



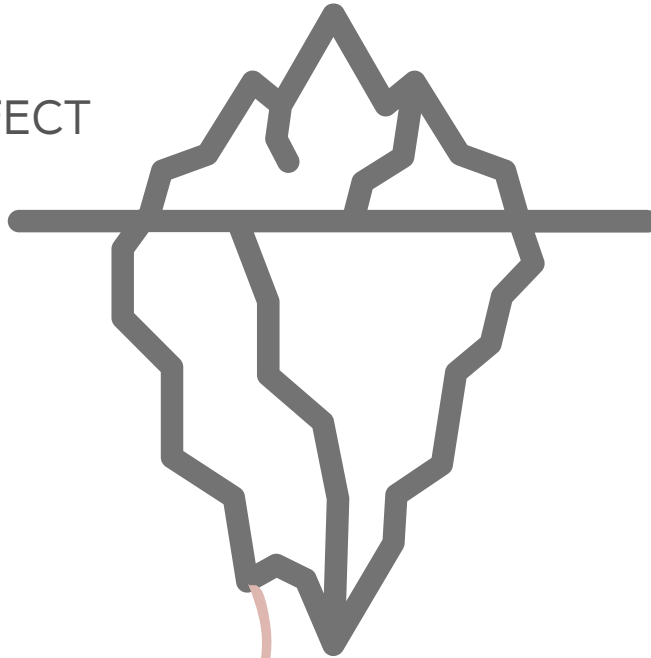
The Path to You

TRANSFORMATION HAPPENS
SPIRIT | SOUL | BODY

HOSTED BY:
WWW.ROCHELLEFRAZIER.COM

1 THESSALONIANS 5:23

ICEBERG EFFECT



10% VISIBLE

90% HIDDEN

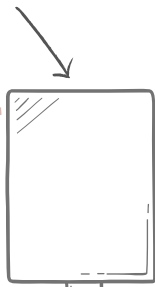
LIFE EXPERIENCES



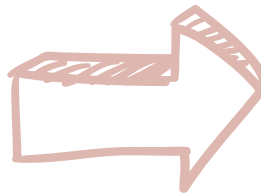
ATTACHMENT

BELIEFS ABOUT SELF, OTHERS, GOD, WORLD

WORDS SPOKEN OVER YOU

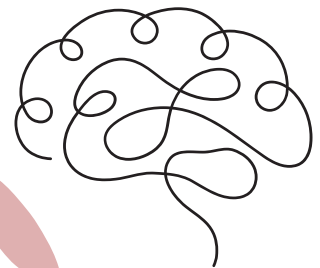


ABSENCE OF WHAT YOU NEEDED



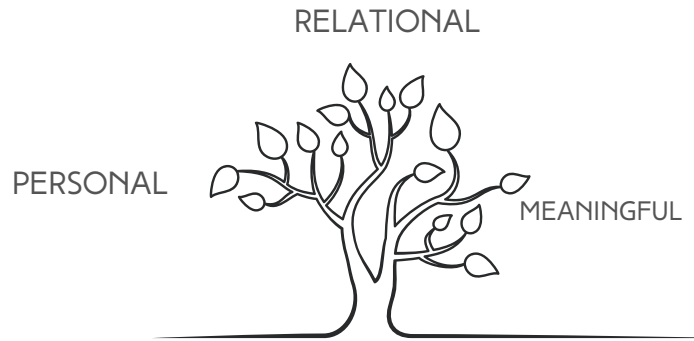
INSTALL NEW DATA

THROUGH PRACTICES



SPEAKING, SINGING, TAPPING, HAVENING, WRITING, VISUALIZING

WHERE ARE YOU?



WHY PEOPLE REACH FOR THERAPISTS OR COACH?

PERSONAL

Anxious
Depressed
Obsessive
Moody
Exhausted
Perfection
Lonely/Isolated
Shame
Chronic Health
Feel Unseen
Heartbroken
Abused
Chronic Fatigue
Fearful

Shut Down
Controlling
Ruminating
Striving
Too Much
People Pleasing
Rejected
Numb
Grieving
Empty
Betrayed
Disappointed
Confusion
Procrastinating

RELATIONAL

CoDependent
Communication Issues
Avoiding
Trust/Betrayal
Exhausted from Care Giving
Alone in Relationship
Disconnected
Shut Down
Lack of Intimacy
Longing for depth
Lonely

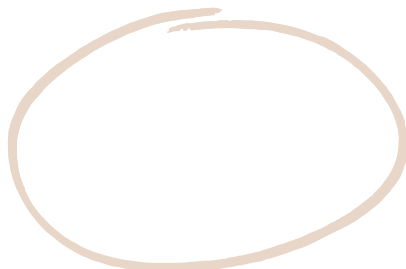
MEANINGFUL

Longing for purpose or meaning
Dissatisfied
Don't know purpose
No balance - workaholic
Unemployed
Stuck
Spiritually disconnected
Disappointed with God or life
I'm behind where I should be
Searching

GENESIS 3:9



WHERE ARE YOU?

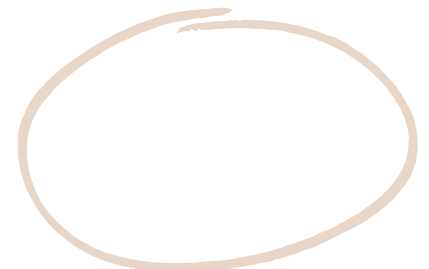


WHERE DO YOU DESIRE TO BE?

CALM	CELEBRATED
CONTENT	SEEN
JOYFUL	EXPECTANT
ENERGY/LIFE	TRUSTING
HOPEFUL	HEALTHY
BELONGING	CLARITY
CREATIVE	COMPASSION
EMPOWERED	FREE
CONNECTED	SATISFIED
LOVED	CLEAR VISION
BRAVE	UNDERSTANDING
PEACEFUL	LIVE FROM MEANING
BOUNDARIES	VALUED/ WORTHY



WHERE DO YOU WANT TO BE?



DESIRED STATE



We can rewire three pathways at once.

WHERE DO YOU WANT TO BE?



1.

2.

3.

CREATE YOUR DESIRED STATE TO INSTALL

1. ENERGY (FATIGUE)
2. CLARITY (BRAIN FOG)
3. CONNECTED (LONELY)

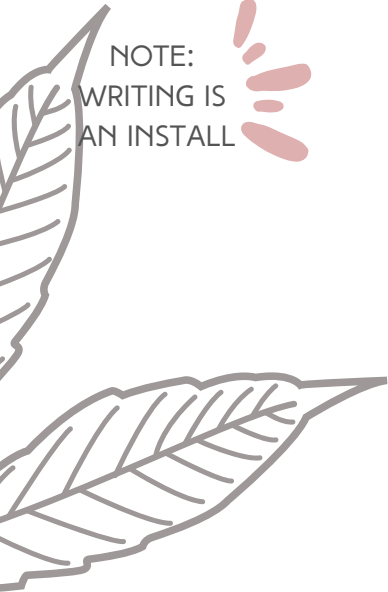
I'm living my best life full of energy, clarity and meaningful connection.

1. WORTHY
2. LOVE
3. BELONGING

I am worthy of love and belonging.

MY DESIRED STATE/ STATEMENT OR NEW SONG:

NOTE:
WRITING IS
AN INSTALL



NOTE:
BILATERAL
TAPPING IS
AN INSTALL

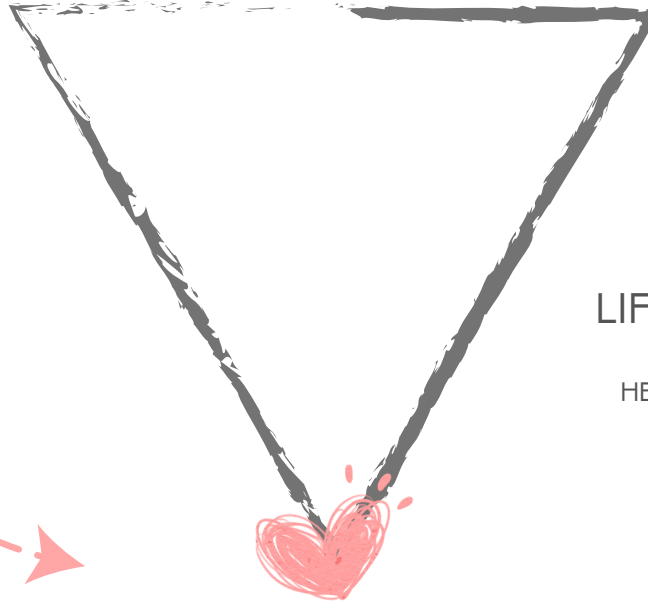


he put a new song in my mouth... Psalm 40:3

THE PATH BACK TO YOU

DEFENSES
PARTS
MASKS

SHAME
ANXIETY
GUILT



LIFE EVENTS

LOSS, DEATH, DIVORCE,
HEART BREAK, BETRAYAL, ABUSE

SELF COMPASSION



CORE EMOTION

ANGRY, SAD, FEAR, DISGUST, JOY, EXCITEMENT, SEXUAL EXCITEMENT

CORE SELF

CLARITY, CALM, COURAGE, CONFIDENCE, CREATIVITY, CURIOSITY,
COMPASSION & CONNECTED

DEFENSES
MASKS

THE THINGS WE DO TO GUARD OUR HEARTS.



SARCASM
PERFORMING
PEOPLE PLEASING
ANALYZING
OVER PLANNING
OCD
NUMBING OUT
WITHDRAWING
OVEREATING
EXCESS SHOPPING

ADDICTION
OBSESSIVE WORKING OUT
DEPRESSION
ANXIOUS
AVOIDING
LASHING OUT
PROCRASTINATING
CRITICAL
CONTROLLING
BLAMING

Parts

No Bad Parts

INTERNAL FAMILY SYSTEMS



MANAGERS :

PERFECTION, PEOPLE

PLEASING & PROCRASTINATING

I WILL DENY MY NEEDS AND DO WHAT OTHERS DESIRE TO KEEP RELATIONSHIPS. I WILL FIND VALUE IN DOING GOOD, BUT I WILL I PROCRASTINATE WHEN IT COMES TO DREAMS AND DESIRES FEARING PUTTING MYSELF OUT THERE COULD LEAD ME BACK TO REJECTION.



MANAGER:

I WORK OVERTIME.
I DON'T NEED RELATIONSHIPS.
I'M VALUED AT WORK.

MANAGER:

I SPIRITUALIZE AWAY DESIRE BECAUSE GOD WANTS ME SINGLE.

MEET SALLY



EXILED:

DESIRE FOR DELIGHT OR DREAM JOY/EXCITEMENT

BELIEF: MY DESIRES ARE TOO MUCH. I HAVE TO TRADE MY AUTHENTICITY FOR BELONGING. I'LL WALK ON EGG SHELLS NOT TO UPSET PEOPLE.

MEET LUCY



EXILED:

DESIRE FOR LOVE

HEART BREAK / SADNESS
BELIEF: I'M UNWORTHY OF LOVE. LOVE IS PAINFUL. DON'T TRUST ANYONE.



FIRE FIGHTER:

WHEN PEOPLE TRY TO MOVE TOWARD ME WITH DELIGHT, I SHUT DOWN. I WON'T ALLOW MYSELF TO FEEL JOY.

I KEEP PEOPLE AT A DISTANCE. WHEN PEOPLE COMPLIMENT ME, I SPIRITUALIZE IT BECAUSE I FEEL GUILTY RECEIVING DELIGHT.



FIRE FIGHTER:

WHEN I HEAR HIS NAME OR GO TO A WEDDING AND GET TRIGGERED, I'LL HAVE TOO MUCH WINE SO I CAN NUMB THE PAIN OR A I'LL SHOPPING SPREE TO ASSURE I LOOK BETTER THAN HER.

HOW DO WE HEAL OUR WOUNDED PARTS TO RETURN TO CORE SELF?

Notice the Part with Compassion.
Do you feel it in your body?
What does it want to say to you?
What does it need?
Invite Jesus to be with this part.

POSITIVE IMAGERY IS AN INSTALL.



Commit to move toward the NEED.

PUT IT INTO PRACTICE

You desire truth in my inward part. Psalm 51:6



WHAT PART CAME FORWARD?

DID YOU SEE AN IMAGE, COLOR, OR MEMORY?

WHAT DID THE PART SAY?

WHAT DOES IT NEED?

WHERE DID IT COME FROM?

WHAT DID JESUS SAY TO THIS PART?

IF YOU SAW A MEMORY THAT WAS HARD - PRACTICE HAVENING.

WHAT NEW BELIEF DO YOU NEED TO INSTALL TODAY? PRACTICE INSTALLING.

NOW DRAW A PICTURE TO REPRESENT YOUR EXILE, YOUR MANAGER AND YOUR FIRE FIGHTER.

HAVENING
IS AN INSTALL
PRACTICE.



BOOKS TO CONSIDER:

BOUNDARIES FOR THE SOUL - COOK & MILLER (PARTS WORK)

STRONG LIKE WATER - KOLBER (HEALING YOUR STORY)

PATH BACK TO GOD

DEFENSES
MASKS
PARTS

YOUR ENEMY
SHAME
ANXIETY
GUILT

EGYPT/
SLAVE MINDSET
NUMBERS 13-14 & GAL 4



Promise Land

PROVERBS 4:23
GUARD YOUR INNER MAN
FOR FROM IT FLOWS THE
FOUNTAIN OF LIFE

CORE EMOTION
WELLSPRING OF LIFE

CORE SELF

CLARITY, CALM, COURAGE, CONFIDENCE, CREATIVITY,
CURIOSITY, COMPASSION & CONNECTED

Face your giants

- 1.
- 2.
- 3.

Desired Song:



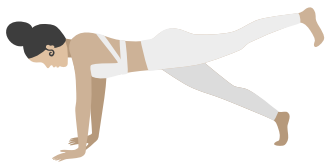
we have this treasure in earthen vessels. 2 Cor 4:7

healing SALVE



- S** SAFETY MUST BE ESTABLISHED TO HEAL.
- A** ACCEPTANCE & COMPASSION FOR ALL WOUNDED PARTS. ALL PARTS ARE WELCOME.
- L** LIFE TEAM ESTABLISHED. WE WOUND IN COMMUNITY AND WE HEAL IN COMMUNITY.
- V** VULNERABILITY IS COURAGE, FOSTERS CONNECTION AND IS KEY TO LIVING AUTHENTICALLY YOU.
- E** EMBRACE NEEDED RHYTHMS THAT PROMOTE HEALING AND GROWTH. CONSISTENCY IN PRACTICE IS THE KEY.

PLANK



OPEN HEART



SELAH



Practices that Heal

MEDITATION: CENTERING PRAYER, VISUALIZATIONS, SCRIPTURE, PARTS WORK

GROUNDING: MORNING RITUAL, FEET TO GRASS & EARTH OR FLOOR

BREATH WORK: BOX BREATH WHEN YOU FEEL LOW
4-7-8 FOR SLEEPING
IN & OUT FOR ENERGY

PRACTICING GRATITUDE AS A LIFESTYLE

JOURNALING : GRATITUDE, PLANNING LIST, OR EMOTIONS AND EVENTS

LEARNING SOMETHING NEW

MOVEMENT: WALKING, STRETCHING, DANCING

VISION BOARDING

FEEL GOOD MUSIC

HAVENING: GENTLE NOURISHING MOVEMENTS HANDS, ARMS, FOREHEAD

TA'AVAH - A HOLY PRACTICE USING TRAUMA INFORMED MOVEMENT TO BRING ONE
BACK TO LIFE.

Rochelle's Favorite Practices



Ta'awah



LOOK FOR NEW VIDEOS/ RETREATS FROM ROCHELLE

COMBINING TRAUMA INFORMED PRACTICES
THAT HEAL WHILE OFFERING
SPIRITUAL FORMATION.

Havening



HAVENING NOURISHING TOUCH CAN BE USED TO INSTALL DESIRED EMOTIONS AND STATES. GENTLY RUB YOUR HANDS TOGETHER LIKE YOU ARE WASHING THEM. THEN MOVE YOUR HANDS FROM SHOULDERS TO ELBOWS LIKE YOU ARE GIVING YOURSELF A GENTLE HUG. THEN MOVE YOUR FINGERTIPS ABOVE YOUR EYEBROWS FROM CENTER OUT. THESE 3 MOTIONS INCREASE SEROTONIN, DECREASE CORTISOL AND RELEASE ENZYMES THAT HOLD TRIGGERS IN OUR NEURONS.

* USE HAVENING WHEN YOU ARE TRIGGERED TO SEND DELTA WAVES TO CALM YOUR BODY.

Centering Prayer



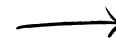
STILLING YOURSELF BEFORE GOD WHILE HOLDING A SACRED WORD LIKE "ABBA." THE GOAL IS TO TURN INWARD AND BE WITH GOD ALLOWING HIM TO DO WHAT ONLY HE CAN DO.

Loving Kindness



TAKE SLOW DEEP BREATHS AND SETTLE IN. THEN IMAGINE YOU ARE SENDING LOVINGKINDNESS TO YOURSELF AND OTHERS.

MAY YOU BE HAPPY,
MAY YOU BE HEALTHY,
MAY YOU BE AT PEACE



YOURSELF



SOMEONE YOU LOVE



SOMEONE DIFFICULT

x3

Create your own practice

TIP: CALENDAR YOUR TIME & CLUSTER THEM
10/10/10 WITH A GOAL OF 20/20/20

(AUTHOR OF 5AM CLUB CLAIMS 20 MINDFULNESS, 20 MOVEMENT AND 20 LEARNING WILL CHANGE YOUR LIFE.)

EXAMPLE PRACTICE

MORNING
GROUNDING TEA/ POSITIVE
IMAGERY DESIRED STATE WITH
HAVENING / MOVEMENT

USE ANCHOR DURING THE DAY &
SHOW SELF COMPASSION

EVENING:
JOURNAL GRATITUDE & BREATH
WORK
BEFORE BED

EXAMPLE PRACTICE

MORNING
MOVEMENT & CENTERING
PRAYER

DAY:
PRACTICE SLOWING DOWN

EVENING: HAVENING WITH
DESIRED STATE/
LEARNING SOMETHING NEW

GO THROUGH THE LIST OF HEALING PRACTICES AND NOTE THE ONES THAT IMPACT YOU MOST OR THOSE YOU CAN ADD TO YOUR ROUTINE. THEN CREATE A GOAL PRACTICE.

MY TOP PRACTICES