

What Are The 12 Stages of Healing?

Each of the 12 stages has its own particular energy, although each stage has a separate feel, they are intricately connected to one another. It is important not to think of the stages as levels of accomplishment, more so as moments of awareness. The 12 stages are separated into 3 areas of focus:

Stages 1-3 are called the Discover stages; this is where we find out our current patterns and rhythms to know what is working or not working.

Stages 4-7 are referred to as the Transform stages; this is where we begin to reclaim our power and achieve resolution, which creates space for us to change our lives and ourselves.

With Stages 8-12 we reach Awaken; this is where we are able to connect with our higher selves. We realize that we are part of all things, that we have both our divine nature and our human nature. We then bring these two natures into harmony so that we live as our true being.

Integration

Integration is where we have connected with all the stages. We choose what stages are necessary as we live, constantly shifting naturally through Discover, Transform and Awaken.



Discover Transform Awaken

"I have explored dozens of healing systems, traditions and modalities over the last 12 years and have found them all lacking in something I needed. SRI is without question the most holistic, integrated and accessible system I have encountered. It is a blessing and I am committed to it."

-Scott Austin Martin, M.A., LPC, LMT,
Healing Practitioner



"Mindfulness On Steroids!"

East Texas Stress Reduction Clinic

(903) 258-3166

info@etsrc.org

www.ETSRC.org

Sommato Respiratory Integration



The 12 Stages of Healing



(903) 258-3166

What Is Somato Respiratory Integration?

SRI or Somato Respiratory Integration is a series of breath body connection exercises that allow us to connect with the body. SRI was created by Dr. Donald Epstein as a series of 12 exercises based off of watching people naturally begin these exercises as they progressed in healing over 20 years of practicing network chiropractic. He took these exercises and reproduced them in his book titled "The 12 Stages of Healing".

It is important to acknowledge that SRI is a connection exercise. We are connecting with the body-mind using the breath. Using this connection we are able to discover and connect with our inner selves.



Why Is It Important?

The SRI exercises are an extremely effective tool for healing, self-discovery, self-empowerment and connection. The series of 12 exercises are a tool set that allows us to cut through our old patterns and pathways and discover new, effective ways of being so that we can live healthy, happy and flexible lives.

**East Texas Stress
Reduction Clinic**

Stage 1 Suffering

Different from pain, suffering is marked by a profound awareness that something is wrong. There is awareness of disconnection from parts of our being. The lesson of this stage is that we must accept the state of suffering in the moment so that we can discover its root.

Stage 2 Rhythms & Polarities

This stage begins with the search for the external savior from our distress, pain, or crisis. As we heal, we discover that what we blamed or projected as being wrong is based on our internal rhythms and polarities; that we are partially responsible for our distress.

Stage 3 Stuck In A Perspective

We learn and recognize that our distress is associated with the fact that we have been stuck in a perspective. Our concepts and/or our physiology have been fixated. We do not know why we've been stuck, or what to do about it. We just need to acknowledge we've been stuck.

Stage 4 Reclaiming Our Power

In this stage we recognize that the discoveries of the first 3 stages no longer serve us. We can be angry that we have lost our power and are determined not to let it happen again. As we progress we choose to no longer dishonor ourselves.

Stage 5 Merging With Illusion

With a stronger sense of self; we turn back onto our own alienated "shadow" or "light" to remove the illusion and create more wholeness.

Stage 6 Preparation for Resolution

The alienated, traumatized, denied or redirected consciousness or energy is moving towards being prepared for discharge and resolution. We feel the tension building within ourselves as this process advances. We create change and develop flexibility to continue the process.

Stage 7 Resolution

Resolution can take the form of standard discharge phenomena (Physical movement, crying, screaming, and laughing). After the previous 6 stages, and when a sense of accomplishment, peace, and inner strength occurs with the process, then resolution has been achieved.

Stage 8 Emptiness in Connection

After the discharge we are emptied. Rather than a space of nothingness, we find ourselves in a place of possibilities. We enter into a state of gratitude, vulnerability, connection and alignment with rhythms and events. We welcome serendipity as a way of life.

Stage 9 Light from behind the Form

From our place of emptiness and gratitude we can truly appreciate our energetic fullness. We experience that we are more than our physical body, and become aware of the flow of life force, through us. Our connection with others deepens.

Stage 10 Ascent

We experience our union with the creative force of the universe. We transcend all limits, boundaries, language, judgments, and our existing sense of self. We gain the wisdom of knowing the oneness of all creation during this stage.

Stage 11 Descent

We are renewed beyond our limits and sense of self and enter into the world again. We know that we are part of all we perceive and responsible for all that we know. We live without being attached to our situations. We love and serve.

Stage 12 Community

We experience our involvement with humanity and recognize that wholeness comes from bringing our individual gift into community. This occurs in our internal and external communities. We receive gift from within ourselves and from others. We recognize that all of our choices are spiritual ones and affect all beings. Eventually we recognize that our limits stem from our own lack of wholeness. Consequently, we seek to re-experience the rhythm of the earlier stages.