

SPA FOR THE SOUL



Lawrence Biscontini, MA
Mindful Movement Specialist, International Spa and Wellness Consultant
Mission: "wellness without walls™"

I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. findlawrence.com, L's Background, and the Biscontini Scholarship
4. Our Purpose Today: define S.P.A.: solus per aquam, or S: _____ P: _____ A: _____ and our M _____ A _____ P _____ S _____
5. Resources/Equipment:
6. Research: smell _____ hear _____ sight _____ taste _____ touch _____
7. Theme: Self-Care for the Senses. What is Self-Care?
8. "A" and "D" is for "discipline." Type D Personality: "d" is for "distressed" (Harvard U, 2004)
9. Experience set-up: Separate lotus pods forming one large lotus; each of us is a frond of the lotus connecting by light. Each of us is an angel with one wing.

II. THEORY

1. **Self-Care Checklist: Getting overworked and avoiding burnout: HALT:**
 - a. H _____
 - b. A _____ *
 - c. L _____
 - d. T _____

(*Guilt over past and Fear over future prevent us from living in the present, *The Power of Now*)
2. **MEDITATION: Self Care starts in the MIND:**
 - a. Purpose: taming the monkeys of the mind
 - b. Times: start with focus for 15 seconds and increase in 15 second increments with a timer; try to get to 5 minutes of meditation minimum per week; daily meditation is ideal.
 - c. Types & Techniques:
 - i. Mantras:
 1. Cloud gazing
 2. Matching breath with mantra words: "inhale," "exhale"
 3. Inhalation: "I deserve this." Exhalation: "I let it go."
 4. Counting up on inhalation for "1,2,3" and counting down on exhalation for "3-2-1." Note: to increase a sense of alertness, add numbers to the inhalation; to increase a sense of relaxation, add numbers to the exhalation.
 5. Life as meditation: imagine a day with 2 lenses: wide angle and zoom in
 - ii. Guided Meditations
 1. Natural sounds, e.g., on the beach
 2. recorded talking
 3. recorded singing a capella
 4. recorded singing with music
 5. "let it go"
 6. Guest speaker: readings from various sources including some listed here.
 7. Contract-relax sequence to connect mind with the body
 - iii. MOVING MEDITATION: Transfer that meditative state to movement: Affirmations & Asana LINKED
 - d. Purpose
 - e. Techniques: Cat/Cow with words "inhale" and "exhale" and then "light" and "love"
 - f. "I am love and light; only I can make things right. If it's going to be, it's up to me; I control my destiny."

"If you reach for the stars, all you get are the stars, but I've got a whole new spin: if you reach for the heavens, you get the stars thrown in!"



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g. “All my thoughts are positive; this is how I choose to live. Buddha said that I should try, for as my thoughts are, so am I.”

3. **SENSES:** mastering sensorial training creates autogenic responses in the body
- SEE** (candles to address *tratak* gazing, tear ducts, vision, optic nerve, mental eye, promoting the *Relaxation Response and enhance the parasympathetic nervous system*) **Homework:** Light a candle in any area you will be in for over 5 minutes and try gazing at it.
 - HEAR** (silence, distractions, music types, the musical phrase, the musical phenomenon called “entrainment”, your own voice, prayer, iPhone apps: “decibel”) **Homework:** harness the power of silence; choose music to which you do NOT teach to foster the relaxation response and stop any associations between work and music.
 - TASTE:** Part 1: Taste (allergies, fear, awareness, different tongue areas, google “tastebuds,” eating in silence with eyes closed and little distraction, and trying to avoid the rush to chew up the candy) **Homework:** eat at least one meal per week the absence of other senses (e.g.: in a darker environment, in silence...) and try to eat the fewest number of flavors possible at one time. **Research:** quiet, slow food movement can produce better digestion, increased states of mindfulness, earlier satiety feelings, and avoidance of overeating

There are five primary taste sensations: salty, sour, sweet, bitter, and umami. New: A single taste bud contains 50–100 taste cells representing all 5 taste sensations. Each taste cell has receptors on its apical surface. These are transmembrane proteins which admit the ions that give rise to the sensations of salty and sour; bind to the molecules that give rise to the sensations of sweet, bitter, and umami. The sensation of taste — like all sensations — resides in the brain.

TASTE: Part 2: Voice: exercises: 1. Massage (3 places), 2. Voice (“bubbles, alternating, voiced”), glycerine (Grether’s), menthol cough drops diluted, Throat Coat tea, avoiding dairy, and ChatterVox® from hydrofit.com at http://www.hydrofit.com/home/hyf/page_45_10/deck_coach_by_chatter_vox.html?stpl=

- SMELL:** (colds, asthma, allergies, responses, memory) **Homework:** make a point to be cognizant of the smells around you; make your own aromatherapy for a refresher that’s just for you; this should be a scent you do not associate with fitness.
- TOUCH:** 1. Full Body Scan and fearless and searching self-inventory. 2. Soul Biopsy 2. Myofascial Release and self-massage, at least of feet ... (*inelastic collagen is a knot of fibers manipulated from a bundled position (that causes adhesion) into an alignment that is straighter with/direction of muscle/fascia. Gentle pressure applied assists in releasing by stimulating Golgi tendon organ and thus creates autogenic inhibition.*” NASM CPT) 3. investigate the work of the M.E.L.T. Method by Sue Hitzmann, meltmethod.com 4. Jesus as teacher and healer. 5. Heart-to-heart hugs. **Homework:** practice taking care of your hands and feet as in foot massage or reflexology.
- EXPERIENCE**

III. READINGS

The conjunction of effort, concentration, and balance in asana forces us to live intensely in the present moment, a rare experience in modern life. This actually, or being in the present, has both strengthening and a cleansing effect: physically in the rejection of disease, mentally

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by ridding our mind of stagnated thoughts or prejudices; and, on a very high level where perception and action become one, by teaching us instantaneous correct action ; that is to say, action which does not produce reaction."
Iyengar / The Yoga Sutras of Patanjali 1993

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." *a return to love* - marianne williamson

If u haven't been told you you're a good person, you are
If I u haven't been told you u are forgiven, you are
If u haven't been told that you're loved, you are. .

You are the Light of the World

..and as such, you are here to use your light to heal, transform and transfigure anything unlike peace, love, harmony and goodwill. That we all may have moments of peace ...and more peace. Rather than impose your will upon conditions of lack, disease or suffering. ..choose instead to think, feel and emote from an outcome in which anything unlike what is preferred simply does not exist. It cannot exist in your experience if you decide to not entertain it.

In doing so, you create a Quantum overlay of preferred possibilities & probable futures.

You are the Light of the World. You do not need the World's permission to shine your light upon the dark. The light releases you from joining others in seductive, lower energy vibrations. Use your light to simply transform lower energies.

This is how you heal yourself ...and the World. This is how you create moments of peace ...and more peace still. Light cannot injure light. Light is injured by nothing

Light heals all. In the midst of shining your light you are immune to lower energies.

You don't heal people by getting them to "get it." You don't heal unwanted situations with people by "teaching them a lesson." Just stand in the midst of all that you resist and instead of letting judgment take you over, put your entire focus upon the Light.

The Light will prevail. You don't have to do anything more than this. Bringing peace to the World is what you are here to do. Just Shine Your Light. You know where your inner Light switch is... Turn it on! You heal and transform the entire World around you

by turning ON your light! You don't have to warn the darkness that you are coming with the light. Just Shine Your Light! You are the Light of the World.

And so it is...

Summary: *What do you do to take the best care of YOU?*

Home-Work: M.A.P.S.

**Treat yourself to at least 30 seconds daily for each of the 5 senses. Separate each sense for just 5 minutes weekly as part of your active rest and recovery for your soul.*

**Rest. Hydrate. Sleep.*

**Recall H.A.L.T. and then do something for at least one of the senses in isolation.*

Resources: dailymotivator.com, chicken soup for the soul series,

Final Take-Home Messages:

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