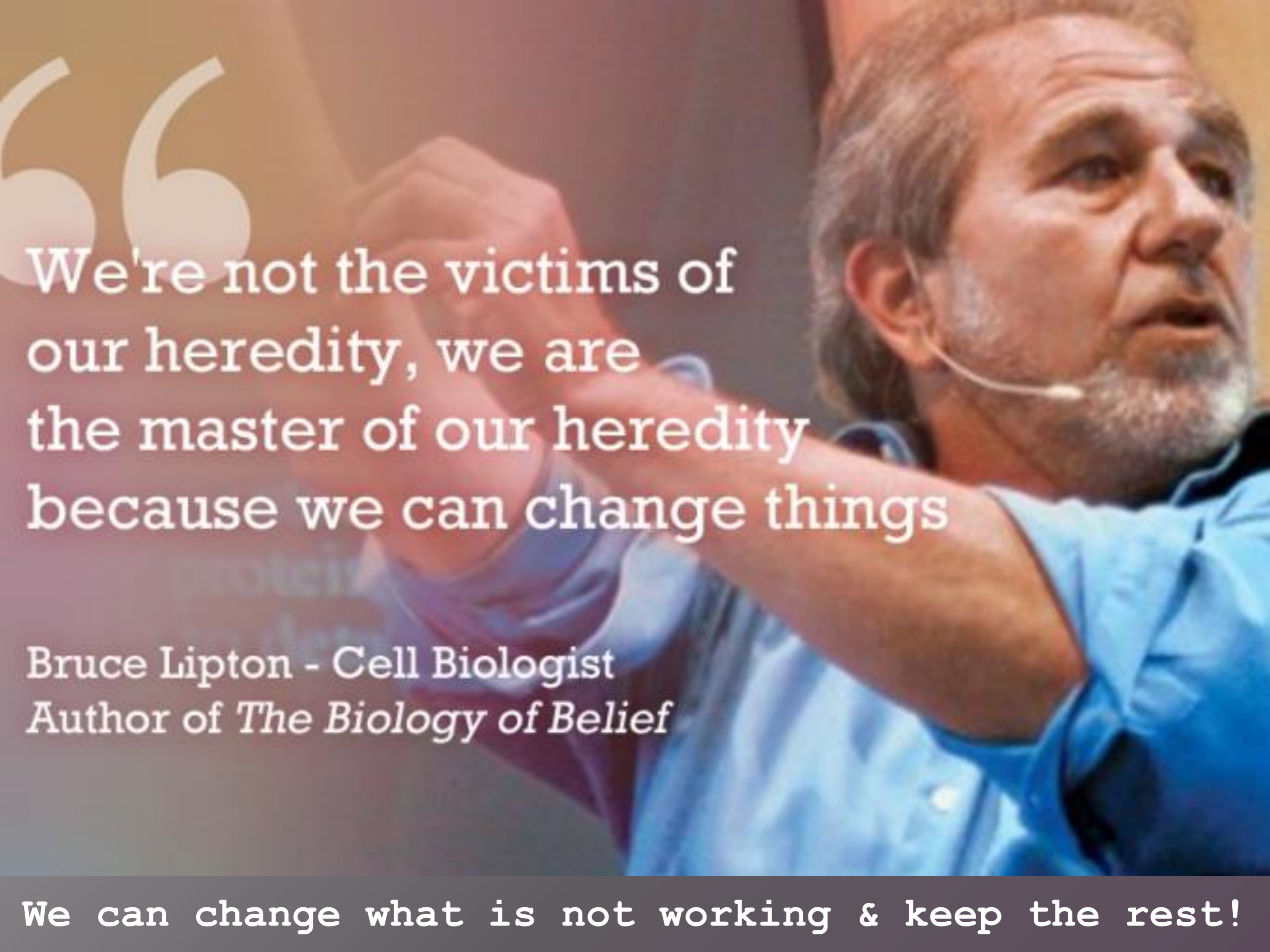




# Resilience, Dynamic Aging, & Regeneration

Susan Highsmith, PhD



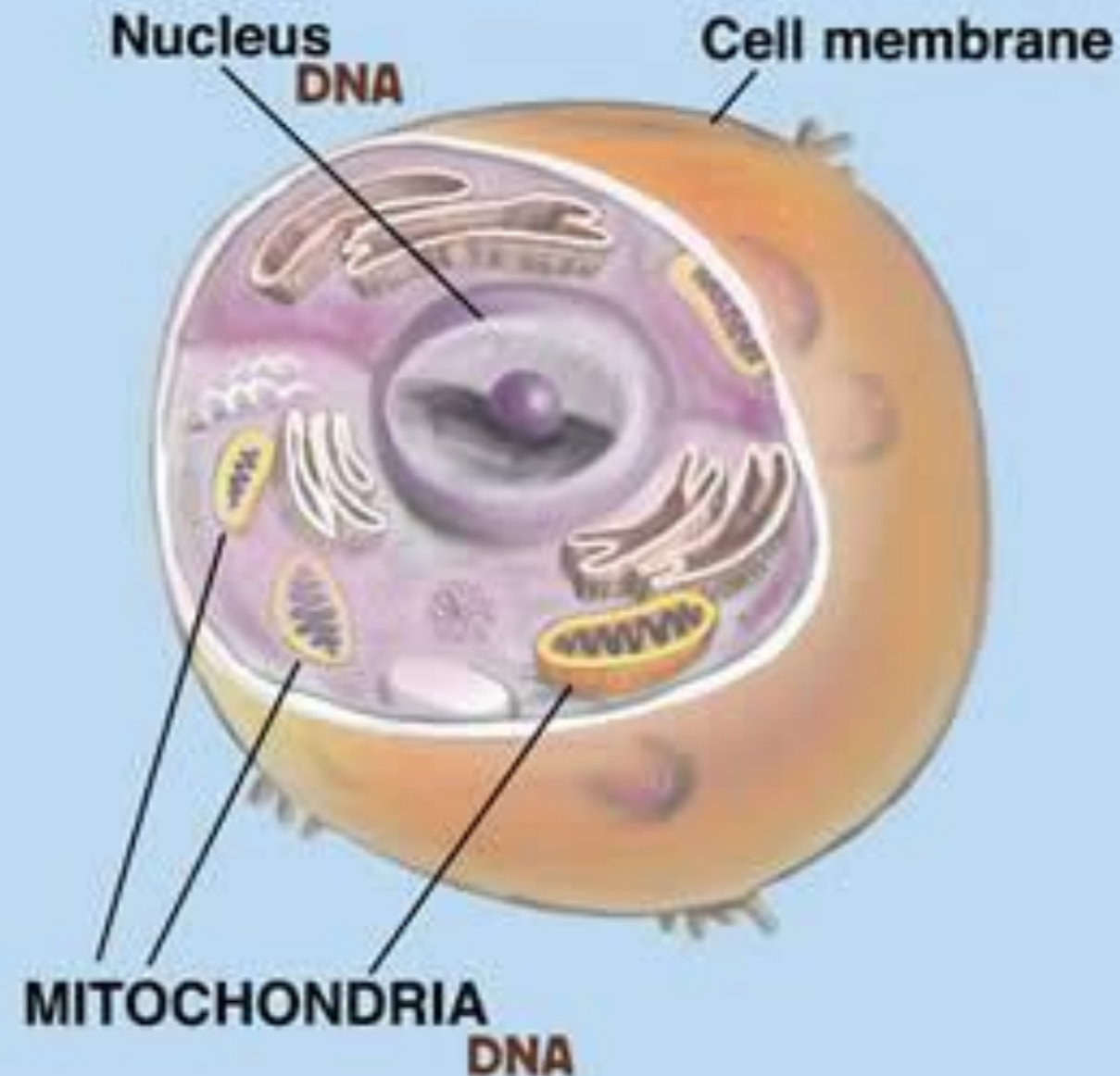


We're not the victims of  
our heredity, we are  
the master of our heredity  
because we can change things

Bruce Lipton - Cell Biologist  
Author of *The Biology of Belief*

We can change what is not working & keep the rest!

# HUMAN CELL

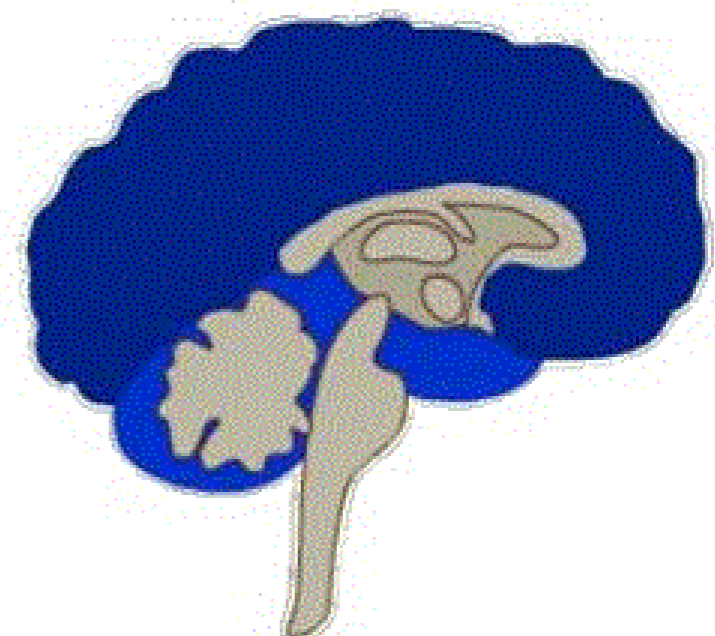
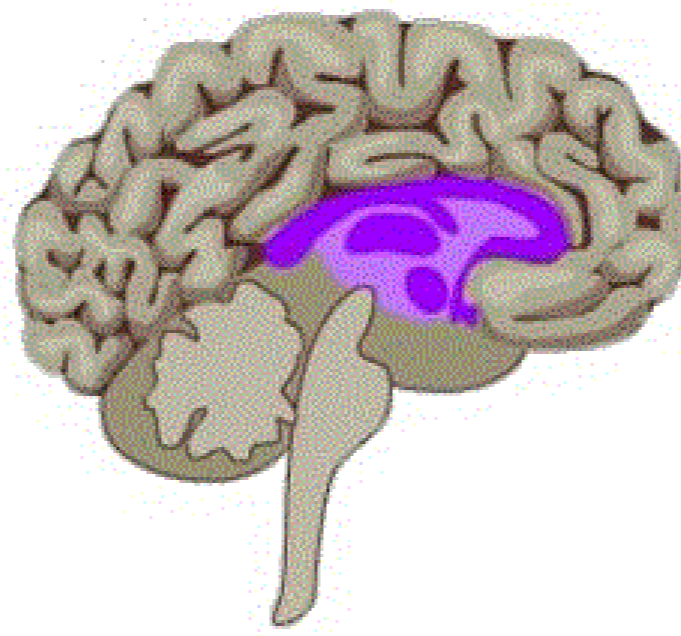
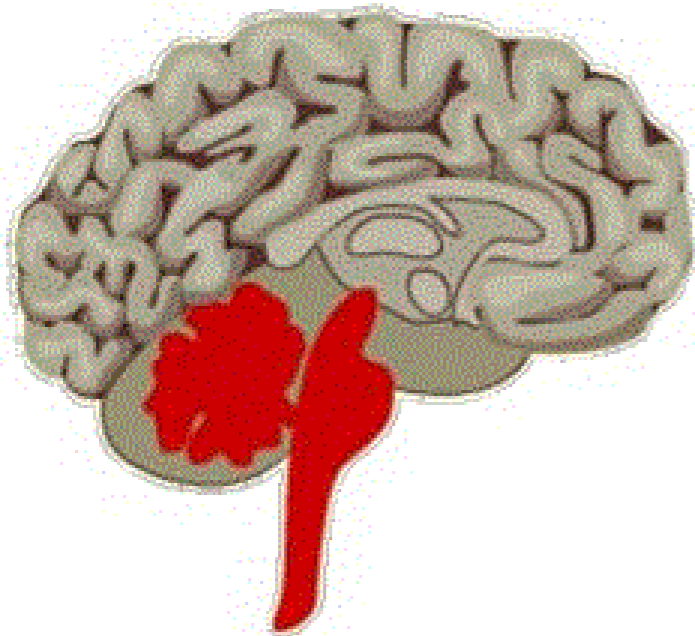


**The BRAIN of the cell  
has been hiding in plain  
sight!**

**It's the  
MEM-BRANE!**

# Triune Brain Theory

Lizard Brain	Mammal Brain	Human Brain
Brain stem & cerebellum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Decisions	Reasons, rationalizes



# The triune brain

**'Mammal'**  
(paleopallium)  
*Emotion,  
seek pleasure,  
avoid pain*

**'Reptile'**  
(archipallium)  
*Survival,  
fear*

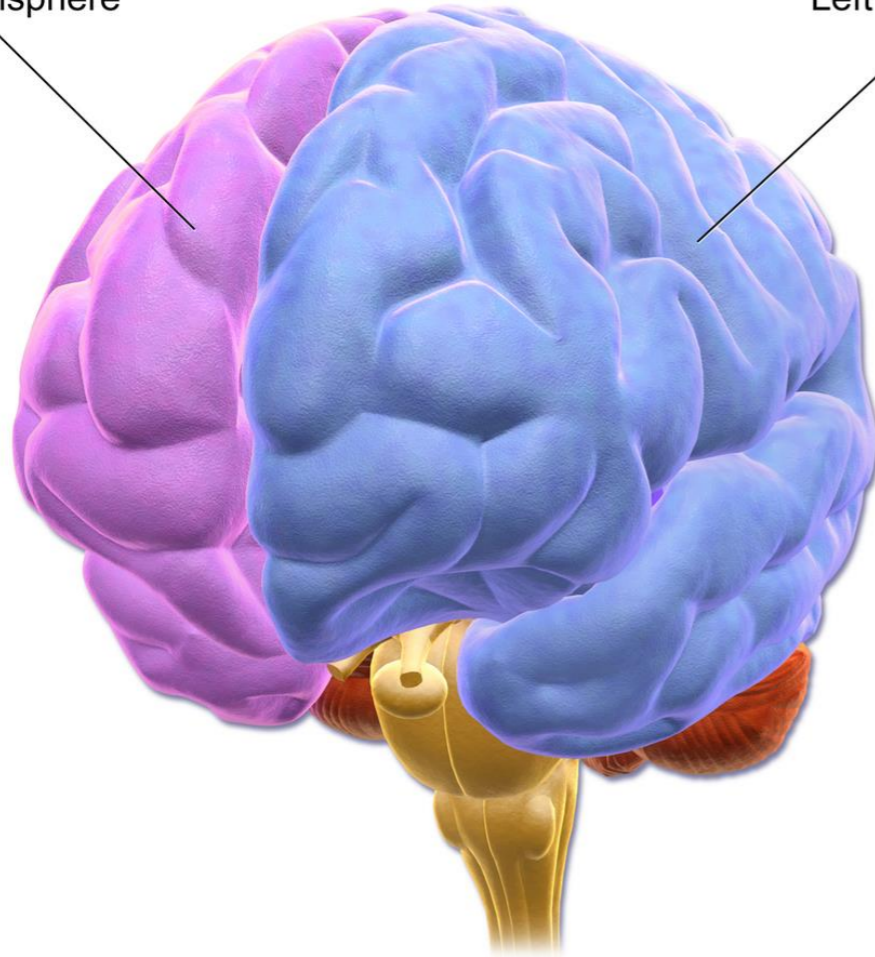


**'Rational'**  
(neopallium)  
*Logic and  
thinking*

## Cerebral Hemispheres

Right hemisphere

Left hemisphere



## To find your dominant brain:

1. Which ear do you use to listen to your phone?
2. Which is your dominant hand?
3. Which eye do you sight with?
4. Which foot do you use to kick a ball?

Mostly Lefts are right brained!  
Mostly Rights are left brained!

### Left

Logical  
Realistic  
Objective  
Analytical

### WORDS



### Right

Creative  
Emotional  
Intuitive  
Imagination

### IMAGES





**You are not your genes!**  
**Your genes are not your fate!**  
**Your heredity is not your destiny!**

**Your environment matters.**

**Your experiences matter.**

**The choices you make matter.**

**The *thoughts* you think, the *words* you speak, the *emotions* you feel, the *actions* you take**

**all contribute to your health—good or bad!**

# Brain and Mind

“The mind is the source of our capacity for choice and change.”

Dan Siegel, MD

## Your Conscious and Subconscious Mind

**The Subconscious mind** only thinks in the present.

**The Subconscious mind** doesn't know the difference between what is real and what is imagined.

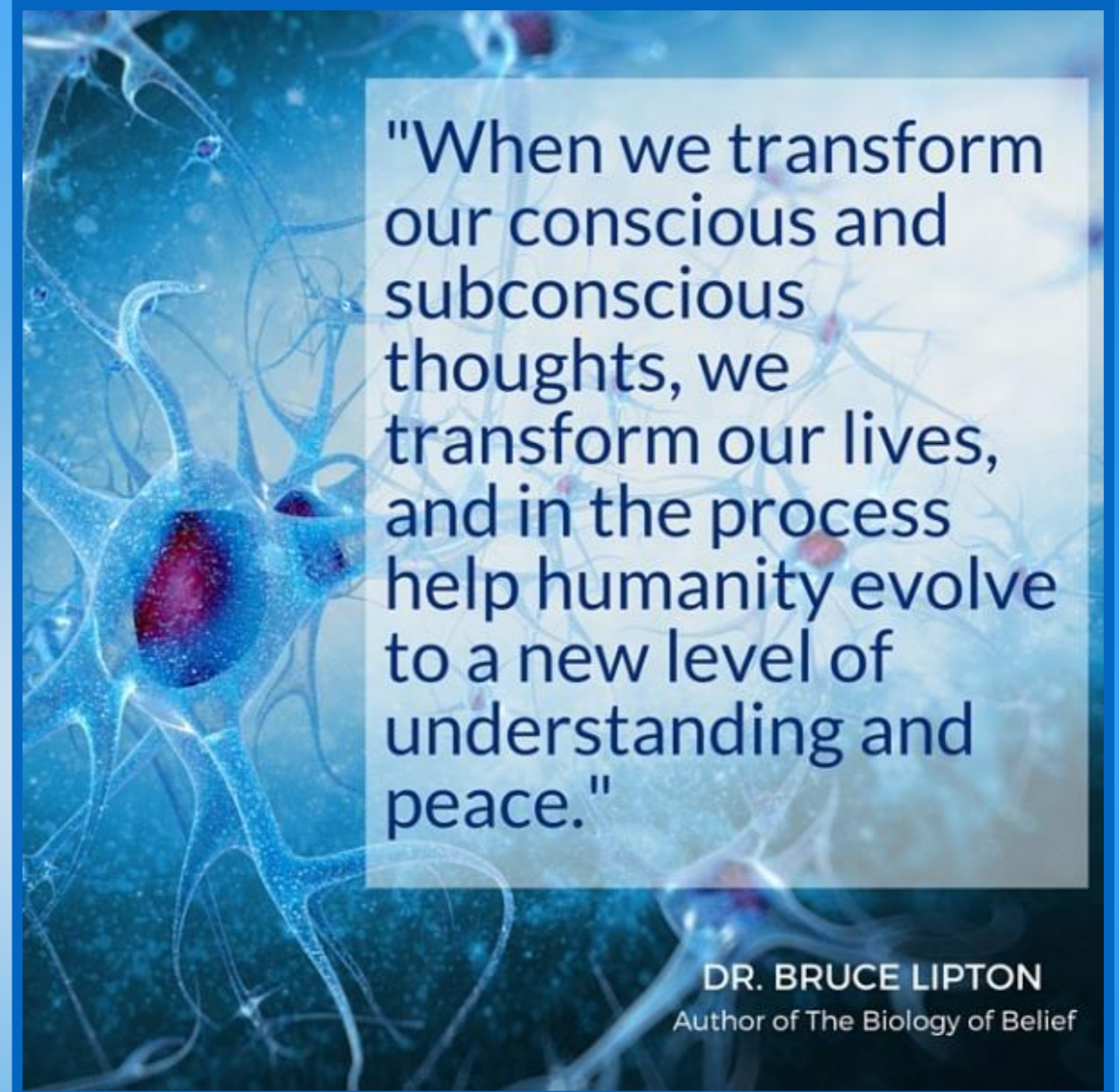
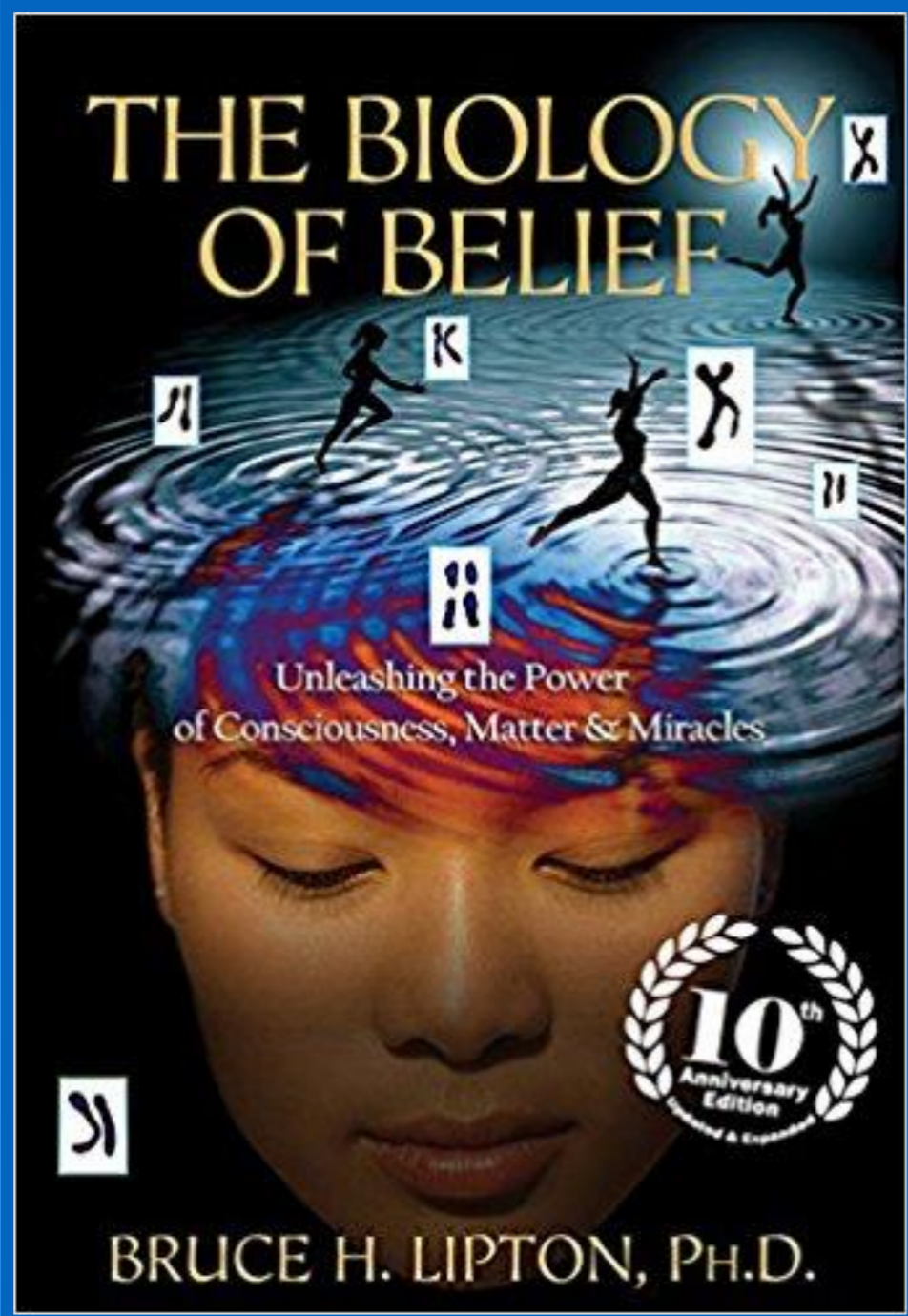
**Your Conscious mind** is: logical, rational, and analytical.  
**Your Subconscious** is ill-logical, ir-rational, non-analytical.

**Your Subconscious mind** believes ANYTHING whether it makes no sense, no logical sense at all.

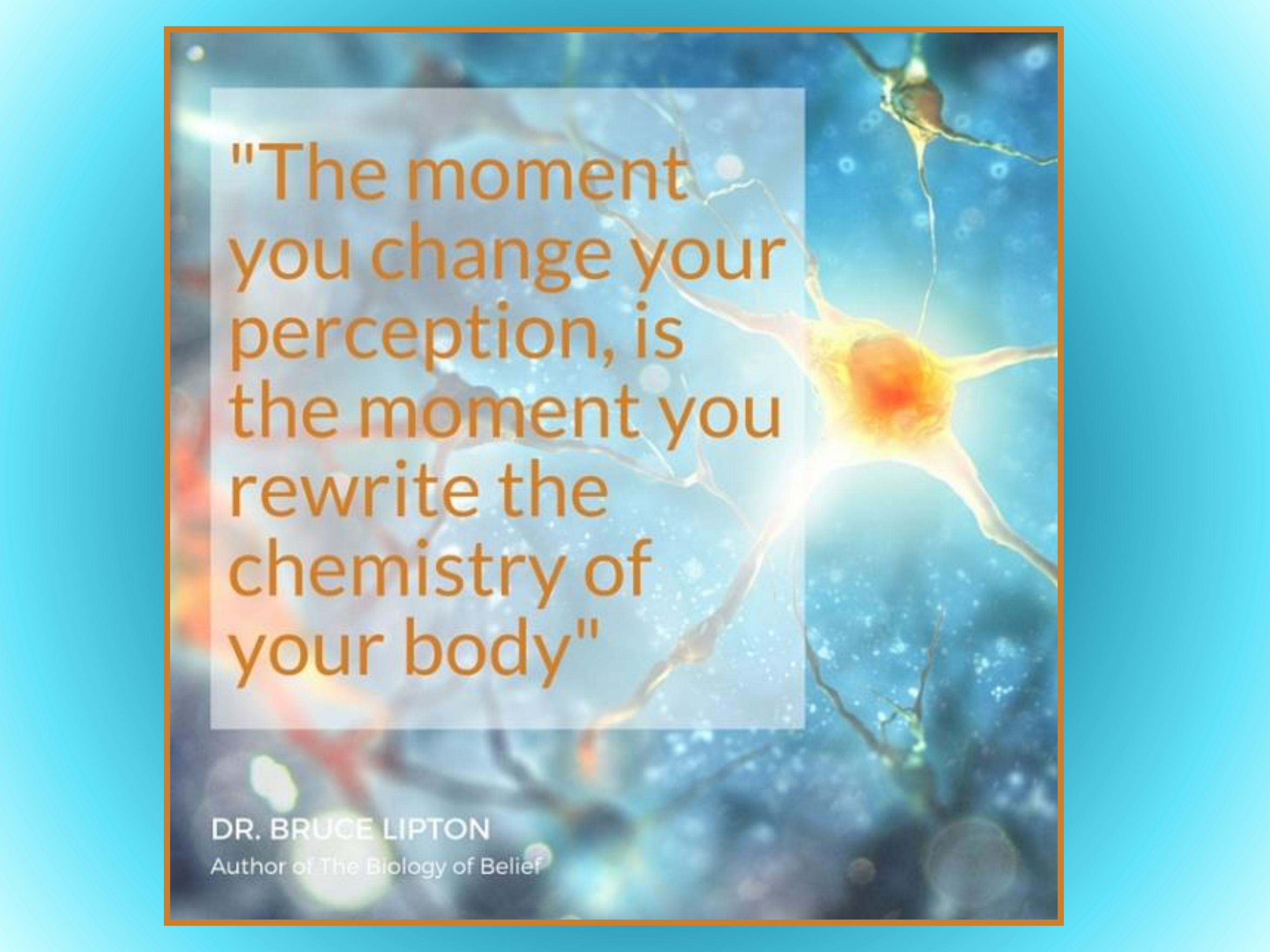
**Your Conscious mind** knows that it takes time to achieve goals.  
**BUT - your Subconscious** can be programmed to believe you have already attained them right NOW.







**Changing your minds, changes your brains.  
Changing your thoughts, beliefs and perceptions  
IS changing your mind!**

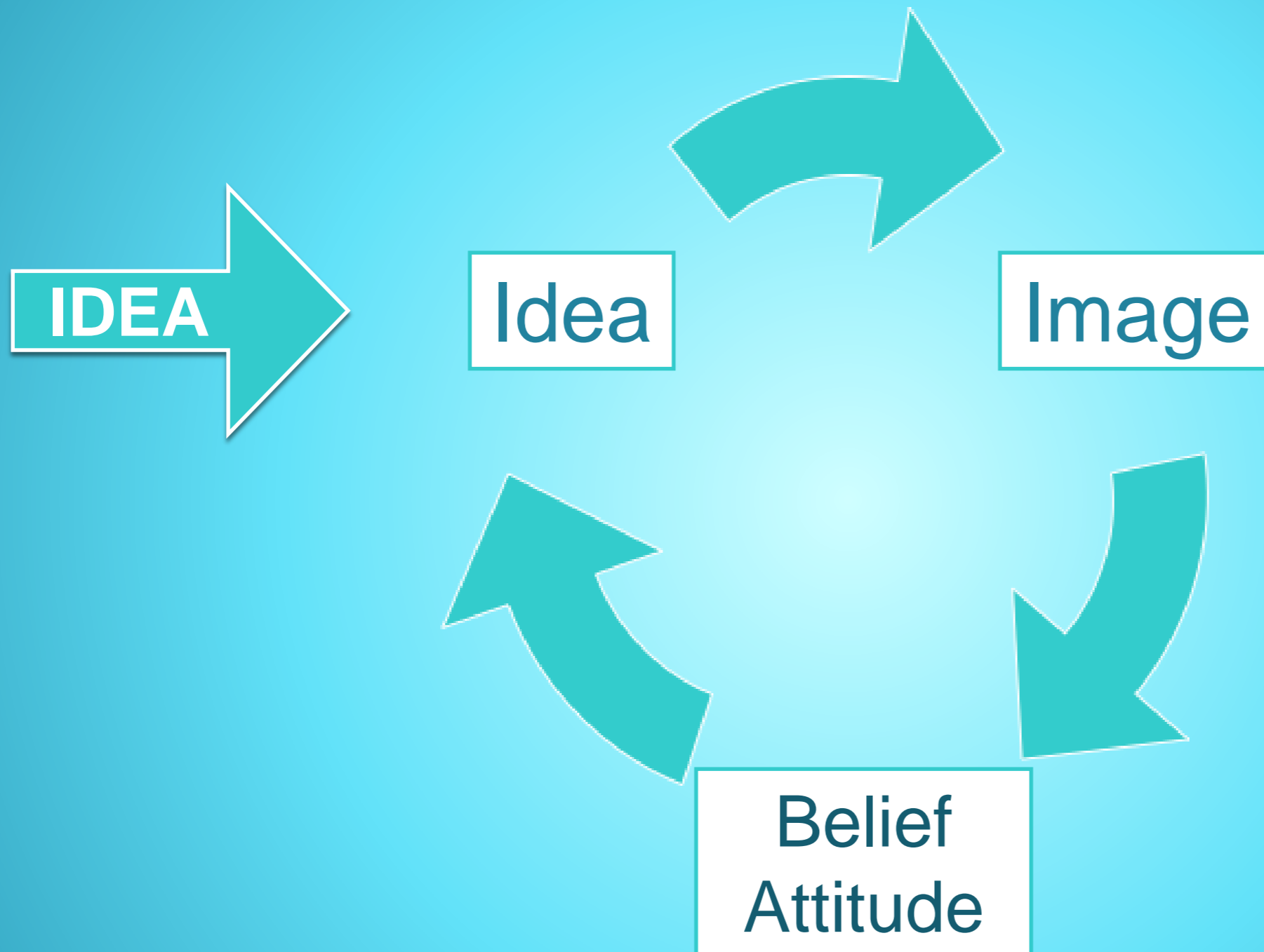


"The moment  
you change your  
perception, is  
the moment you  
rewrite the  
chemistry of  
your body"

DR. BRUCE LIPTON

Author of The Biology of Belief

# PERCEPTIONS ARE BELIEFS



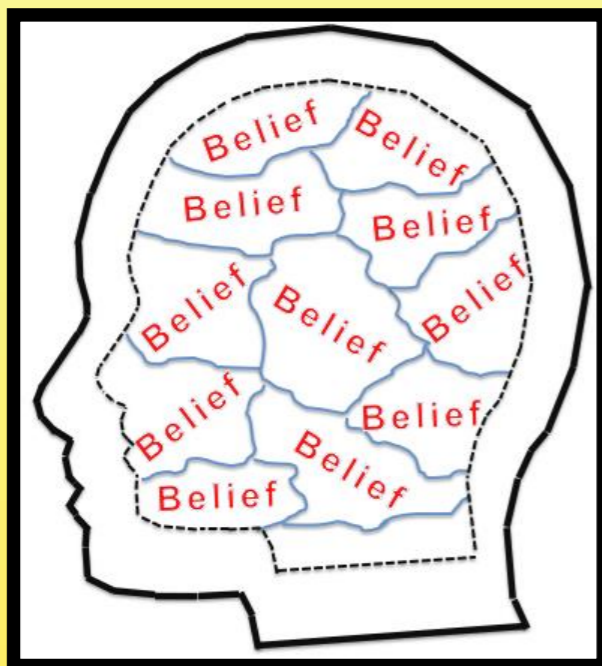


**Beliefs can be old wives' tales,  
biases, prejudices, or simply explanations.**

**Beliefs are how we make sense of the world,  
how we normalize our experiences,  
and how we think the world IS.  
Our *beliefs* become OUR reality.**

## Limiting Belief

- ★ It's hard to change.
- ★ I'm too old and set in my ways to change.
- ★ I don't remember well.
- ★ I can't change.



## Positive Belief

- ★ I make changes easily.
- ★ I am flexible and let go of concepts that no longer serve me.
- ★ I am intelligent and remember with ease.
- ★ I can accomplish anything I set my heart and mind to.

**“I am not only what happened to me, I am also what I choose to become.”**

**Peter Levine, PhD**



Old age ain't no place for sissies.

(Bette Davis)

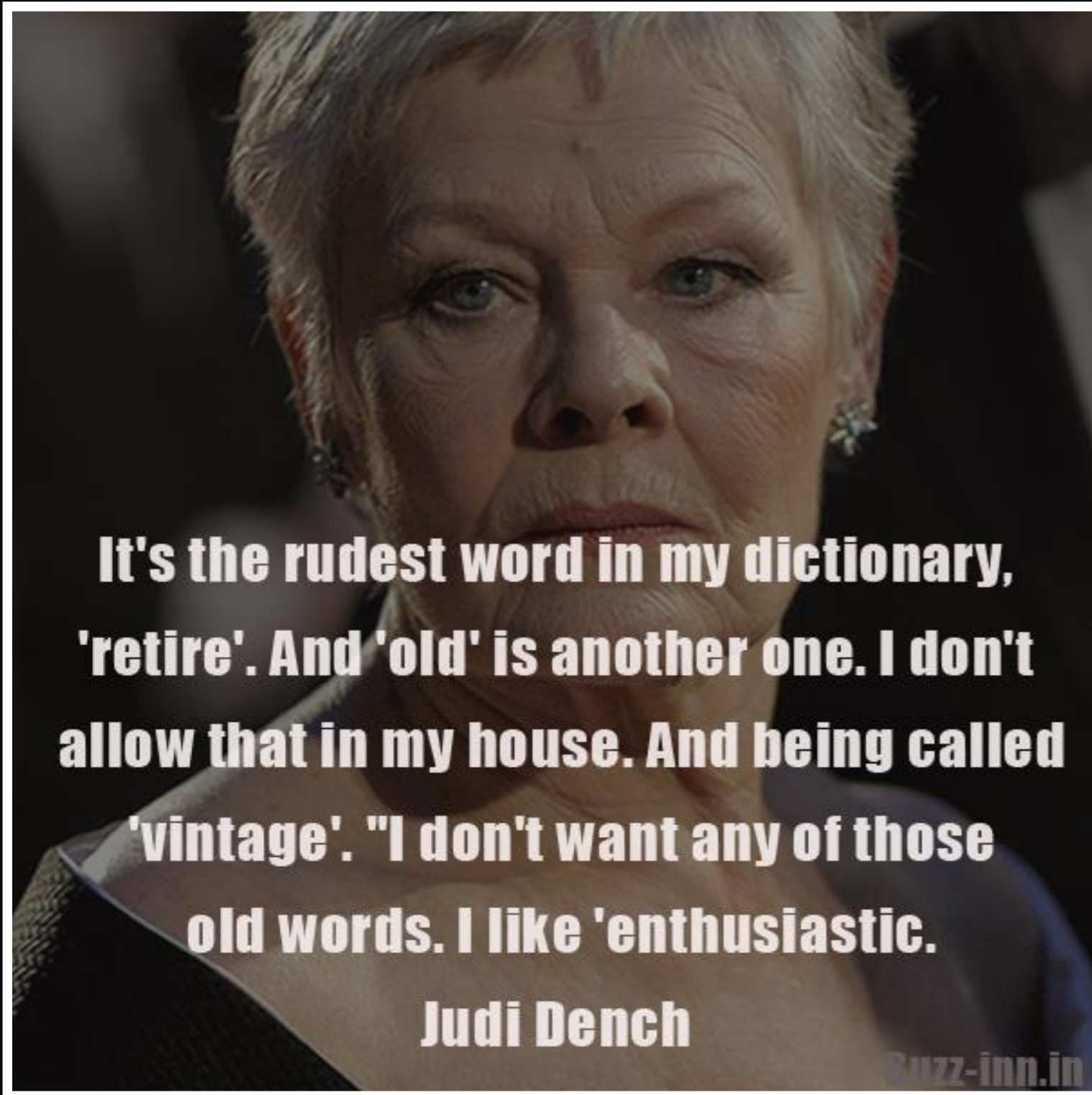
[izquotes.com](http://izquotes.com)

**Old habit patterns of thoughts and feelings were ways we learned to cope when we were small.**

**If those patterns still work, we can keep them.**

**If those patterns don't work anymore, we can let them go.**

# Change your language~change your life!



**Change some of the words you use!**

**I'm retired!**

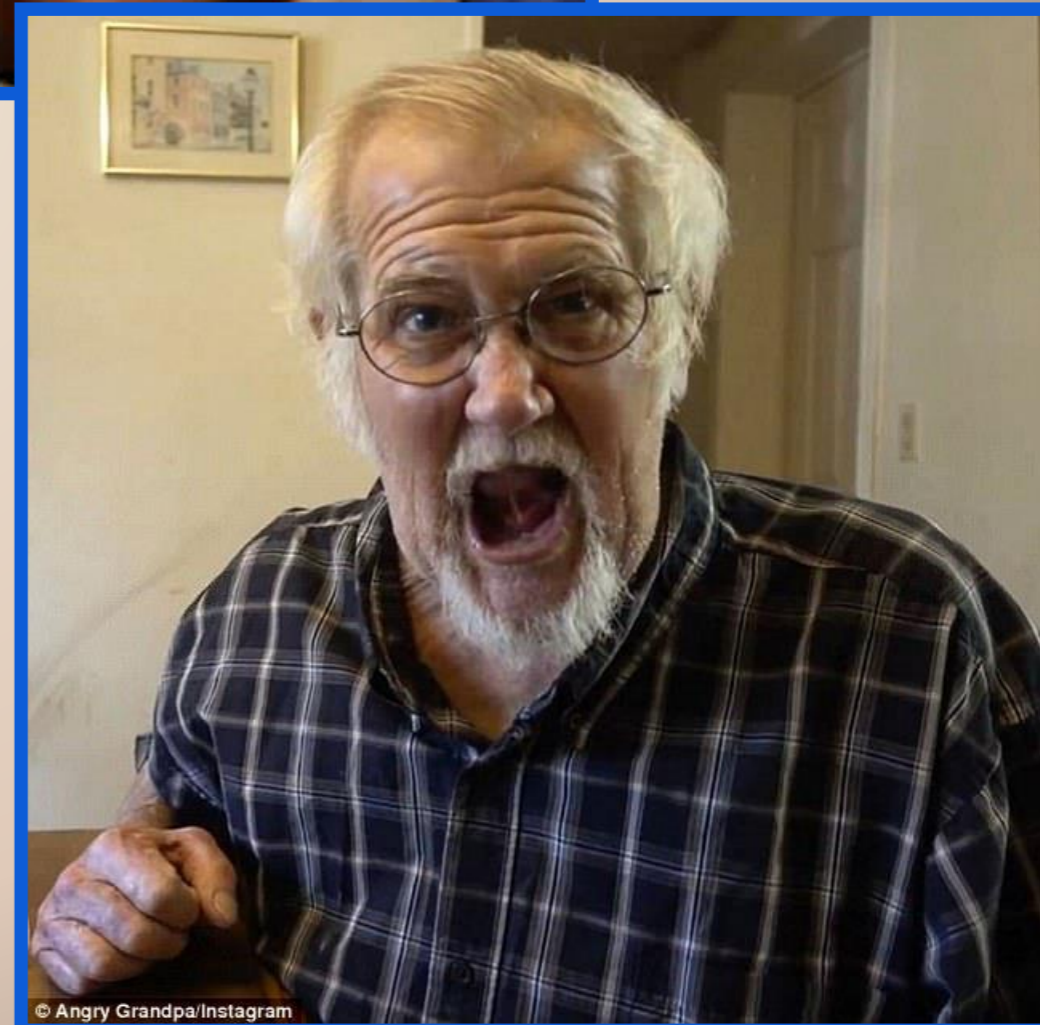
**I can't!**

**I'm sorry!**

**(Eliminate any self-deprecating remarks, words, or expressions.)**

**Let go of the word “retired!”**

# ANGRY GRANDMA



Sometimes therapy helps



OH, MY GOSH! YOU'RE RIGHT!  
THE TREASURE WAS BURIED  
IN HERE ALL ALONG!







Your heart matters most, so be gentler and more patient with yourself, and their hearts matter most, too, so be kinder and more compassionate to others.

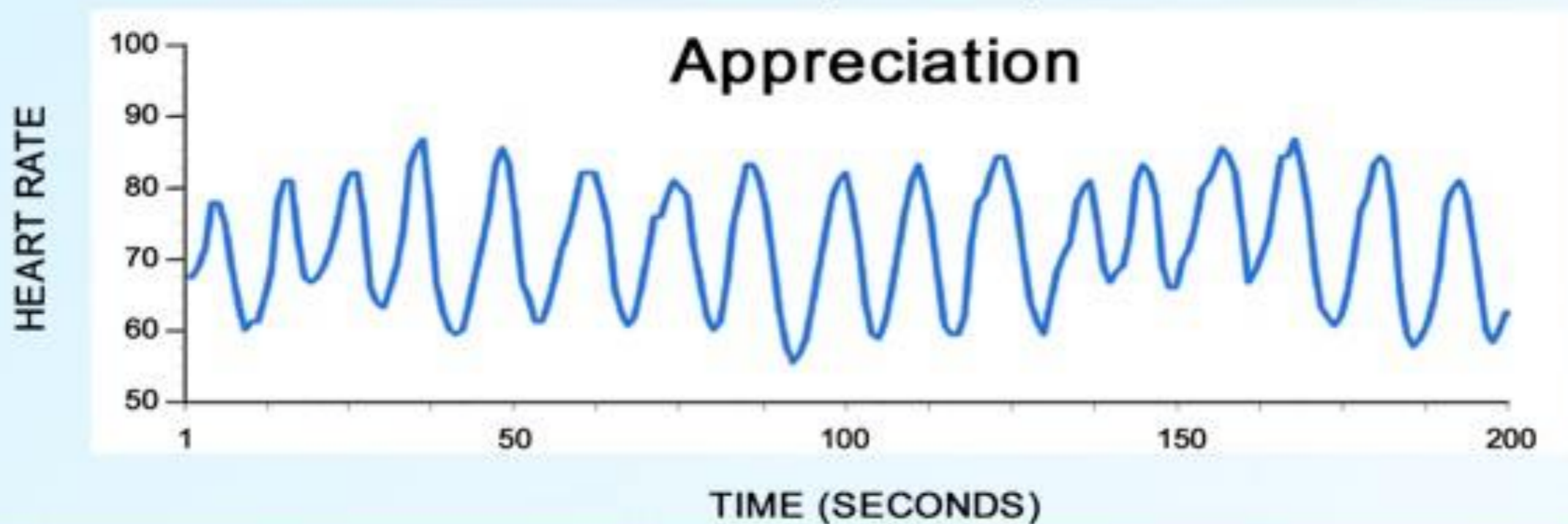
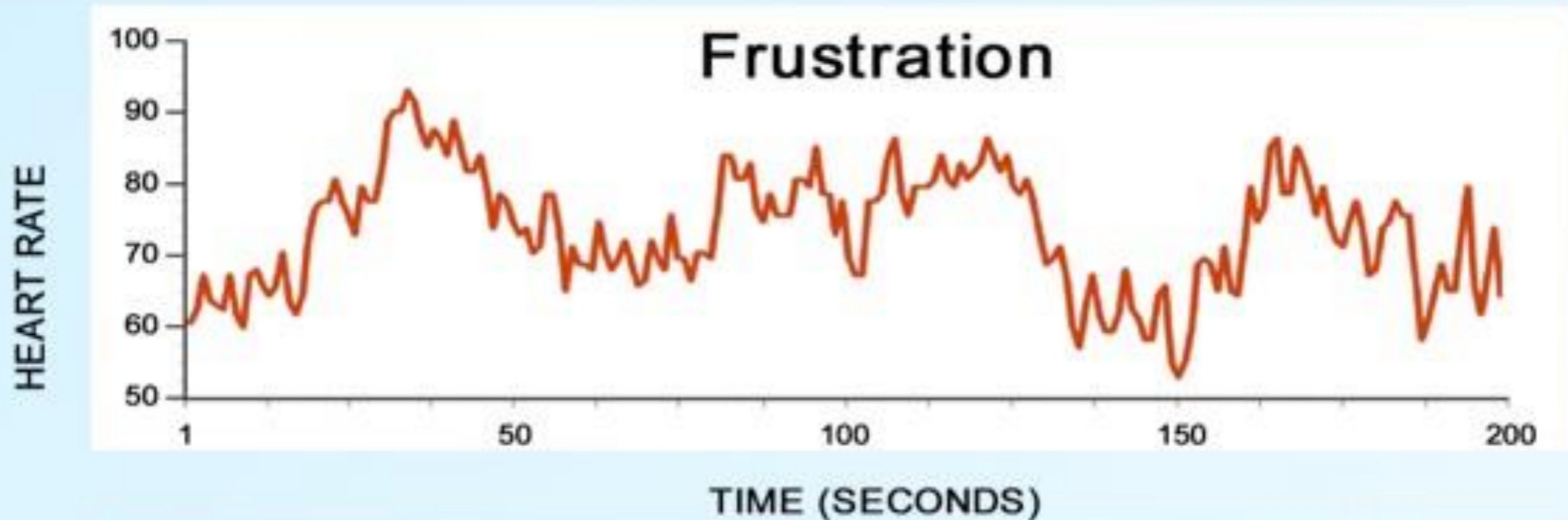
— Stephanie Nielson —

Above all else,  
guard your heart  
for everything you  
do flows from it.



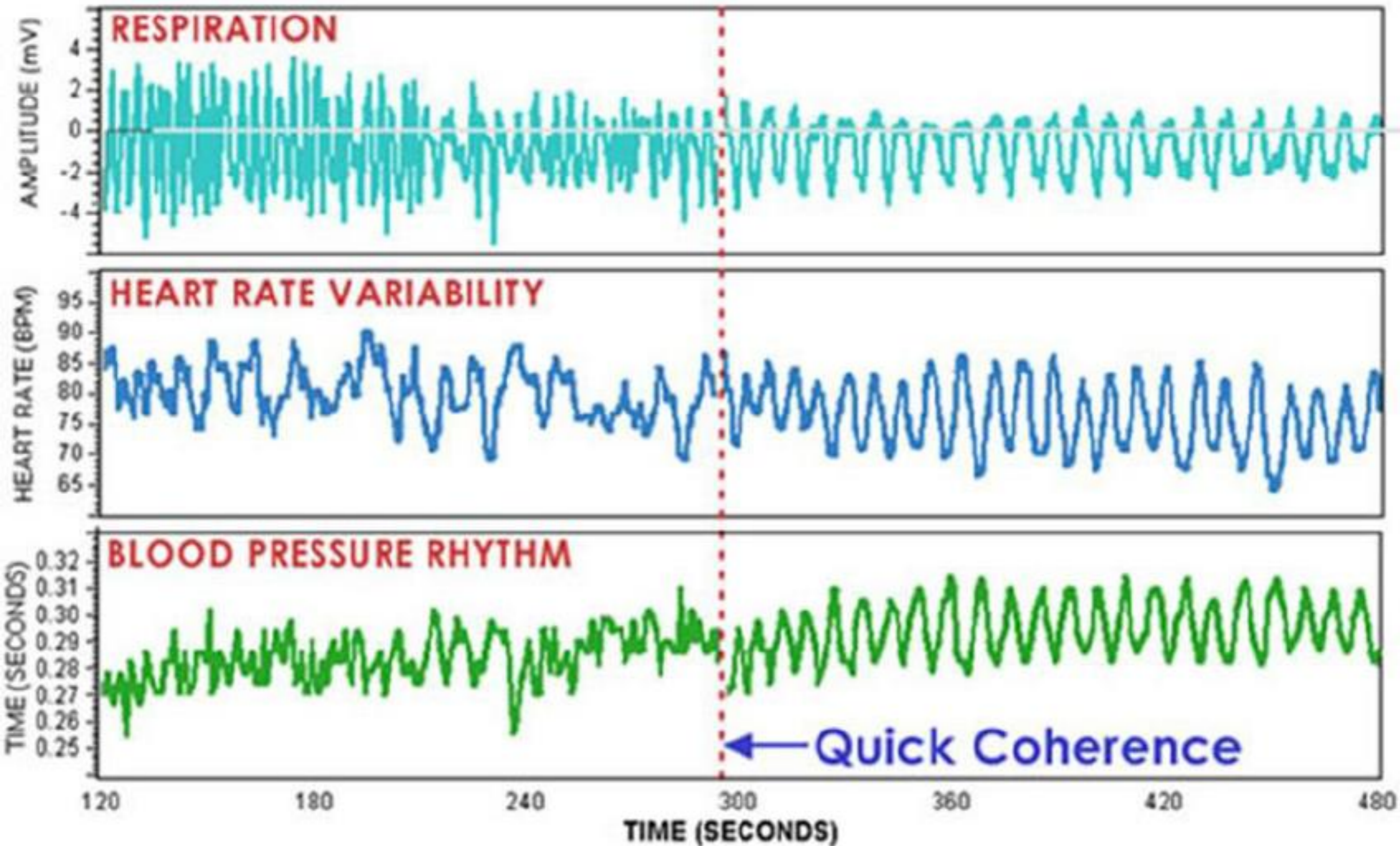
**Reducing stress matters  
to your heart!**

## Heart-Rhythm Pattern of An Individual



# HeartMath

## The Coherent State



## Heart Breathing

Focus your attention on your heart area, and breathe a little deeper than normal, in for 5 or 6 seconds and out 5 or 6 seconds.



## Heart Feeling

Activate a positive feeling as you maintain your heart focus and breathing. Recall a time you felt good inside, and try to re-experience the feeling. Remember a special place or the love you feel for a close friend, relative or treasured pet.

The key is to focus on something you truly appreciate.



Thank You

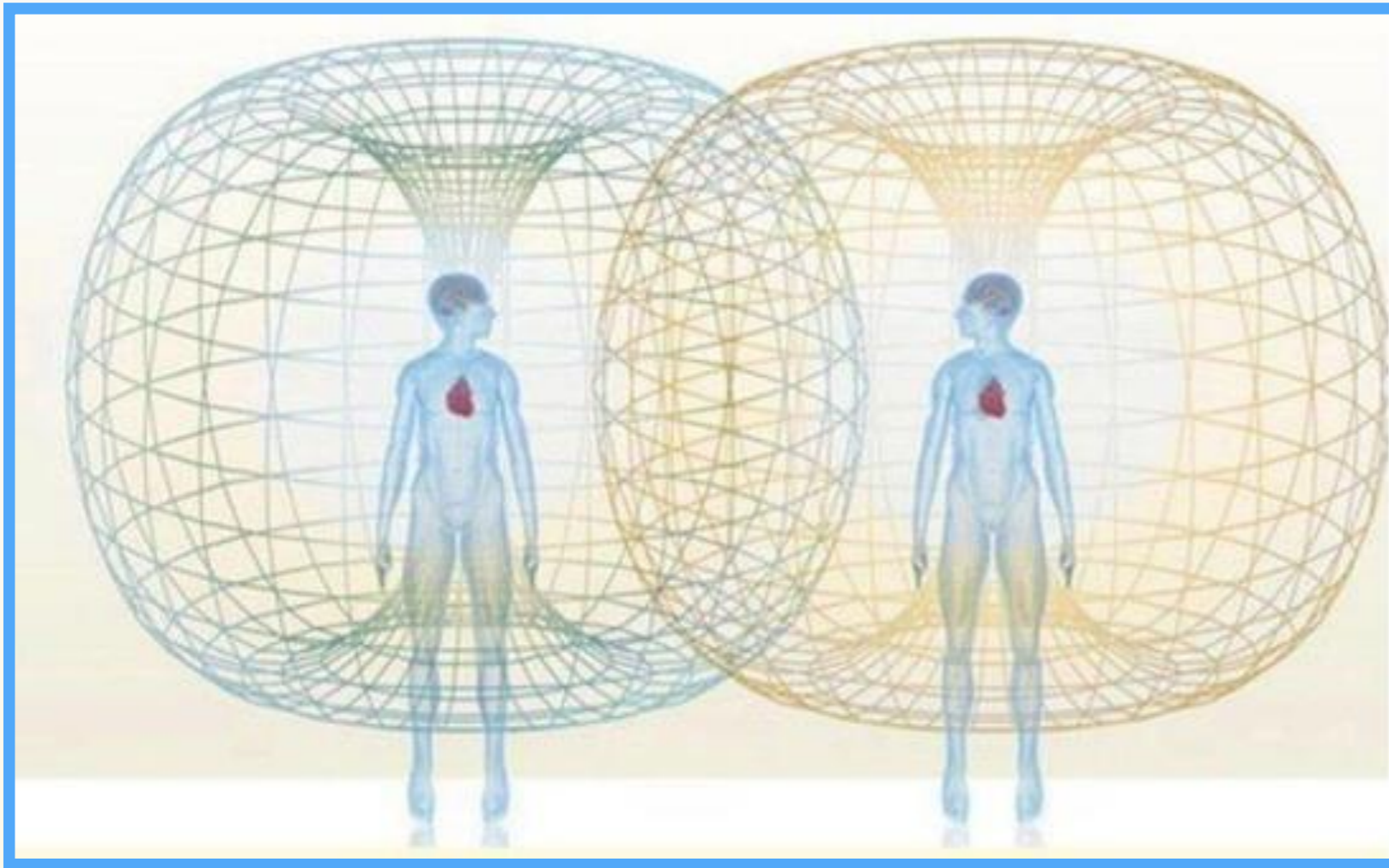


**Make a list of things you appreciate such as people, places, activities and pets and choose one or two each morning to hold in your heart during the day. Choose one to hold in your heart throughout the night while you rest.**

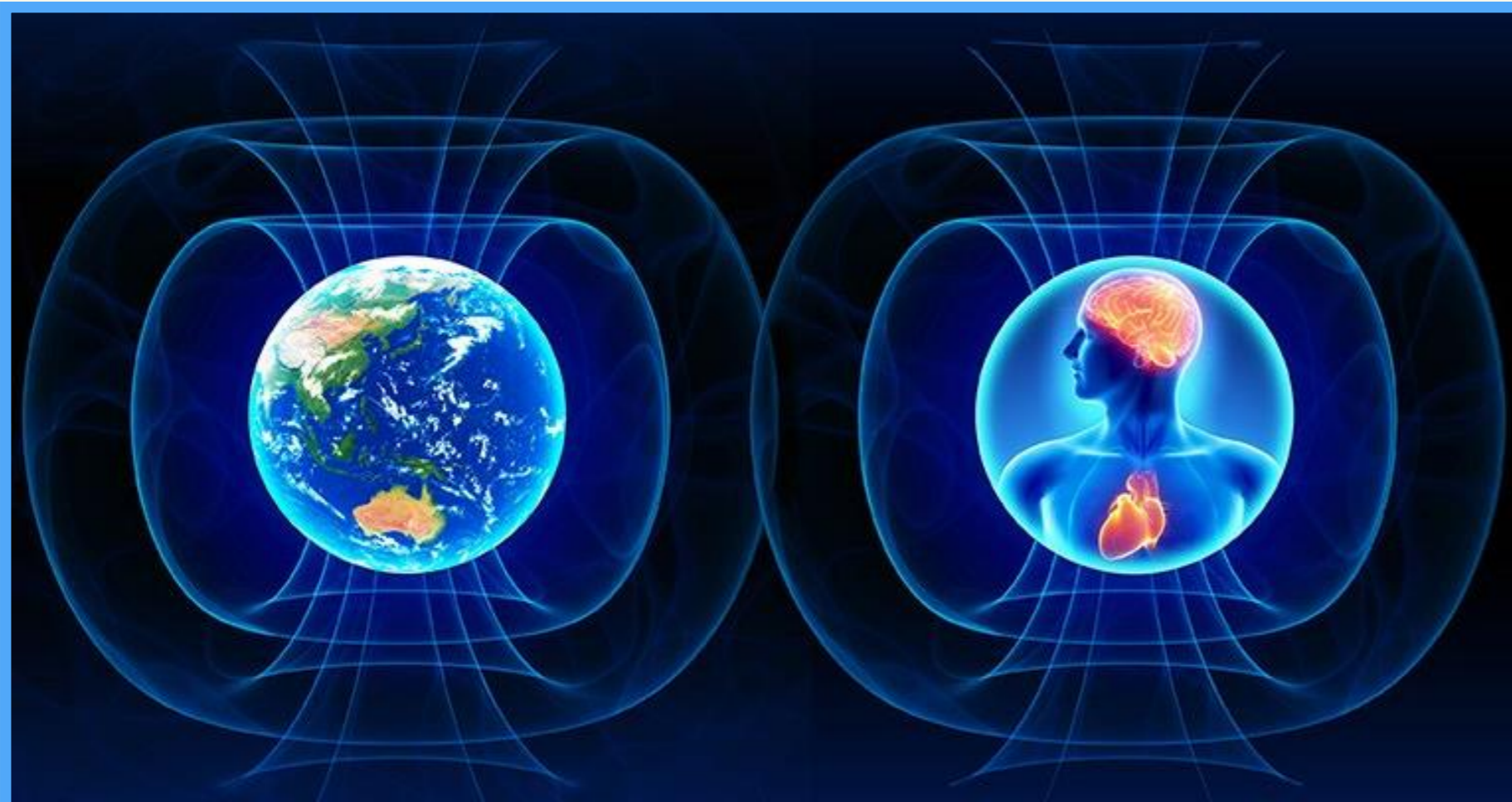


# Electromagnetic Field of the Heart





**Your  
thoughts,  
words,  
feelings,  
and  
actions  
count  
in  
creating  
a coherent**



**field.**

# What is Psych-K?

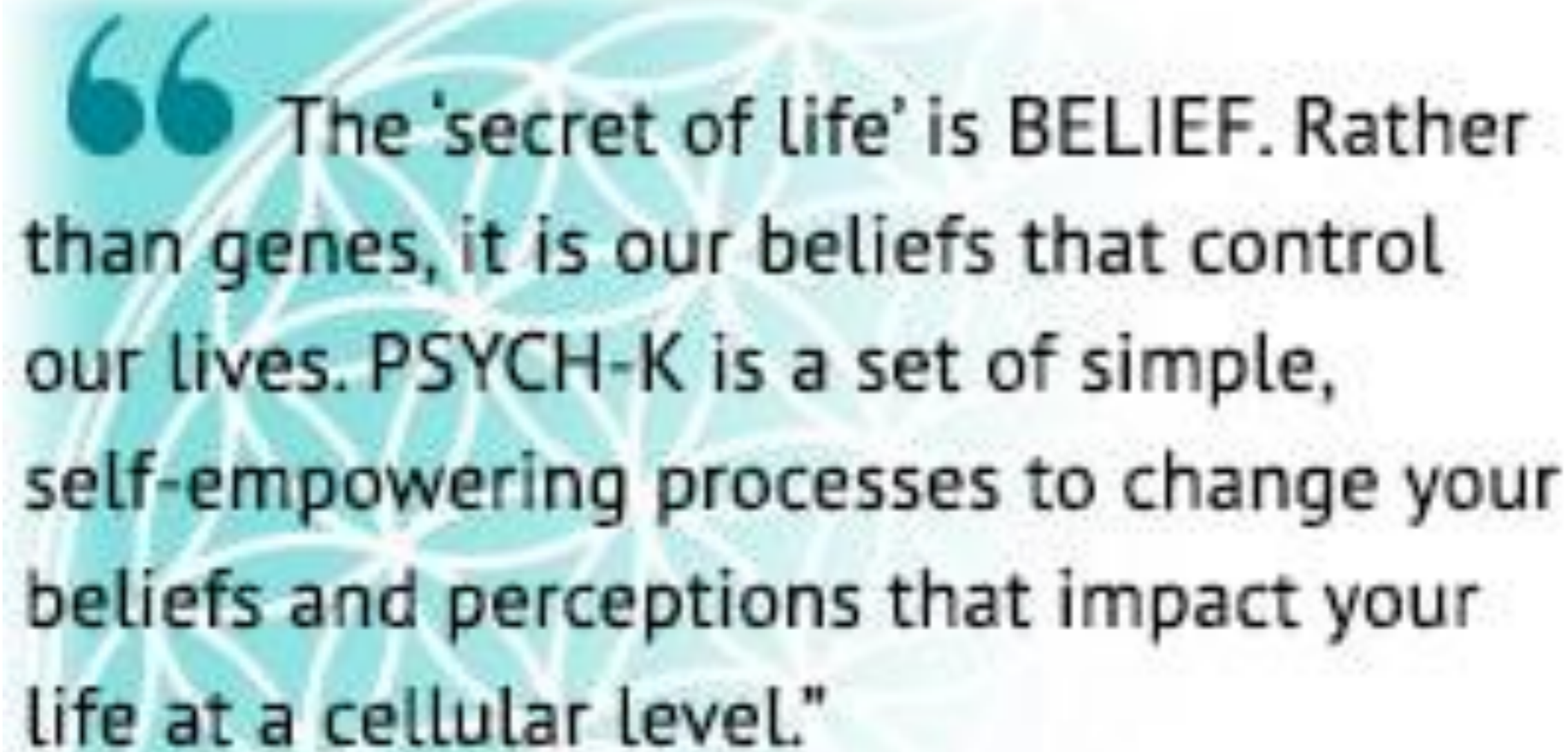
It is a fast and efficient, spiritually based technique, that delivers psychological, social, emotional, and spiritual benefits.

Karen McKy

[subconsciouschange.com](http://subconsciouschange.com)



Remove limiting beliefs  
from your sub-conscious mind

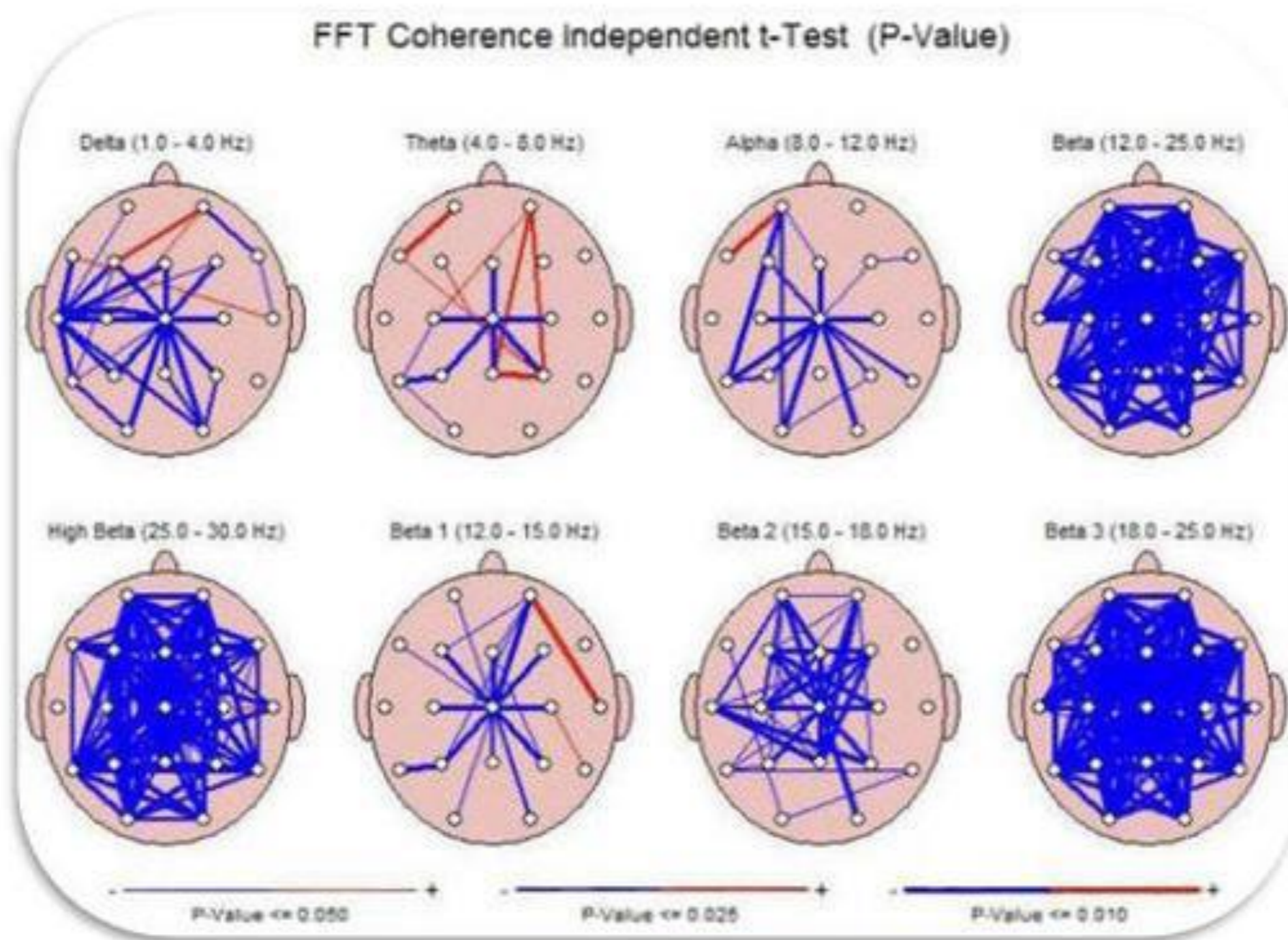


“ The ‘secret of life’ is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K is a set of simple, self-empowering processes to change your beliefs and perceptions that impact your life at a cellular level.”

*Bruce H. Lipton, Ph.D. – Author of The Biology of Belief, Spontaneous Evolution, and The Honeymoon Effect*

**Red** lines show the dominate brain patterns **before** beginning the balance.

**Blue** lines show the changes in the brain patterns **after** the New Direction balance.



These dramatic changes in **my brain** were created within a few minutes. The blue lines indicate the changes that occurred after only ONE PYSCH-K® Balance process.

# EMDR Trauma Therapy

**FEELING ANXIOUS?**

**TROUBLE SLEEPING?**

**SADNESS THAT WON'T GO AWAY?**

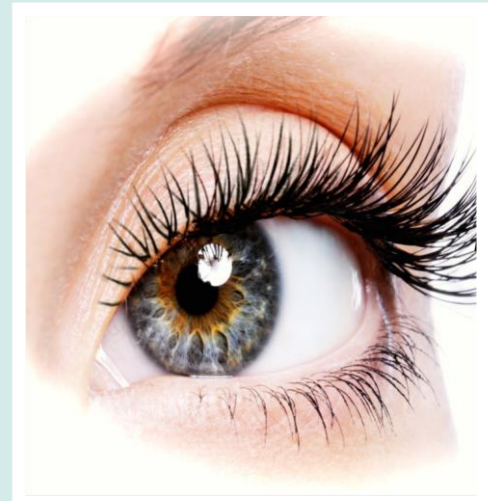
**FEELING STUCK?**

All of us experience trauma sometime in our lives. Any past event that is still upsetting or disturbing to you is trauma. Trauma is often in the eye of the beholder.



**“EMDR**

**(Eye Movement Desensitization and Reprocessing)  
is a psychotherapy that enables people to heal  
from the symptoms of emotional distress  
that are the result of disturbing life experiences.”**



# Emotional Freedom Technique

## Tap Your Problems Away with Faster EFT

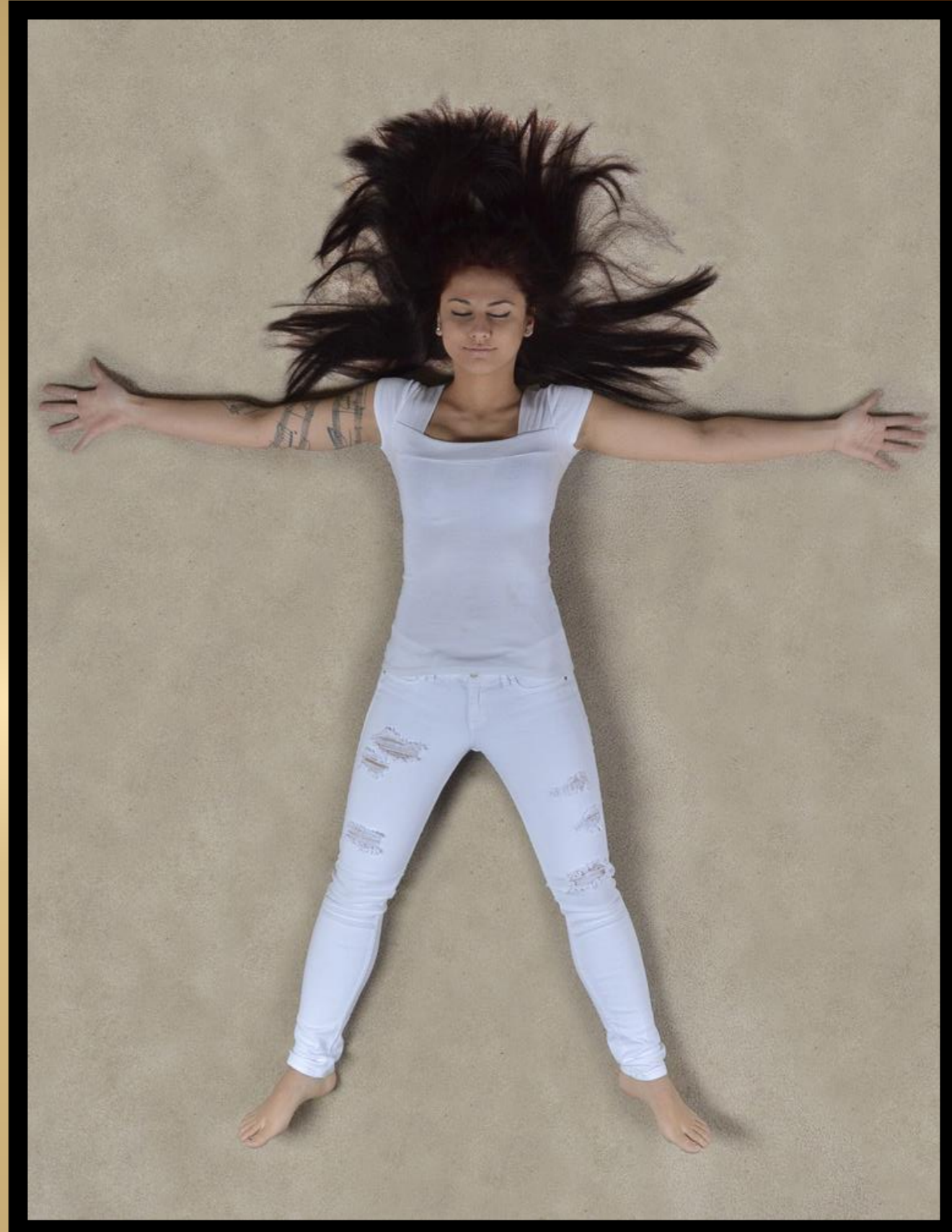
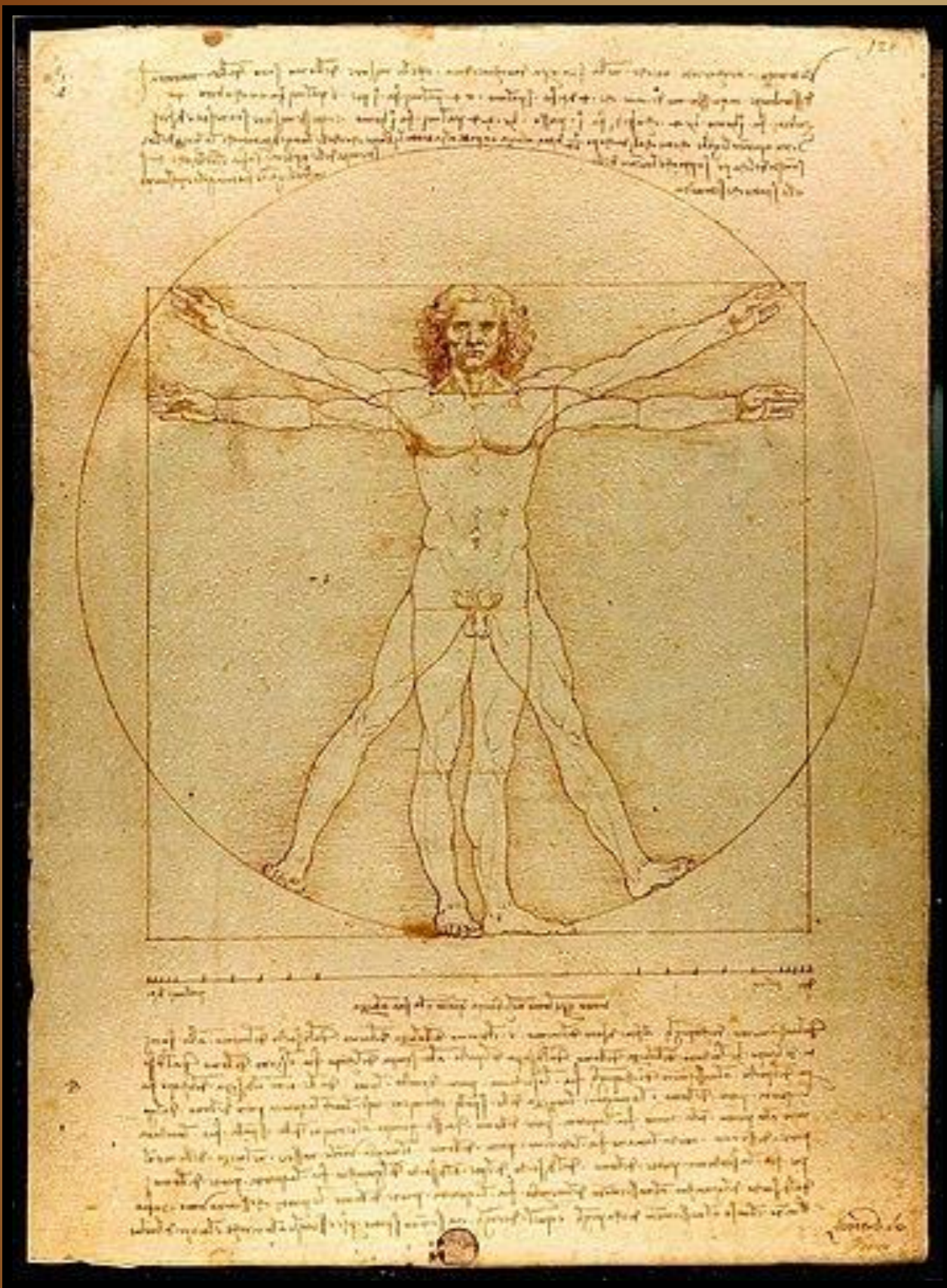
### Quickly & Easily Eliminate:

- Pain
- Stress & Anxiety
- Battles with Weight
- Fears & Phobias
- Limiting Beliefs
- Past Emotional Traumas
- Negative Thought Patterns

Create Real Change, Faster.



Find a tender spot on your chest near your collar bone. Rub gently in clockwise circles while repeating:  
“In spite of everything, I unconditionally love and accept myself.”



**REPOSE:**  
**7 minutes 3 times a day**



# WHAT IS MINDFULNESS?

1. DIRECTING OUR ATTENTION TO OUR EXPERIENCE AS IT UNFOLDS.
2. TRAINS US TO RESPOND SKILLFULLY TO WHATEVER IS HAPPENING; GOOD OR BAD.
3. IMPROVES OUR THOUGHT PROCESS, FEELINGS AND CONCERNS FOR OTHERS.
4. HELPS US PERFORM BETTER, FEEL CALMER AND LESS DEPRESSED.

**Mindfulness  
is NOT being Mindless  
It is paying attention!**

## Add mindfulness to your day in only 10-15 minutes

Here are 4 ways to add mindfulness to your schedule, each way only takes 10-15 minutes of your time:

\*Remember, consistency is key.



Created and presented by  
Harvard Health Publications.





**Art classes**



**Playing games**



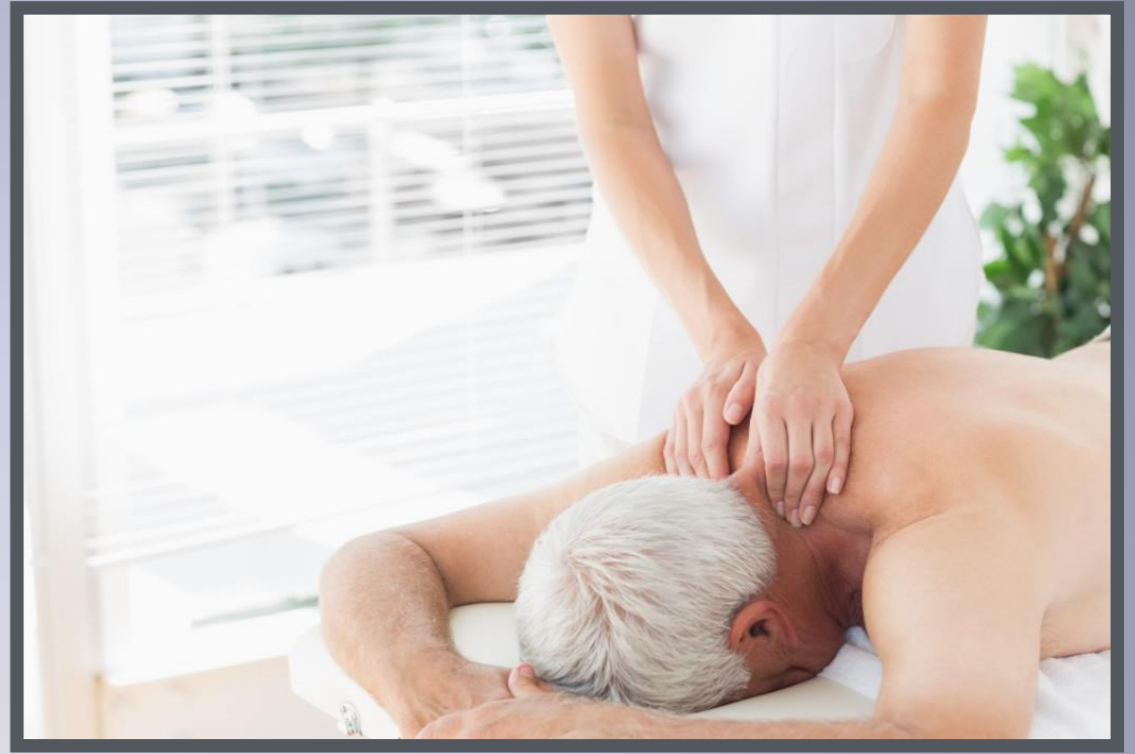
**Dancing**



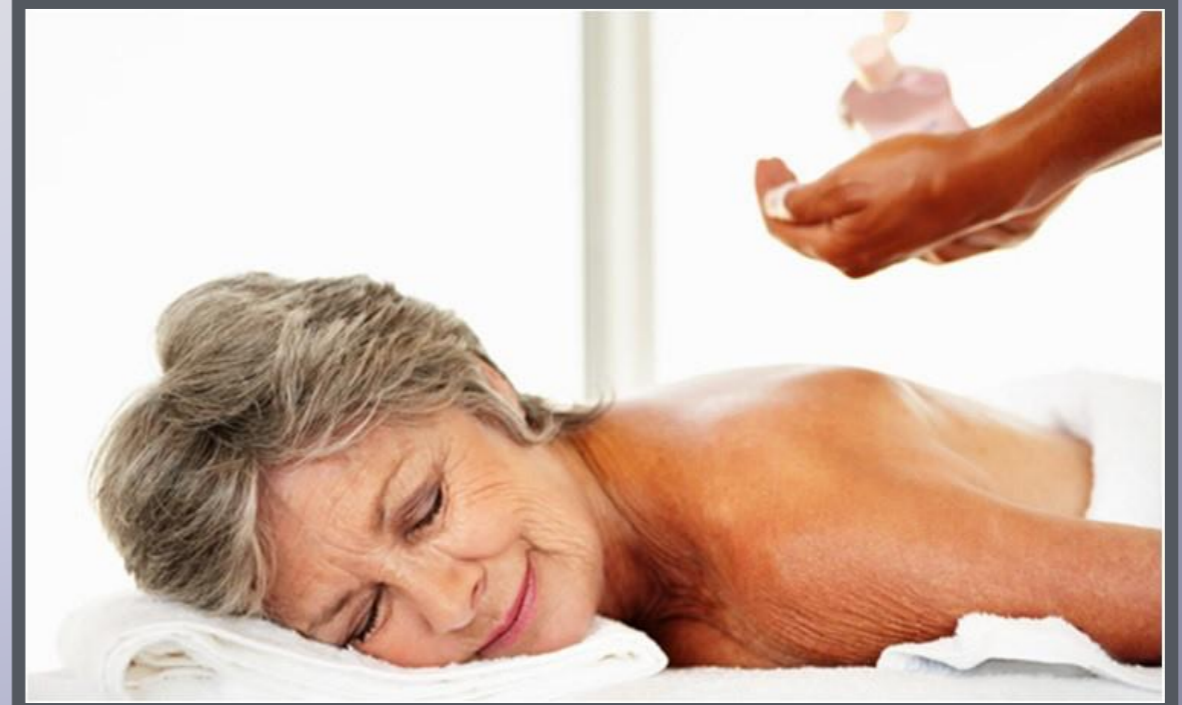
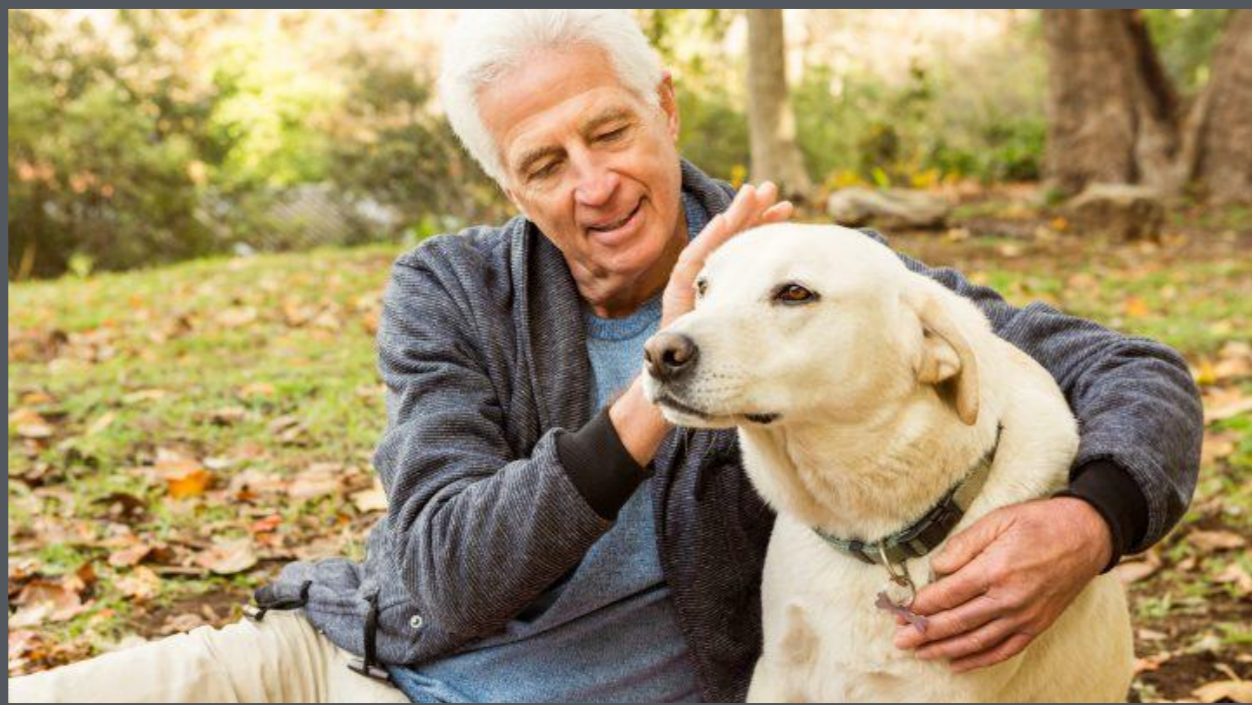
**Listening to Music**



**Petting a pet**

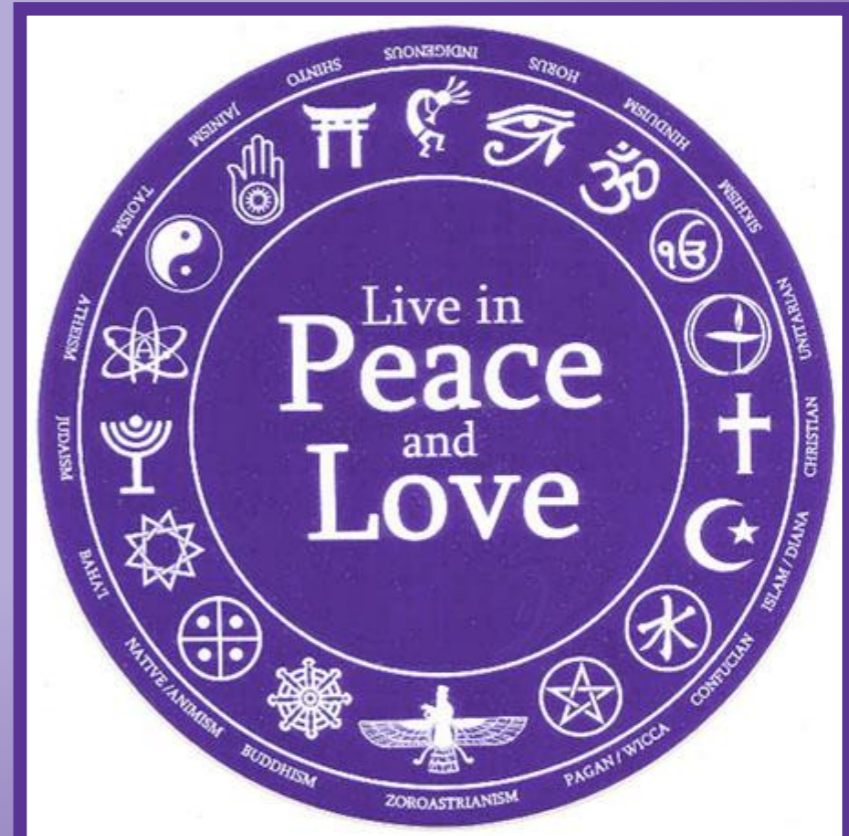


**Enjoying a massage**





# Spirituality and/or Religion





**Getting out in Nature**



**Gardening**



# Playing together





# Traveling







**Volunteering**

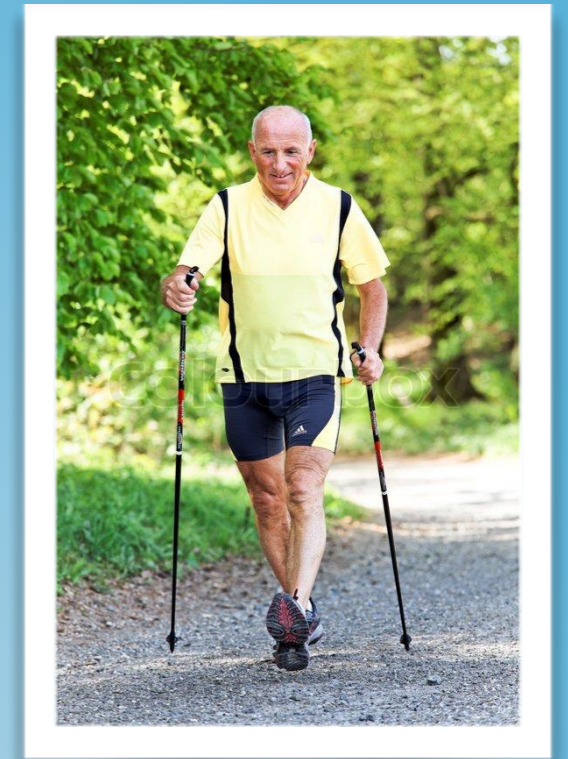


Benefits of seniors going to school



## Going back to school!





**The best way to look at aging is to see it as an opportunity to leave what didn't work behind and step boldly into a brand new future.**



A baby with light brown hair and blue eyes is sitting in a lush green field. The baby is wearing a white short-sleeved shirt and brown pants. They are holding a white rectangular sign with a dark blue border that says "THANK YOU" in large, dark blue, stylized letters. Two speech bubbles are overlaid on the image. The one on the left says "Be creative! Have fun!". The one on the right says "The best time for new beginnings is NOW!".

**Be creative!  
Have fun!**

**The best time for new  
beginnings is NOW!**