

ABC's of Restorative Movement

ATTITUDE

- Webster's 1828 Dictionary:

AT'TITUDE, *noun* [Latin actus, ago.

1. In painting and sculpture, the posture or action in which a figure or statue is placed; the gesture of a figure or statue; such a disposition of the parts as serves to express the action and sentiments of the person represented.

2. Posture; position of things or persons; as, in times of trouble let the prince or a nation preserve a firm *attitude*

- Sailing/Navigational Term

POSTURE RESET

BOX BREATHING

PANDICULATION (Principle: Work & Release)

AWARENESS: Where are you starting from? Where are you moving to?

POSES (Amy Cuddy Ted Talk) +Worship Pose/Surrender Pose

The word worship is often mistranslated in Scripture. Often the verbs are specific movements of the body- moving to connect with our Creator. Whether raising our hands, lifting our voices, laying on our faces, dancing.. This movement is therapeutic, healing and meant to bless us mind, body and spirit as we love Yahweh with our whole heart, soul & mind.

B.R.E.A.T.H.E.

BE Present.

“YOU can happen to YOUR body,
YOUR body doesn't have to happen to YOU.”

Breathwork

TAKE A DEEP BREATH.

Assess.

Thoracic vs. Abdominal Breathing

STRESS BREAKER BREATH

WIM HOF

RUACH

RHYTHM & REALITY CHECK

CHECKING RHYTHMS:

Heartrate, Belly, Breath, Digestion, Soundtrack of my mind, Extremities to the Heart

CHECKING REALITIES:

Notice the Tapes

Journal

Soak Feet Challenge

ENERGIZE

WHAT ENERGIZES YOU?

ENERGIZER BREATH

ALKALINIZE YOUR BLOOD BREATHWORK- STRENGTHEN

Hebrews 12:11-15 Berean Study Bible: No discipline seems enjoyable at the time, but painful. Later on, however, it yields a harvest of righteousness and peace to those who have been trained by it. 12Therefore strengthen your limp hands and weak knees. 13Make

straight paths for your feet, e so that the lame may not be disabled, but rather healed.
14 Pursue peace with everyone, as well as holiness, without which no one will see the Lord.
15 See to it that no one falls short of the grace of God, and that no root of bitterness springs up to cause trouble and defile many.

MOVEMENT: Creating Joy// Dance

AWARENESS

THE BODY KEEPS THE SCORE: Dr. Bessel Van der Kolk Awareness Exercise

SHALOM YOUR BODY

Principle of Work & Release

YOUR BODY IS A TEACHER

Breath Like Wind on Water

VAGUS NERVE RESET

TRUTH REPLACES LIES

1 Corinthians 10: 3-6 **3** For though we live in the world, we do not wage war as the world does. **4** The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. **5** We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.** **6** And we will be ready to punish every act of disobedience, once your obedience is complete.

DIGITAL CAMERA

IMMANUEL JOURNALING

<https://www.soulshpherd.org/immanuel-journaling-worksheet/>

HEALING INSPIRATION OF THE SPIRIT

RUACH

WIM HOF BREATH HOLD: PRAYER OF RESPONSIBILITY

PSALM 23: ANOINT MY HEAD WITH OIL

WHERE ARE YOU? WHO ARE YOU? TRUTHFUL ETERNAL SPIRIT-FILLED AFFIRMATIONS

ON YOUR NERVES & GRATITUDE

Philippians 4: 4-7 **4** Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

ENGAGE

SHEMA

Romans 12: 1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

BABY STEPS OF MOVEMENT

- Sing, Dance, Worship- Connection
- Enter into relationship- Communion
- Plant a garden. Dig in the dirt
- Lift Hands, Surrender, Prostration
- Exfoliation
- Wim Hof
- Foot Soak
- Self Massage
- Travel, Hike, Notice creation with child-like wonder
- Start a movement practice

NECK & SHOULDER RELEASE ROUTINE
www.handsonbodyworks.com

CORE/CONNECTION/CHARIS

CORE: PURPOSE

Why do we move?

CORE: KINTSUGI

CORE: COMPASSION

2 Corinthians 1:3-7 **3** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,**4** who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. **5** For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. **6** If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. **7** And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

CONNECTION: CREATOR

CONNECTION: SAFE FRIENDS/SAFE GROUP:

Dr. Henry Cloud- Boundaries

Communion

Christianity has tended to focus on right beliefs and right choices as the keys for personal growth. But biblical evidence and modern brain science show that our character is shaped more by whom we love than what we believe.

Renovated, Jim Wilder.

Philippians 4: 8-9 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

CHARIS: POWER TO ENGAGE

charis- (ka-rees)- the DIVINE influence upon the heart and its reflection in the life.

SOLI DEO GLORIA!

HandsOnBodyWorks 

Ask me about my Core Transformation Tribe!

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