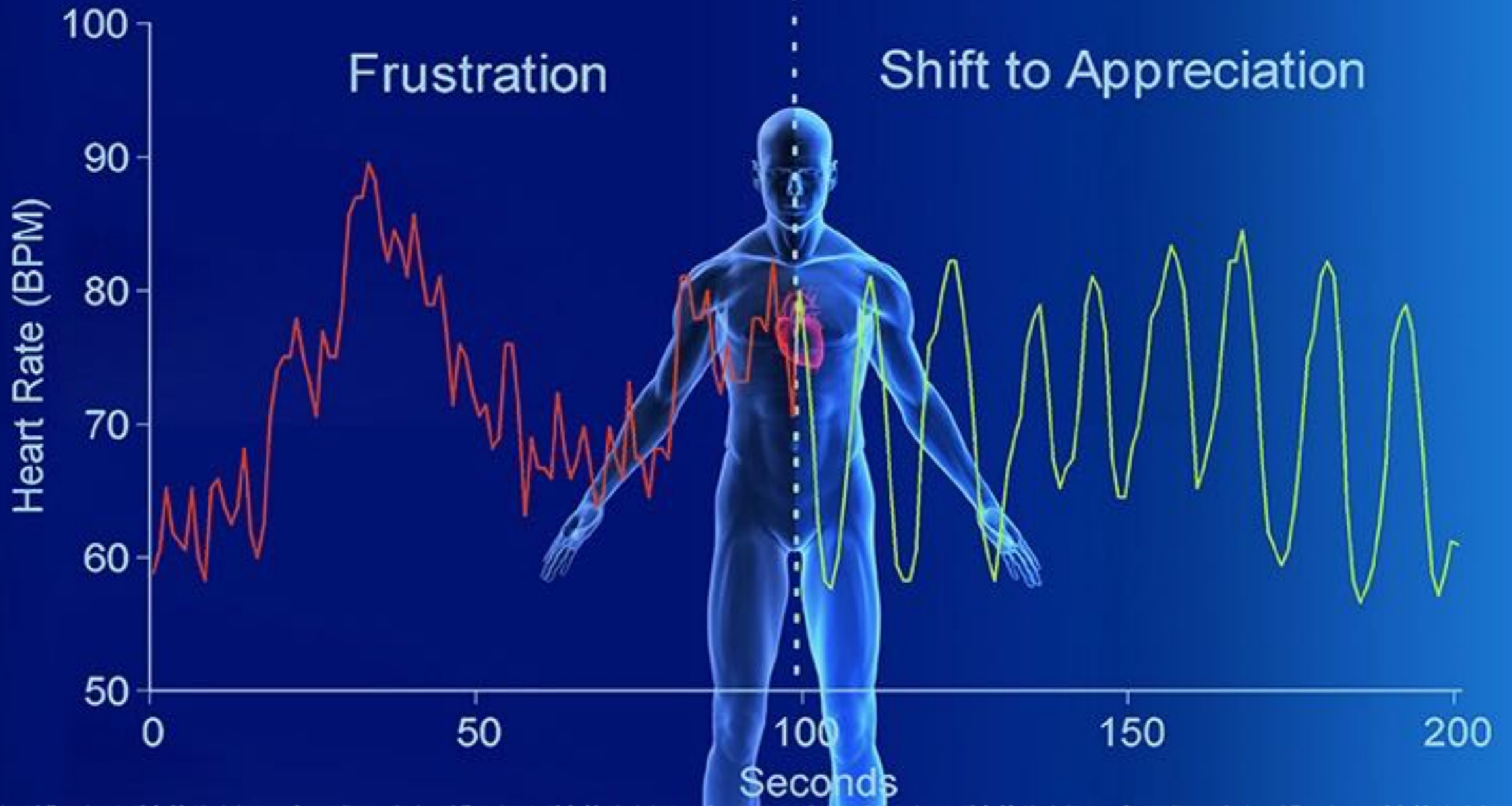
—BERNIE S. SIEGEL, M.D.

Revised Edition

LAWRENCE LESHAN, Ph.D.

Heart Intelligence

An Objective Approach



HeartMath®

501(c)3 Nonprofit

HeartMath Institute® www.heartmath.org

The Heart Hypothesis

- ◆ HeartMath Certified Coaches are restricted in how techniques can be taught.

THE HEARTMATH SOLUTION

DISCOVER HOW YOU CAN

- Immediately lower stress hormones
- Raise anti-aging DHEA hormone levels
- Improve your heart rate for maximum longevity
- Maintain emotional clarity in the midst of chaos
- Achieve peak mental and intuitive performance

Scientifically proven program includes three easy techniques that will change your life!

DOC CHILDRE *and* HOWARD MARTIN

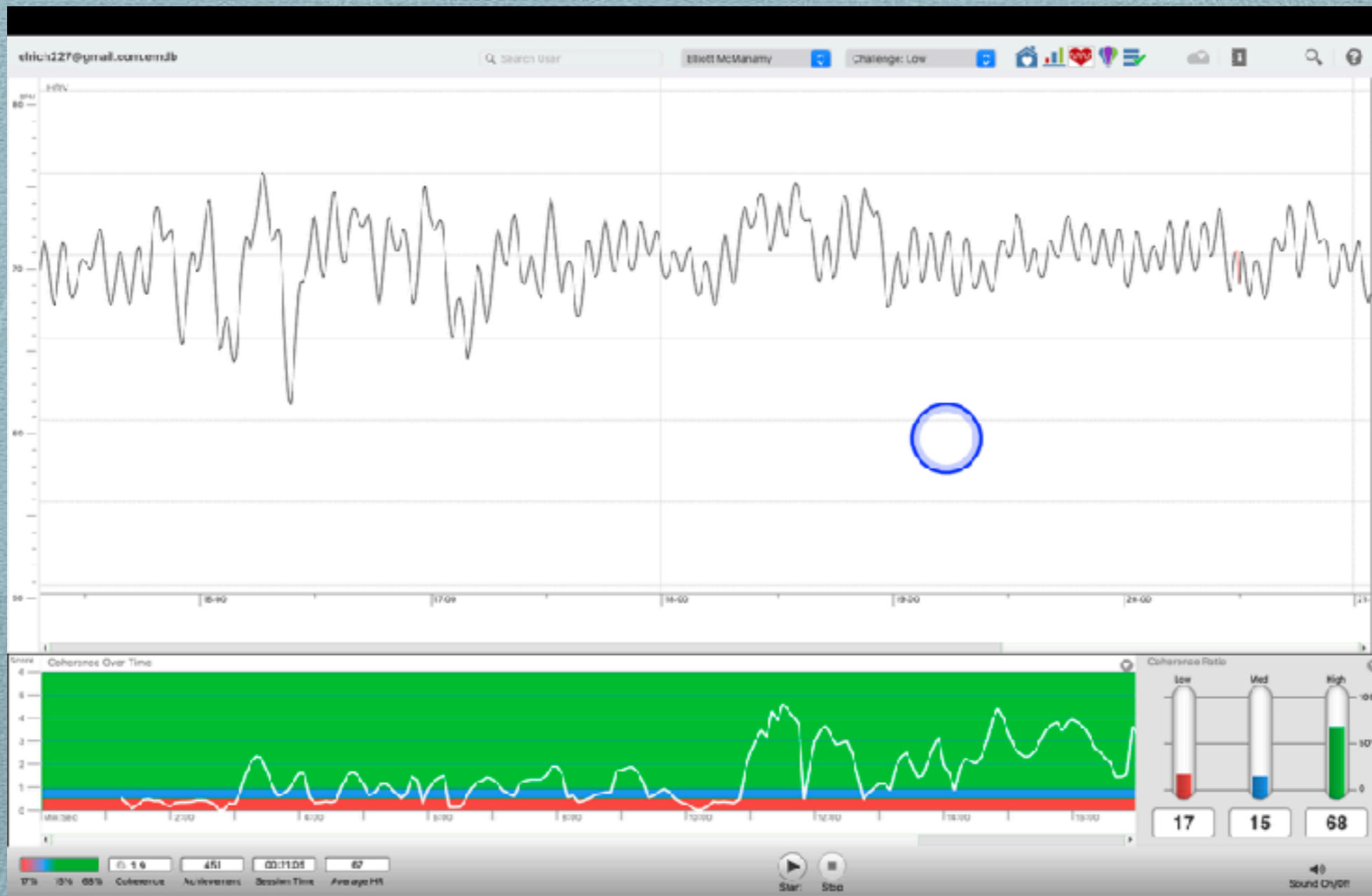
with DONNA BEECH

The Heart Hypothesis

- ◆ The human mind is not localized in the brain.
- ◆ The body processes information in several locations, especially in the organ of the heart. In fact, the heart makes its own decisions and sends that information to the brain.
- ◆ Heart Intelligence is the flow of insight experienced when the mind and heart are brought into coherence through a self-initiated process.

The HeartMath Process

- ◆ Using performance monitoring, subjects are taught to create a state of heart coherence, at which point life and philosophical changes are reported.
- ◆ Techniques adapted from traditional meditation and yoga have been standardized and paired with biofeedback to facilitate this training.
- ◆ These techniques can readily be adapted to hypnotic work.



emWave Pro

Techniques

- ◆ Three Strategies
- ◆ Quick Coherence
- ◆ Inner Ease
- ◆ Inner Weather
- ◆ Freeze Frame
- ◆ Point Zero
- ◆ Remove Significance
- ◆ Cut-Thru
- ◆ Heart Lock-In
- ◆ Attitude Breathing



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Physiology

Depletion v. Renewal

- ◆ Autonomic Nervous System

- ◆ Sympathetic

- ◆ Parasympathetic

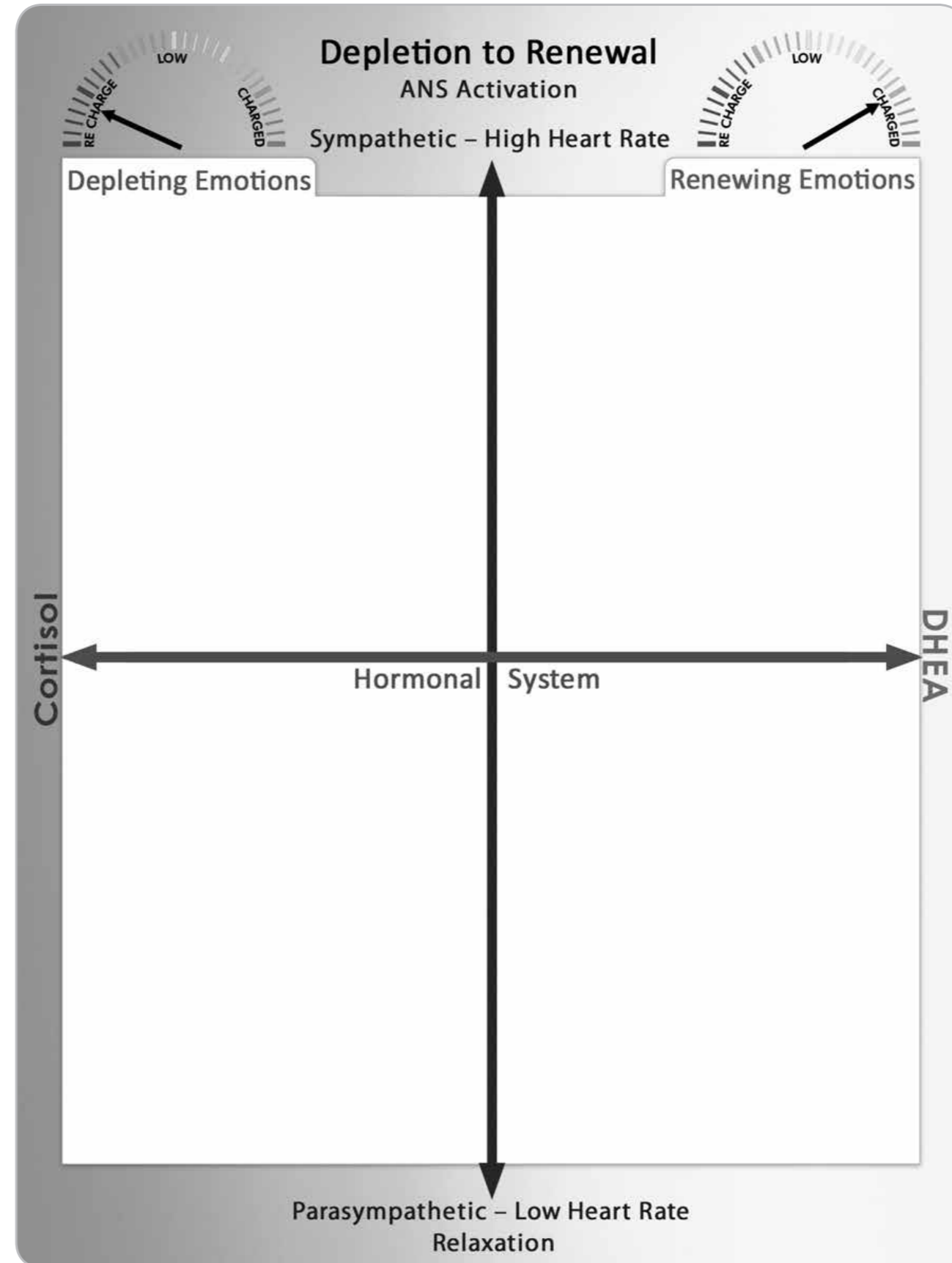
- ◆ Hormonal System

- ◆ Cortisol

- ◆ DHEA



Depletion to Renewal™ Grid



Turn Off Cortisol

- ◆ Distraction
- ◆ Generate Positive Feelings
- ◆ Gain Insight
- ◆ Manage Decisions (Responding v. Reacting)

Resilience

- ◆ Definition = The ability to return to optimum levels of functioning after stress.
- ◆ Correlates to best medical outcomes.
- ◆ There are four domains of resilience.

Dimensions of Resilience



The Four Domains

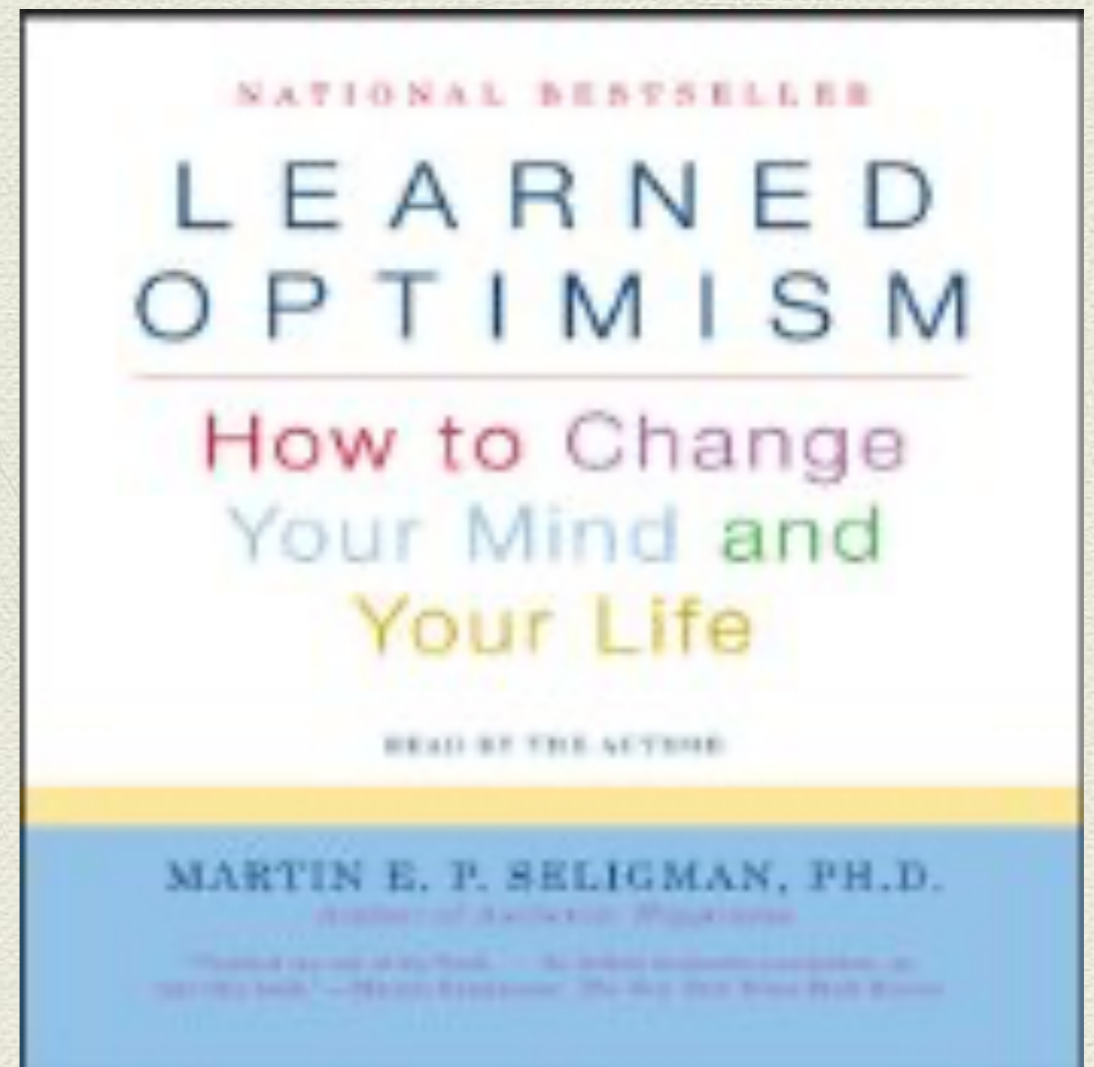
Optimism & Mindfulness

The Result of Habitual Coherence

Optimism

Learned Optimism: How to Change Your Mind and Your Life

Martin E. P. Seligman, Ph.D.



The Story You Tell

- ◆ Optimism is the ability to think well of the possibilities of the future.
- ◆ The capacity for Optimism is related to the nature of your habitual internal dialogue.
- ◆ I like to use the terms “Positive Expectancy,” or “Optation.”

Learned Optimism

- ◆ Explanatory Style -Your Personal Narrative
 - ◆ Puppies, Undergraduates, Cancer Patients
- ◆ What is your script like?
 - ◆ Victim or Victor?
- ◆ “Whatever one frequently thinks and ponders upon, that will become the inclination of his or her mind.” -Buddha

It Matters

- ◆ Martin Seligman showed that Insurance Agents who had an **Optimistic/Victor** Explanatory Style outsold Insurance Agents who had a **Pessimistic/Victim** Explanatory Style by 3% in the first year and by 31% in the second.

Optimism=Peace

- ◆ Eckhart Tolle
- ◆ If things go your way, you feel happy.
- ◆ If things are not going your way, you feel sad or upset.
- ◆ If you are optimistic, you can feel at peace regardless of whether things are, or are not, going your way. Optimism is the ability to think well of the future.

Mindfulness

Definitions

- ◆ Mindfulness is “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” -Jon Kabat-Zinn
- ◆ “...a family of mental training practices that are designed to familiarize the practitioner with specific types of mental processes.” -Julie Brefczynski-Lewis

Or as Tan says...

- ◆ “When the mind is relaxed and alert at the same time, three qualities emerge: calmness, clarity and happiness. This means these are default states that get upset by activity elsewhere in the brain.”
- ◆ A returning of the brain to its “factory settings.” Tan uses the illustration of a jar of water and sand.

Any Posture Works

- ◆ While “hard-core” meditators have their own ideas. Any posture works for Mindfulness. Sitting, Walking, Rocking...some people do it while doing housework.
- ◆ Eyes can be open, closed, half-closed.
- ◆ Thich Nhat Hanh recommends maintaining a slight smile.
- ◆ Sogyal Rinpoche recommends that if you sit, you sit “like a majestic mountain.”

Tan's Way...

- ◆ The Easy Way=Become aware of your breathing for two minutes. Every time your mind wanders, bring it back into focus.
- ◆ The Easier Way=Sit without any agenda for two minutes.
- ◆ As you learn how, gradually increase the time. There's no rush. It isn't a competition.

Avoid Becoming a Chore

- ◆ Maintain Mindfulness for a shorter period than you are capable. If you can sit for 6 minutes without a break, call it done at 5 minutes.
- ◆ “Reduce the Goal to the Ridiculous.”

Amazingly Effective

- ◆ When expert meditators were subjected to negative sounds (such as a woman screaming) they showed lower levels of activation in the emotional centers of the brain (the Amygdala).
- ◆ Benefits generalize. If you can keep your focus on your breath, you can learn how to keep it anywhere else too. You listen better, focus better, study better and have more fun.

In Summary

- ◆ The heart processes information independently of the brain and sends that information directly into the Autonomic Nervous System.
- ◆ The Blueprint Hypothesis of Dr. Siegel is a way to gain insight about this process.
- ◆ The HeartMath Methodology allows one to gain control over this process and can be readily adapted to hypnotism.
- ◆ Optimism and Mindfulness result from the integration of Heart Intelligence into hypnotic practice.

Thank You