

THE BREATH SPACE

- <https://thebreathspace.com/meditations#guided-meditations>

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How we meet the world
is ultimately
how we meet ourselves

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STRESS, IMMUNOSENESCENCE, & NEUROGENESIS

- *Strictus, Stringere*
- The ancient vs the modern human
 - Brain: from asset to liability
 - The 3% can ruin the whole plot
 - Inherent human discomfort with change, process, pain
 - Substance dependencies, sedentary habits, "type A" personality
- *The Divided Mind (John E. Sarno)*

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THE HUMAN BRIAN



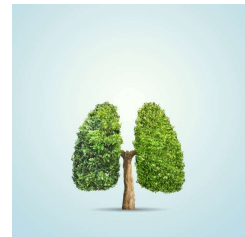
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INTERDEPENDENCE: CAN AN AILING PLANET PRODUCE HEALTHY PEOPLE?

- "Autoimmune conditions, like most diseases, are diseases of age."
- Most commonly: IBD, DM1, MS, RA, Celiac, Hashimoto's, Psoriasis
- "In the past 30 years we have had more than 80,000 chemicals approved for use in this country. We have a totally different diet, with processed foods, additives, and fast foods. We're more sedentary. There's an obesity epidemic. We have a different pattern of infectious agents, even pre-Covid-19, with more emerging yearly. The environment is noisier, and there are more stressors."
- Frederick Miller MD (Environmental Autoimmunity Group, NIH)

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INTERDEPENDENCE: HEALING IS RELATIONAL



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BUILDING BLOCKS OF PSYCHOLOGICAL STRESSORS

Dr. Robert Sapolsky (neuroendocrinology researcher, *Why Zebras Don't Get Ulcers*)

- Lack of outlets
- Lack of control
- Lack of predictability
- Lack of social support
- The *perception* that things are worsening

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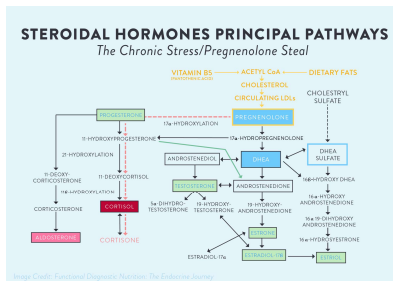
HOPE AS A DOUBLE-EDGED SWORD

"Ah, but hope isn't enough. It's the Siamese twin of fear. It's the projection of a small personal desire onto the infinite possibilities of the future."

Joseph & the Way of Forgiveness (Stephen Mitchell)

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THE *DEPRESSIVE*, THE *ANXIOUS*, AND THE *RERESSED*



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TRAUMA: THE ONE-THIRD RULE

- The Body Keeps the Score (Bessel van der Kolk MD)
- Transforming Trauma (James Gordon MD)
- Good Chemistry (Julie Holland MD)



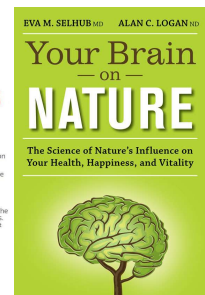
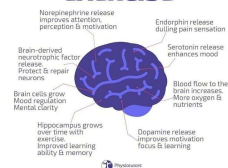
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MIND-BODY: OUR BEST NATURAL PHARMACY

- Pursuit of (un)happiness **vs** genuine human connection
 - DA, 5-HT **vs** OXT
- Exercise-ing your agency/autonomy
 - Neurotransmitters, cortisol, endorphins
 - Healthy blood pressure & blood sugar
- Anandamide, 2-AG
 - 3 children learning to bike for the very first time
 - THC and other psychedelics in trauma recovery

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THE BRAIN LOVES EXERCISE



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