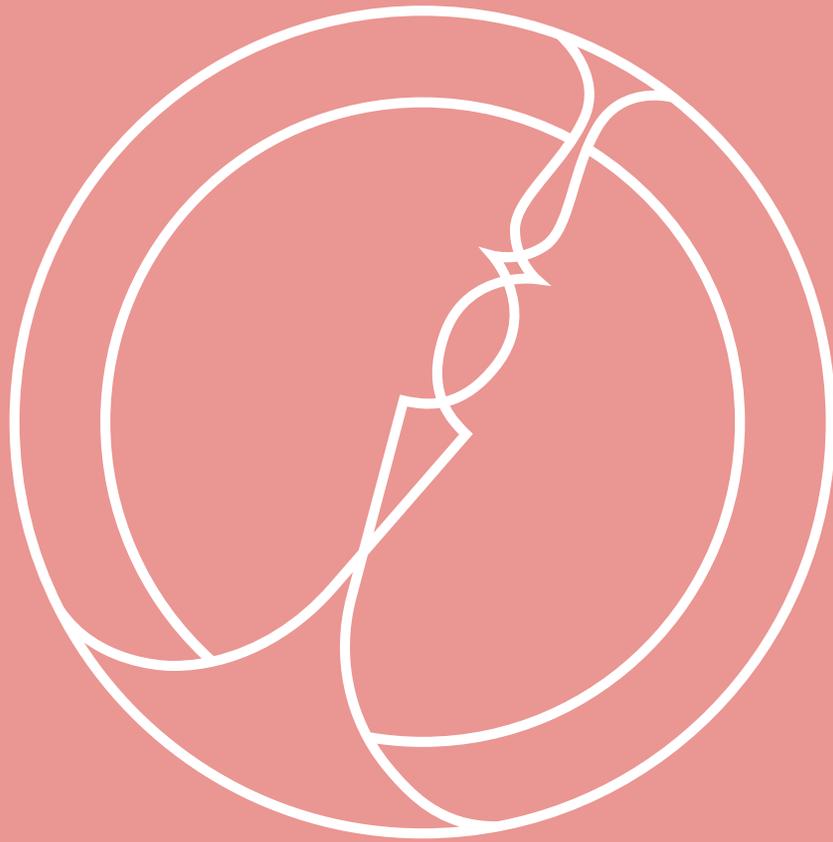


co·wonders



**resonant
healing**

resonant healing

Written by: **Agata Stajer (Co.Wonders)**

What is it about:

- introduction to Resonant Healing
- self-understanding
- emotional healing
- transformation of inner critic into compassionate advocate

source: Sarah Peyton, Resonant Healing

domains: communication with your inner critic, resonant language, neurobiology of relationships.

approach description:

Resonant Healing and Resonant Language are approaches created by neuroscience educator Sarah Peyton. In the information about Sarah's book "*Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing*" we can read that one of the newest branches of brain research (relational neurobiology) shows that:

- being met with warm understanding **creates resilience**,
- while being received with neutrality **shortens our lifespans**,
- and being received with contempt **negatively impacts our immune systems** and harms our neural connections, making self-compassion and self-acceptance nearly impossible.

Resonant Healing is the approach that allows us to learn about the warm understanding methods. It is about ways to give **emotional warmth**, understood as the experience of being met or meeting others with affection and welcome.

"Do you like yourself?"

One of the most personally and socially transformative actions is our ability to be warm with ourselves"

[By Sarah Peyton, *Your Resonant Self - Workbook*]

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Whether we like ourselves or not, depends on various aspects, such as self-warmth in us, making our own choices (or not), and various social and economical influences we have lived within. We all also have an automatic brain voice (**inner voice**) that lets us know how we feel about ourselves. It is like a pattern that runs automatically in our heads, when our brain is not engaged in doing something intentional, when our brain starts to relax. Scientists call it **Default Mode Network (DMN)**.

Our inner voice may have an easy, gentle tone. And, for many people, the inner voice can be connected with worry, anger or criticism. It becomes harder to enjoy ourselves with an inner critic voice.

The good news is: we can learn to transform our inner voice.

The method of Resonant Healing puts together information from findings in neurobiology about the importance of being accompanied, understood and known. If we don't have this sense, it leaves traces on our brains which can make the tone of our DMN (inner voice) very nasty.

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Working on our inner voice, so that it becomes calmer and more supportive, can happen through something S. Peyton calls “resonance”. Resonance is the experience of sensing that another being fully understands us and sees us with emotional warmth and generosity. What is the difference between empathy and resonance? If we define empathy as understanding the experiences of others, resonance captures the necessity of being “we”, of being relational. It is about being resonant with others and also with yourself.

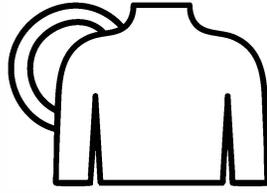
Resonant Healing is a journey of learning to transform your inner voice. It follows a healing path of connection with the body, learning about the brain, and resonant language. Resonant language is a language that gives people a sense of being understood. This type of language includes wondering about and naming emotion; dreams, longings and needs; body sensations; fresh metaphor; visual imagery and poetry.



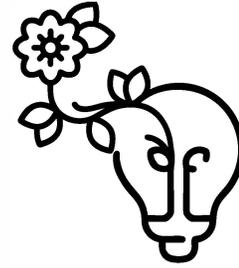
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Feelings and needs



Body sensations



Fresh metaphor



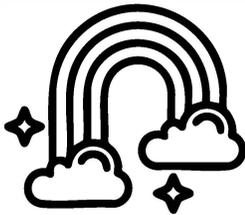
Swearing



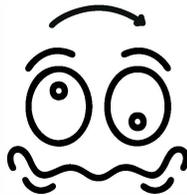
Poetry and the poetic visual



Acknowledging what is



Impossible Dream Guesses



Some humor



Relational language

communication canvas

[source: Website of S. Peyton]

aim of use:

Resonant Healing can be introduced as an approach focussing on reflection about communication with ourselves. It can serve as an empowering tool for self-understanding and emotional healing. It can also be a seed of transforming our inner critical voice into a voice of emotional warmth, so that it will lead to developing skills for connection and understanding relationships with yourself and others. At the same time, it can be a tool for attuning not only with ourselves, but also with others.

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educational method:

- **Step 1: Introduction to the concept of “resilience”**

You can use various definitions, for example resilience as a capacity to recover quickly from difficulties. To visualise resilience, ask participants to find an example of a material which recovers quickly from being crushed (like linen) or which recovers with permanent scars (like glass).

- **Step 2: Resilience and Resonant Healing**

Connect resilience with the possibility to build it, and introduce the session as a space to reflect on strategies to develop resilience. Introduce Resonant Healing as one of the methods which through development of emotional warmth and understanding creates resilience.

- **Step 3: Inner voice**

Invite participants to reflect if they have ever noticed how their inner voice sounds? Inner voice appears when we are not engaged in a specific brain activity, when our brain kicks into automatic mode. Scientists call it DMN - Default Mode Network. It can sound harsh (inner critic) or gentle (inner supporter). If it sounds harsh, the question comes on how to make it gentle? (Resonant Healing can be a method of help).

Stressed DMN

- Self - criticism
- Suspicious about others
- Worrying
- Fear for future
- Intrusive memories
- Nightmares
- Problems with concentration

Relaxed DMN

- Care for relations with others
- Evaluating relations
- Planning
- Dreaming
- Remembering about important dates
- Interesting dreams
- Creativity

[source: Table inspired by M. Wyborska - Empathic life]



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- **Step 4: Concept of the left and right hemispheres**

Mention the concept of left and right hemispheres of the brain and how perception of the reality around us differs. Check more at S. Peyton website (Concept #5).

Reflect on how the knowledge about hemispheres can support in making the inner voice gentle and supportive (integration of both hemispheres and moving to the right hemisphere through resonance).

- **Step 5: Imagining Resonance**

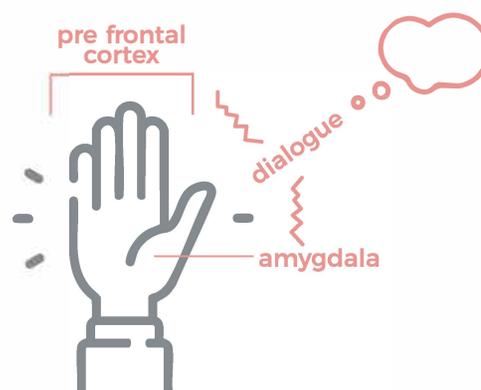
Ask participants how they understand the word resonance? And how could they attune to other person or to themselves? You can give the metaphor of two cello bodies close to each other, and one relaxed cello body is vibrating along with the song life played through the other cello body. It is being accompanied. You can also recall the definitions by S. Peyton:

- **Resonance** is the experience of sensing that another being understands us and sees us with emotional warmth and generosity. It is the sense that we know that (...) our feelings and longings would make sense to them
- **Attunement** is the experience of someone focusing on us with warmth, respect and curiosity. This person wonders what it is like to be us, using all available human sensitivities to tune to us.

- **Step 6: Resonating self-witness**

Resonating self-witness is what emerges when people step into self-warmth. It shows as a self-supportive dialogue between the prefrontal cortex of the brain (thinking part of the brain) and amygdala (emotional star of the brain). It can allow shifting from a critical inner voice, into a supportive one.

RESONATING SELF - WITNESS



Use cortex (thinking part of the brain) to listen to voices of amygdala (star of emotional brain)

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- **Step 7: Resilience strategies**

Ask participants to form groups of 4-5 people and to reflect together on the ways in which they develop their capacities to recover from difficulties on every day basis (ways of resilience). Make space for sharing in plenary.

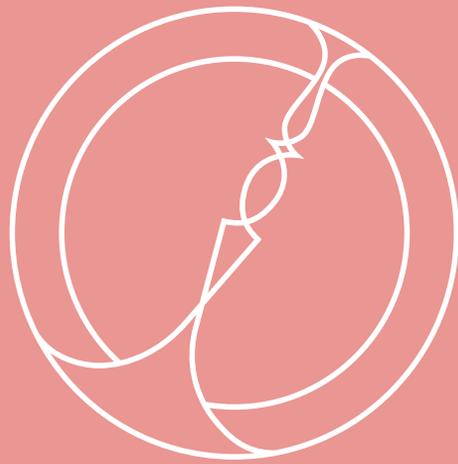
- **Step 8: Debriefing**

Reflect with participants about the activity by checking: how do they feel? What have they learned from the session? And how could they apply the learnings into their everyday life?

read more:

- **Website:** official website of Sarah Peyton
- **Article:** 10 Key Concepts of Resonant Healing by S. Peyton
- **Book:** Sarah Peyton, Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing (2017)
- **Book:** Sarah Peyton, Your Resonant Self Workbook: From Self-sabotage to Self-care (2021)
- **Video:** Book Trailer





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