

# Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing

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## Skills for people to learn to be with themselves in the healthiest way possible.

Have you ever noticed how cruel and self-sabotaging your critical inner voice can be? Have you been looking outside of yourself for friends and loved ones to reassure you of your worthiness and lovability?

The latest developments in neuroscience unveil the amazing extent to which humans are wired for connection, belonging and resonance with other humans. This wiring for connection is so strong, our nervous systems have the capacity to become our own compassionate self-witnesses, even when we have not had access as children to stable loving presence and warmth. The field of neurobiology and the science of mindfulness reveal that the human brain is capable of being engaged in the experience of upset (fear, anxiety, depression) while simultaneously observing and holding ourselves with kindness, as a loving parent or partner would.

This ability to be both experiencing and holding the experience is the key to maintaining inner calm in the face of life's challenges. If we learn to honor that each and every inner voice, no matter how distressing, has the desire to help us, we open to the possibility that each part of us has value. This help creates a gentle, accepting and warm resonance with ourselves that can remain stable and present, even when parts of us feel upset.

In simple language and easy-to-follow exercises, Your Resonant Self synthesizes the latest discoveries in brain science, trauma treatment, and the power of empathy into an effective healing method that literally rewires our brain and restores our capacity for self-love and well-being. Each chapter weaves the core concepts of neurobiology with guided meditations and beautiful illustrations by Emily Chaffee, painting an inspiring picture of the human brain's inherent yearning toward healing and wholeness.

### Sarah Peyton

is a certified trainer of nonviolent communication. She lives in Vancouver, Washington, and speaks and trains internationally on language, self-compassion, and trauma.

### Bonnie Badenoch, MA, LMFT,

is a marriage and family therapist, mentor, and speaker. She is executive director of the nonprofit Nurturing the Heart with the Brain in Mind in Vancouver, WA, offering support to those in the healthcare professions through year-long immersion trainings in interpersonal neurobiology.

"Peyton bridges the gap between neuroscience and daily practice, offering meditations that change the way our brains function, help us integrate past painful experiences, and see ourselves with a newfound tenderness and compassion. I would recommend this book to anyone seeking to heal pain and find a more enriching life."

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Psych Central

"In Your Resonant Self, Peyton gives such a clear description of how our brain interplays with our emotions, our values, and our longings, that we can begin to understand the purpose of our negative self-talk and the stress we hold from past trauma. From this new perspective we have on our struggles, Peyton guides us brilliantly towards the peace and joy we long for, using soothing meditations, positive self-talk, self-empathy, and real-life examples. Giving this book to yourself will be the best gift you have received in a long time."

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Kathy Masarie, MD, pediatrician, parent, life coach, and author of Raising Our Daughters/Sons and Face to Face

"Your Resonant Self is a brilliant book that brings together brain research with resonant/empathic communications' technology. With real stories and guided meditations, Sarah Peyton shows how to heal emotional pain and illustrates how that healing alters the brain, creating lasting change. With Sarah's gentle guidance you can follow the exercises in the book to help you with your own personal recovery efforts. From healing shame and self-hate to overcoming phobias and addictions, this book has it all. From my own journey with healing and growth, I know the tools in this book work. I celebrate that Sarah wrote this remarkable book and hope it reaches around the world to create healing for all who suffer."

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Melanie Sears, RN, MBA, PhD, author of Humanizing Health Care and Choose Your Words

"Sarah Peyton's guided meditations go beyond the usual feel-good meditations of affirmation—they actually change our brain and our feelings about ourselves. Because they are based on the findings of neuroscience and how the brain behaves, we experience the creation of self-warmth toward ourselves, call back our dissociated self and learn to hold our pain with tenderness. This is a superb book. I can't wait to recommend it."

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Karen Carnabucci, LCSW, TEP, co-author of "Integrating Psychodrama and Systemic Constellation Work"

#### Other Books

Mindful Leadership: Emotional Intelligence Collection (4 Books). This digital collection, curated by Harvard Business Review, offers four books on the topic of emotional intelligence, found by bestselling author Daniel Goleman to be twice as important as other competencies in determining outstanding leadership. In Primal Leadership, With a New

Preface by the Authors, the authors show that great leaders excel not just through skill and smarts, but by connecting with others using emotional intelligence competencies like empathy and self-awareness. The best leaders are "resonant" leaders—individuals who manage their own and others' emotions in ways that drive success. In *Resonant Leadership*, Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress, sacrifice, and dissonance that afflicts many leaders and offer a field-tested framework for creating the resonance that fuels great leadership. And in *Becoming a Resonant Leader*, Annie McKee, Richard Boyatzis, and Frances Johnston share vivid, real-life stories illuminating how people can develop emotional intelligence, build resonance, and renew themselves. Finally, HBR's 10 Must Read on Emotional Intelligence presents 10 articles by experts in the field of emotional intelligence, all of which will inspire you to monitor and channel your moods and emotions; make smart, empathetic people decisions; manage conflict and regulate emotions within your team; react to tough situations with resilience; better understand your strengths, weaknesses, needs, values, and goals; and develop emotional agility.

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