

❖ Self-Connection Practice (SCP)

From Fight-Flight-Freeze to Connection

At the root of conflict we see the biological “fight-flight-freeze” (FFF) survival reaction, also called the “stress response.” This instinct toward protection and defense originates in the older, deeper parts of our brain. It is accompanied by moralistic thinking, “enemy images,” and emotions such as fear (anxiety, stress), anger, guilt, shame, depression. Events outside of you stimulate this reaction, yet it is your body that creates it. Rather than acting out instinctual and habitual patterns, you can be aware of and present with the reaction, and choose connection through needs.

Self-Connection Practice (SCP) is the first “map” in our Integral Grid of mediation maps. With SCP you focus your attention on your breath, body sensations, and human needs. Both science and spiritual traditions have pointed to the benefits of putting attention on the breath and bodily experience; and the deepest core of the Nonviolent Communication (NVC) model is needs. SCP is practicing present moment awareness, presence and acceptance with what is, and conscious choice to connect with life in us and others beyond attachment to things and forms. We encourage you to practice throughout the day, in as many moments of the day as you can, even when you’re not in a stress or conflict reaction.

Continue Reading on the next page for steps in this practice.

Continued....

Mediate Your Life

Self-Connection Practice (SCP)

Breath (*present moment*)

- Focus attention on your breathing, following the in-flow and out-flow.
- Let go of thinking and gently return to the breath.
- Observe your sense perceptions without thinking, labeling, etc.

Body (*acceptance of what is*)

- Put attention into your body, "inner body."
- Feel your body sensations and emotions, especially FFF reactions.
- Feel the underlying energy and aliveness animating and flowing through your body.

Needs (*nonattachment/synchronicity*)

- Say need words to yourself that create a positive "shift" in your body and mind.
- Say the needs by themselves separate from any strategies.
- Feel your body's response to needs connecting you to life within and without.