

June News



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Welcome Summer!

Shalom ♥ just one more month until we meet again!

June seems like a timely month to consider life from smaller perspectives that might feel closer to the heart – your own *self-heart*.

With the world picture getting bigger, the personal experience almost becomes meaningless, and making a difference feels distant.

Since last checking in, life has been a mix of beauty, anticipation, and the tiniest fear that certain things are going the same...sigh.

I don't know about you, but when I get a glimpse of a brighter future, the unchanging past and other uncontrollables take me down a bit.

Fortunately, this month offers some 'jewish' rays of sunshine

Themes highlight renewal, fresh starts, and creating agreeable differences all rest on the sliver of the new moon happening June 17.

Register here:

<https://yiddishlandcalifornia.org/event/healing-hearts-yiddishland-support-group2/>

(an email from missharpal143@gmail.com will follow for zoom registration!)

Upcoming Events

July 9
12 pm PST

August 13
12 pm PST

September 10
12 pm PST

October 8
12 pm PST



Inner Conflict and Resolution

WHAT IS INTERNAL CONFLICT



I have been thinking about how this caught-in-between, on the fence, feeling one way while acting another phenomenon confusion and chaos creates conflict WITHIN.

Self-conflict feels like anxiety, agitation, and procrastination.

Self-conflict includes putting off decisions, and questioning decisions already made.

Self-conflict sounds like being annoyed with others, complaining, and fixing other people's problems to secretly relieve the discomfort of having no answers for yourself.

Self-conflict also expresses itself as compulsive eating, loss of appetite, intrusive thoughts, and trouble sleeping.

Offer yourself an hour of healing energy, quiet time to journal and rest.

Give yourself an hour to simply be in a space requiring nothing of you.

Register here with a 1 time donation:

<https://yiddishlandcalifornia.org/event/healing-hearts-yiddishland-support-group2/>

(an email from missharpal143@gmail.com will follow for zoom registration- and then watch your email in box 24 hours before the event for your zoom link!)

See you soon!

Keep reading for a simple technique to quiet the mind, calm the nervous system, and activate the energy of your heart.



Releasing Self-Conflict

The instructions are simple:

Sit comfortably so that your spine is straight (lifted) and your body relaxed.

Bring your hands up to your chest so your fingers point at each other and touch the center of the chest, but fingertips do not touch. Let your elbows rest at your sides. You will look and feel like you are holding your chest. It may feel a little awkward at first. Try it and don't over think 😊

Let your eyes relax and close almost all the way but not quite.

Begin to inhale through the NOSE 1-2-3-4-5 then:

exhale out your NOSE 1-2-3-4-5

Then Hold your breath OUT for 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15!!

Then inhale through the nose 1-2-3-4-5

And repeat for 11 minutes.

Here's what it looks like!



Listen to gentle instrumental music or a mantra in another language not your own.

Focus on the intentional breath. If 15 seconds out is too long, start with 5 seconds in, 5 seconds out, and 5 second hold. Keep the breath in through the nose and out through the nose.

Start with 3 minutes. Increase 1 minute every day until you reach 11 minutes, then continue for at least 11 days... try for 40.

This is self-hypnosis and works best when practiced in normal daily life, so don't save it for a rainy day or your next panic attack or bout of depression.

Keep reading for all the science-based benefits! ↓

Somatic Benefits

1. holding the hands against the chest and deep breathing:

- **Nervous System Regulation:** The chest and heart area are closely linked to the vagus nerve. Applying gentle pressure creates a sensory "container" that can interrupt anxiety and panic, often referred to as the Hand-to-Heart or self-soothing hold.
- **Hormonal Changes:** The tactile stimulation of the skin on your own body triggers the release of oxytocin (the "bonding and calming hormone") and endorphins, while actively reducing cortisol (the stress hormone).
- **Re-patterning Trauma Responses:** In somatic therapies, posture shapes perception. Placing a hand on the chest and leaning back physically interrupts "fawn" responses (subconsciously leaning forward to manage others' needs), helping you reconnect with your own breath, physical boundaries, and internal state.
- **Felt Sense Awareness:** When paired with deep, slow diaphragmatic breathing, the weight of the hands acts as a biofeedback tool, allowing you to feel the rise and fall of your torso and quiet an overactive mind.

2. This specific breath rhythm yields several physical and mental benefits:

- **Activates the Parasympathetic Nervous System:** Slowing your breathing rate to about 6 breaths per minute stimulates the vagus nerve. This sends direct signals to your brain to lower stress, reduce anxiety, and calm panic.
- **Optimizes Heart Rate Variability (HRV):** Equal-length breathing synchronizes your heart rate with your breathing cycles. With every inhale your heart rate increases, and with every exhale it decreases. Over time, this improves HRV, which is a strong indicator of cardiovascular resilience.
- **Regulates Blood Pressure:** By establishing a steady, rhythmic pattern, your blood vessels dilate to allow more efficient oxygen and blood flow, helping to normalize blood pressure.
- **Boosts Focus & Clarity:** Consciously controlling your breath helps clear the mind of distracting thoughts, centers you in the present moment, and allows for sharper, more grounded focus.

3. Practicing a 15-second exhaled breath-hold offers several distinct physiological and mental benefits:

Neurological and Stress-Relief Benefits

- **Rapid Parasympathetic Activation:** Exhaling and pausing signals your vagus nerve to slow down your heart rate. This shifts your autonomic nervous system out of "fight-or-flight" mode and directly into a calm, relaxed state.
- **Anxiety Control:** Forcing a pause when your lungs are empty builds a sense of conscious control over your emotional state, providing an on-demand tool to short-circuit stress spirals.

Respiratory Efficiency

- **Building CO₂ Tolerance:** The urge to breathe is triggered by rising carbon dioxide (CO₂) levels, not a lack of oxygen. Exhaled holds safely accumulate CO₂, training your brain's chemoreceptors to be less sensitive to it.
- **Enhanced Oxygen Delivery:** Higher CO₂ tolerance triggers the Bohr Effect. This is a physiological process where hemoglobin releases oxygen more efficiently into your muscles and brain tissue.
- **Diaphragm Strengthening:** Holding your breath on an exhale stretches and strengthens your diaphragm muscle, promoting deeper, more natural breathing patterns over time.
- **Physical Performance Indicators:** Reaching a relaxed 15 seconds indicates a functional baseline of breathing volume and oxygen distribution.

Eyes 1/10 open- allows you to feel connected to your physical environment while relieving restlessness- it is a form of self hypnosis