

PostTraumaticStressEducationandWarrior Meditation™ Training

It is important to understand that our brains must work in a balanced way to stay healthy. Normally, the prefrontal cortex, which controls logic, reason, decision-making, and compassion is the most active part of the brain. However, when a person goes to war, the limbic system (which controls the fight or flight response) is constantly under stress and becomes hyperactive. When limbic system activity increases, it forces the balance to be thrown off and the prefrontal cortex cannot function as it needs to. Increased limbic system activity and decreased prefrontal cortex activity causes a person to experience anxiety, fear, panic attacks, outbursts of anger, irritability, and difficulty sleeping. The effects can be debilitating if not treated.

The good news is that meditation is proven to reverse the effects of PTS and actually change the brain. Like lifting weights can build muscles, meditation can strengthen certain parts of the brain. In a matter of weeks, meditation can begin to heal the amygdala while the prefrontal cortex activity becomes stronger.²⁶ Our program teaches veterans not only how to meditate, but also how to train others to meditate as well, so that they can 'pay it forward.' In experiencing the benefits, they are ready to teach others what they have discovered and help save others' lives.

Twice daily 20 minute sessions are divided into 3 equal phases.
Cell phone free Apps are available (Insight Timer)

Phase 1: Nullification Phase

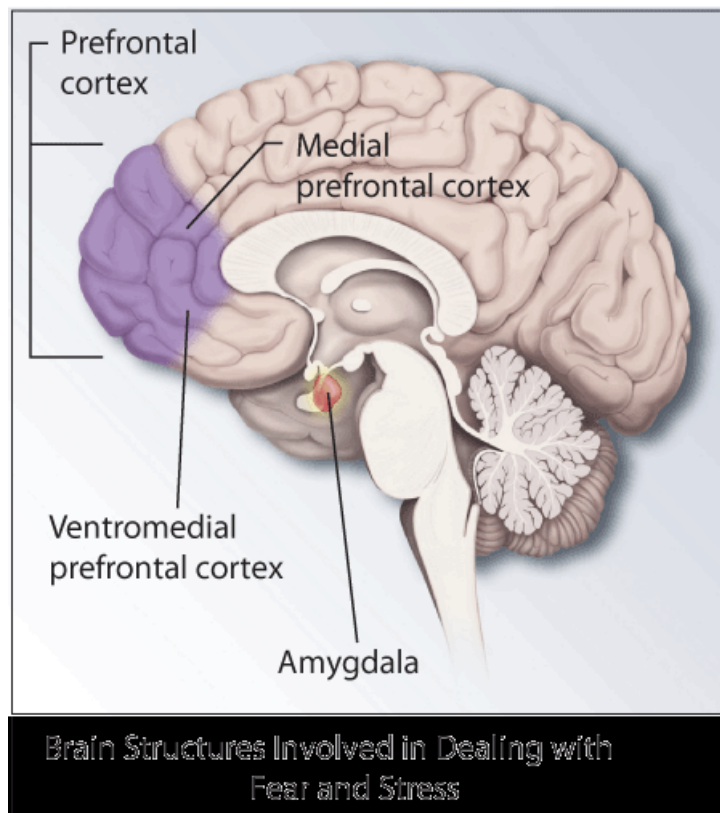
- In the first phase, the amygdala is reacting to every noise, every sensation, and trying to label those as threats.
- We use finger movements and a mantra ("ah" "vah") to calm the parasympathetic nervous system and strengthen the anterior cingulate.
- By using our fingers on both hands simultaneously, we force the anterior cingulate to engage and both parts of our brain to function.
- Focusing on the mantra helps us to reduce the mental phenomena that trigger traumatic sensations.
- As we notice thoughts, feelings, and sensations, we name them for what they are and dismiss them and return to our mantra.
- Numerous studies have shown that repetition of a sound, phrase, and/or finger movements over a period of time significantly reduces symptoms of stress, anxiety, depression, and anger, while improving perception of quality of life and spiritual well-being.

Phase 2: Awareness Phase

- Stop finger movement, but link mantra with breathing.
- Helps with chronic pain and increasing our awareness of self, which is the key to long term happiness. You become aware of self despite all of the stuff that is going on around you.
- Now, our parasympathetic nervous system can do its job because the first phase has calmed it.
- By breathing and continuing mantra, we reintegrate the insula, which tell us what is good and what is bad. The insula is magnified when the amygdala is hyper-aroused. As it calms down, they begin to learn the truth about our experiences.
- When we focus on breathing, we combine self-soothing with somatic awareness and we believe the truth, which is that things are okay.

Phase 3: Metacognition Phase

- Thoughts, Feelings, Sensation, Phenomenon.
- We stop our mantra and witness thoughtlessness. As thoughts arise, we continue to name them and dismiss them.
- Now, we need to forward engage with life and change our cognition.
- We train the prefrontal cortex by dropping the mantra and noticing the feelings and sensations we have.
- When you engage in insight oriented meditation and nullification, we separate sensations and feelings from self.
- We begin to see our identity is not our feelings or sensations.
- As our brain balance returns, we begin to experience empathy and compassion again



For more information on
meditation, please read:
How God Changes Your Brain, by
Andrew Newburg, MD



Save A Warrior™

"One Week Changes Everything"

SAW Suggested Reading

1. What It Is Like To Go To War; Karl Marlantes
2. Change or Die; Alan Deutschman
3. The Body Keeps the Score: Brain, Mind, and Body in the healing of Trauma; Bessel van der Kolk
4. The Untethered Soul; Michael Singer
5. The Road Less Traveled; M. Scott Peck
6. How God Changes Your Brain; Andrew Newburg
7. The Spirituality of Imperfection; Ernest Kurtz
8. How to be an Adult; David Richo
9. The Drama of the Gifted Child; Alice Miller
10. The Second Mountain; David Brooks
11. Man's Search For Meaning; Viktor Frankel
12. The Archetype of Initiation; Robert Moore
13. Iron John; Robert Bly
14. Quantum Change: When Epiphanies and Sudden Insights Transform Ordinary Lives; William Richard Miller & Janet C'de Baca
15. Odysseus in America; Jonathan Shay
16. The Hero with a Thousand Faces; Joseph Campbell
17. Why We Do What We Do; Edward L. Deci
18. Zen and the Art of Motorcycle Maintenance: an Inquiry into Values; Robert Pirsig
19. Stealing Fire; Stephen Kotler
20. How to Change Your Mind: What the New Science of Psychedelics Teaches Us about Consciousness, Dying, Addiction, Depression, and Transcendence; Michael Pollan
21. Moneyball: The Art of Winning an Unfair Game; Michael Lewis
22. Life of Pi; Yann Martell

I can personally attest that each of the above-listed titles, in some way, has had a profound and/or dramatic impact on what ultimately informs SAW's novel curriculum. The "so what" of this list is that by reading these books, you will find yourself inspired to continue your Daily Practice of good, self-care, and moved to serve and support OTHERS. Your sense of empathy and compassion will deepen. You will also discover an increasing confidence in your growing ability to Shepherd a SAW Cohort, while contributing constructively to the various conversations that occur during the week. - jake

SAW READING LIST

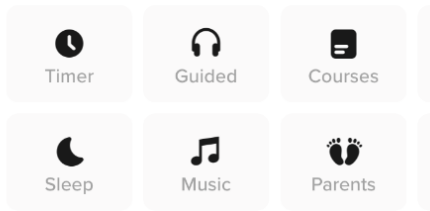
PO Box 694 | New Albany, Ohio 43054 | saveawarrior.org


Save A Warrior™ is a registered 501(c)3 non-profit, Federal Tax ID 45-5571507

List of links to websites:

1. Save A Warrior - <https://saveawarrior.org/>
 - a. Information about the organization and how to apply.
2. Adam Young – The Place We Find Ourselves Podcast - <https://adamyoungcounseling.com/podcast/>
 - a. Various podcasts related to trauma and healing.
3. Ohio Mental Health and Addiction Services - <https://mha.ohio.gov/>
 - a. Various resources
4. First Responders Bridge Retreat - <https://firstrespondersbridge.org/>
 - a. Information about weekend retreat for first responders and significant other.
5. National Suicide Prevention Hotline - <https://suicidepreventionlifeline.org/>
 - a. Resources for suicide crisis and prevention.
6. Sounds True Podcast - <https://www.resources.soundstrue.com/podcast/>
 - a. Various podcasts related to meditation and spirituality.
7. Westshore CIRS team
 - a. www.westshorecirs.com
 - b. Peer supported critical incident response service
8. Warrior Meditation Instruction Video:
 - a. <https://www.facebook.com/SaveAWarrior/videos/2685281381754938>
9. Heal Yourself First Facebook Page
 - a. Chief Freemans page to share resources and offer a platform for discussion.
 - b. <https://www.facebook.com/Heal-Yourself-First-114159287030717>
10. Chief Freeman PTSI lecture
 - a. https://drive.google.com/file/d/1njsyzKb2jpJwO68pgFP9zxkgsNX_FWFY/view?usp=sharing

InsightTimer





LIVE EVENT

Justin Michael Williams

8:00 PM Thursday, Jun 25

Finding Your Authentic Voice

5.5k Attending




Attend



Verizon LTE 11:06 AM 83%

TIMER PRESETS

Starting bell



1 2 3

Duration Meditation 20:00 >

Interval bells 2 repeating >

Ambient sound Eternal stream >

Ending bell Basu >

62% **START** ...

