

SRI Stage 2

SRI Stages 1, 2 and 3 OVERVIEW:

Based on Dr. Donald Epstein's book 'The Twelve Stages of Healing', SRI is a life skill that can be used on its own, or with NetworkSpinal Chiropractic Care to help you get the most from your adjustments.

We live in a culture that keeps us distracted. Most people don't pay much attention to their body unless they're in pain. This aims to help your brain find new connections for healing.

When we are distracted from our body, stress goes un-checked, tension builds up, and things tend to go downhill in our health, for body, mind, and spirit.

SRI Stages 1, 2 and 3 help us discover how we've lost connection and awareness of certain places and teaches the brain to pay attention in a new way.

This helps you:

Change your mental channel from stress to ease & connection.



Course correct throughout your day, releasing tension before it builds.



Feel at home in your body and go through your day with more energy & vitality.



Now instead of treading water or falling behind, you can make change and progress forward in your life, and sustain it.

SRI STAGE 2: POLARITIES AND DIFFERENT RHYTHMS

Now that you can find and focus on different parts of your body using breath, movement, and energy (Stage 1), what happens when you relate two of those parts to each other (Stage 2)? Are they both able to stay connected, even when there's a 'back and forth' (teeter-totter) conversation between them?

Practice Position: Lie on your back with your knees bent and your feet flat on the floor, or practice seated. Find the most comfortable position for your body. Breathe in the nose and out the mouth.

1

Place one hand on one of the 3 spots used in Stage 1, and one hand on another. Focus breath and movement under your first hand, while holding the other still. Then, switch: breath and movement under your second hand. Go back and forth, feeling the energetic connection up and down the spine as these parts find and relate to each other.



2

Notice if one part becomes weaker or more difficult to find when in relationship with the other, more dominant part. Kind of like a teeter totter that's off balance. If so, move both hands to the weaker spot, focus only here for 2-3 breaths to find connection.

3

Then, separate your hands again and return to the Stage 2 breathing pattern. Acknowledge that these two different parts (strong/ weak) can learn to co-exist fully in relationship with each other, without one becoming dominant.



Notice how STAGE 2 can relate to the bigger picture of your life: we can feel okay by ourselves but may get triggered (weakened or strongly pulled towards) by events, people, relationships, or things outside us. This helps us learn to balance in unstable situations.



Establishing a STAGE 2 connection first in your body will help you stay empowered, even when facing challenging relationships or other things that trigger you. You are more in the driver's seat vs. being pin-balled around by your emotions. You won't be as reactive, and it's harder to lose power to external factors.



STAGE 2 is also like a workout for the way you typically use emotions; this gets your spine ready for the next wave or level that develops in your NetworkSpinal care.

Ultimate Outcome for STAGE 2: As you move forward in your practice of these skills, **the goal in Stage 2 is to develop connection of energy, breath, and movement between all three positions in relation to each of the others.**

- Position 1 will alternate breath and connection with position 2 and 3.
- Position 2 will alternate breath and connection with positions 1 and 3.
- Position 3 will alternate breath and connection with positions 1 and 2.

As you develop these rhythms you will learn more about yourself and your life and see how these different rhythms are all within and a part of you.

Declaration for STAGE 2: I have different parts. I have different rhythms. Some I like, some I don't like..... but hahaha, they are all me!

Please note: this handout is meant to be an overview of Stage 2; there's lots more to it! To learn more, we encourage you to go directly to the source. We carry **Donny Epstein's book and workbook of The 12 Stages of Healing** here in the office.