LIBERTYINMIND.COM by Lauren Culp

INTEGRATION SOUFFLE

BEGIN WITH A PREFERABLY SECURE BASE AND ADD EQUAL PARTS MINDFUL- AWARENESS WITH SELF-REGULATION. SIFT IN MIRROR NEURONS, CONNECTIONS, AND RESONANCE. BLEND A FULL CUP OF BODY AWARENESS WITH A SCOOP OF NEURO-EDUCATION AND 1 CUP OF THE POLYVAGAL THEORY. MIX WELL, STIMULATE SOCIAL SYNAPSES AND ATTUNE. LET SIT AND ALLOW FOR CONTEMPLATION. FINALLY, BLAST WITH COMPASSION, BAKE, AND ALLOW FOR THE TRANSFORMATION THROUGH THE 9 STAGES OF INTEGRATION. SPRINKLE WITH LOVE. VOILA! ALCHEMY. SERVES: ALL OF HUMANKIND.

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