

meditation for freeze response

meditation for freeze response is an increasingly recognized approach to managing the involuntary reaction commonly known as the freeze response. This physiological and psychological state often occurs in situations of extreme stress or trauma, where the body becomes immobile and unresponsive as a defense mechanism. Meditation offers a practical and effective method to address and regulate this response by promoting relaxation, mindfulness, and emotional resilience. This article explores the nature of the freeze response, the benefits of meditation in overcoming it, and specific meditation techniques tailored for this purpose. Additionally, it examines how meditation can be integrated into therapeutic practices and daily routines to foster long-term healing and stress management. Readers will gain a comprehensive understanding of how meditation for freeze response can enhance mental well-being and support recovery from trauma.

- Understanding the Freeze Response
- The Role of Meditation in Managing Freeze Response
- Effective Meditation Techniques for Freeze Response
- Integrating Meditation into Trauma Therapy
- Practical Tips for Daily Meditation Practice

Understanding the Freeze Response

The freeze response is one of the body's automatic reactions to perceived danger, alongside fight and flight responses. It is characterized by a temporary state of immobility, where an individual feels stuck or unable to move or respond. This reaction often occurs during overwhelming stress or traumatic experiences and is considered an evolutionary survival mechanism. The freeze response is regulated by the autonomic nervous system, particularly the parasympathetic branch, which slows bodily functions to conserve energy and avoid detection by threats.

Physiological Mechanisms Behind Freeze Response

During the freeze response, the body undergoes several physiological changes, including decreased heart rate, muscle tension, shallow breathing, and reduced blood flow to extremities. The amygdala, a brain region responsible for emotional processing, signals the hypothalamus to activate the freeze state. This reaction can lead to feelings of numbness, dissociation, and

impaired decision-making. Understanding these mechanisms is essential for developing strategies to counteract the freeze response effectively.

Psychological Impact of Freeze Response

The freeze response can leave lasting psychological effects, such as heightened anxiety, post-traumatic stress disorder (PTSD), and difficulty processing traumatic memories. Individuals may experience a sense of helplessness or emotional shutdown, which complicates recovery. Addressing the freeze response through mindful interventions like meditation helps restore control over bodily sensations and emotional reactions.

The Role of Meditation in Managing Freeze Response

Meditation plays a crucial role in managing the freeze response by promoting awareness, grounding, and regulation of the autonomic nervous system. It enables individuals to reconnect with their bodies and emotions in a safe and controlled manner. Regular meditation practice can decrease the intensity and frequency of freeze reactions by enhancing the brain's ability to process stress and trauma.

How Meditation Influences the Nervous System

Meditation activates the parasympathetic nervous system, which counters the stress-induced sympathetic activation responsible for fight, flight, or freeze reactions. Through deep breathing and focused attention, meditation reduces cortisol levels and calms the amygdala, diminishing the likelihood of entering a freeze state. This physiological shift supports emotional regulation and resilience.

Benefits of Meditation for Trauma Survivors

For individuals recovering from trauma, meditation offers multiple benefits, including:

- Improved emotional regulation and reduced anxiety
- Increased body awareness and reconnection
- Enhanced capacity to tolerate distressing sensations and memories
- Development of mindfulness skills to prevent dissociation
- Promotion of neuroplasticity, aiding recovery from trauma

Effective Meditation Techniques for Freeze Response

Not all meditation styles are equally effective for managing the freeze response. Techniques that emphasize grounding, breath awareness, and body scanning tend to be most beneficial. These methods help individuals stay present and gently explore physical sensations without becoming overwhelmed.

Mindful Breathing

Mindful breathing involves focusing attention on the natural rhythm of the breath. This simple yet powerful technique helps regulate the nervous system and reduces hyperarousal. Practitioners are encouraged to observe inhales and exhales, fostering a calm and centered state that counters the freeze response.

Body Scan Meditation

Body scan meditation guides attention sequentially through different parts of the body, promoting awareness of physical sensations. This practice assists in identifying areas of tension or numbness associated with the freeze state and encourages gradual release and relaxation. It is particularly useful for trauma survivors seeking to reclaim bodily autonomy.

Grounding Meditation

Grounding meditation focuses on establishing a connection with the present moment and the physical environment. Techniques may include visualizing roots extending from the feet into the earth or feeling the support of the chair beneath. Grounding reduces dissociation and helps interrupt the freeze response by fostering a sense of safety.

Integrating Meditation into Trauma Therapy

Meditation can be effectively integrated into various trauma-informed therapeutic approaches to enhance outcomes. Mental health professionals often incorporate meditation practices to complement talk therapy and somatic interventions, facilitating holistic healing.

Complementary Use with Psychotherapy

Meditation supports psychotherapy by preparing clients to engage more fully in sessions. It reduces anxiety and emotional overwhelm, allowing individuals to process traumatic memories without becoming retraumatized. Therapists may teach meditation techniques as coping tools for managing freeze responses outside of therapy.

Somatic Experiencing and Meditation

Somatic experiencing focuses on bodily sensations to resolve trauma. Meditation aligns well with this approach by increasing somatic awareness and promoting mindful presence. Together, they provide a comprehensive framework for addressing the freeze response at both psychological and physiological levels.

Practical Tips for Daily Meditation Practice

Consistency and a supportive environment are key to maximizing the benefits of meditation for freeze response. Establishing a regular practice helps build resilience and reduces the likelihood of freeze reactions in daily life.

Creating a Safe Space

Choose a quiet, comfortable area free from distractions to practice meditation. A safe environment fosters relaxation and a sense of control, which is essential for individuals prone to freeze responses.

Starting with Short Sessions

Begin with brief meditation sessions, such as 5 to 10 minutes, gradually increasing duration as comfort and focus improve. Short, frequent sessions are more effective than sporadic lengthy ones.

Using Guided Meditations

Guided meditations tailored for trauma and freeze response can provide structure and reassurance. Audio recordings or apps with professional guidance support individuals in maintaining focus and navigating difficult sensations.

Incorporating Movement

Combining meditation with gentle movement, such as yoga or walking meditation, can help release tension and prevent the body from remaining stuck in the freeze state.

Maintaining Patience and Compassion

Progress in managing the freeze response through meditation may be gradual. Practicing self-compassion and patience is essential to sustaining motivation and fostering long-term healing.

Frequently Asked Questions

What is the freeze response in the context of stress and trauma?

The freeze response is a natural survival reaction where an individual becomes immobile or feels stuck when faced with a perceived threat, often occurring alongside fight or flight responses.

How can meditation help with the freeze response?

Meditation helps by promoting relaxation, increasing body awareness, and reducing anxiety, which can enable individuals to gently release the immobilization associated with the freeze response.

Which types of meditation are most effective for addressing the freeze response?

Mindfulness meditation, body scan meditation, and breath-focused meditation are particularly effective because they enhance present-moment awareness and help individuals reconnect with their bodies.

Can meditation rewire the brain to better handle the freeze response?

Yes, regular meditation can promote neuroplasticity, helping to regulate the nervous system and reduce the automatic freeze response triggered by stress or trauma.

How often should one meditate to reduce the freeze

response effectively?

Consistency is key; meditating daily for at least 10-20 minutes can gradually help reduce the intensity and frequency of the freeze response.

Are there specific meditation techniques to use during a freeze response episode?

Grounding techniques such as focusing on the breath, feeling the sensation of the feet on the ground, or guided body scan meditations can help interrupt the freeze response in the moment.

Is it safe to use meditation for trauma-related freeze responses without professional help?

While meditation can be helpful, those with severe trauma-related freeze responses should consult a mental health professional to ensure meditation practices are safe and appropriately integrated into their healing process.

How does meditation influence the autonomic nervous system in relation to the freeze response?

Meditation activates the parasympathetic nervous system, which helps calm the body and counteracts the sympathetic nervous system activation responsible for the freeze response.

Can meditation increase resilience against future freeze responses?

Yes, meditation builds emotional regulation and stress tolerance, which can increase resilience and decrease the likelihood of freezing in future stressful situations.

What role does breath awareness play in meditation for overcoming the freeze response?

Breath awareness helps anchor attention to the present moment and signals safety to the brain, helping to release the immobilization and restore movement and response capacity.

Additional Resources

1. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*
This groundbreaking book by Bessel van der Kolk explores how trauma affects the body and mind, including the freeze response. It offers insights into mindfulness and meditation as powerful tools for healing and reclaiming

control. Readers will learn practical approaches to calm the nervous system and foster resilience.

2. Waking the Tiger: Healing Trauma

Peter A. Levine delves into the physiological basis of trauma and the body's natural ability to heal. The book emphasizes somatic experiencing and meditation techniques to release the freeze response, helping individuals regain a sense of safety. It's an essential guide for those looking to understand and transform trauma through body awareness.

3. When the Body Says No: Exploring the Stress-Disease Connection

Gabor Maté investigates the connection between stress, trauma, and physical illness, highlighting the freeze response as a critical factor. The book incorporates mindfulness and meditation strategies to reduce stress and facilitate emotional release. It's a compassionate resource for understanding how frozen responses impact health.

4. Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing

David A. Treleaven offers a trauma-informed approach to mindfulness and meditation, specifically designed to address the freeze response. The book provides exercises and frameworks to create a safe environment for healing. It's ideal for those who struggle with traditional meditation methods due to trauma.

*5. Calm the F*ck Down: How to Control What You Can and Accept What You Can't So You Can Stop Freaking Out and Get On With Your Life*

Sarah Knight presents a straightforward guide to managing anxiety and the freeze response through mindfulness and meditation. The book combines humor with practical advice to help readers reclaim calmness in stressful situations. It's a relatable resource for those seeking quick, effective techniques.

6. Radical Acceptance: Embracing Your Life With the Heart of a Buddha

Tara Brach explores how acceptance and mindfulness meditation can dissolve the paralysis of the freeze response. Through personal stories and guided practices, she teaches readers to face trauma with compassion and presence. This book supports emotional healing by fostering self-love and awareness.

7. The Mindful Way Through Anxiety: Break Free from Chronic Worry and Reclaim Your Life

Susan M. Orsillo and Lizabeth Roemer combine cognitive therapy with mindfulness meditation to help readers overcome the freeze response triggered by anxiety. The book offers step-by-step practices to cultivate calm and reduce avoidance behaviors. It's a valuable tool for those seeking to live more fully despite fear.

8. Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body

Peter A. Levine presents a comprehensive program to understand and heal trauma, focusing on the freeze response. Meditation and mindful movement are core components designed to restore natural energy flow. The book empowers

readers to reconnect with their bodies and release trapped stress.

9. *The Art of Mindfulness: A HarperOne Select*

Thich Nhat Hanh introduces foundational meditation techniques to cultivate presence and ease frozen emotional states. His gentle guidance helps readers transform fear and immobilization into peace and clarity. This accessible book is perfect for beginners interested in meditation as a healing practice.

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meditation for freeze response: *Meditation For Dummies* Stephan Bodian, 2016-05-23 Take an inward journey for a happier, healthier life Meditation has been used for centuries to reduce stress, increase energy, and enhance overall health and well-being—so it's no wonder more and more people in today's fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation, and psychological balance, *Meditation For Dummies* is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life. Whether you're new to meditation or a seasoned practitioner coming back for a refresher course, this plain-English guide provides a wealth of tips and techniques for sitting (or lying) down with your mind to meditate successfully. From preparing your body for meditation to focusing your awareness and being open to the present moment, it covers everything you need to put distractions to rest and open yourself up to a meditation practice that works for you. Provides the latest research on the causes of happiness and how meditation can improve your mood Includes a new chapter on the growing trend of meditation in the workplace Explains how meditation and other mindfulness practices have made their way into hospitals, schools, prison, and military groups Illustrates the benefits of taking time to consciously cultivate mindfulness through meditation If you're ready to find some zen and benefit from all meditation has to offer, this friendly guide sets you up for success.

meditation for freeze response: Dissociation, Mindfulness, and Creative Meditations Christine C. Forner, 2017-02-10 *Dissociation, Mindfulness, and Creative Meditations* explores the potential of mindfulness and explains why this level of developmental human achievement is so precarious within traumatic stress, especially traumatic dissociation. Chapters discuss the connection and disconnection between mindfulness and dissociative disorders and highlight the importance of gently creating a mindfulness practice for traumatized individuals. Readers will learn how to exercise the part of the brain that is responsible for mindfulness and how to regulate the part that is responsible for dissociation, and they'll come away from the book with tips that will help even the most dissociative client to reap the benefits of mindfulness practices.

meditation for freeze response: *Reverse Meditation* Andrew Holecek, 2023-07-11 Disruptive practices to revolutionize your relationship with meditation and fully engage with the full breadth of your experience. Why do we meditate? The main reason most modern people start meditating is because it helps us feel better—reducing anxiety, improving sleep, decluttering the mind, and so forth. “But where does your meditation go when things go bad?” asks Andrew Holecek. “Where is

your spirituality when 'rock meets bone,' as they say in Tibet—when the crap hits the fan?" Reverse Meditation is for anyone who wants to bring the challenges of life onto the path of awakening. When things get hard, it's time to turn your practice on its head—and throw out any assumption that meditation exists to insulate you from the confusion, difficulties, and uncertainty of life. "By putting your meditation into reverse," Holecek teaches, "you'll actually find yourself going forward. Step into your pain and you can step up your evolution." With his signature blend of depth and accessibility, Holecek invites you to explore:

- Three core forms of meditation—mindfulness, open awareness, and the boundary-smashing reverse meditations
- How to know when you're ready to engage with reverse meditation
- On-the-spot practices for snapping into a meditative mindset in difficult situations
- Contraction and expansion—how to dismantle habits of avoidance to become more open, resilient, and fully alive
- How reverse meditation opens you to a direct experience of the fundamental perfection of reality—just as it is

"These unique meditations are designed to reverse our relationship to unwanted experiences, which means going directly into them instead of avoiding them," says Andrew Holecek. "It's not an easy journey—yet this path leads to the discovery of unconditional happiness, basic goodness, and true freedom in the most turbulent situations."

meditation for freeze response: The Pause Principle Cynthia Kane, 2024-12-27 Become a better communicator during awkward, difficult, or tense moments in the workplace In *The Pause Principle: How to Keep Your Cool in Tough Situations*, renowned corporate communications expert Cynthia Kane reveals her tried-and-tested SOFTEN practice to better handle awkward, difficult, or tense conversations at work by breaking free of automatic reactions including shutting down, running away, yelling, or getting passive aggressive or defensive. In this book, readers will learn how to regulate their bodily responses and emotions to arrive at peaceful and productive resolutions during even the most challenging moments at work. With Kane's help, readers have the opportunity to make a profound impact in their organizations, both interpersonally and quantitatively by reducing miscommunications and therefore corporate errors. This book explores topics such as: The fight, flight, or freeze response, and why it's actually a very effective evolution strategy in the wilderness—just not in the workplace The true financial cost of corporate miscommunication, estimated to be \$4,200 per employee per year The importance of mindfulness in work and life, and its key role in calming the human nervous system during stressful situations *The Pause Principle: How to Keep Your Cool in Tough Situations* earns a well-deserved spot on the bookshelves of corporate leaders, executives, managers, and all individuals seeking proven strategies to smoothly navigate stressful social situations in the workplace.

meditation for freeze response: The Tapping Solution for Manifesting Your Greatest Self Nick Ortner, 2019-02-19 The New York Times best-selling creator of the Tapping Solution offers a three-week program of practical self-inquiry and hands-on work designed to unlock your life's full potential. Have you ever had the feeling your life just isn't working? That no matter how much you push and direct, or sit back and let go, the square peg you're holding just won't fit into the round hole that is your life? What if, instead, the roadblocks went away? What if you could experience more ease and flow in your life, banish self-doubt, fear, and anxiety, and live your greatest life? Can you imagine what that would look like--and more important, what it would feel like? Now Tapping Solution creator and New York Times best-selling author Nick Ortner helps you not only imagine it but make it a reality. *The Tapping Solution for Manifesting Your Greatest Self* guides you through a 21-day process of self-discovery and self-development using the simple, proven practice called Tapping (also known as Emotional Freedom Techniques). Each of the 21 stages includes a Daily Challenge and a Tapping Meditation to help the changes you're making take root. And you can work through the program at your own pace--doing one stage every day, every three days, every week, or whatever you like--with exclusive e-mail reminders from Nick to support you throughout the process. Drawing on wisdom sources from Aristotle to Dr. Seuss, along with Nick's own deep well of insight and stories from his daily life, this book is terrific fun to read. It's also a powerful tool for transformation. We're going to work together to let your light shine brighter than ever before, Nick writes, to create the life experiences you most deserve and desire. Ready? Then let's get tapping!

meditation for freeze response: Mindfulness Meditation for Beginners Dawn Mauricio, 2020-08-04 Find the path to peace and acceptance through mindful meditation for beginners. Meditation is a way to calm your mind and strengthen your concentration and awareness. When coupled with mindfulness, the concept of being present in the moment, they're a powerful combination for healing. Mindfulness Meditation for Beginners is a perfect first step to understanding the principles of mindfulness and meditation to build your daily practice from the ground up. From simple breathing techniques to visualization exercises, this comprehensive guide to mindful meditation for beginners delivers everything you need to get started, including a brief introduction to mindfulness, meditation practices that build in skill level, and tips on how to continue with your practice beyond the book. Mindfulness Meditation for Beginners includes: 50 Meditations—Discover dozens of quick, easy mindfulness exercises, ranging from 5 to 15 minutes, to help you develop your practice. Mindfulness revealed—Understand what mindfulness is and its effectiveness when paired with daily meditation. All are welcome—This simple, step-by-step book is a perfect introduction to mindful meditation for beginners. Learn the fundamentals of meditation and begin a daily practice with Mindfulness Meditation for Beginners.

meditation for freeze response: The Meditation Yearbook Joey Hulin, 2024-11-05 The Meditation Yearbook is the ultimate guide to exploring and developing a sustainable and fun meditation practice that will enrich reader's lives. Organized into six themed chapters, 52 different meditations are explained with at a glance sections highlighting its benefits, followed by a clear and easy to follow guide on exactly how to practice the meditation. Designed to be calming, uplifting and engaging, The Meditation Yearbook can be used in a multitude of ways depending on the needs of the reader - either as a year long journey into all the different types of meditation, or as a fun exploratory tool to introduce them to new meditation styles. As a practice, meditation has significant mental health benefits such as for stress reduction, anxiety management, improving memory and battling intrusive thoughts, but it also has proven physical benefits. Meditation has been shown to help improve the quality of sleep, support lowering of blood pressure, and aid in strengthening the immune system and a bodies response to stress. And yet... making meditation part of daily life can be tricky. When we're constantly on the go and bombarded with responsibilities, finding the time to meditate can seem impossible, not to mention a little dull to our overstimulated 21st century minds. In The Meditation Yearbook, author Joey Hulin finds the perfect solution to these problems and offers 52 weeks of meditations that make exploring this ancient practice fun, varied and inspiring. Looking at everything from the mind-body connection to Vipassana meditation, this year long tour of meditative practice encourages constant growth and is the perfect way to make meditation part of your life.

meditation for freeze response: The Vagus Nerve Wendy Hayden, Are you struggling with IBS, Crohn's Disease, constipation, IBD, or other gut issues, and nothing is helping? If you have tried everything and aren't feeling better, your vagus nerve might be the culprit. Trauma, chronic stress, or surgery can damage your vagus nerve and put you into a perpetual state of fight, flight, freeze, instead of rest, digest, and heal. When the vagus nerve isn't working properly, there is a lack of communication between the gut and the brain. This makes it hard for your body and your gut to function properly. "The Vagus Nerve Gut-Brain Connection: Heal Your Vagus Nerve and Improve Gut Health," gives you easy exercises to stimulate your vagus nerve. There are really simple things you can do, like breathing in certain patterns, that train your body to turn off your stress response, allowing the vagus nerve to put you into a state where you can rest, digest, and heal. This practical, concise guide gives you actionable steps you can easily take to improve the function of your vagus nerve in just a few minutes a day. Special bonus chapter is included to help you heal your child's vagus nerve. Includes information on how to tone your child's vagus nerve and how to help them get into the important rest digest, and heal state they need to have a healthy gut. In Meditations to Soothe the Vagus Nerve, we will explore how to use guided meditation, mantra-based meditations, EFT, and mindful visualization to restore balance to the nerve. We will also explore breathing exercises designed to activate the vagus nerve and bring us back to a peaceful state. Finally, the

book offers practical advice on how to incorporate these meditations into your daily life to help you restore your vagus nerve to full functioning. With step-by-step instructions, this book will help readers understand the connection between the vagus nerve and relaxation and will provide meditative techniques to reduce stress and anxiety, improve sleep and digestion, and enhance overall well-being. With the help of this book, you'll be able to soothe the vagus nerve and enter a state of rest, digest, and heal.

meditation for freeze response: *Flowers in the Dark* Sister Dang Nghiem, 2021-01-26
"Profound and hopeful . . . Sister Dang Nghiem integrates the neuroscience of trauma, effective treatments, and mindfulness training. Highly recommended." —Rick Hanson, PhD, author of *Buddha's Brain* Learn the accessible and deeply compassionate practices for healing trauma, known as the Five Strengths of applied Zen Buddhism. More than a philosophy, these body-based practices are backed by modern neuroscience research, and they can be applied by anyone suffering from trauma to begin experiencing relief. Mindfulness teacher Sister Dang Nghiem, MD, is an inspiration for anyone who has ever suffered from abuse, life-changing loss, severe illness, or the aftermath of war. In *Flowers in the Dark*, she brings together her lived experience as a survivor, certified MD, and ordained Buddhist teacher to offer a body-based, practical approach to healing from life's most difficult and painful experiences. Offering insights from Buddhist psychology and simple somatic practices for tapping into our Five Strengths—our inner faculties of self-trust, diligence, mindfulness, concentration, and insight—Sister Dang Nghiem's approach to trauma is radically accessible; it begins with awareness of our breathing. With each chapter containing a progression of guided reflections and exercises, this book can be read as an adjunct to therapy and a helpful guide for moving through trauma in the body. With the practice of mindfulness, we can access our strength as survivors and our joy in being alive.

meditation for freeze response: *Unfuck Your Body* Faith G. Harper, PhD, LPC-S, ACS, ACN, 2021-03-23 Is your body an asshole? Does it keep you up at night, crave nonstop French fries and ice cream, and try to convince you that exercise is evil? Does it develop weird illnesses and pains for no apparent reason and run out of energy just when you need it the most? Does having a body at all fill you with uncomfortable emotions? Enter Dr. Faith G. Harper, therapist, nutritionist, and bestselling author of *Unfuck Your Brain*. She explains the emerging science of the gut-brain connection and the vagus nerve so that everyone can understand what's going on in your body and how to make friends with it again, especially if you've experienced trauma or chronic stress. Filled with straight talk and practical exercises so you can reconnect with your physical needs and reactions, work through body shame, manage illness and disability, and implement small changes that make a huge difference in how you feel every day. You are a whole person and it's time to reconnect with yourself!

meditation for freeze response: *Stop Overthinking* Molly Burford, 2025-03-11 Beat decision paralysis and break those overthinking spirals once and for all with these engaging exercises, journal prompts, and fun, effective tips to redirect and calm your brain. While it's natural to worry about the small things in life, getting stuck on this track can very easily veer into the territory of overthinking—a detrimental barrier that can lead to decision paralysis, a lack of focus and/or productivity, and an inability to solve even basic problems. *Stop Overthinking* provides creative distraction techniques to help refocus your brain and eliminate the cycle of negative thoughts that come with overthinking. Loaded with activities, journal prompts, coloring pages, and more, this book is a relaxing and engaging distraction for anyone trapped in a relentless rumination.

meditation for freeze response: *Sacred Psychiatry* Judy Suzanne Reis Tsafir, 2024-01-02 Discover holistic approaches to psychiatric healing. Your previous experience with conventional psychiatry likely consisted of suppressing symptoms with pharmaceuticals without considering you as a whole person. It's probable that there was little exploration of the power of the sacred to promote healing, which is especially crucial in our current climate of widespread fear and disconnection. In *Sacred Psychiatry*, you will be introduced to a diverse range of holistic approaches to healing. This book offers invaluable guidance on how to develop a personal spiritual practice and highlights the profound significance of fulfilling the soul's purpose. It illustrates the usefulness of

astrology, emphasizes how toxic relationships undermine healing, and showcases the remarkable healing power of food as medicine. Sacred Psychiatry also provides a holistic framework for weaning off of psychiatric pharmaceuticals and highlights treatable but frequently overlooked complex chronic conditions such as mold toxicity, mast cell activation syndrome, and Ehlers-Danlos syndrome. Judy Suzanne Reis Tsafir, MD, is a holistic healer with a private psychiatry and psychoanalysis practice in Newton, Massachusetts. She is a board-certified adult and child psychiatrist and psychoanalyst, is on the faculty of Harvard Medical School and the Boston Psychoanalytic Institute, and teaches and supervises at the Cambridge Health Alliance.

meditation for freeze response: Dancing with Fire John Amodeo, 2013-06-04 Draws upon the science of attachment theory to explain the misunderstood roots of suffering and how to achieve vibrant relationships by welcoming desire rather than suppressing it.

meditation for freeze response: Multidimensional Healing Carol Dignam, 2024-12-06 Multidimensional Healing offers a holistic physical-psycho-spiritual model of healing. While the current global healthcare system biomedical allopathy is well-suited to support physical healing using objective methods such as drugs, it ceased to be well-suited to support subtle energetic psycho-spiritual healing when its subjective method of psychoanalytic regression was displaced by drugs. The author Carol Dignam discovered an ancient narrative describing both physical and psycho-spiritual healing in traditional myths. When Hero myths describe men using weapons to kill bad guys to heal the kingdom, they are describing how allopathic doctors use drugs to kill germs to heal the body. When Heroine myths describe weavers meditatively ravelling and unravelling disharmonious threads until the weaving is magical, they are describing how meditators unravel psychic trauma until the psyche is harmonious. When both myths describe magical beings supporting the journey, they are describing the psychic and spiritual parts supporting healing. In search of a meditation supporting holistic physical-psycho-spiritual healing, like the heroines of old, the author began weaving together the cross-cultural subjective healing methods of shamanic journeying, meditation, prayer, and regression until a universal somatic meditation shone through. Likewise, in search of an archetypal system that accurately described the psychic parts supporting psychic integration, the author wove together the cross-cultural archetypal systems until the second golden thread of a universal archetypal system shone through. Like the Greek myth of Ariadne whose golden thread led Theseus safely through the labyrinth of his psyche, the first golden thread was designed to lead the reader through their psychic labyrinth, while the second illuminates the psychic parts therein supporting healing.

meditation for freeze response: Bliss Brain Dawson Church, 2022-03-22 Award Winner in the Science category of the 2020 Best Book Awards sponsored by American Book Fest Award-winning author and thought leader Dawson Church, Ph.D., blends cutting-edge neuroscience with intense firsthand experience to show you how you can rewire your brain for happiness-starting right now. Neural plasticity-the discovery that the brain is capable of rewiring itself-is now widely understood. But what few people have grasped yet is how quickly this is happening, how extensive brain changes can be, and how much control each of us has over the process. In Bliss Brain, famed researcher Dawson Church digs deep into leading-edge science, and finds stunning evidence of rapid and radical brain change. In just eight weeks of practice, 12 minutes a day, using the right techniques, we can produce measurable changes in our brains. These make us calmer, happier, and more resilient. When we cultivate these pleasurable states over time, they become traits. We don't just feel more blissful as a temporary state; the changes are literally hard-wired into our brains, becoming stable and enduring personality traits. The startling conclusions of Church's research show that neural remodeling goes much farther than scientists have previously understood, with stress circuits shriveling over time. Simultaneously, The Enlightenment Circuit-associated with happiness, compassion, productivity, creativity, and resilience-expands. During deep meditation, Church shows how the 7 neurochemicals of ecstasy are released in our brains. These include anandamide, a neurotransmitter that's been named the bliss molecule because it mimics the effects of THC, the active ingredient in cannabis. It boosts serotonin and dopamine; the first is an analog of

psilocybin, the second of cocaine. He shows how cultivating these elevated emotional states literally produces a self-induced high. While writing *Bliss Brain*, Church went through a series of disasters, including escaping seconds ahead of a California wildfire that consumed his home and office and claimed 22 lives. The fire triggered a painful medical condition and a financial disaster. Through it all, Church steadily practiced the techniques of *Bliss Brain* while teaching them to thousands of other people. This book weaves his story of resilience into the fabric of neuroscience, producing a fascinating picture of just how happy we can make our brains, no matter what the odds.

meditation for freeze response: *Conquer Needle Phobia* Marty Martin, 2021-08-18 This book was inspired by a request from a colleague. He suggested I write an evidence-based book for the millions of people across the globe who have needle fears and phobias. The sad reality is there are simply not enough trained mental health professionals to offer individualized treatment for those fearful of getting vaccinated, visiting their dentist, or having blood withdrawn. *Conquer Needle Phobia* was written to offer you practical tools that you can use whenever you face getting your next shot, receiving a needle injection, or having your blood drawn. Use this book as a reference and resource companion to gain greater knowledge, reduced anxiety, and increased confidence. Facing your fears is never easy, but the hope is that after reading this book you will at very least find the prospect of getting injections of any kind more tolerable.

meditation for freeze response: *Act of Love* Kino MacGregor, 2022-10-28 After dealing with a series of obstacles and life challenges, Kino MacGregor experienced a revelation. Whether eating, speaking, writing, traveling, or living, she pledged to let everything she did in life be an act of love. Just like that, the seed of a new world was planted as she began to integrate this simple yet truly life-changing principle into her daily routine. In a guide shared to help others attain spiritual growth, love, and true happiness, MacGregor presents a new paradigm that promotes an entirely new way of living and being. While offering anecdotal stories from her own journey as well as the journeys of students and fellow spiritual practitioners, she leads others down a courageous path inward to reset the mind to overcome heartache, become more aware, and embrace the process of awakening. Through moving stories, trusted advice, and meditation and reflection points, MacGregor sets up the parameters of love, action, and the ultimate shift that teaches students of life how to truly act from love in all we do, say, and become. *Act of Love* shares anecdotes, advice, and guidance that will help anyone reprogram the mind, choose a new outlook, and follow a simple roadmap to attain true love and happiness in life.

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