

Your Resonant Self

Guided Meditations and Exercises
to Engage Your
Brain's Capacity for Healing



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Foreword by Bonnie Badenoch

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Skills for people to learn to be with themselves in the healthiest way possible. Perhaps you have ever noticed just how cruel and self-sabotaging your critical inner voice can be? In simple vocabulary and easy-to-follow exercises, *Your Resonant Self* synthesizes the most recent discoveries in brain research, trauma treatment, and the energy of empathy into a highly effective healing technique that actually rewires our human brain and restores our capacity for self-love and well-becoming. This capability to be both encountering and holding the knowledge is the crucial to maintaining inner relaxed in the face of life's issues. This wiring for connection is so strong, our anxious systems have the capacity to become our own compassionate self-witnesses, even though we have not had access as children to steady loving existence and warmth. If we learn to honor that every inner voice, regardless of how distressing, has the desire to greatly help us, we open to the possibility that each part of us has value. The most recent developments in neuroscience unveil the amazing extent to which humans are wired for connection, belonging and resonance with additional humans. The field of neurobiology and the technology of mindfulness reveal that the mind is with the capacity of being engaged in the knowledge of upset (fear, nervousness, depression) while simultaneously observing and holding ourselves with kindness, as a loving parent or partner would. This help produces a mild, accepting and warm resonance with ourselves that can remain stable and present, even though parts of us feel upset. Have you been looking outside of yourself for close friends and family members to reassure you of your worthiness and lovability? Each chapter weaves the primary ideas of neurobiology with guided meditations and beautiful illustrations by Emily Chaffee, painting an inspiring picture of the human being human brain's inherent yearning toward curing and wholeness.



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