



September 2020

Volume 20, No. 3

The Balance of Care: Inreach = Outreach

Kristin Miller, Ph.D., Psychologist and Amy Frost, MBA, MA Spiritual Psychology

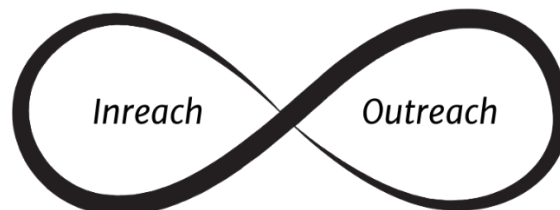
*The journey from teaching about love to allowing myself to be loved
proved much longer than I realized.*

- Henri Nouwen

Introduction

We have been creating a healing field of humanitarian outreach for many years. We have taught veterans how to support one another and to support the community in times of distress. We have done Covid-19 outreach to help people calm the stress response when fear threatened to take out immune systems. Kristin stood with both her community and her sister community when they burnt to the ground a few years ago in the California wildfires. Both of us have served the schools, first responders, and the traumatized populations that have lived in toxic stress since birth. The list could go on and on.

In order to create a healing field, rather than a battlefield, one needs to know how to create a unified field of compassionate consciousness, where the soul can rest, and in such healing interventions the outreach must be balanced by the in reach to the inner self.

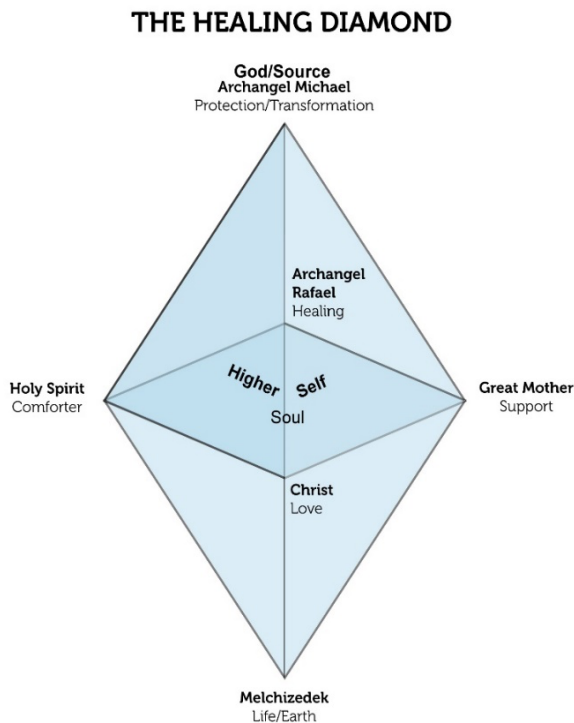


Rest is the conversation between what we love to do and how we love to be.

- David Whyte

As we suited up for our first humanitarian project together with the Association of Comprehensive Energy Psychology (ACEP) Veteran to Veteran Healing Project, we found ourselves overwhelmed with the demands of the project, pushing our limits, forcing ourselves yet further, and seriously stressed out. We had descended to our lower agitated self and were caught in the crossfire of stress on the battlefield – rather than surrendering to the field of consciousness that is pure light, that supports us and all of our actions, as we moved into our communities.

What did we do? We put our heads and our hearts together and we created our community of souls, both in the visible and invisible worlds, to help us to build a unified field of heart consciousness. Let's do this together right now as you read this article.
(Graphic below by Kristin Miller, Ph.D.)

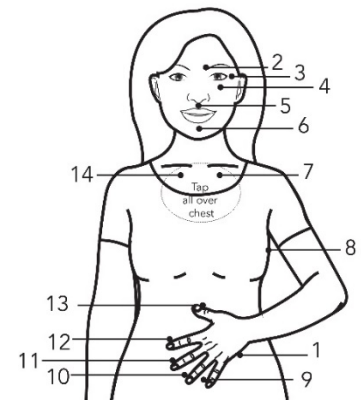


- Put one hand over the top of the other at the center of your sternum.
- Take a few deep breaths, in through your nose and out through your mouth dropping the jaw on the breath out.
- Allow yourself to completely relax on the breath out.

- Now imagine yourself in this amazing large diamond and at the peak of the diamond is pure white light, God or source energy like the sun (Archangel Michael).
- At the base of the diamond that's planted deeply into the Earth, the energy of life and vitality comes up your spine (Melchizedek is a conveyer of this energy).
- The apex that comes out from the front of your heart is pure love energy (Christ)
- The apex it comes from the back of the heart is a ray of pure healing energy (Archangel Raphael).
- The apexes on the sides of your body bring in the Great Mother and Holy Spirit or energy of comfort and support.
- Take a moment with your breath in to receive all of these energies of love, support, healing, source, nurturance, and life and on the breath out allowing every ounce of your being to surrender and relax into this supportive unified field of compassionate consciousness.
- Bring in your own personal guides, healing energies, ancestors, God, or just the feeling of your grandchild (or other loved one) when your heart lights up in their presence. You can bask in the presence of anything that promotes the flow of energy that is loving, compassionate and healing.
- Allow yourself a few moments to give your soul/higher self a place to rest in this unified field of compassion letting go of all distress.

This is where we began, the deep reach inside of ourselves.

Take a moment to notice what you are experiencing. Is there a part of you that is still resistant, triggered, stressed or can't let go? Action that is fueled by stress or distress creates distress for others, while action that is created from a unified field of compassion heals the world. So let's do trauma tapping together or you can choose to experiment with any one of the videos on the Resources for Resilience Website (<https://www.r4r.support/>)



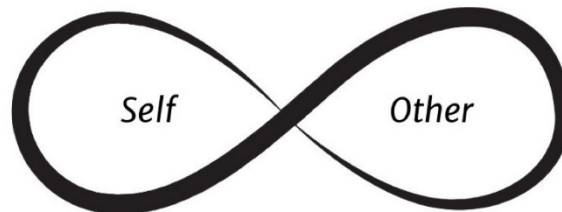
Take a deep breath into the unified field of compassion, and notice if there is any distress or anything else blocking you from completely letting go. Give some attention to the distress with your breath, tap through acupuncture points 1-14, and then take two breaths and the tap points 1-14 again. (Graphic ACEP Resources for Resilience)

How are you doing? Can you completely let go and allow the compassion and support to flow through you? You have now entered the realm of your higher self/soul this is where compassionate action originates.

Now we are ready to reach out to our community. The connected flow of energy flows into the community in the outer flow of outreach and then flows back in to the inner flow

of energy like a lazy figure 8. When this flow of energy is NOT blocked by distress or trauma the flow is continuous. Everybody engages in healing and builds resilience simultaneously. We create this together.

Figure: The continuous flow of biological energies



The heart of humanitarian outreach is fueled by the flow of energy through this unified field of consciousness. First we connect with the unified field of consciousness, attune to our own distress, and use a calming skill or two on the Resources for Resilience Website. Then we connect with the person, the group, or the community that we are going to serve. With an open heart we feel our way in, and with an open mind we ask, “How can I help you?” We listen deeply to the need, and together we learn to empower ourselves with skills to calm the distress. The essence of humanitarian outreach is to create safety, connection, and calm together so that we can all become resilient and heal.

Communities that share a skill base to calm the stress/trauma response, along with a heart connection are the most resilient when difficulties arise. We may have no control over what comes our way, but we certainly can choose to respond with compassion and share our skills with our community. The biggest gift you can give is to show up with your heart fully-engaged and stay connected until they can use and teach the skills as well or better than you can.

*If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.*
- The Dalai Lama

Developing the Inner Reach – Outer Reach program

We have served many years together on the Association for Comprehensive Energy Psychology Humanitarian Committee and lead teams in resource development and community outreach, along with building community circles that support people facilitating humanitarian outreach within their own communities. Our outreach has blossomed on many levels, but in the beginning, it was not balanced by the deep reach

inwardly and it became apparent quickly, that we were both bone dry from the lack of support and connection with the flow of the unified field of compassion.

Amy's Experience: I was hit especially hard after the mass shooting in Las Vegas. Many people I know were first responders and it affected my entire community. I could not go anywhere without knowing of someone who was injured or connected to someone who was injured. My feelings from losing my husband in Desert Storm came flooding back and I started having debilitating chest pains. So many people depended on me to be a positive, uplifting force and no matter how hard I tried to make myself be that; I couldn't do it. I isolated myself and I hid in my work addiction. I went into a dark hole and didn't care about all the causes that meant everything to me before the shooting.

I was blessed to have supporters in my life that held with me and supported me in ways I didn't realize I needed. They called me, they text me, and they kept reaching out until I was ready to reach back out. From that experience, I realized I needed to find a way to go inward and not just down and out when I am in crisis. I am all about self-care and have done a lot of work in that area. They tell me I'm the expert. I am really good at the planning and execution of action as well as creating and implementing self-care plans. The part I was missing was the deeper inner work. The BEing work.

I made time for soul work. Kristin and I co-created monthly Angel Calls which gave me support and nourished my soul. It supported me with a sense of calm and love instead of my shutting down or hiding behind busy work. I put a block of time on my schedule each week for soul time of at least four hours or when possible an entire day. This soul time is unplanned time where I am following my intuition. This can manifest differently each week. I can count on my friends for support before I need it. I am part of ongoing scheduled calls where the focus is on being in the unified field of compassion. I spend time every morning in reflection on who I am, what I am here to do, and how I will be with my authentic self in my work life today.

This was the dawning on our joint adventure when we brought the deep reach inward to our own humanitarian teams with monthly Angel Calls in which we practiced building a unified field of compassion and support together with the monthly Community Connector Calls where we built actions plans that would support us in taking action to support our communities while caring for ourselves and other's with balance and compassion.

Suzanne Velasquez-Sheehy, EdD: The angel calls are a gift of support from God and a reminder that we are all here for each other.

Sara Whittall, ACEP Humanitarian Committee: The angel calls help me feel a bit accountable in that I need to actually DO something, rather than carry on my perfected theorizing, or I'll just read one more book to try to find help to clarify a situation. It is

slowly helping push me to living the realization that I know exactly what I need to do/ think / be - it's all inside me... I just need to start to ACT according to the REAL ME.

Cindy Baker, Ed.D. School Psychologist: Angel calls provide an opportunity for us to remember who we really are... spiritual beings having a physical experience. We come together to create an opportunity to release the limiting beliefs, resentments, wounds and ruminations that keep us stuck in the experience of pain/distress (physical, mental, emotional, spiritual). Kristin and Amy's enlightened process guides us to a restorative path that leads us back to our True Selves: beings filled with love and light, ready, willing and able to share it with the world.

Kelly Kapsar, LMT: The Angel calls for me are a time to really listen to myself with an amazing group of people, to 'witness'... whether I speak "it" or not....it's a time to get the should's out of the way and be open to possibilities... because it was part of my world, I/we are all still standing... and I'm moving into a greater expression of my highest self in thought and action.

The Angel Calls and Community Connector Calls held us all accountable to create balance between the inner and outer humanitarian reach, to build a unified field of love and compassion and to surrender to this field before we acted. We act only when compassion is fully embodied.

The heart of community outreach is providing care that is fully attuned to the need and the cultural setting of the group you are serving. The moment of clarity in the Veteran to Veteran project dawned on us when we finally let go so Grace could flow and allowed ourselves to become attuned and informed by the need of the Veteran's standing with us. We discovered that this well-trained force of heroes wanted to serve the community, rather than to be studied. In doing so, they also healed from their own trauma. We trained them to use Thought Field Therapy (TFT) and other Energy Practices and then supported them in bringing it back

TFT Community Veteran Peer Model



to their groups to create healing circles. It was this force that responded to the Vegas shooting and served the community at all levels.

This humanitarian model can translate to any population

1. Gather together peer and professional support personnel who serve those who have experienced trauma in your local community.
2. Train this group to use emotional first aid and emotional regulations skills to respond to stress and trauma.
3. Support them in bringing these methods to the people they serve in more informal settings and within existing groups they participate in. Establish an ongoing central group that can come together monthly to support each other in managing stress and bringing these techniques to their people. If you do not have a person in the community who can support newly trained people this could be done through Zoom or another platform. Amy does this with groups in Las Vegas.
4. Grow the field of healing and compassion one tap and one person at a time through community action.
5. Challenge them to train at least five people in the use of these skills.
6. Share the successful veteran-to-veteran peer resilience/healing models within your communities.

Two years after the Orlando night club shooting, we were asked by the Orlando Sherriff's Department to do our first Emotional First Aid Training. The egos in the team roared, conflict erupted in every way, and by the time of the training the unified field of compassion was broken. We limped through the first training in this broken field, horrified. We allowed ourselves to surrender over a quiet reflective 45 minute lunch break, allowing the collective field of compassion to teach us. The second training went well and was the fuel that allowed us to develop an Emotional First Aid training (Web ref.) that comes from the heart and serves the people in front of us.

Emotional First Aid: The ACEP Humanitarian Model

The steps of Emotional First Aid are simple.

1. *Safety* - We connect and make sure that there is physical and emotional safety away from immediate danger.
2. *Stabilization* - We help the person stabilize and be here now with breathing and grounding exercises
3. *Emotional Regulation* - We teach the person how to calm the stress response (Resources for Resilience Website (Web ref.).

The beauty of this is we do it together. We continue to do it together until the person, the group, or the community that we're working with can do it better than we can. Then resilience is sustained.

All of our work with both the inner and outer humanitarian reach brought Kristin directly into the center of the wild fire that took 400,000 acres of our land west of Redding, CA and a month later the adjacent county, lost all of Paradise, CA and 86 lives in the Camp Fire.

Kristin's Experience: The first fire taught me how to meet the survival/stress responses with skill and the large compassionate field of love, as it was our homes and our community that were threatened. I reached out for support to my humanitarian teams, prayed, tapped, breathed, and calmed myself and others with the resources we had made user friendly now on the Resources for Resilience Website (Web ref.). The Camp Fire dropped me to my knees in grief, as I watched a community come into the Red Cross Shelters having lost everything, including loved ones, pets and their homes. It was not my own fight to survive I dealt with, but my heart and soul that I had to rest in the arms of the unified field of love in order to serve these people who had lost so much.

Emotional Recovery Model from our experiences

These experiences led us to develop this model:

- Learn to calm the stress response and process the deeply entrenched and encoded triggers that bring us back to the traumatic event as if it is happening now.
- Make contact with the grieving heart and process the impacts of the immense losses.
- Build community networks, train the community leaders in emotional recovery skills, and let these leaders bring these skills back to the people they serve.

Our Covid-19 outreach has been another set of deep learning experiences, somewhat different from our initial Emotional Recovery Model, as the compassionate field was connected through the internet. Although the principles are the same, we had to learn a new ways to keep our presence alive via the web, radio podcasts and web-based recovery groups. We did podcasts with Transformation Café and with Friends and Family of Incarcerated Persons, teaching and supporting the viewers on being present with themselves while attempting to be part of the world that has changed and keeps changing.

We were mindful to support ourselves, each other and the viewers in tandem with what we had learned. When Covid-19 became our reality and affected all of us, Amy was ready to be present and to make her internal self-care my first priority before she did outreach. As a community supporter – the call to support friends, organizations and causes is never ending. In order to protect herself from burnout, she vowed to take care of herself first, so she can better serve others. She makes conscious decisions on what to do instead taking reactionary actions and she is happier, healthier and much more effective when she takes action.

As Kristin sat in the middle of the desert in a hot spring pool, a wild donkey stared back at her, reminding her of the stubborn and resilient human nature, that is greatly impacted by stress and trauma, but can survive almost anything if given proper attention and care. The reach inward must match the outreach or the human system fails. These last few years have taught us a great deal about the humanitarian outreach, but at this point the true calling for both of us has been in fully developing the inner reach so that we can achieve the balance of care where inreach = outreach.



For Kristin, it has been deep reach inwardly matched with outreach for external support through our Angel and Community Connector Calls that have built a unified field of compassion and support in which she can surrender the stress and grief of almost losing her own daughter to abuse, navigating the end of her mother's life, losing all of the green land West of town in the Carr Fire.

For both of us, staying in balance has been essential as we serve our community to work through the impact of the Covid-19 virus and the intense racial disparities that are now in awareness. Together as humanitarians, we are learning to access our own needs for care, listen deeply inwardly, be with our own distress with calming skills, and to rest our soul/higher self into the unified field of compassion that we are creating together. This is the balance of care where we all heal and become resilient together.

How can you support yourself and others in creating the balance between inreach and outreach?

Set the intentions and ongoing goals to prepare yourself to make a balanced outreach, supporting yourself as much as you support others. Prepare yourself on how you are to give to the world. You have an action plan for outreach efforts. You should also have a plan for inreach. This must be a priority. Get a team of supporters together. Set a standing day and time weekly and/or monthly to share your intentions and goals as well as your plans to be present and to be in the field of compassionate consciousness together. Let your teammates know when you need prayers and support. Don't make the outside world more important than being there for yourself, your sanity and wellbeing. You can do more from a centered, loving space than from an attitude of making changes at any cost. We got this together!

Watching the moon at dawn, solitary, mid-sky, I knew myself completely: no part left out.

- Izumi Shikibu

References:

ACEP Emotional First Aid training link: <http://r4rtraining.support>. (Web ref).

ACEP Resources for Resilience Website <https://www.r4r.support/> (Web ref).

ACEP *Trauma Tapping Video*: https://youtu.be/_jHWq6n6WNM (Web ref).

Frost, Amy, MBA and MA Spiritual Psychology, *EXTREME Self-Care – The Key to Living Resiliently Real Time*, International Journal for Healing and Caring, January 2019

Frost, Amy MBA and MA Spiritual Psychology and Miller, Kristin, Ph.D. *Following the Yellow Brick Road: Bringing Humanitarian Work to Our Communities through the Veteran to Veteran TFT Healing Project*, The Energy Field, Fall 2017.

Kristin Miller, Ph.D. *Finding Recovery and Empowerment from Abuse Emotional First Aid Training During Covid Times* by. <https://youtu.be/9Qguz7A6UG0> (Web ref), 2020.

Miller, Kristin, Ph.D. *Initiation by Fire: Resources for Resilience*, Association for Comprehensive Energy Psychology Energy Field (ACEP) Energy Field, Spring 2019.

Miller, Kristin, Ph.D. *The Heart of Community Outreach*, Association for Comprehensive Energy Psychology (ACEP) Energy Field, Spring 2020.

Miller, Kristin Ph.D. and Frost, Amy, MBA and MA Spiritual Psychology *Friends and Families of Incarcerated Person Emotional First Aid Training*. <https://theffip.org/video-resources> (Web ref) 2020.

Transformation Café (TC) Podcast 464: Emotional First Aid and Response to the Corona Virus – What You Need to Know with Kristin Miller, Ph.D.
www.blogtalkradio.com/transformationcafe/2020/03/11/tc-464-emotional-first-aid-and-response-to-corona-virus (Web ref) 2020.

Kristin Miller, Ph. D., Lic. Psychologist, DCEP, TFT, TTT, Matrix Re-imprinting, and EMDR

Kristin is a California Psychologist who has specialized in the treatment of stress and trauma for 30 years. She has been actively working with three international humanitarian committees to bring easy to use non-verbal emotional regulation and trauma/stress management skills to her communities through the web and live trainings. In 2019, she received the Humanitarian of the Year awarded by Association of Comprehensive Energy Psychology.

Contact: krisjohnmill@gmail.com



Amy Frost, MBA and MA Spiritual Psychology

Amy has worked with thousands of managers and employees dealing with a multitude of workplace related issues that impact company morale and productivity. She is an accomplished trainer, facilitator, radio and podcast host, educator, keynote presenter, life management and career coach, and writer. She worked for the Department of Defense for 20 years as a contract negotiator and a Total Quality Management (TQM) facilitator and trainer. She was on faculty at the University of Phoenix where she was distinguished as an outstanding faculty member and was a faculty mentor. In 2012, Amy received the Oprah Magazine, Crocs Cares and Nonprofit Sector Foundation Stepping Up to your Purpose and Walking for Good Award. In 2018, she received the Humanitarian of the Year award by the Association of Comprehensive Energy Psychology. Contact: amy@amyfrost.com

