

*Seven Personalities of the Soul: Offender Re-Entry
Violence Reduction Chakra Healing System.*

K. Ivy Hylton, MSW, LICSW

Youth and Families in Crisis

www.youthandfamiliesincrisis.com

ivyhylton@aol.com

Presented at The Fifth North American Conference on
Spirituality and Social Work held from
June 17-19, 2010, in Calgary, Alberta, at the University of
Calgary.

Abstract:

Offender Re-entry Violence Reduction is a critical concern during these times of scarcity and economic decline throughout the world. This approach to violence reduction is based on an innovative best practice model entitled; Synchronized Brain Wave Entrainment Violence Reduction – an audio based mind healing system. The primary stress reduction and violence reduction philosophy states; to create a significant paradigm shift in ones behavior, you must first experience a major shift in self-knowledge, self-control, spiritual consciousness and creating a disciplined imagination. The objective of this Circle Practice Model is to create conditions in which one can experience deep levels of relaxation, preparing the mind (brain) for positive suggestion, emotional intelligence, muscle memory retention and conscience building. During periods of deep relaxation, the brain can impress ideas, thoughts and beliefs upon the mind. This stress management model involves gaining an in-depth understanding of how the brain functions and how to induce brain wave levels that instantly control emotions and impulsive responses. With desire and dedicated practice, human life can keep its mind on a higher, decent of living and in more control of thoughts, feelings and emotions. Resulting into community safety, violence reduction, competence building, and positive civic leadership development.

Biography:

Internationally known Sound Healer, Author, Certified Hypnotherapist, Holistic Psychotherapist, and Certified Restorative Justice Facilitator. Ivy's on the cutting edge of a new paradigm for psychological, physiological and emotional healing, with a break through concept in synergistic sound and vibrational healing. Ivy is a contributing clinical advisor in the Small Business Innovative Research Grant at the National Cancer Institute- NIH, featured as one of the leading pioneer integrative therapist in the Nation. She is co-founder and Vice President of Youth and Families in Crisis, LLC, Chief Instructor for the Institute for Integrated Wisdom, proprietor of the Heaven House Retreat for rest and relaxation in Berkeley Springs West Virginia, and a Concert Full Lyric Soprano Soloist.

Seven Personalities of the Soul[®] TM

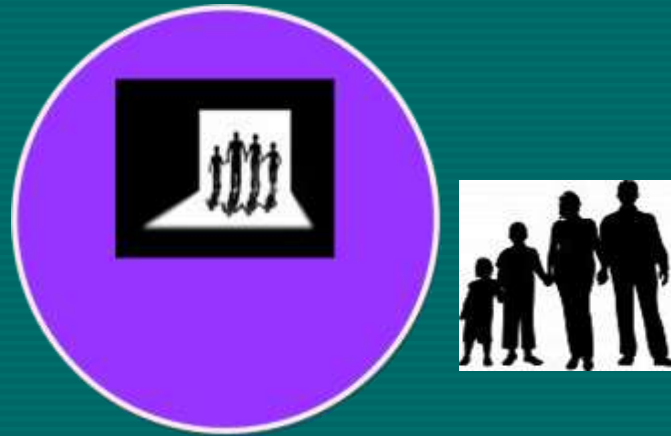
Using the Restorative Justice Circle Process in
Violence Reduction



Acoustic Brain Wave Entrainment
Violence Reduction Intervention Model
(an audio based emotional healing system)

ivyhylton@aol.com

Presented by



K. Ivy Hylton, MSW, LICSW
Vice-President-Clinical Director
Youth & Families in Crisis, LLC

Violence Is

Physical force exerted for the purpose of
violating, damaging , or abusing

Crimes of VIOLENCE

Intensity...Severity....Extreme

The Origins of Violence


- The capacity for violent aggression has been commonly associated as an actual expression of vulnerability.
- Vulnerability is a function of one's personal degree of social protection.
- Specific acts of aggression are caused by pride in one's status.

THE POWER OF BEING DISED

Brain Research

Dr. Richard Davidson University of Wisconsin Madison Psychologist

The human brain is wired with natural checks and balances that control negative emotions, but breakdowns in this regulatory system appear to heighten risk of violent behavior, according to findings of a University of Wisconsin-Madison study.



The Research

- The study is focused on people diagnosed with aggressive personality disorder, those with childhood brain injuries and convicted felons.
- Researchers found common neurological threads among these more than 500 subjects in the brain's inability to properly regulate emotion.
- A similar brain process has been implicated in a number of mental health problems, including depression and anxiety disorders

Clinical Origin of Violence

- "We are placing the question of violence right in the middle of our basic research on the neurobiology of emotion, because our previous insights in this area give us tremendous leverage to understand the root causes of violence," Davidson says.

"There never has been a theoretical framework to make sense of this before."

- Davidson stresses that this research points to both genetics and poor environmental history as potential contributors to impulsive violence, and together they present a "double whammy" that put people at much greater risk.
- “These emotion-controlling regions of the brain are particularly responsive to experiential shaping,” Davidson says.

Which is the Primary Objective Of

Sound Vibronics™

Acoustic Brain Wave Entrainment
Violence Reduction Treatment Model
(an audio based emotional healing system)

Creating what is known as
“Learned Neurological Response” in the nervous system.

Extended Abuse and Violence Trauma & Memory

The Genetic impact of extended periods of
Terrorism

Trauma

&

Abuse

Could Result into

Generational Pre-Disposition

Depression, Violence, Aggression

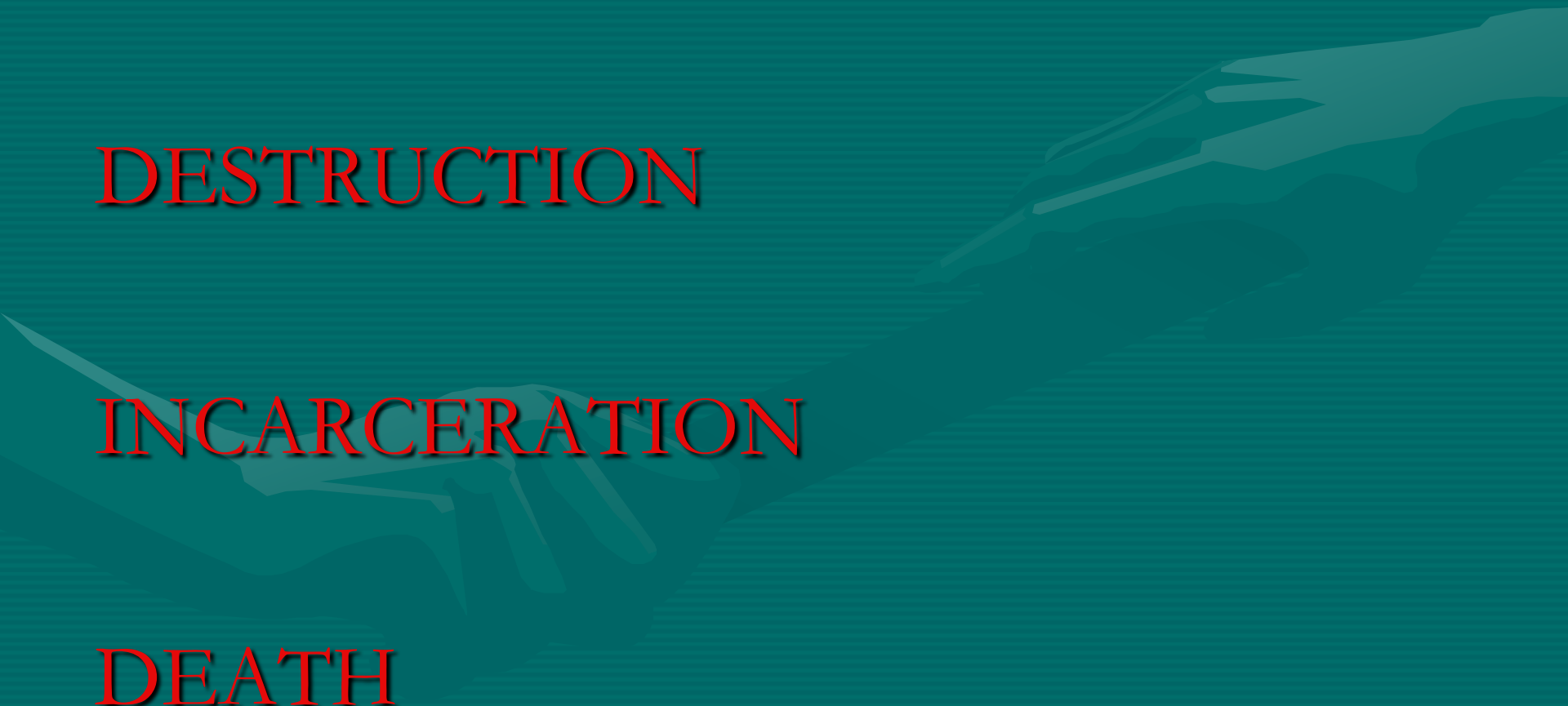
AND

CRIME

DESTRUCTION

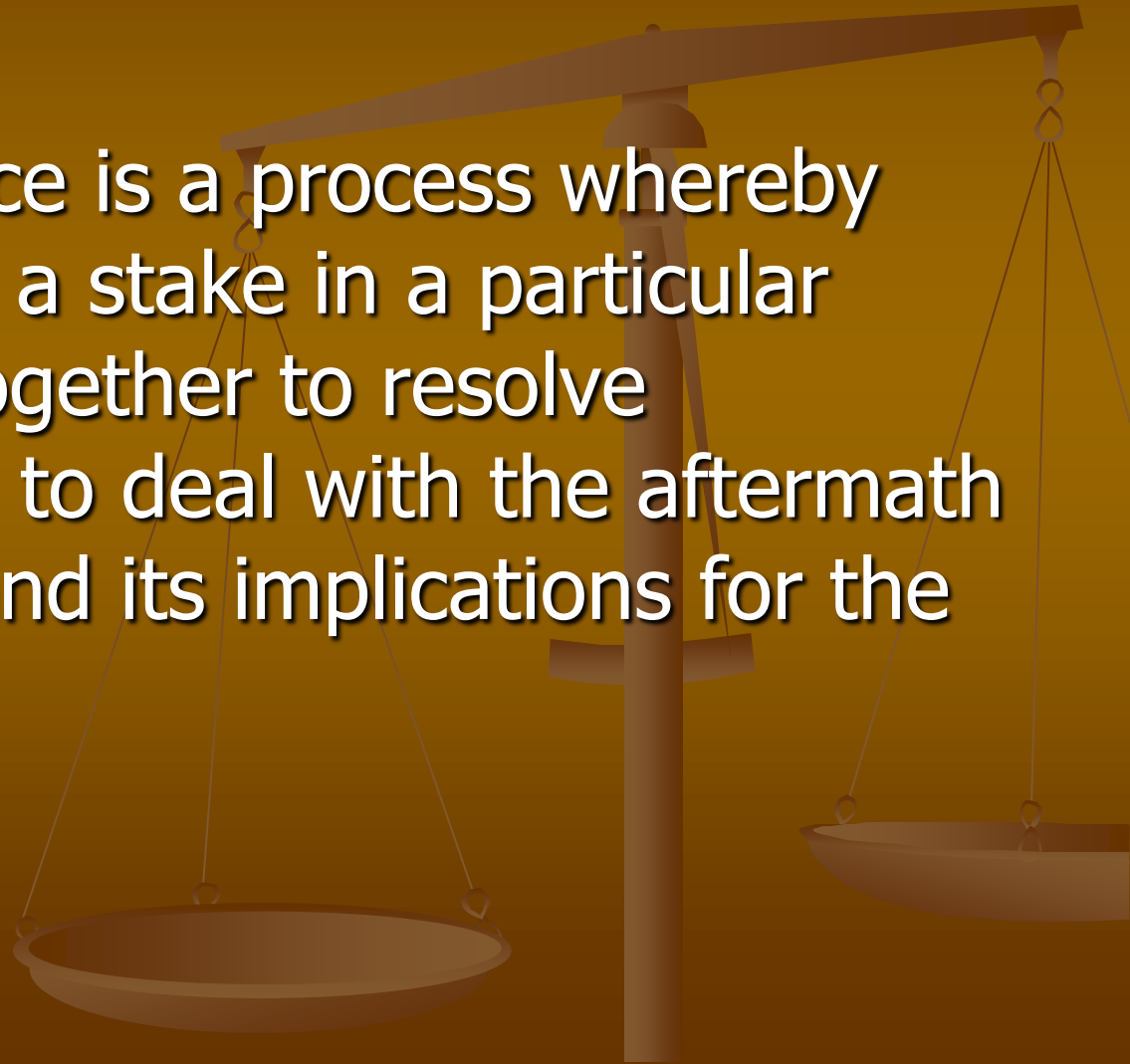
INCARCERATION

DEATH



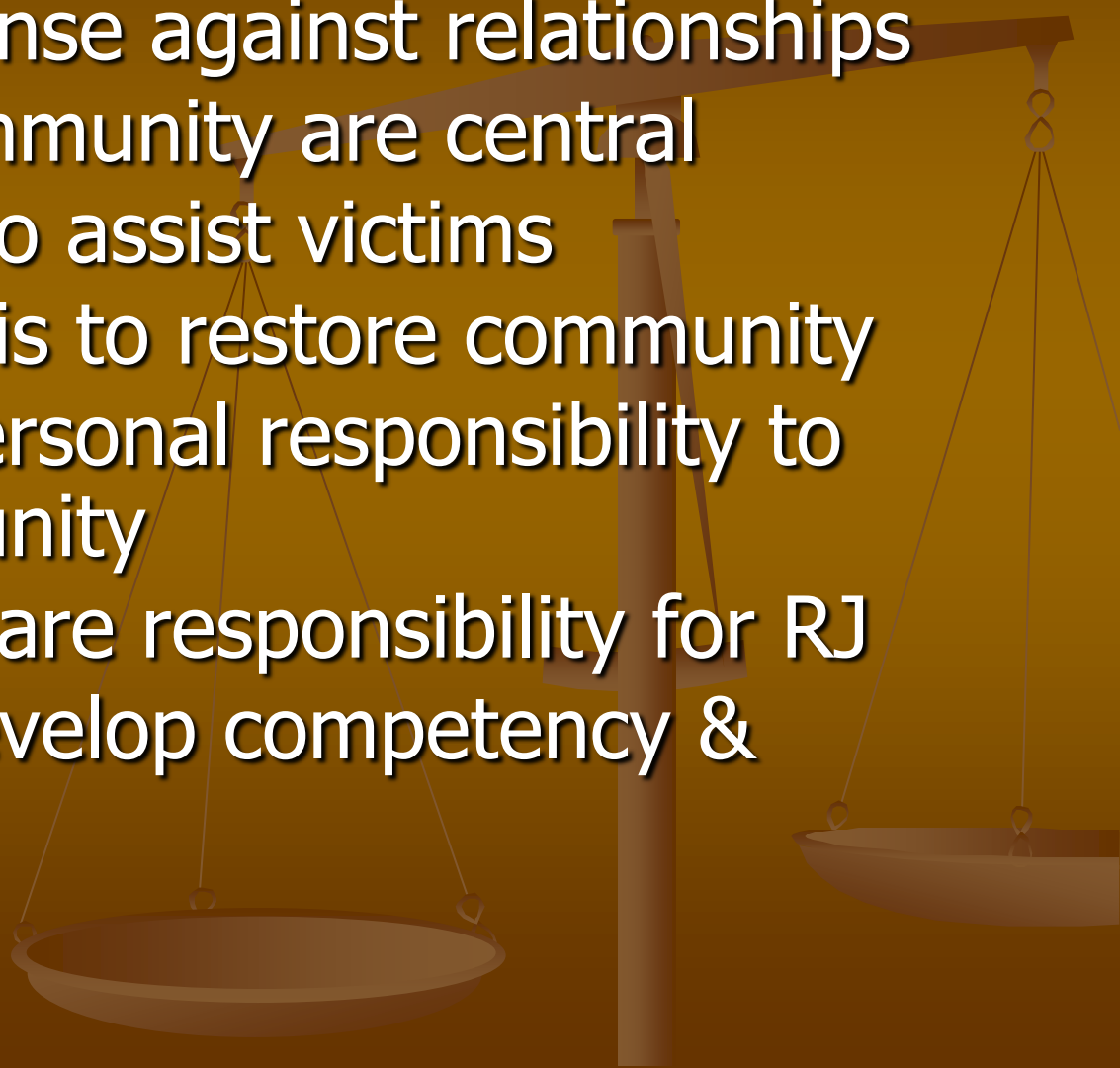
What is Balanced and Restorative Justice?

“Restorative Justice is a process whereby the parties with a stake in a particular offense come together to resolve collectively how to deal with the aftermath of the offense and its implications for the future.”

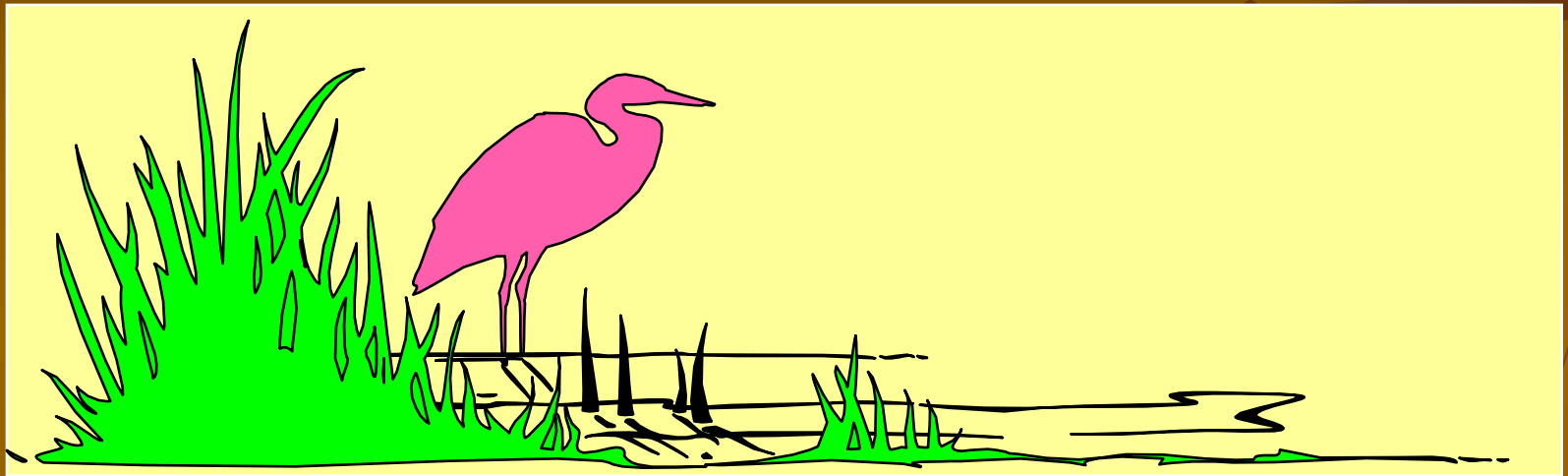


Restorative Justice Principles

- Crime is an offense against relationships
- Victims and community are central
- First priority is to assist victims
- Second priority is to restore community
- Offender has personal responsibility to victim & community
- Stakeholders share responsibility for RJ
- Offender will develop competency & understanding



Crime is a wound



Justice should be healing

Reconnecting . . .

Restorative process reconnects



Restorative Justice Values

- LOVE
- RESPECT
- HONESTY
- HUMILITY
- SHARING
- COURAGE
- INCLUSIVITY
- EMPATHY
- TRUST
- FORGIVENESS



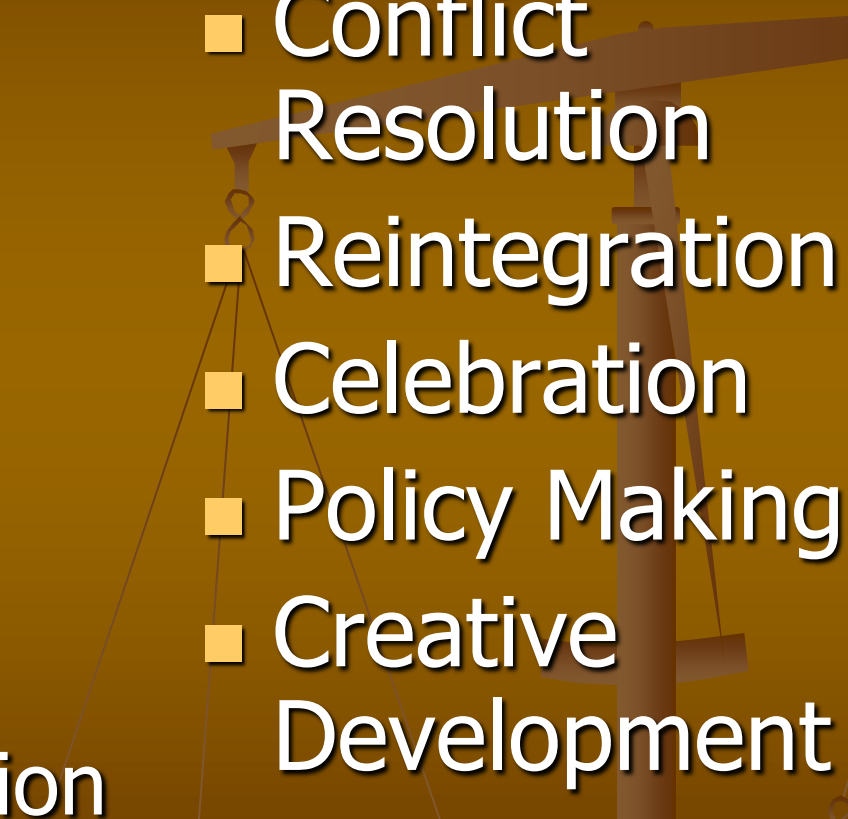
Restorative Justice

Practice Models

- Victim Offender Conferences
- Family Group Conferences
- Community Justice Centers
- Circles

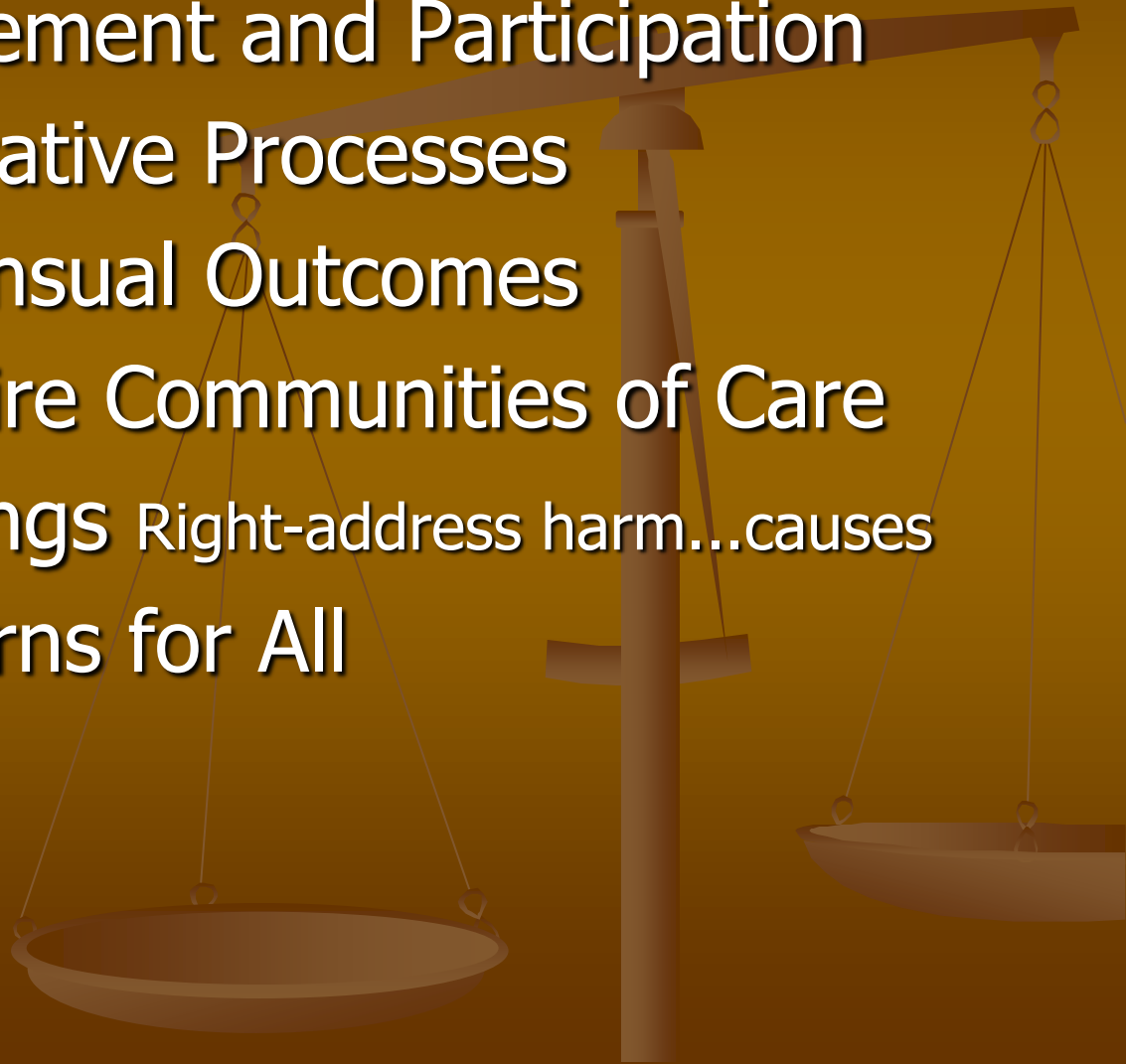


Types of Circles

- 
- Talking
 - Healing
 - Understanding
 - Sentencing
 - Support
 - Community Building
 - Violence Reduction
 - Conflict Resolution
 - Reintegration
 - Celebration
 - Policy Making
 - Creative Development

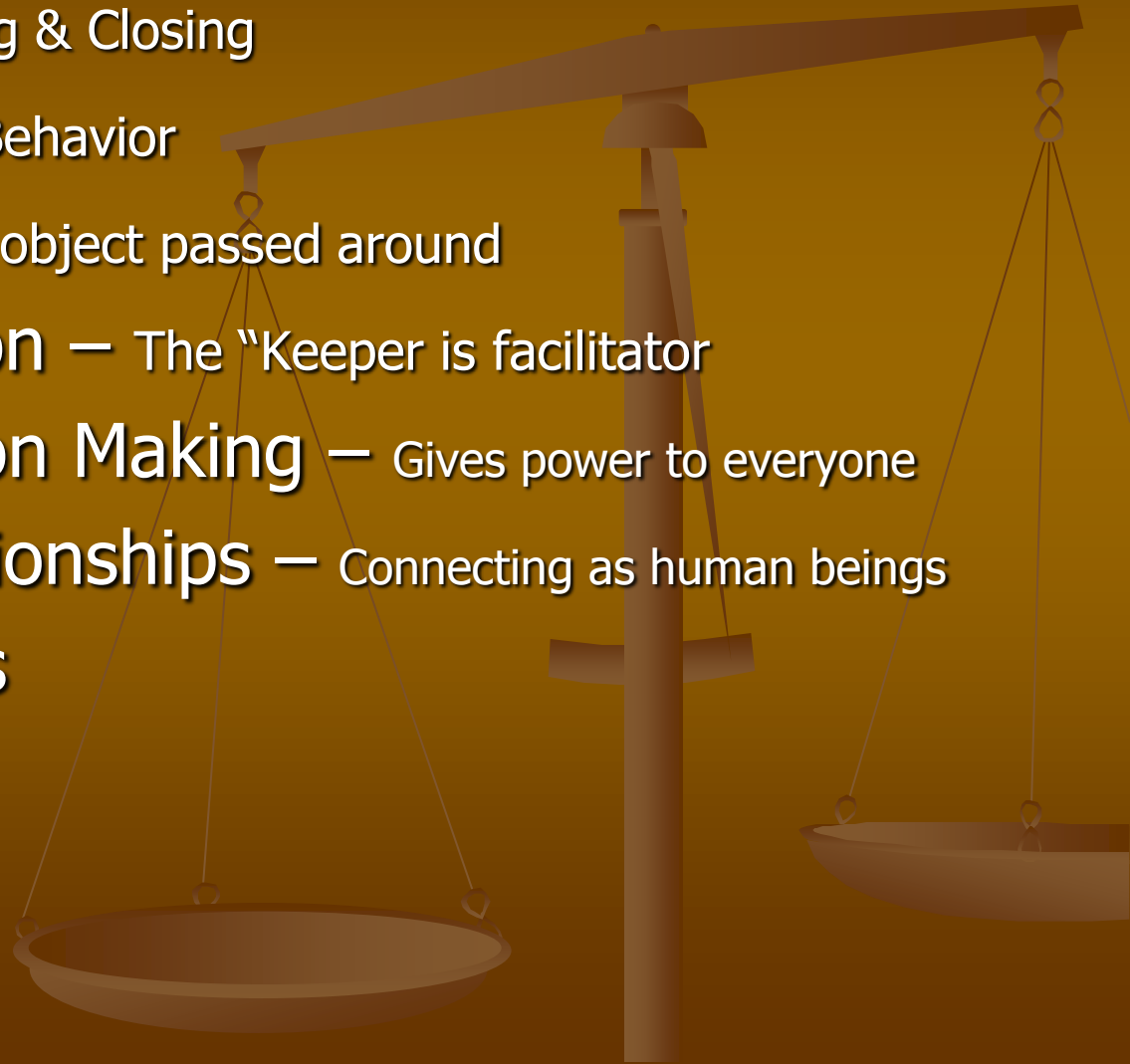
Restorative Justice Principles

- Promote Engagement and Participation
- Prefers Collaborative Processes
- Requires Consensual Outcomes
- Inclusive of Entire Communities of Care
- Aims to Put Things Right-address harm...causes
- Balances Concerns for All
- Respect for All

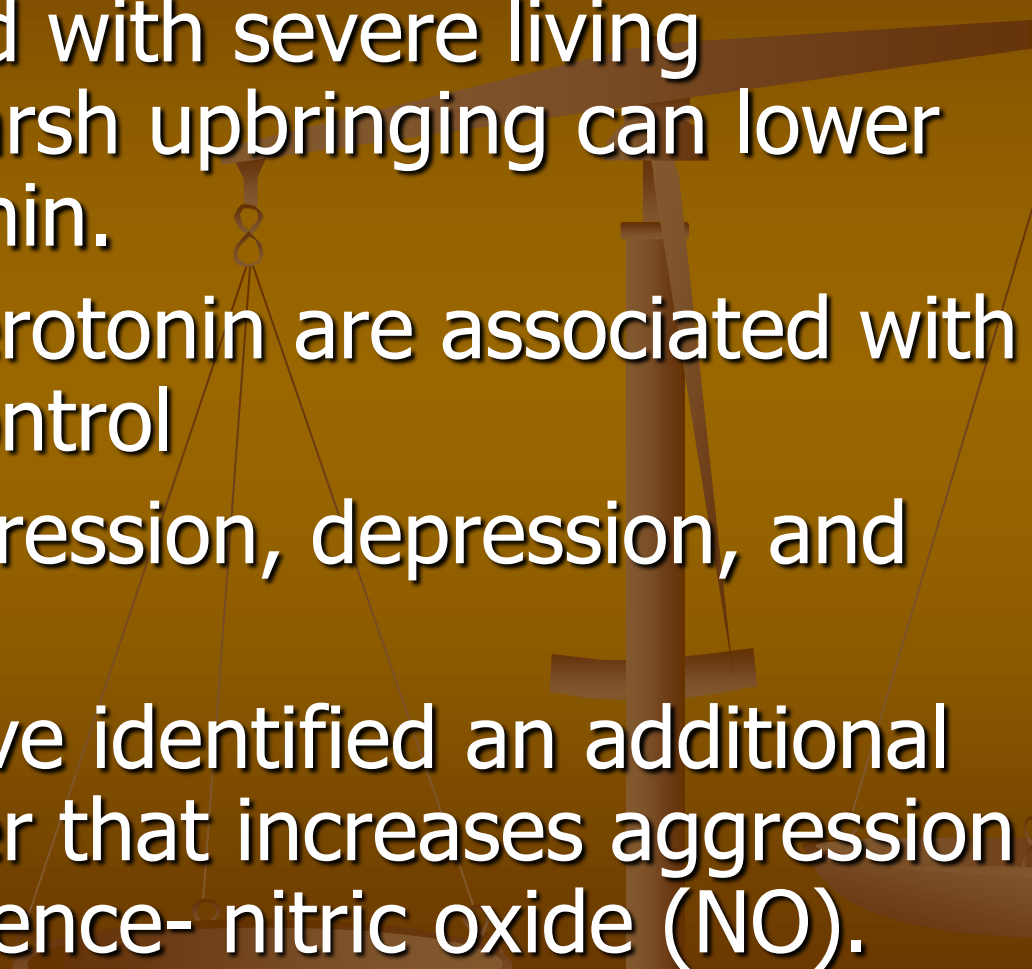


Key Elements of Circles

- Ceremony — Opening & Closing
- Guidelines — Circle Behavior
- Talking Piece — An object passed around
- Keeping/Facilitation — The “Keeper is facilitator
- Consensus Decision Making — Gives power to everyone
- Focusing on Relationships — Connecting as human beings
- Recommendations
- Closing



Violent Aggression & Stress

- Stress combined with severe living conditions or harsh upbringing can lower levels of serotonin.
 - Low levels of serotonin are associated with poor impulse control
 - Alcoholism, aggression, depression, and suicide.
 - Researchers have identified an additional neurotransmitter that increases aggression and sexual violence- nitric oxide (NO).
- 

Stress Reduction & Relaxation Training

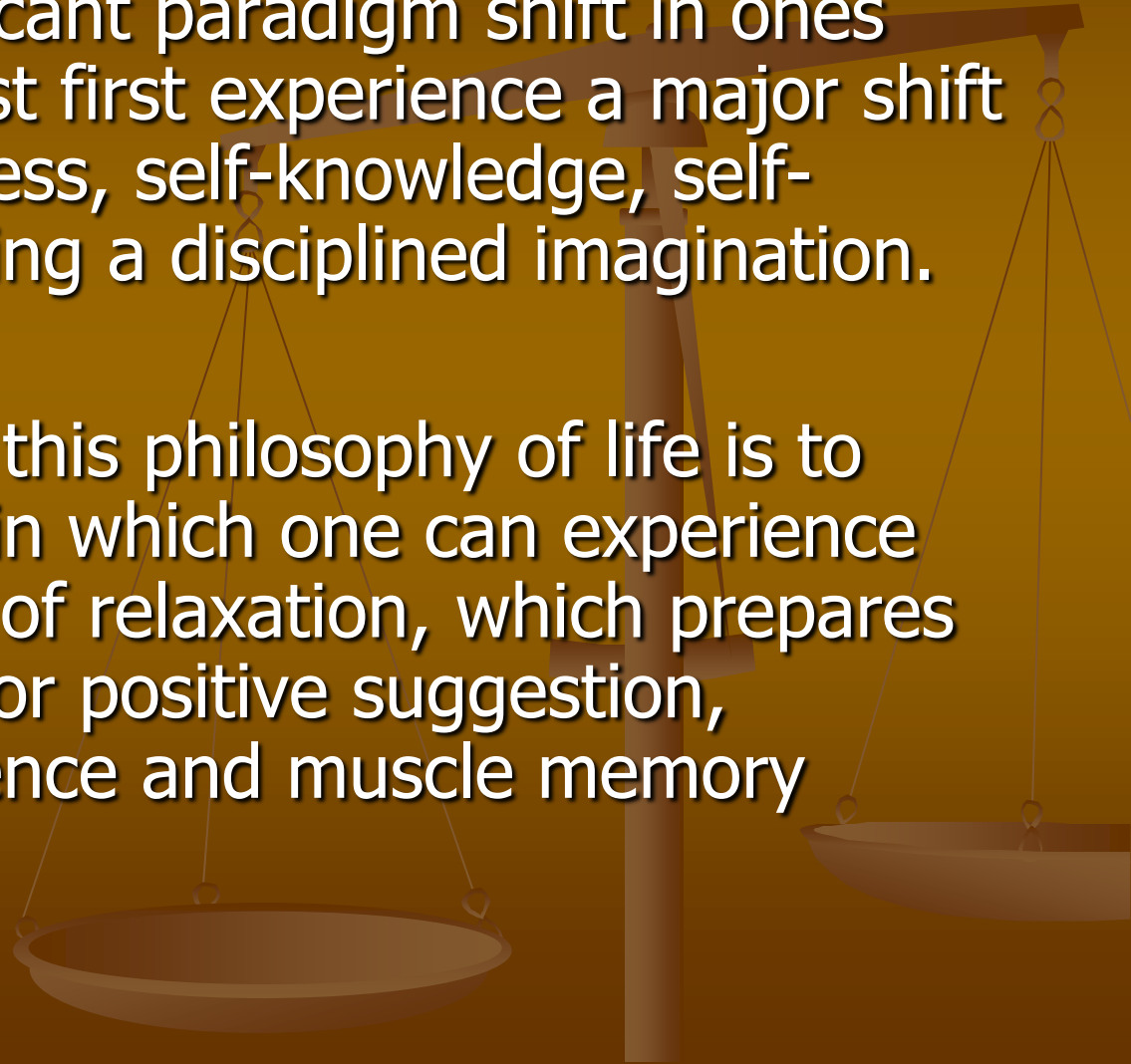
Deep Levels of relaxation creates
brain wave activity which allows
the ego to release and the mind
to receive new information with
improved retention, healing

AND

INCREASED EMOTIONAL CONTROL

Stress Reduction Training and The Group Process

- To create a significant paradigm shift in ones behavior, you must first experience a major shift in self-consciousness, self-knowledge, self-control, and creating a disciplined imagination.
- The objective of this philosophy of life is to create conditions in which one can experience deep, deep levels of relaxation, which prepares the mind (brain) for positive suggestion, emotional intelligence and muscle memory retention.



The Brain, Feelings and Emotional Health

Library of Congress Medical Symposium on Science of Emotion
and the National Institute of Mental Health ~ 1998

Neurobiological Research

- “Today, we know that the brain, not the heart, rules emotion, the science of emotion is explaining in human terms the fine line between mental health and mental illness.” Tipper Gore, President Clinton’s Mental Health Policy Adviser Keynote Speaker

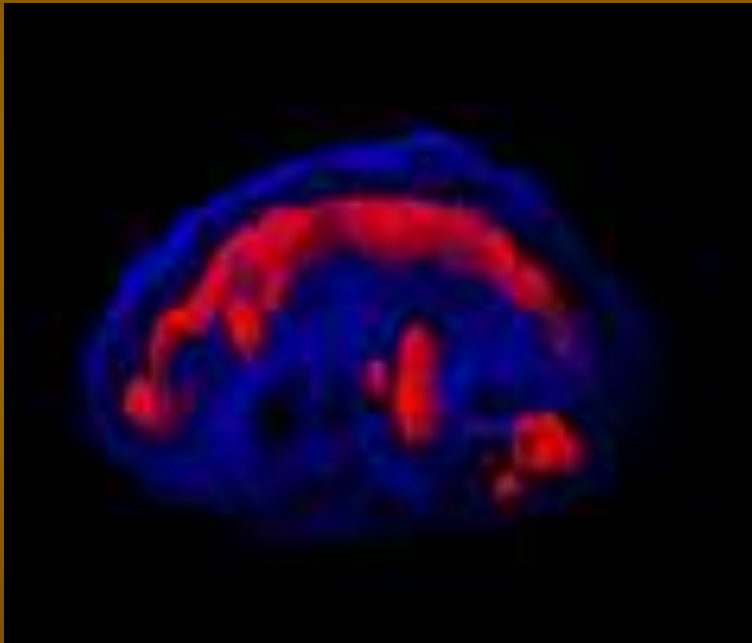


Mental Health vs. Emotional Wellness

Amen Clinics, Inc. offers brain SPECT imaging



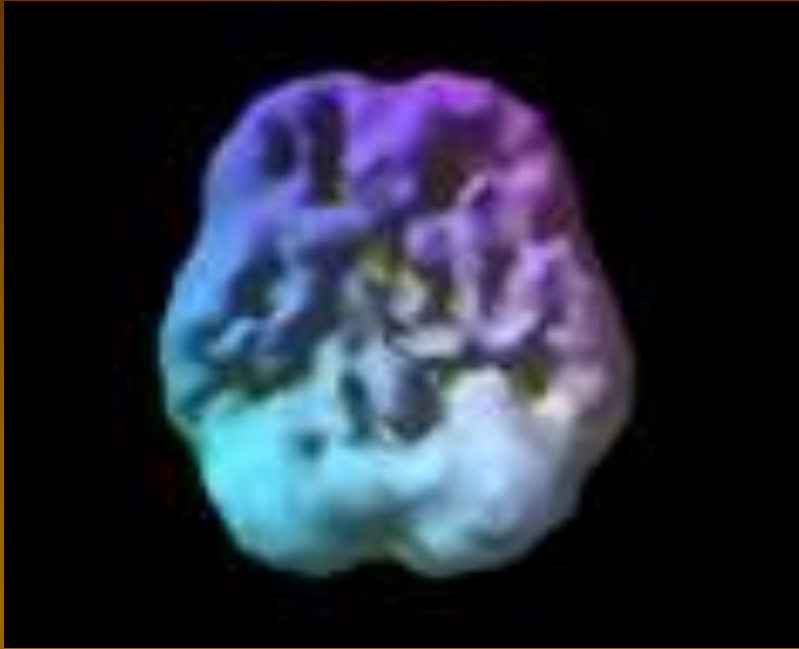
Violence



Magnetic Resonance Imaging



SPECT imaging



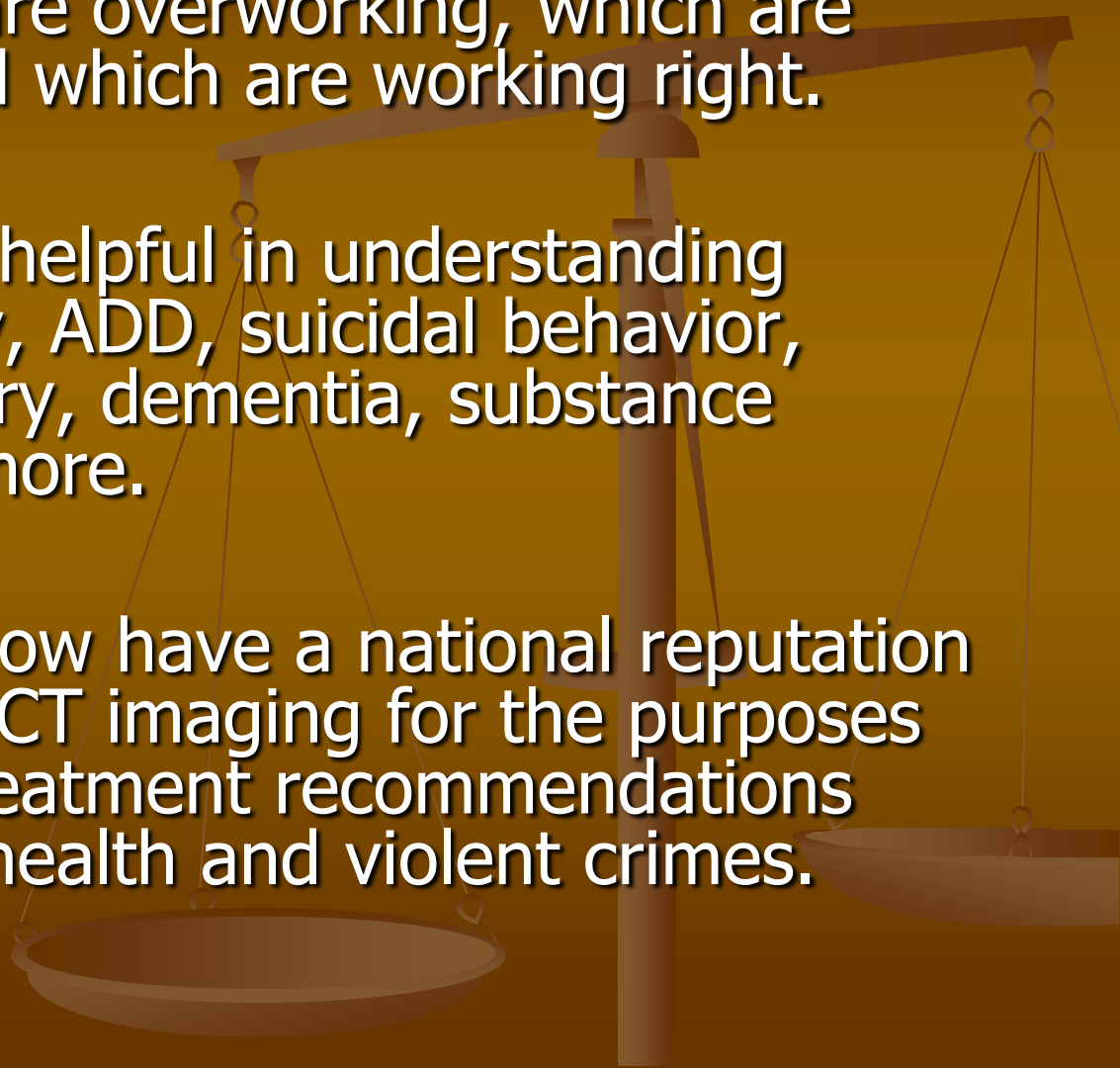
underside surface view, concentration
study, no medication
marked decreased prefrontal and
temporal lobe activity

Brain Research Insights

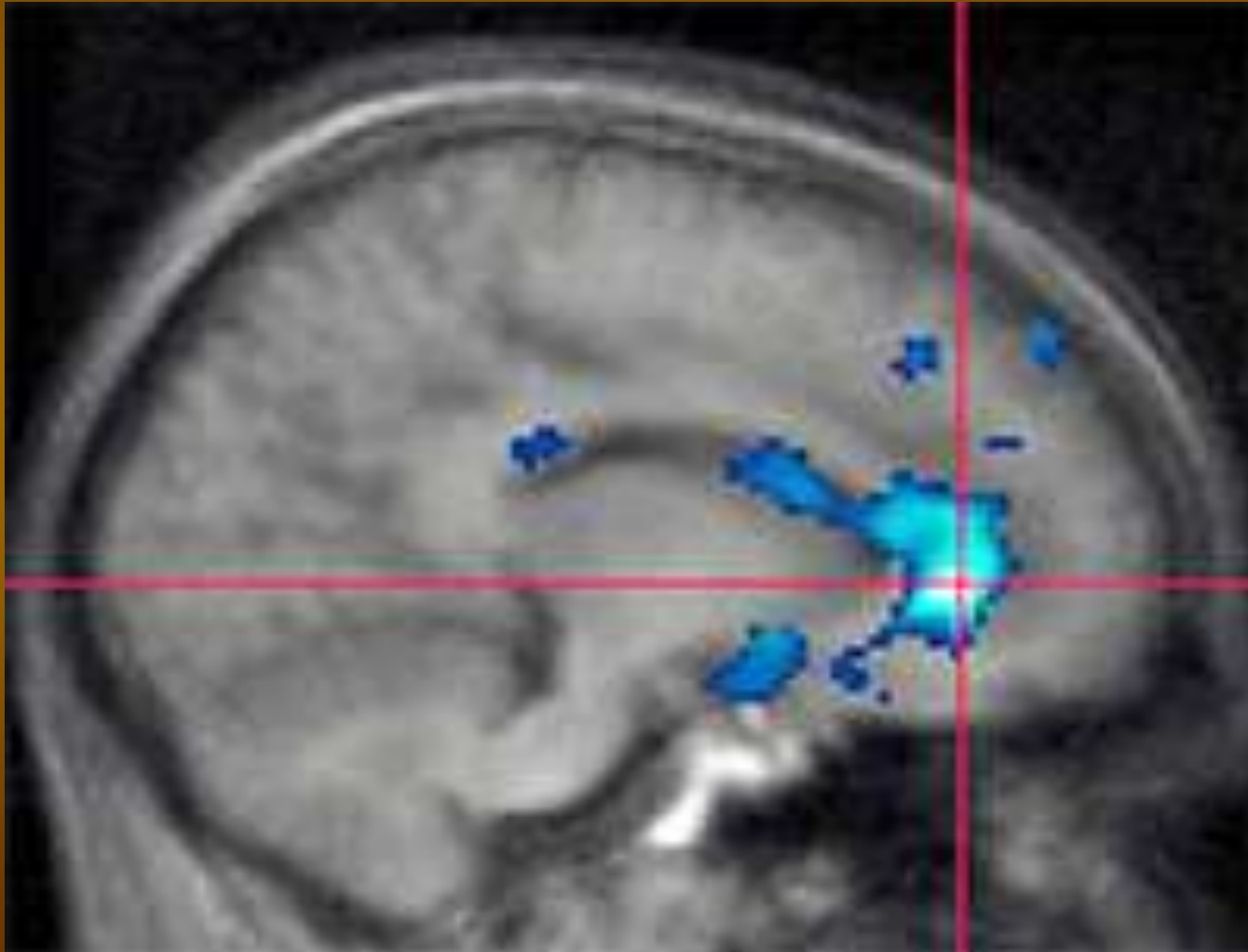
- Mental illness and co-occurring substance addiction are dealing with brain illnesses rather than character problems.
- Established in 1989, Amen Clinics, Inc. has amassed the world's largest database of functional brain (SPECT) scans.
- Dr. Daniel Amen, a board certified child, adolescent and adult psychiatrist, started this work by simply ordering brain SPECT (Single Photon Emission Computed Tomography) studies on his patients in 1991.

Amen Brain Research

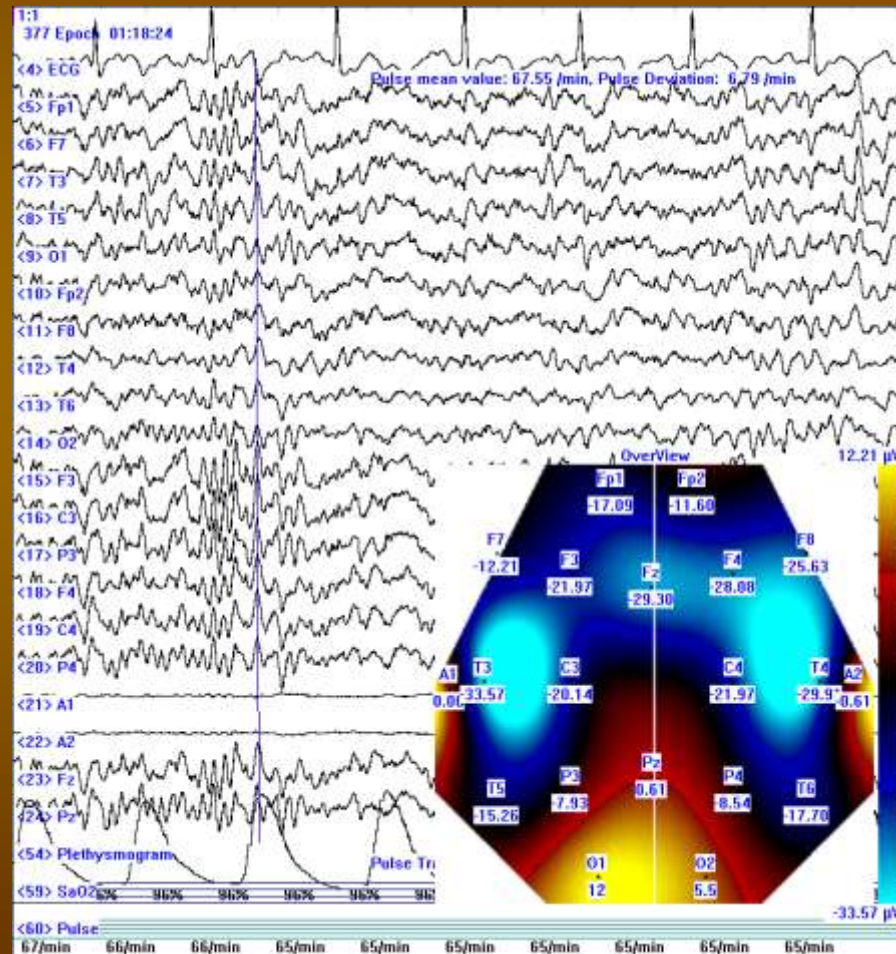
- The images are able to physically show which parts of the brain are overworking, which are under working, and which are working right.
- scans are clinically helpful in understanding depression, anxiety, ADD, suicidal behavior, violence, brain injury, dementia, substance abuse, and much more.
- The Amen Clinics now have a national reputation for using brain SPECT imaging for the purposes of diagnosis and treatment recommendations relating to mental health and violent crimes.



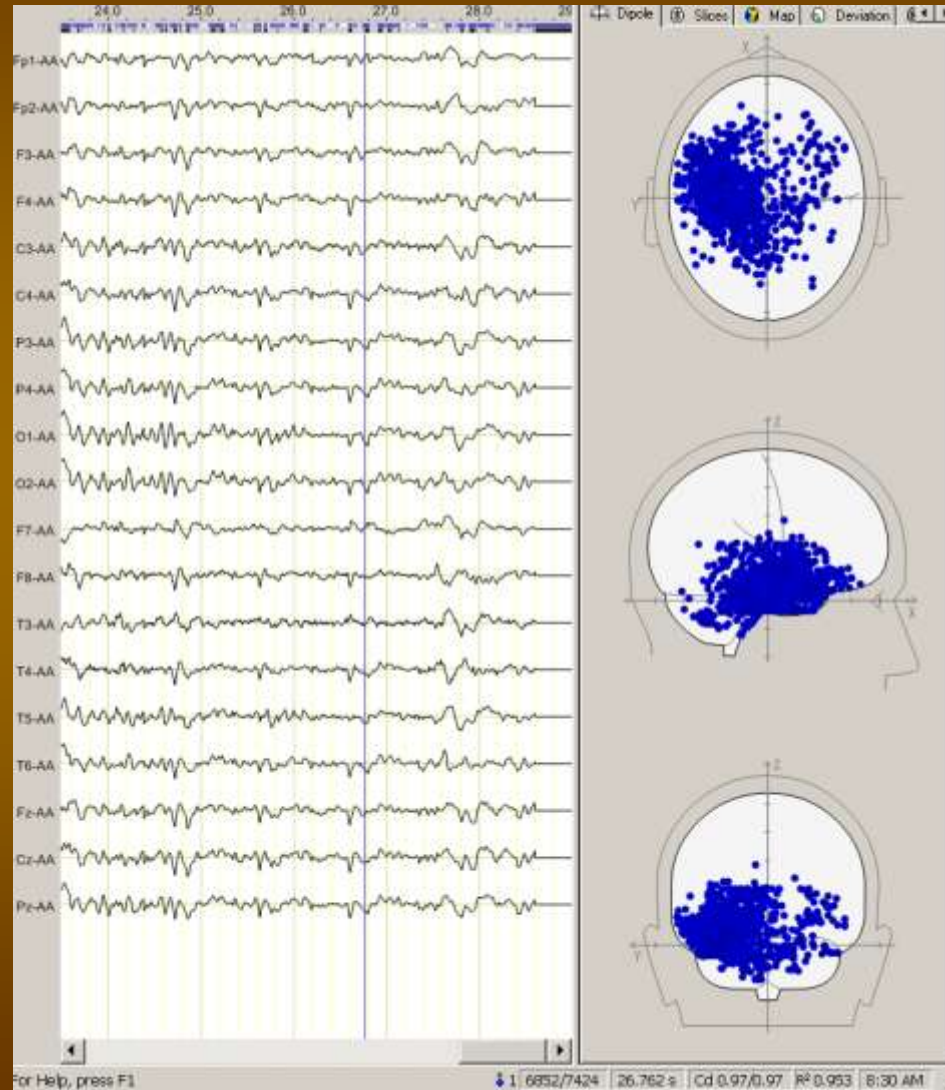
Brain Mapping Research



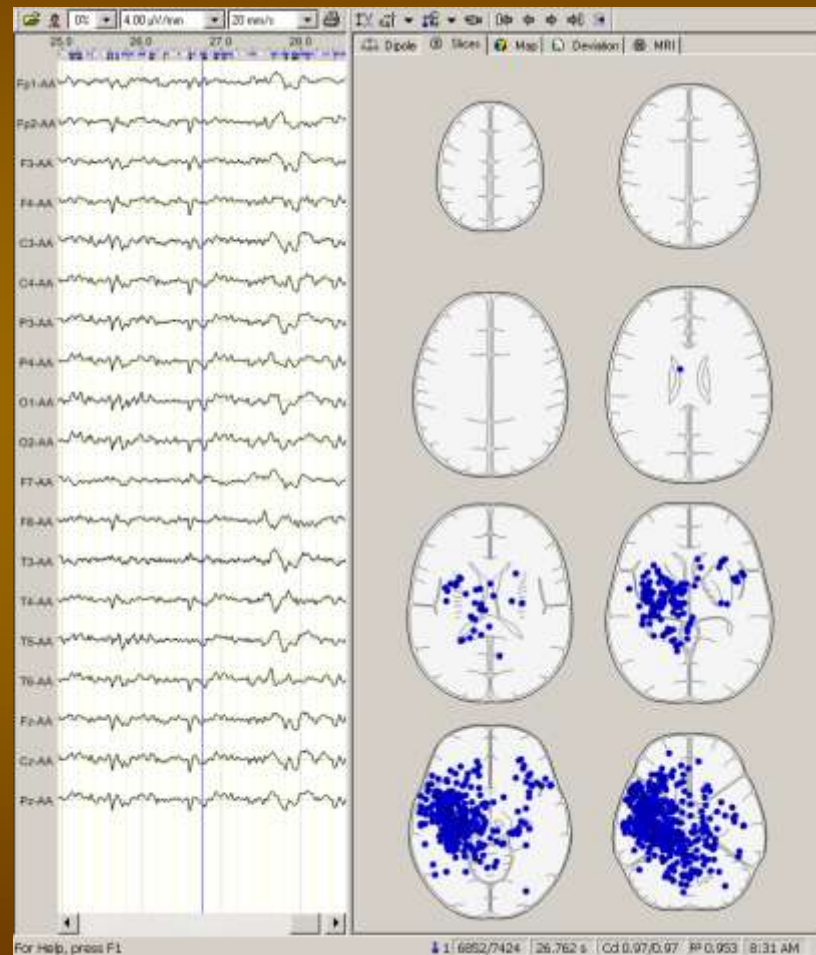
EEG Reading of Brain Waves



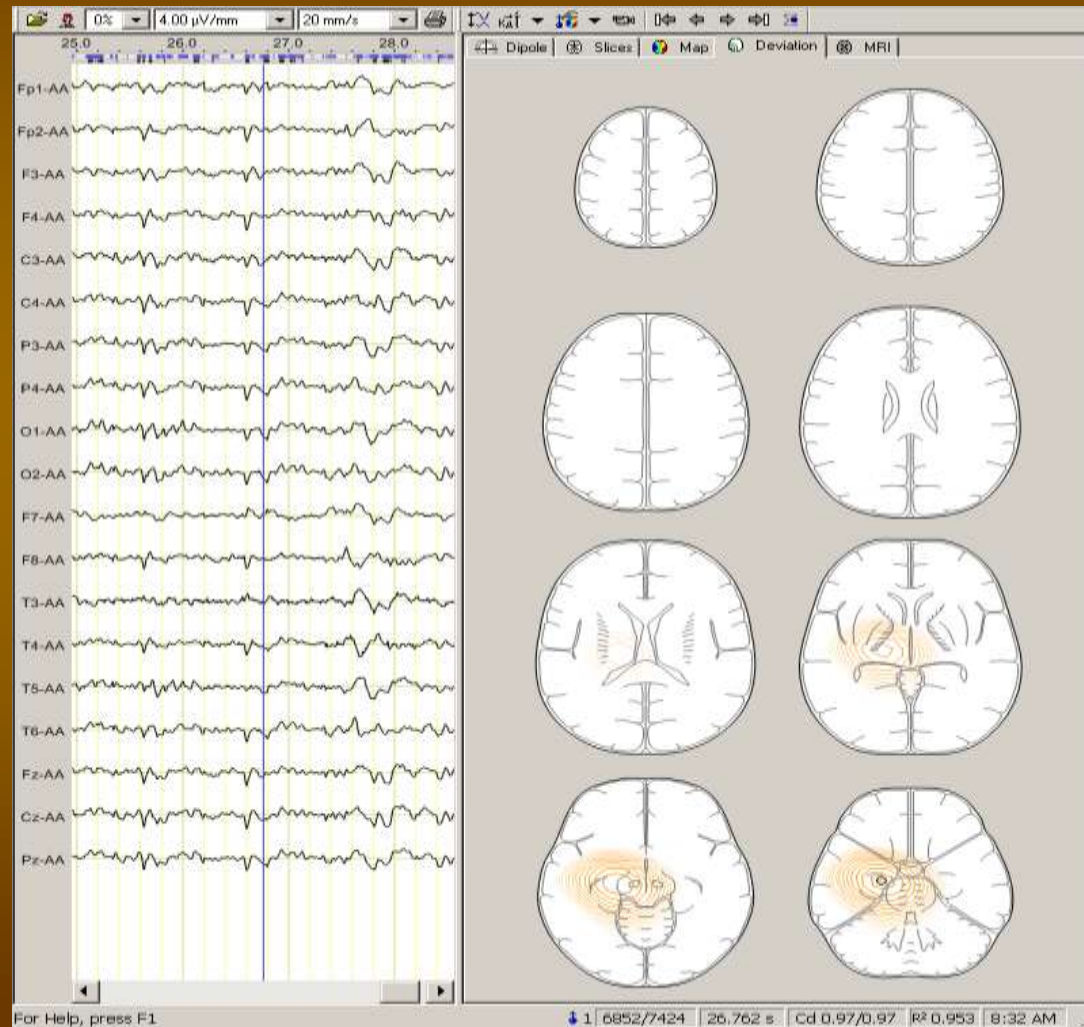
Meditation Brain Mapping



Meditation After 3 months



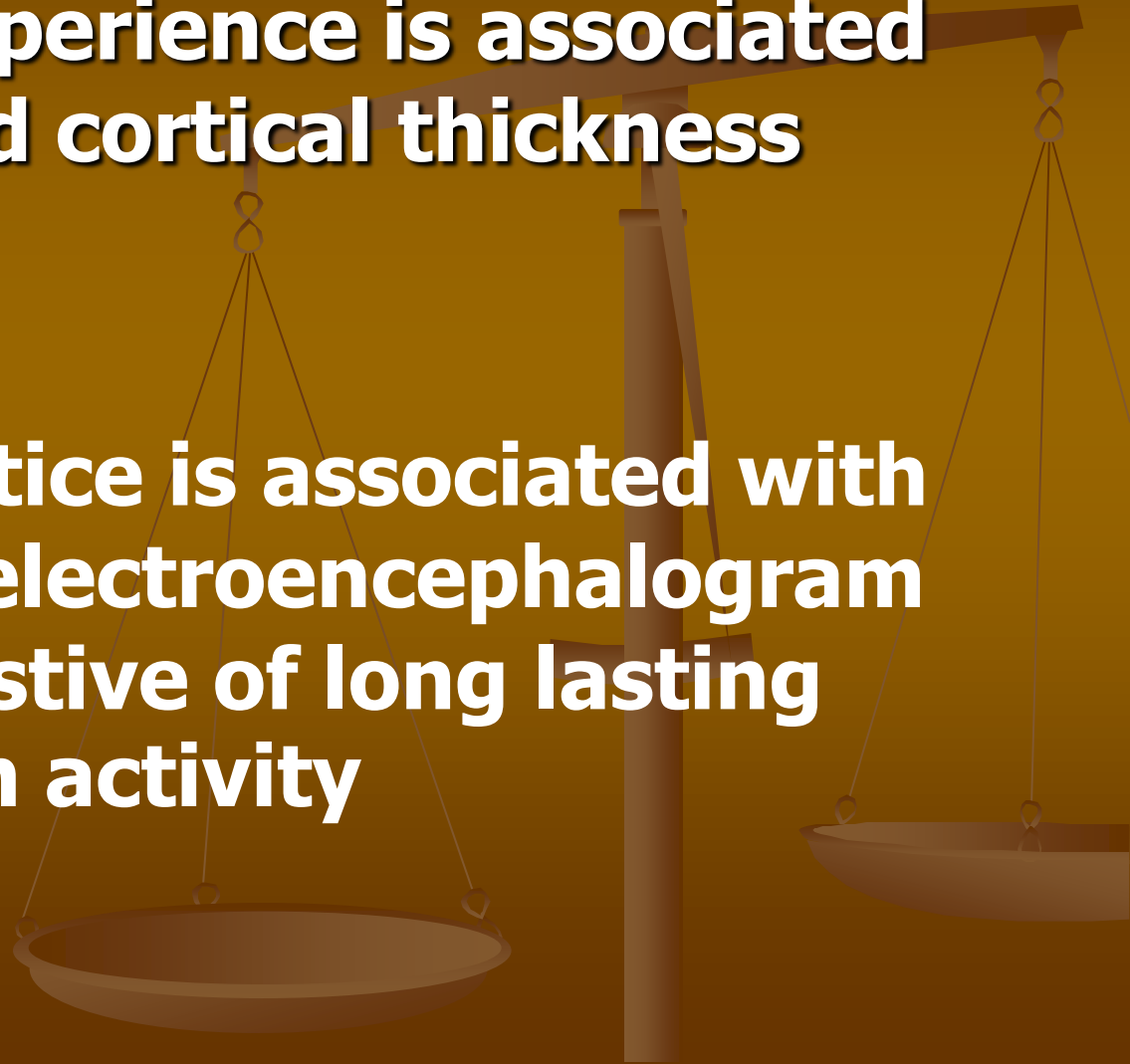
Meditation After 6 months



Meditation for Violence Reduction

- **Meditation experience is associated with increased cortical thickness**

Meditation practice is associated with altered resting electroencephalogram patterns, suggestive of long lasting changes in brain activity



Sound (Audio Based entrainment) induces Deep Levels of Relaxation

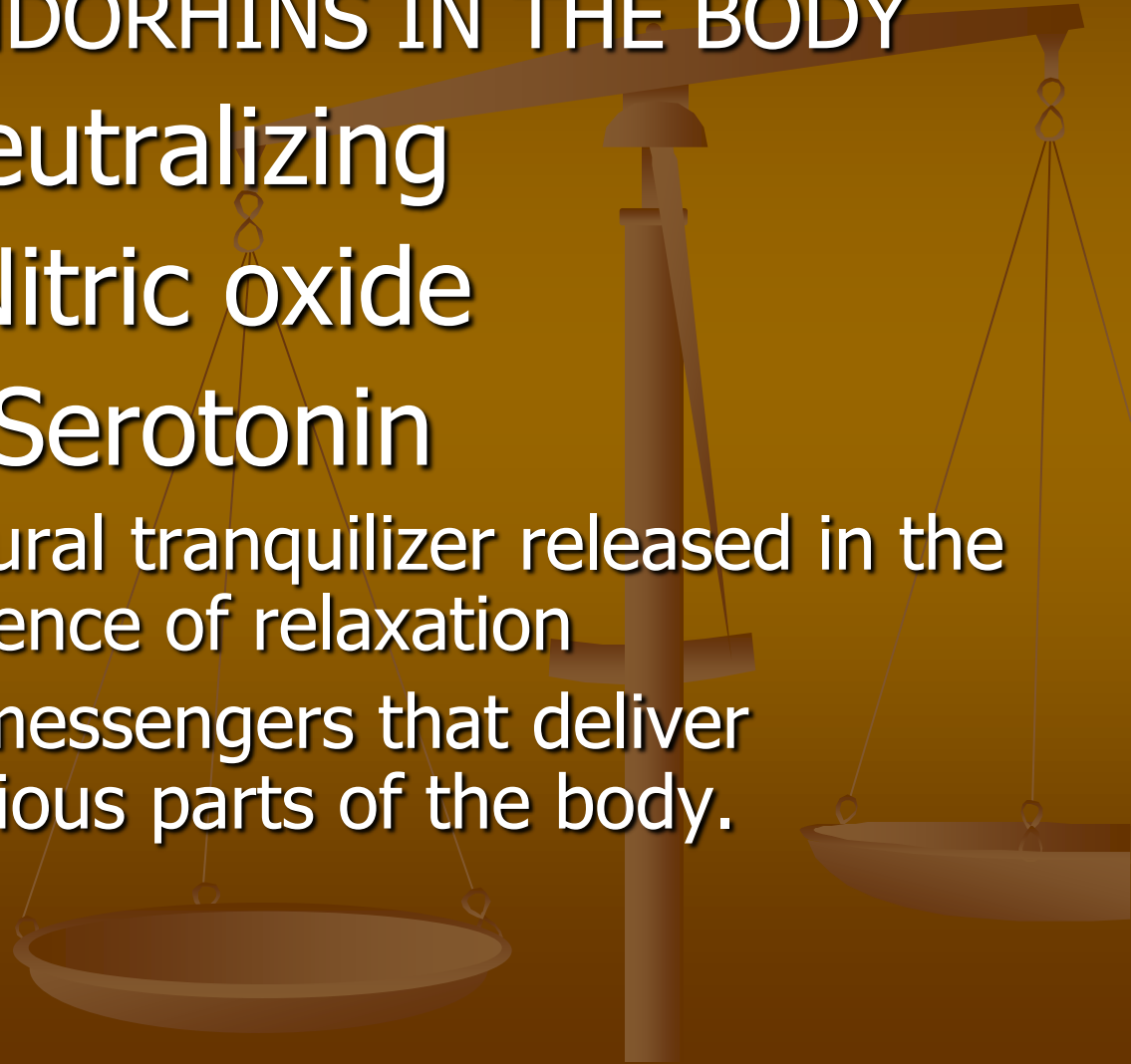
INCREASES ENDORPHINS IN THE BODY

Neutralizing

- Nitric oxide
- Serotonin

Endorphins- a natural tranquilizer released in the presence of relaxation

Neuropeptides – messengers that deliver information to various parts of the body.

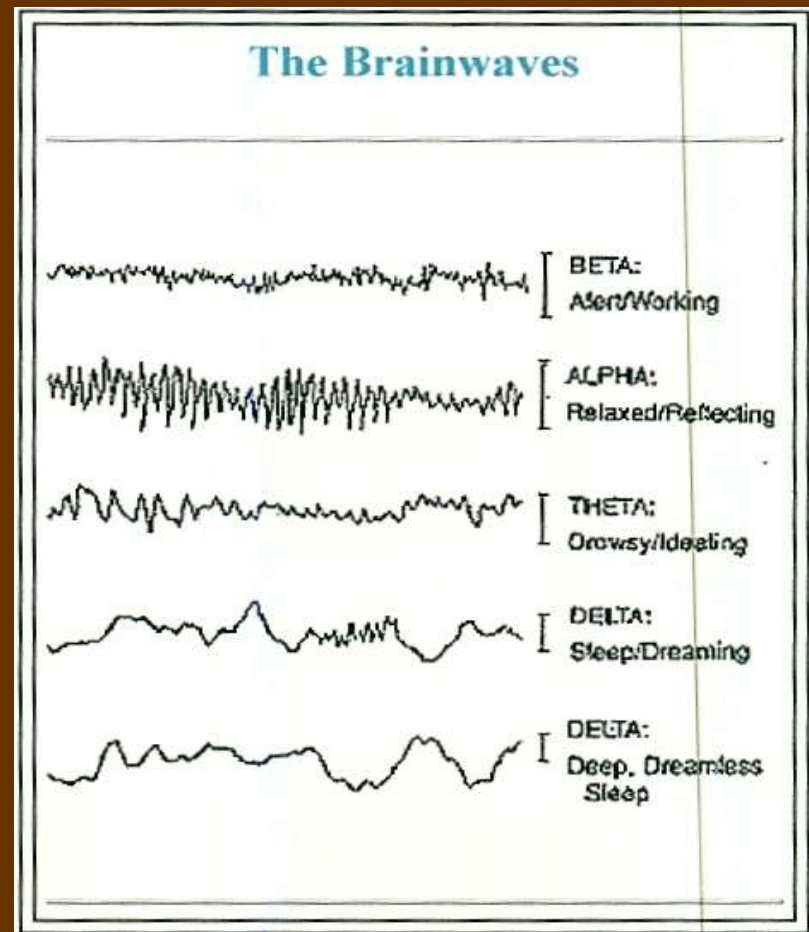


Brain Wave Frequencies for Stress Reduction

- **Beta** – The fastest brain wave frequency, representing the most intense state of alertness. Emitted when we are consciously alert, or we feel agitated, or tense. This state of awareness indicates maximum mind power.
- **Alpha** – This brain wave indicates a relaxed state of mind. This represents a pure meditative state. It is a state of relaxed alertness, good for inspiration, learning and retaining information. When we are in a state of physical and mental relaxation, the ability for concentrating and remembering new information is increased.
- **Theta**- A state of deep meditation. A high state of mental clarity and concentration
- **Delta** – A state of unconsciousness, deep dreamless sleep. and or afraid.

Balanced & Restored

- A BRIEF PERIOD IN THETA (5-15 MINS) CAN RESTORE THE RATIO TO NORMAL, RESULTING IN THE RELIEF OF MENTAL CONGESTION



Sound Vibronics™



Sonic Stress Reduction and Chakra Healing System (SSR)

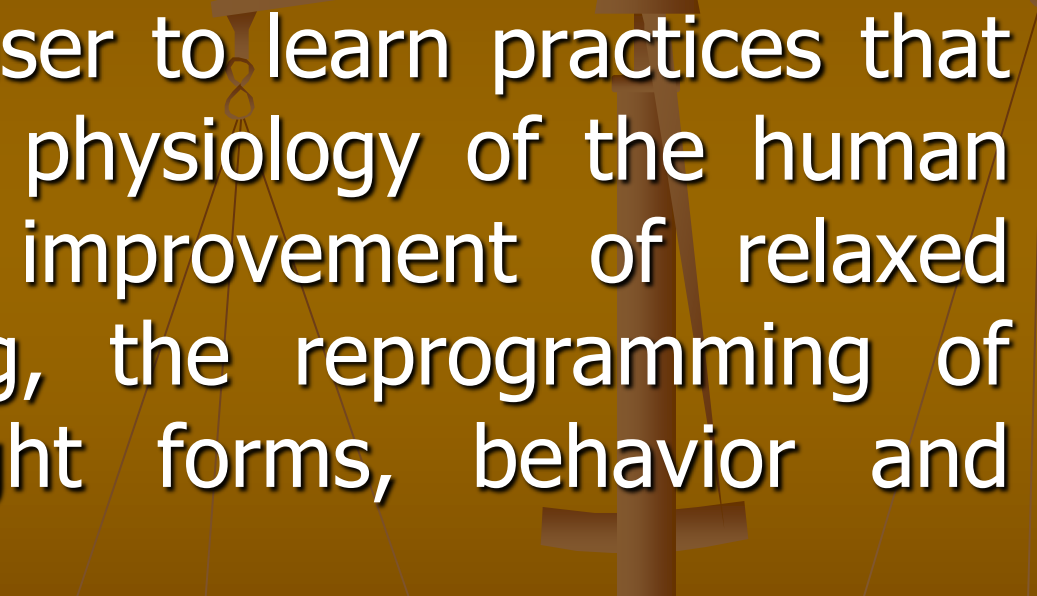
Creating a shift in Consciousness...

reconditioning the mind for affirmative thought

Sound + Intent = Manifestation

Sonic Stress Reduction (SSR)

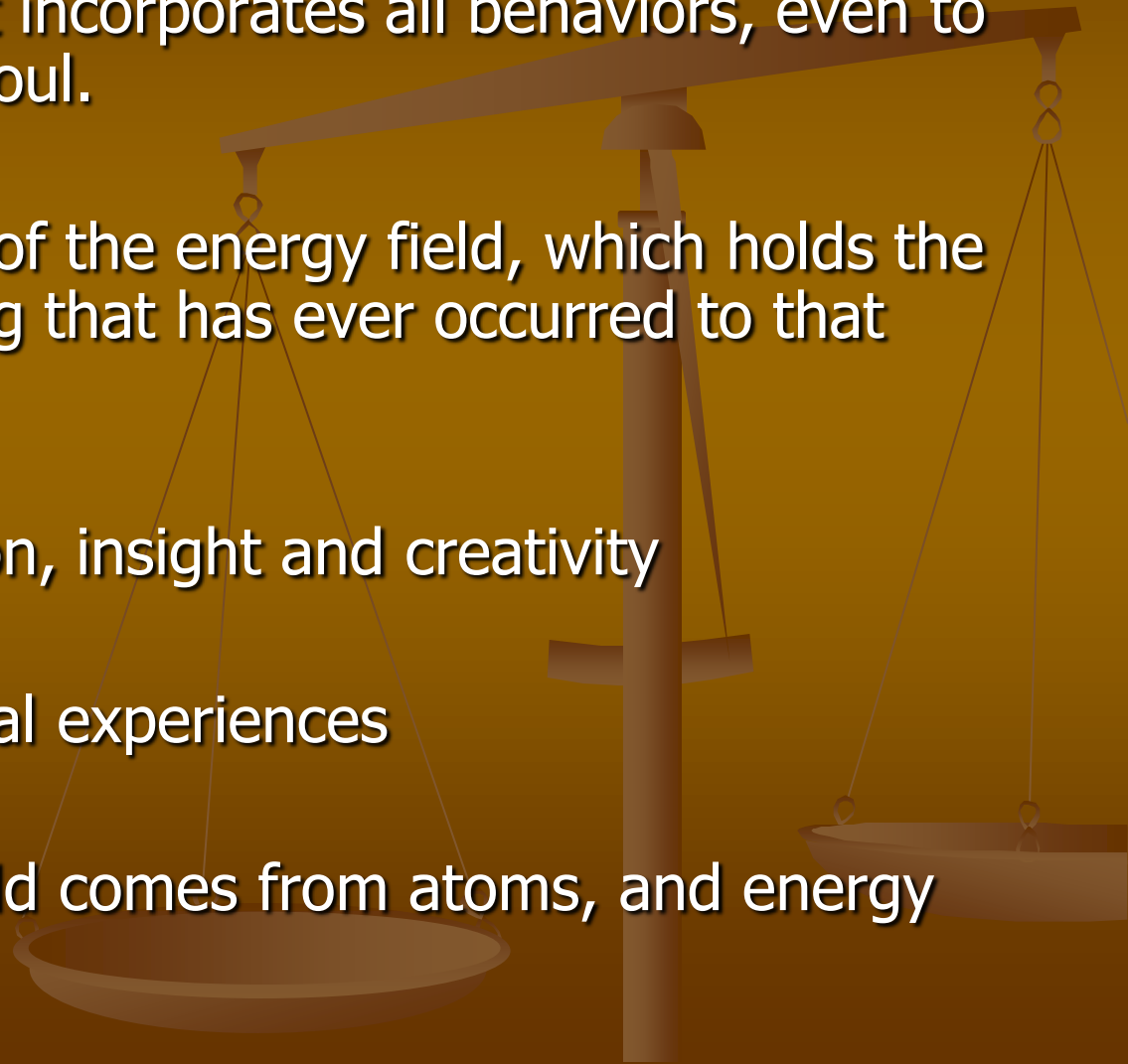
Encourages the user to learn practices that focuses on the physiology of the human structure, the improvement of relaxed states of being, the reprogramming of negative thought forms, behavior and beliefs



Bio ~ Energy Fields

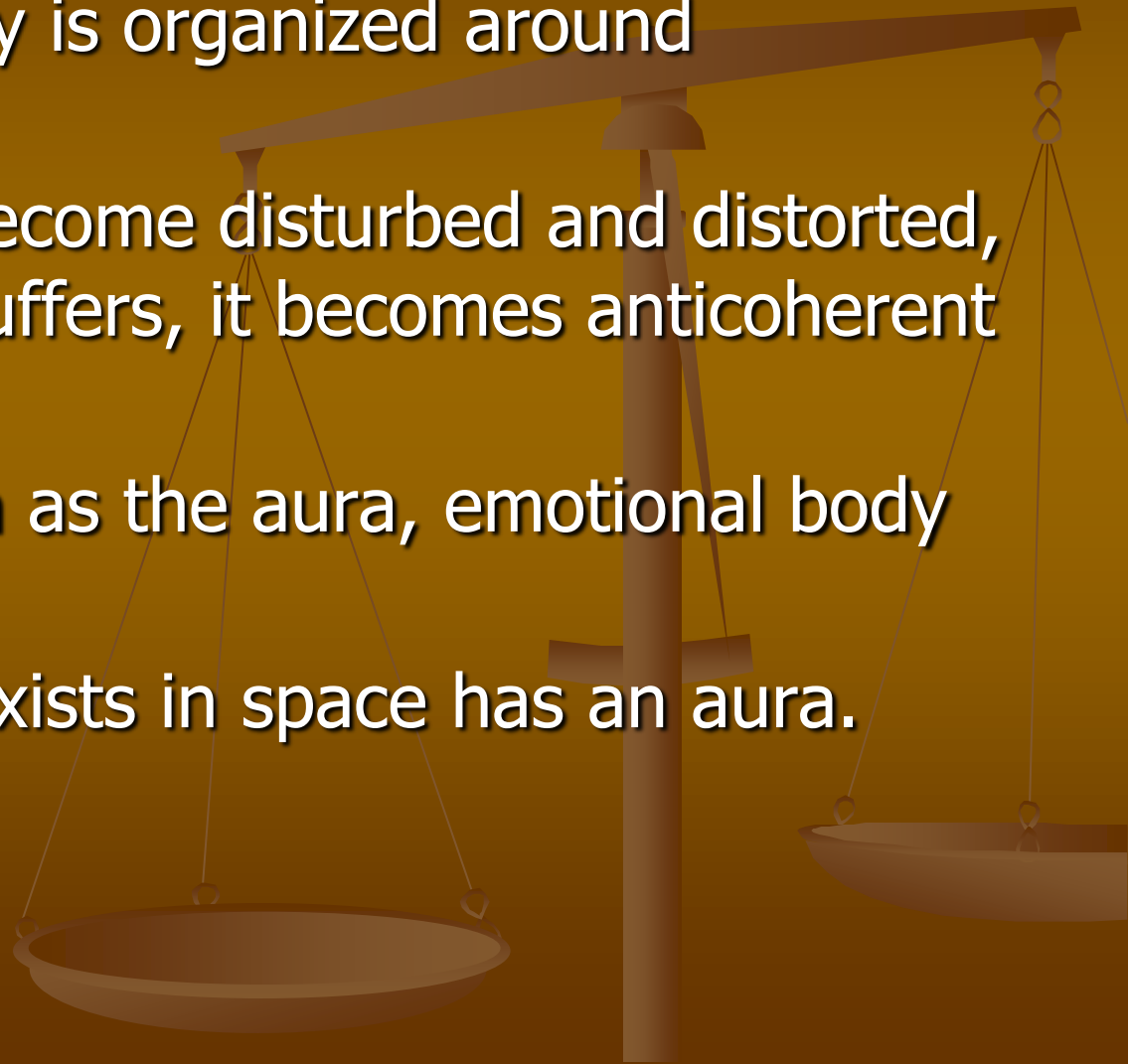
The human energy field or mind of man

- A field of energy that incorporates all behaviors, even to the highest level of soul.
- The soul is the apex of the energy field, which holds the memory of everything that has ever occurred to that soul
- The source of intuition, insight and creativity
- The source of mystical experiences
- All energy in the world comes from atoms, and energy becomes organized



Bio~ Energy Fields

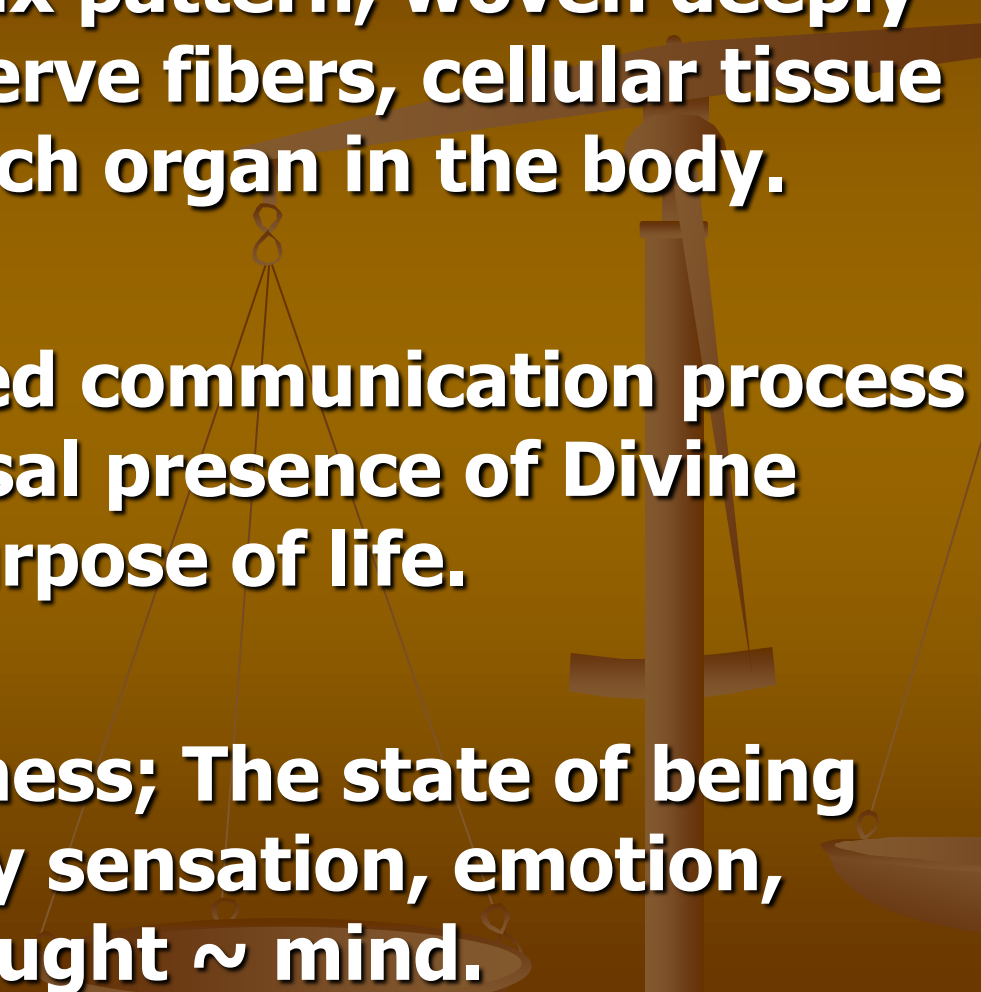
- The human energy is organized around emotions
- When emotions become disturbed and distorted, the energy field suffers, it becomes antioherent & nervous
- This is also known as the aura, emotional body or etheric body
- Everything that exists in space has an aura.



7 Personalities of The Soul



IVY'S DEFINITION OF SOUL

- **A spiritual matrix pattern, woven deeply into the DNA, nerve fibers, cellular tissue and genes of each organ in the body.**
 - **Creating a sacred communication process with the universal presence of Divine Creation and purpose of life.**
 - **Pure consciousness; The state of being characterized by sensation, emotion, volition and thought ~ mind.**
- 

Seven Personalities of the Soul

Centers of Consciousness ~ The Chakras

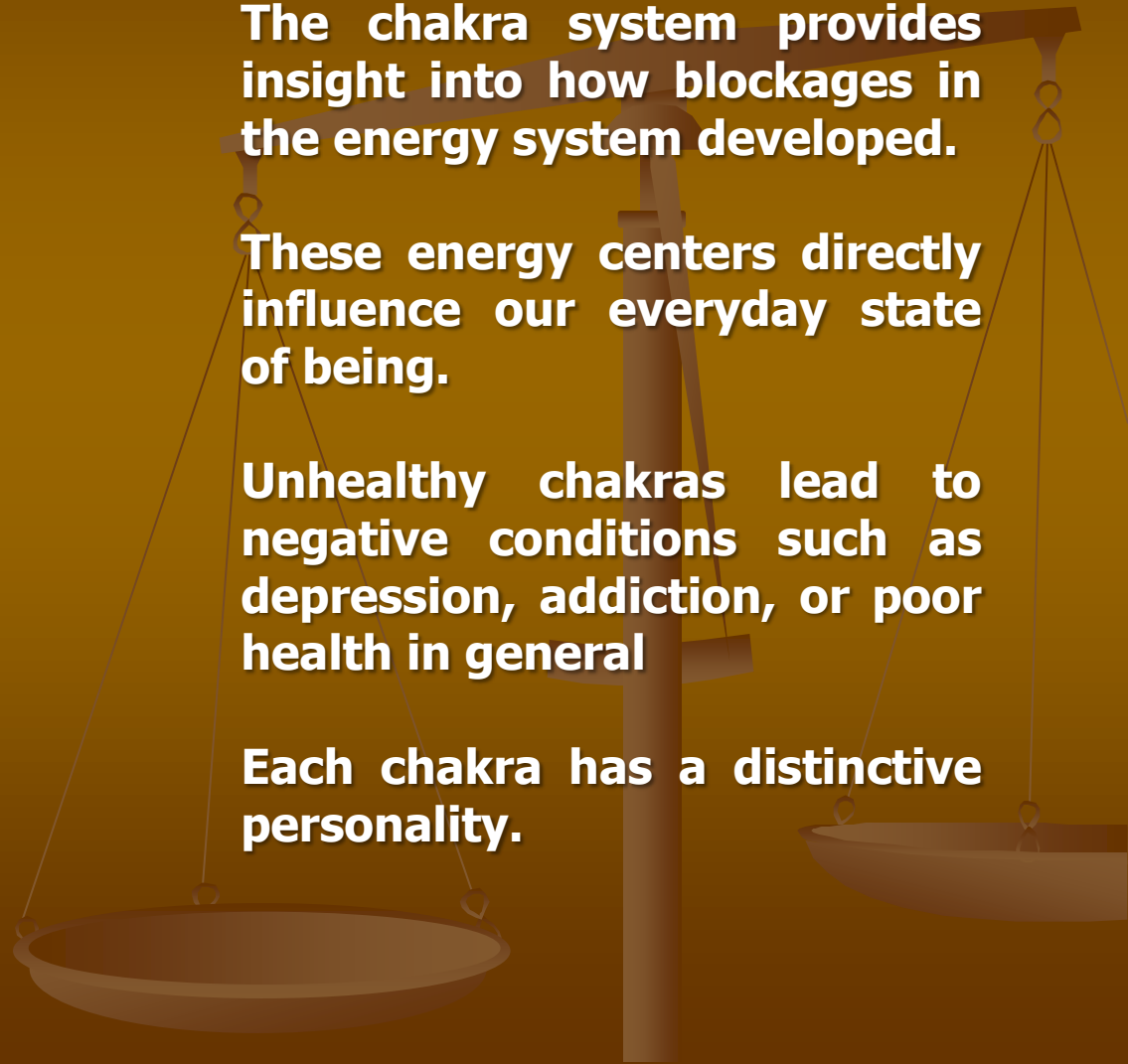
- **The emotional body is composed of subtle channels which act as transformers of emotional energy.**
- **Chakras are an Eastern psycho ~ physiological system designed to serve as a reference point, enabling us to recognize feelings within ourselves more easily.**
- **Chakras are energy centers thought of as consciousness, feelings, needs and experience**

The chakra system provides insight into how blockages in the energy system developed.

These energy centers directly influence our everyday state of being.

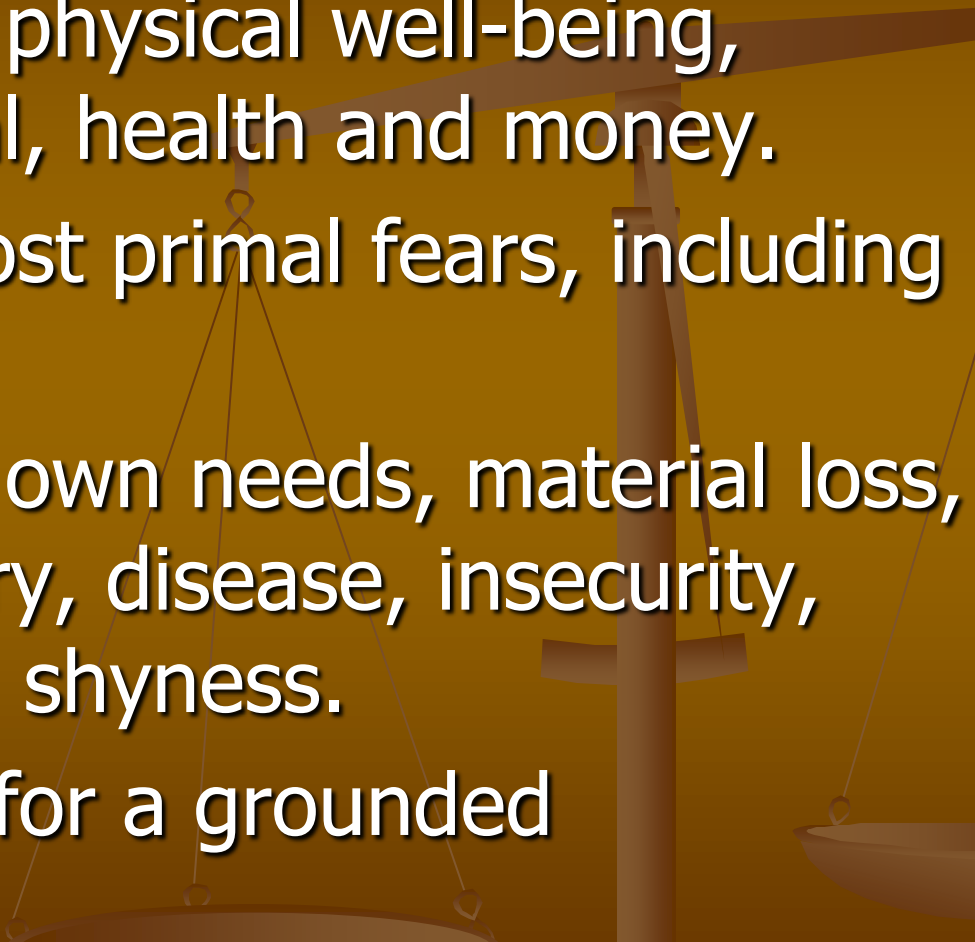
Unhealthy chakras lead to negative conditions such as depression, addiction, or poor health in general

Each chakra has a distinctive personality.



SURVIVAL ~ ROOT

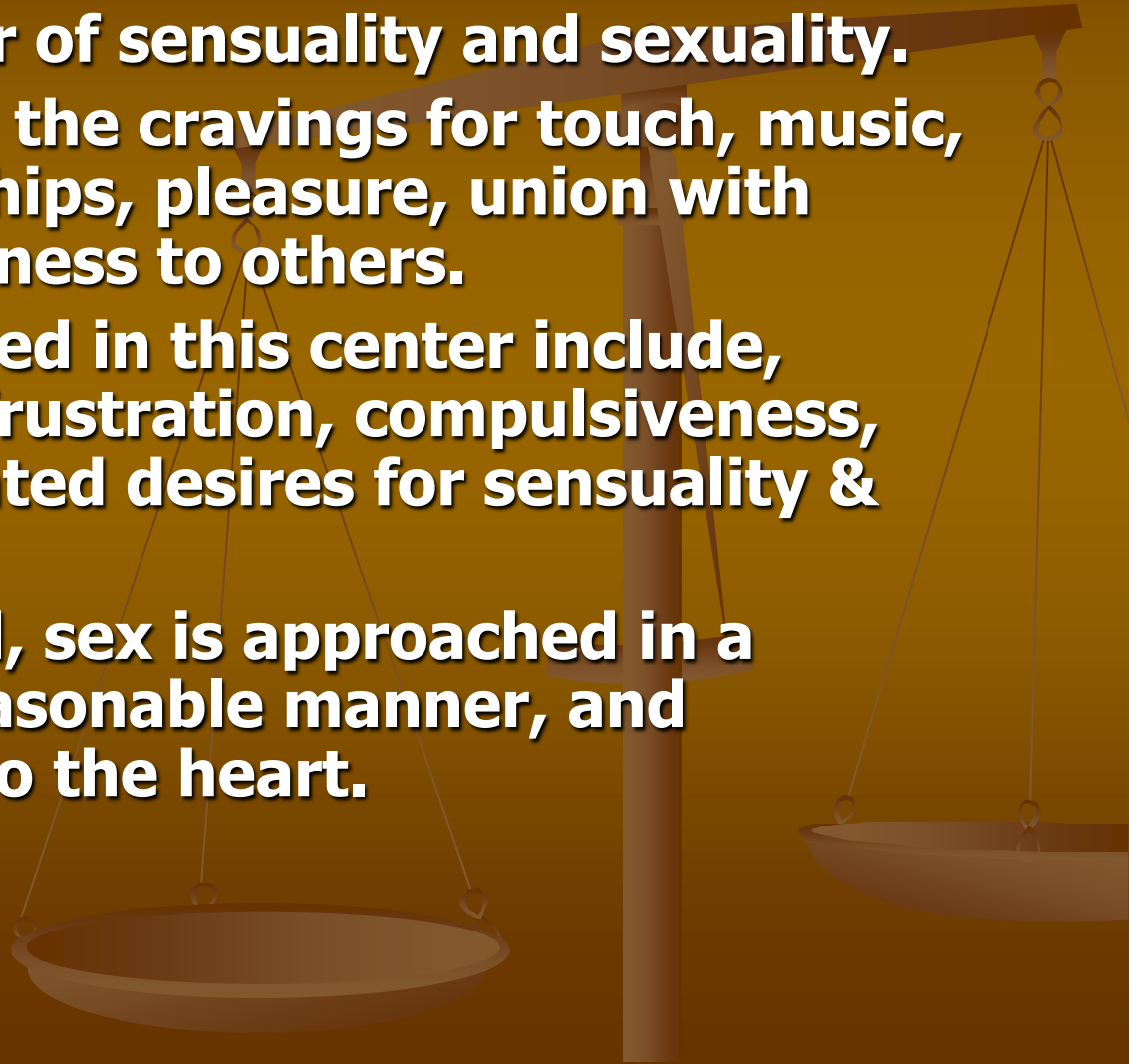
Adrenal Gland

- Concerned with physical well-being, security, survival, health and money.
 - The home of most primal fears, including death.
 - Concerned with own needs, material loss, lack, bodily injury, disease, insecurity, anxiety, rigidity, shyness.
 - The foundation for a grounded consciousness.
- 

SENSATION ~ SACRAL

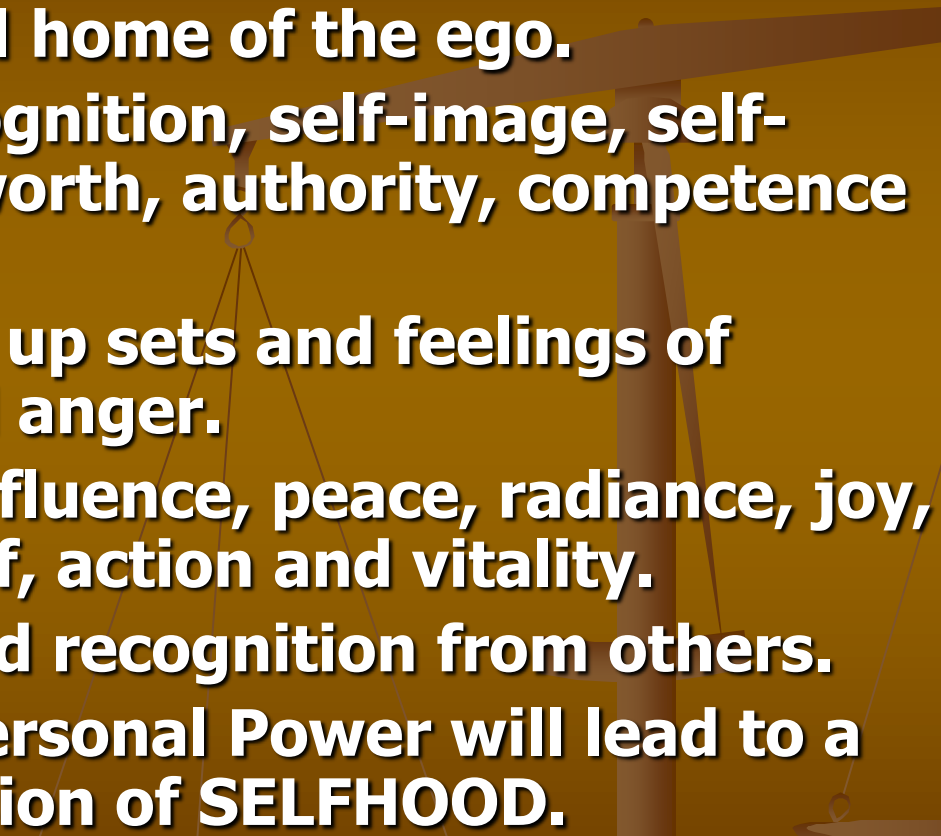
Reproductive Organs

- **This is the center of sensuality and sexuality.**
- **Can also take on the cravings for touch, music, desire, relationships, pleasure, union with nature and openness to others.**
- **Feelings processed in this center include, sexual longing, frustration, compulsiveness, violation, frustrated desires for sensuality & touch.**
- **When integrated, sex is approached in a balanced and reasonable manner, and naturally ties into the heart.**



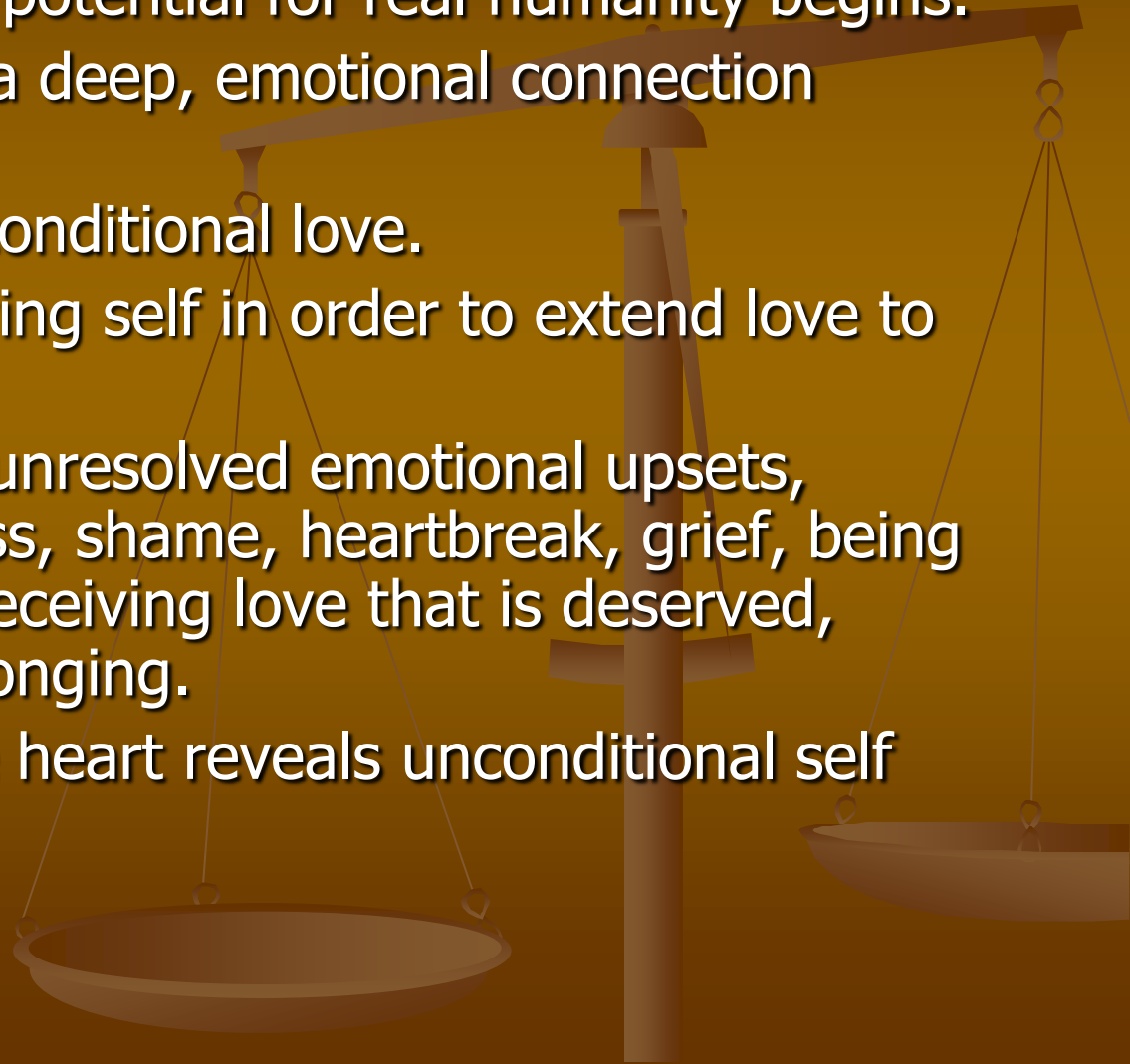
PERSONAL POWER

SOLAR PLEXUS – Pancreas

- **The psychological home of the ego.**
 - **The need for recognition, self-image, self-esteem, status, worth, authority, competence and identity.**
 - **Stores emotional up sets and feelings of inadequacies and anger.**
 - **Social identity, influence, peace, radiance, joy, acceptance of self, action and vitality.**
 - **Seek approval and recognition from others.**
 - **Integration of Personal Power will lead to a balanced expression of SELFHOOD.**
- 

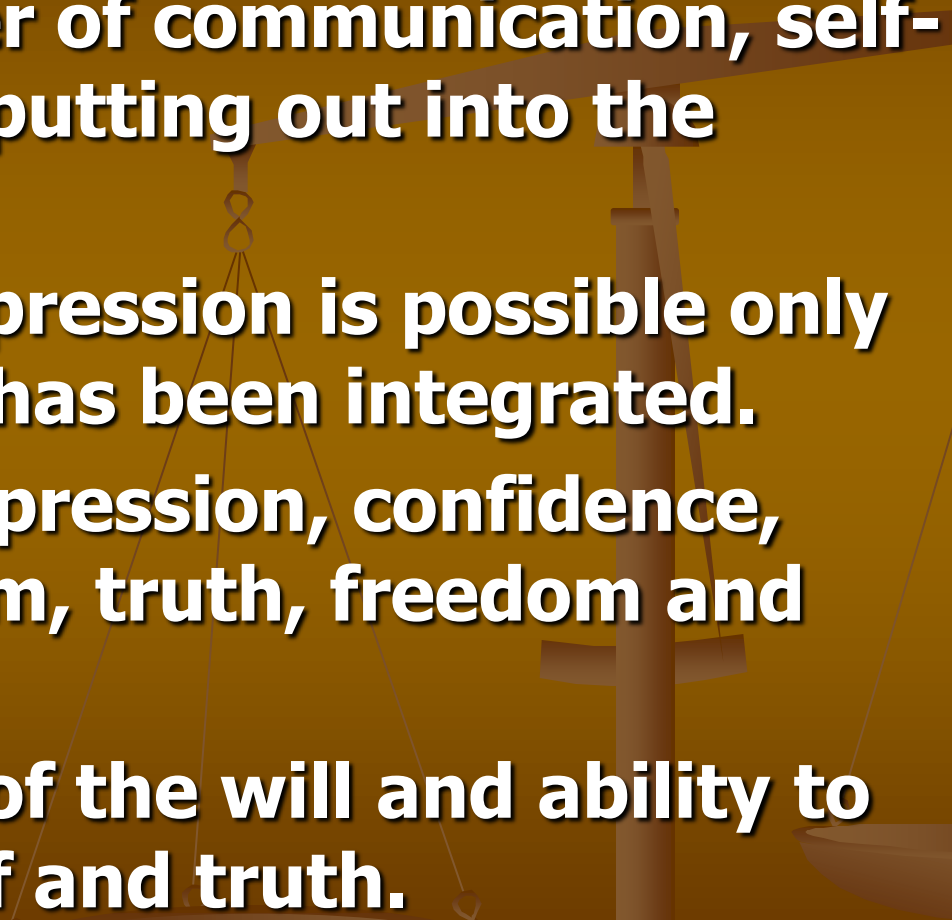
HUMANITY ~ HEART

- This is where the potential for real humanity begins.
- An awareness of a deep, emotional connection towards others.
- The center of unconditional love.
- Accepting and loving self in order to extend love to others.
- A storehouse for unresolved emotional upsets, loneliness, sadness, shame, heartbreak, grief, being abandoned, not receiving love that is deserved, acceptance & belonging.
- Integration of the heart reveals unconditional self acceptance.



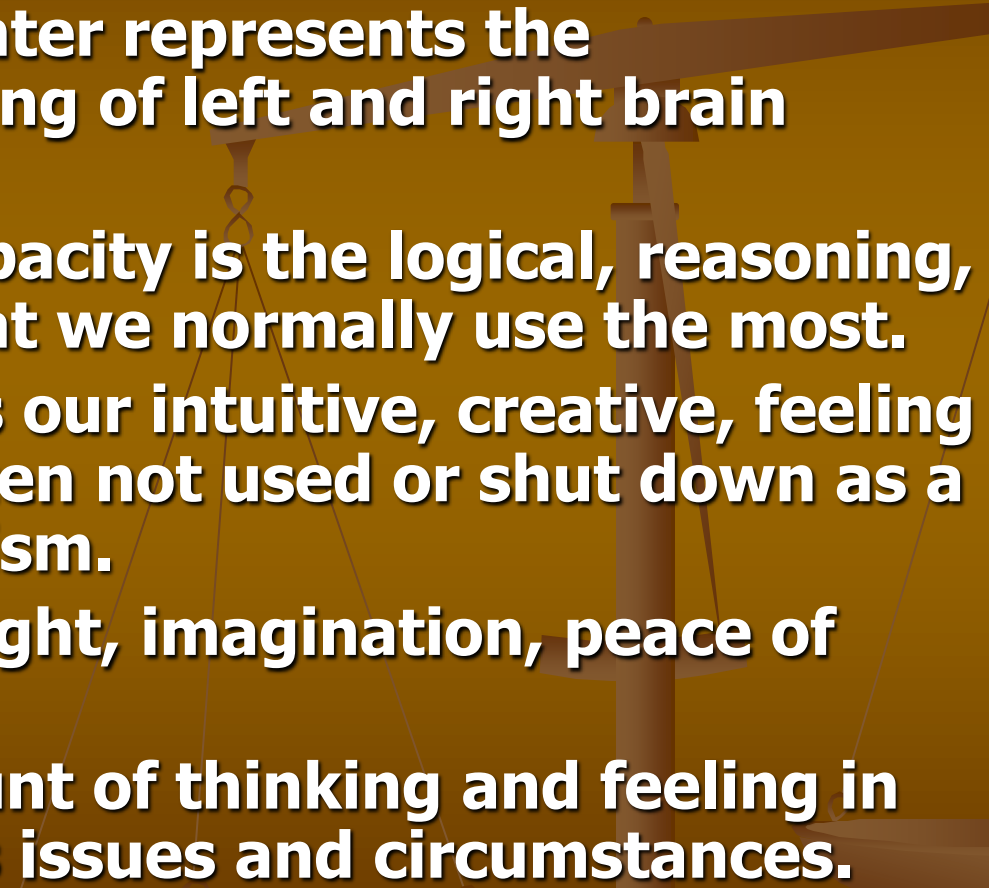
EXPRESSIVE ~ THROAT

Thyroid Gland

- This is the center of communication, self-expression and putting out into the universe.
 - Genuine self-expression is possible only when the heart has been integrated.
 - Free creative expression, confidence, integrity, wisdom, truth, freedom and independence.
 - The expression of the will and ability to speak up for self and truth.
- 

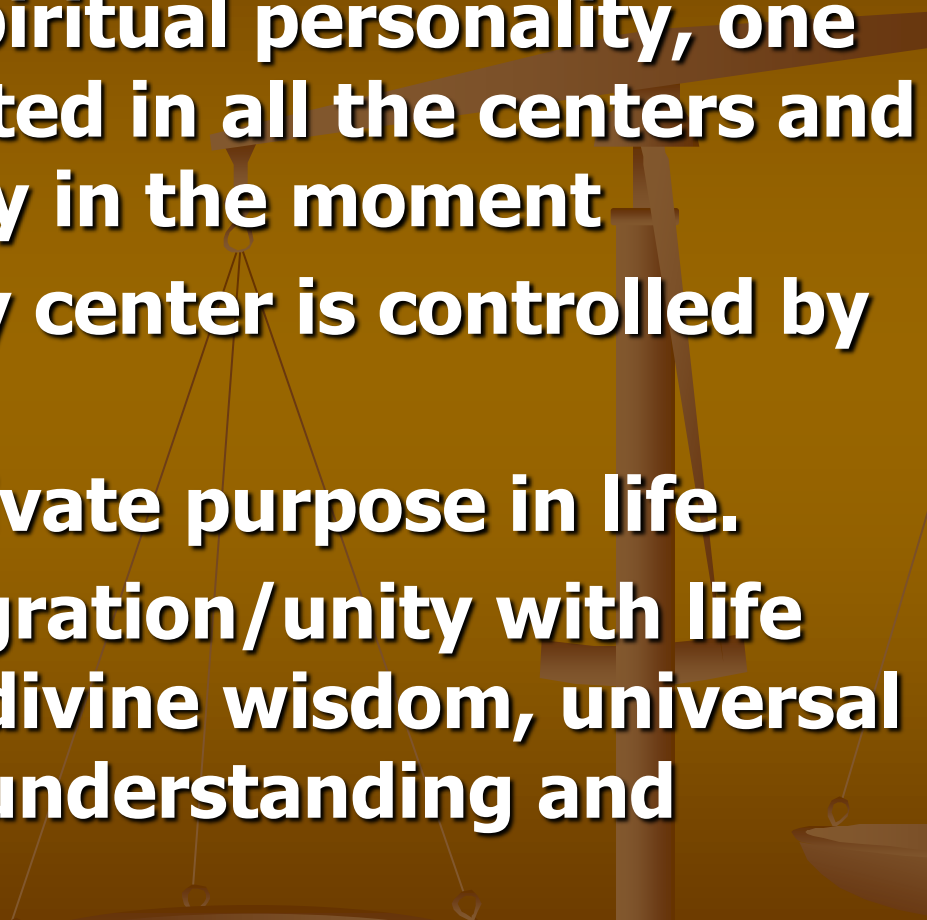
INTUITIVE ~ THIRD EYE

Pituitary

- The third eye center represents the harmonious joining of left and right brain functioning.
 - The left brain capacity is the logical, reasoning, rational mind that we normally use the most.
 - The right brain is our intuitive, creative, feeling side, which is often not used or shut down as a defense mechanism.
 - Inner vision, insight, imagination, peace of mind, ideal.
 - A balanced amount of thinking and feeling in confronting life's issues and circumstances.
- 

SPIRITUAL ~ CROWN

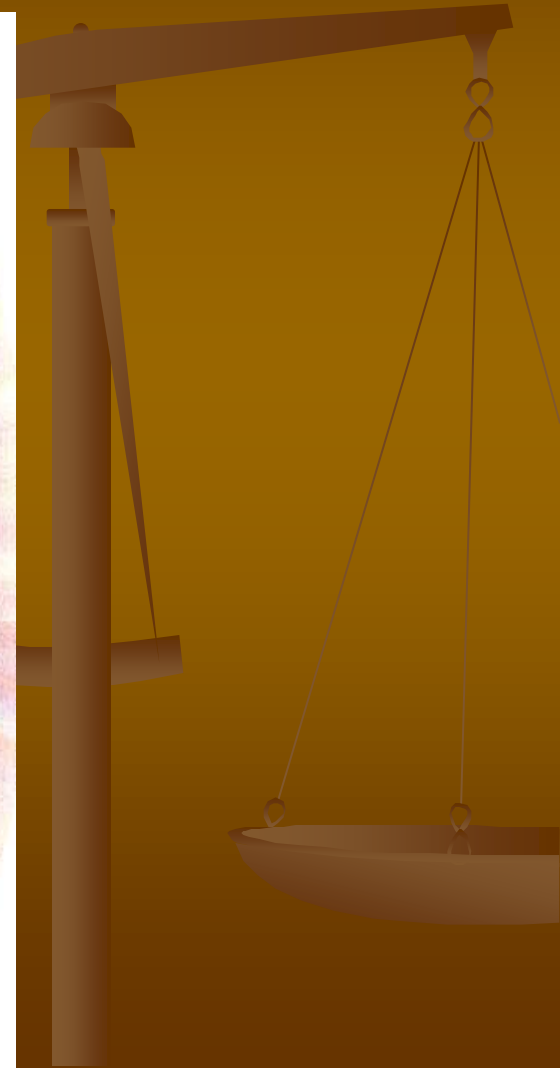
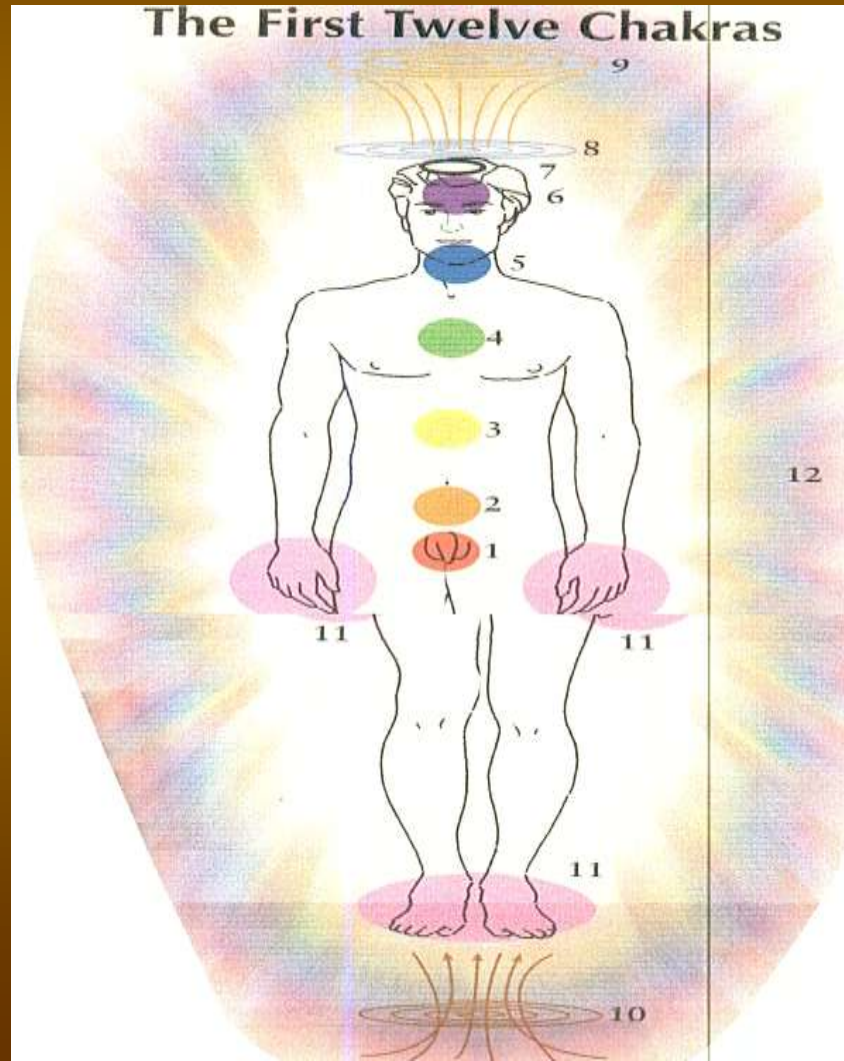
Pineal

- To realize the spiritual personality, one must be integrated in all the centers and living completely in the moment
 - This vital energy center is controlled by the mind.
 - Guidance to activate purpose in life.
 - Perfection, integration/unity with life circumstances, divine wisdom, universal consciousness, understanding and enlightenment.
- 

Bio Energy Research

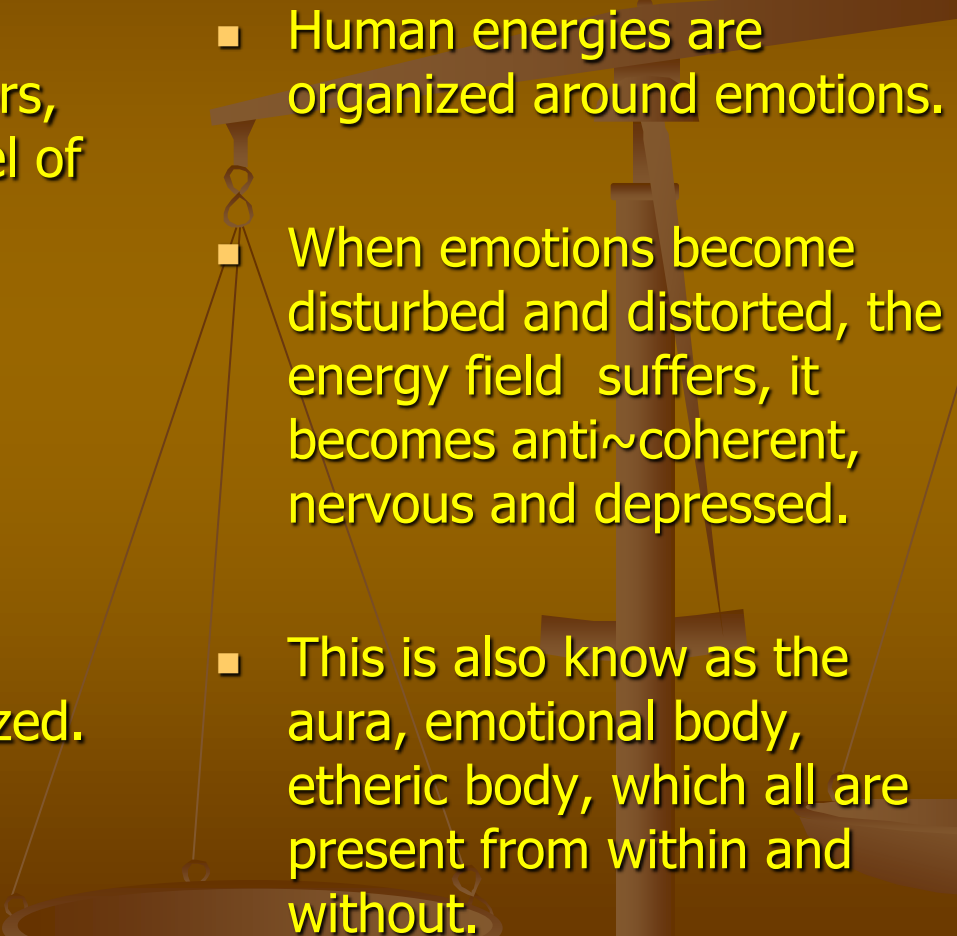
Dr. Valerie Hunt

UCLA/BioEnergy Fields Foundation founded in 1985



Bio Energy Fields

The Human energy field or the mind of man

- 
- A field of energy that incorporates all behaviors, even to the highest level of soul.
 - The source of intuition, insight and creativity
 - All energy in the world comes from atoms, and energy becomes organized.
 - Human energies are organized around emotions.
 - When emotions become disturbed and distorted, the energy field suffers, it becomes anti~coherent, nervous and depressed.
 - This is also know as the aura, emotional body, etheric body, which all are present from within and without.

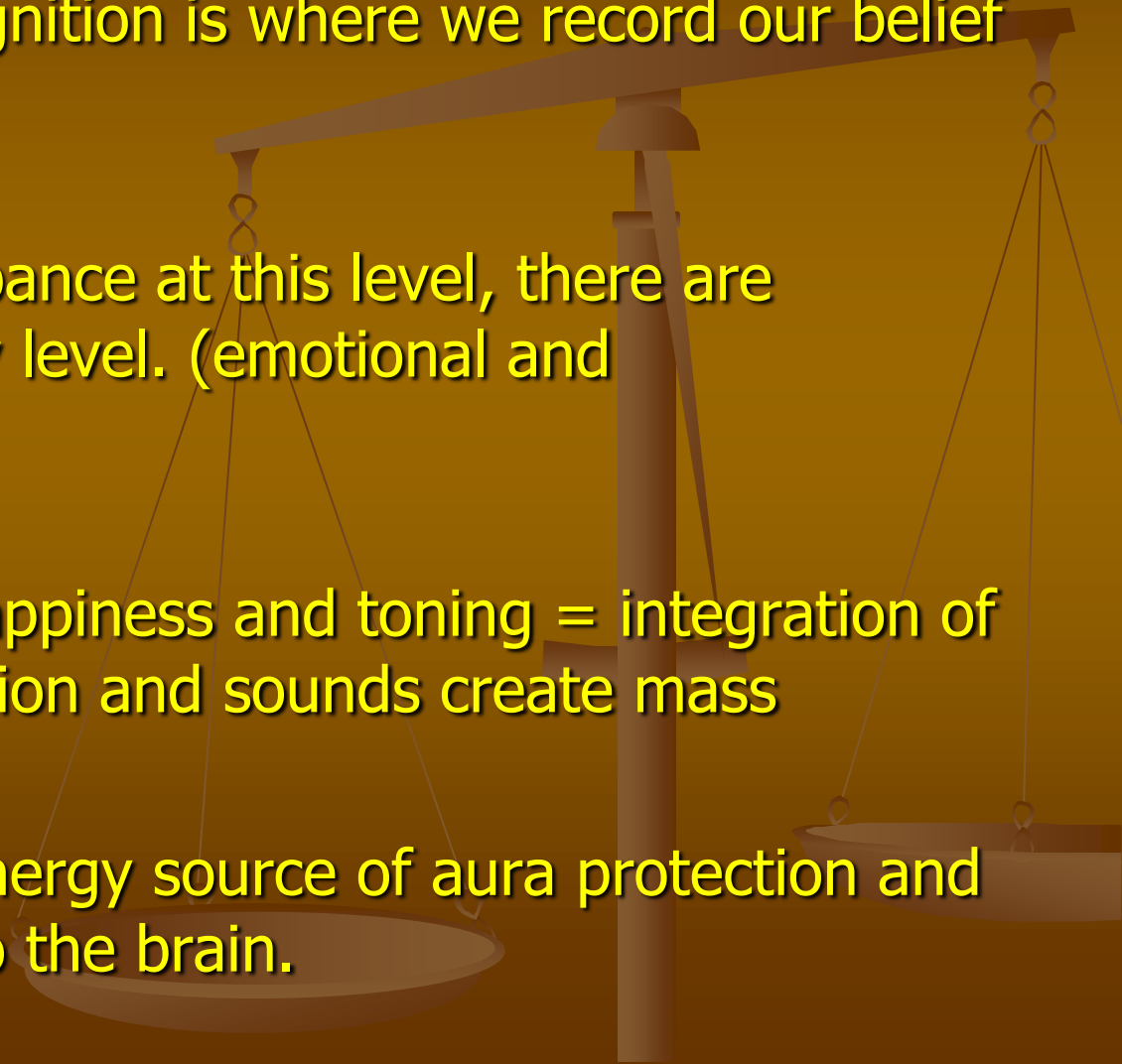
The Human Energy Field and Sound Therapy

- Even the DNA can be altered by the change in consciousness of a human being. (Aura Strengthening)
- Sound is the most effective source of Vibrational healing for the human energy field.
- Sound penetrates the autonomic nervous system effecting functioning at the brain level.

Also known as neuropalsicity: the ability of the nervous system to alter its structure and function.

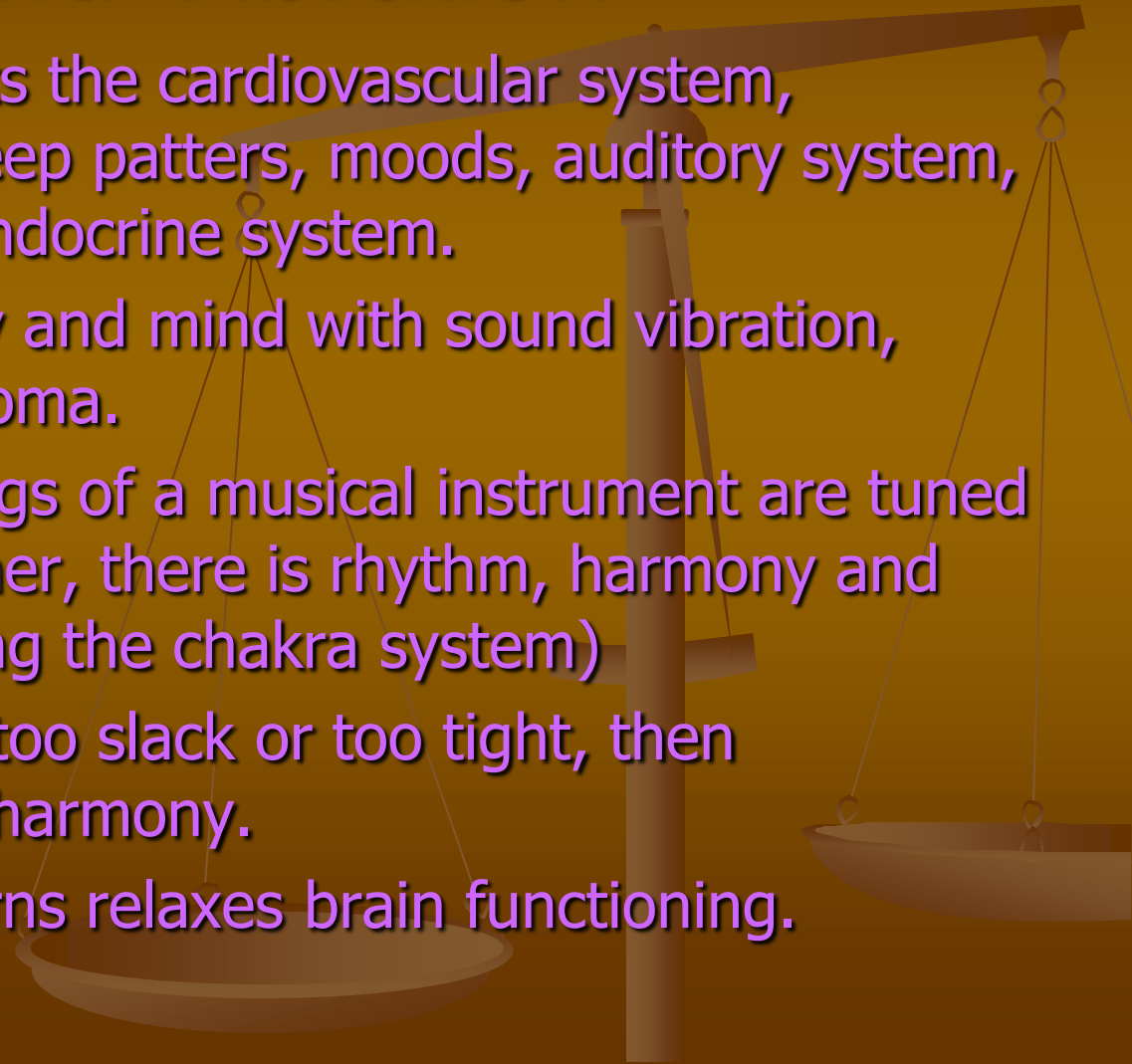
The Human Energy Field and Sound Therapy

- The brain level of cognition is where we record our belief systems.
- When there is disturbance at this level, there are disturbances at every level. (emotional and Psychological)
- Gestalt imagery of happiness and toning = integration of self~organized vibration and sounds create mass
- Sound provides an energy source of aura protection and stimulation directly to the brain.



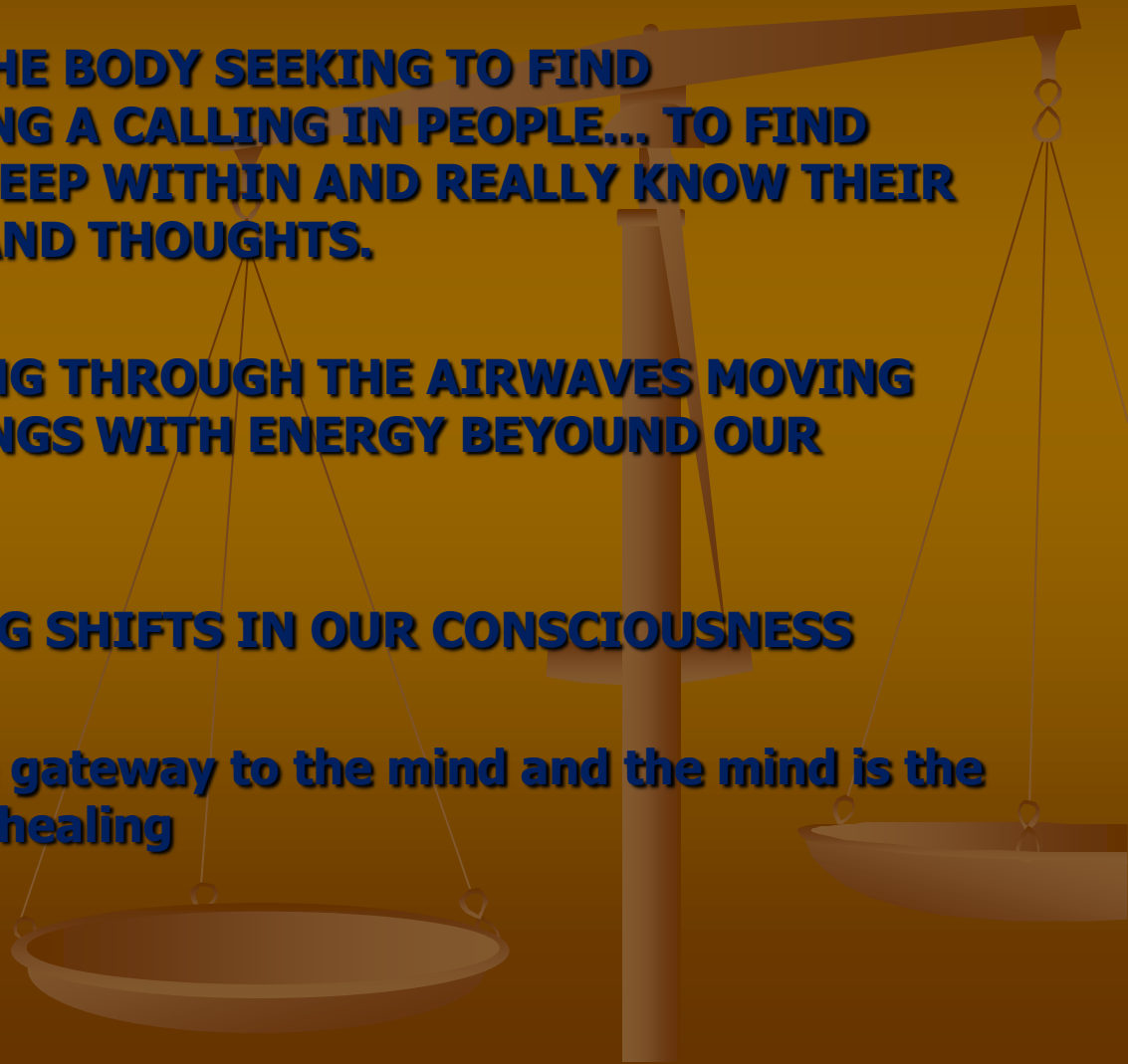
Nurturing the Chakra's with Sound Vibration

- Sound healing effects the cardiovascular system, digestive system, sleep patters, moods, auditory system, and especially the endocrine system.
- Fine tuning the body and mind with sound vibration, color, breath and aroma.
- When all of the strings of a musical instrument are tuned perfectly to each other, there is rhythm, harmony and resonance. (Balancing the chakra system)
- If only one string is too slack or too tight, then everything is out of harmony.
- Correct sound patterns relaxes brain functioning.



SOUND VIBRONICS

- **THE PATH TO SOUND AND VIBRATIONAL HEALING BEGINS WITH THE SELF.**
- **WAVES OF ENERGY IN THE BODY SEEKING TO FIND EXPRESSIONS OF EVOKING A CALLING IN PEOPLE... TO FIND THEMSELVES..... TO GO DEEP WITHIN AND REALLY KNOW THEIR INNER MOST FEELINGS AND THOUGHTS.**
- **SOUND WAVES TRAVELING THROUGH THE AIRWAVES MOVING THINGS, CHANGING THINGS WITH ENERGY BEYOND OUR UNDERSTANDING.**
- **SOUNDWAVES CREATING SHIFTS IN OUR CONSCIOUSNESS**
- **Sound & Vibration is the gateway to the mind and the mind is the connection to emotional healing**



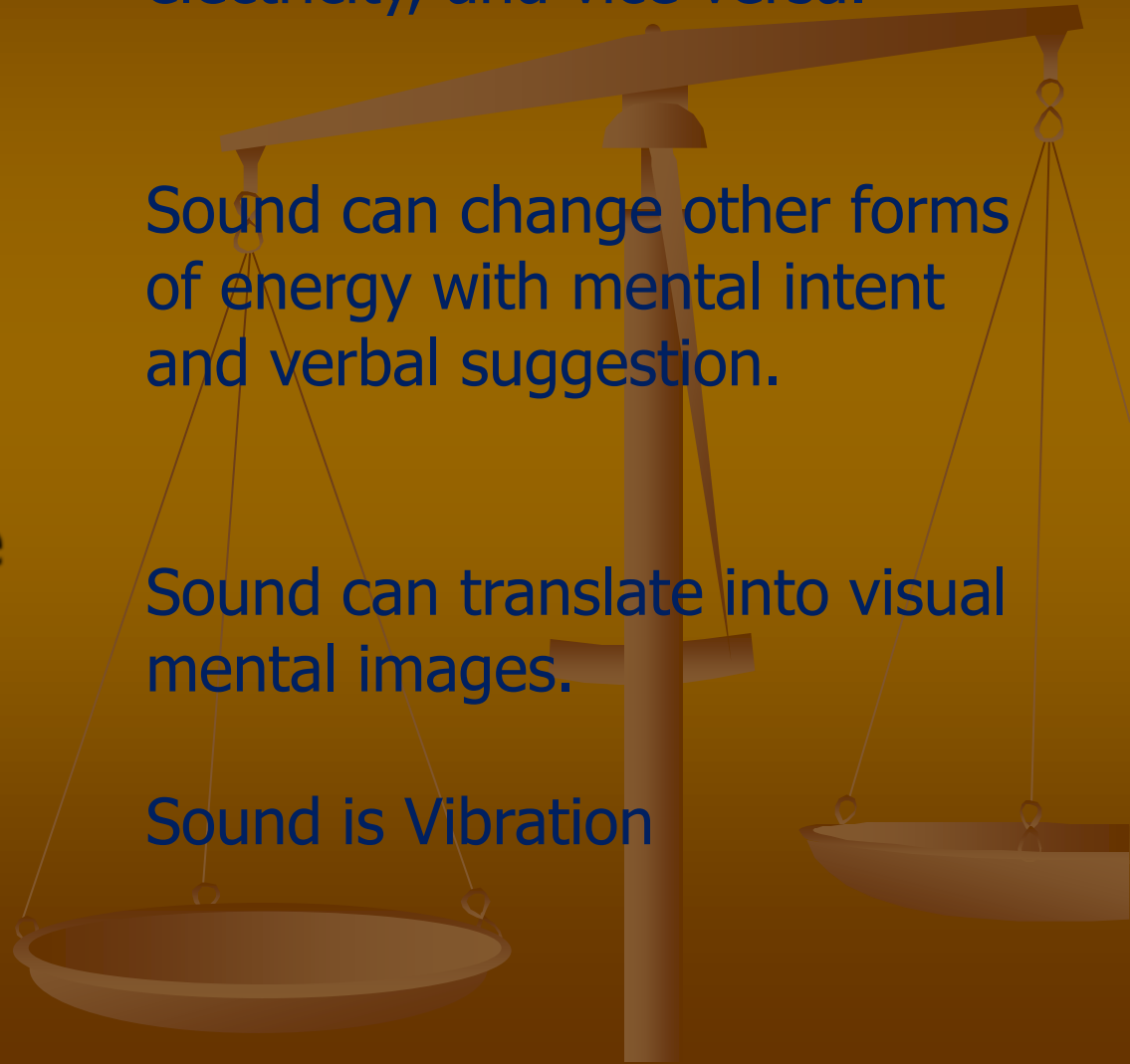
- Sound is a vibration or wave of air molecules cause by the motion of an object.
- A sound wave contains energy, which in turn means it can make things move.
- Sound energy can be changed into other forms of energy.

Sound can be changed into electricity, and vice versa.

Sound can change other forms of energy with mental intent and verbal suggestion.

Sound can translate into visual mental images.

Sound is Vibration



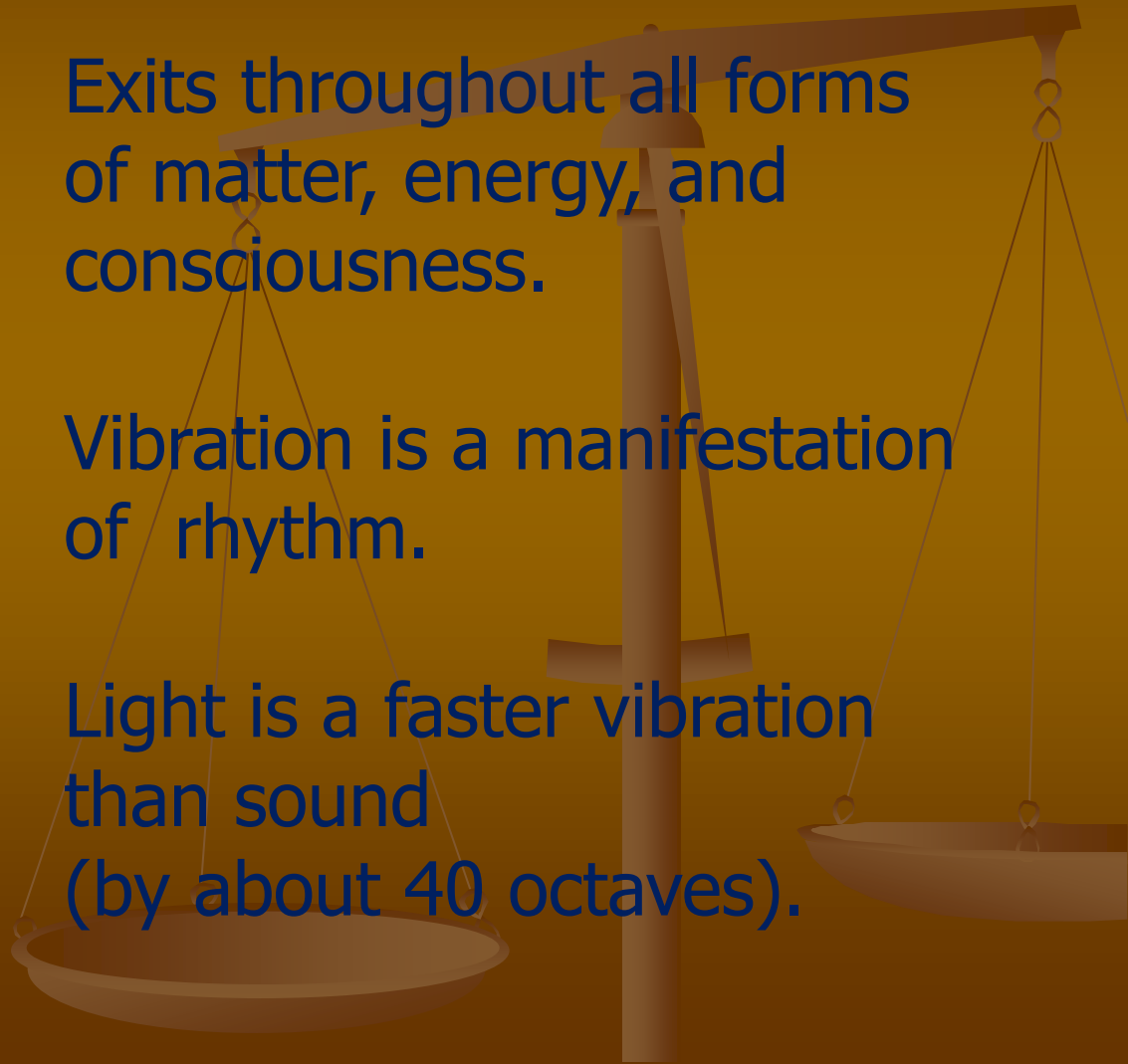
Vibration

- Exits throughout all forms of matter, energy, and consciousness.
- Vibration is a manifestation of rhythm.
- Light is a faster vibration than sound (by about 40 octaves).

Exits throughout all forms of matter, energy, and consciousness.

Vibration is a manifestation of rhythm.

Light is a faster vibration than sound (by about 40 octaves).



Circle Practice

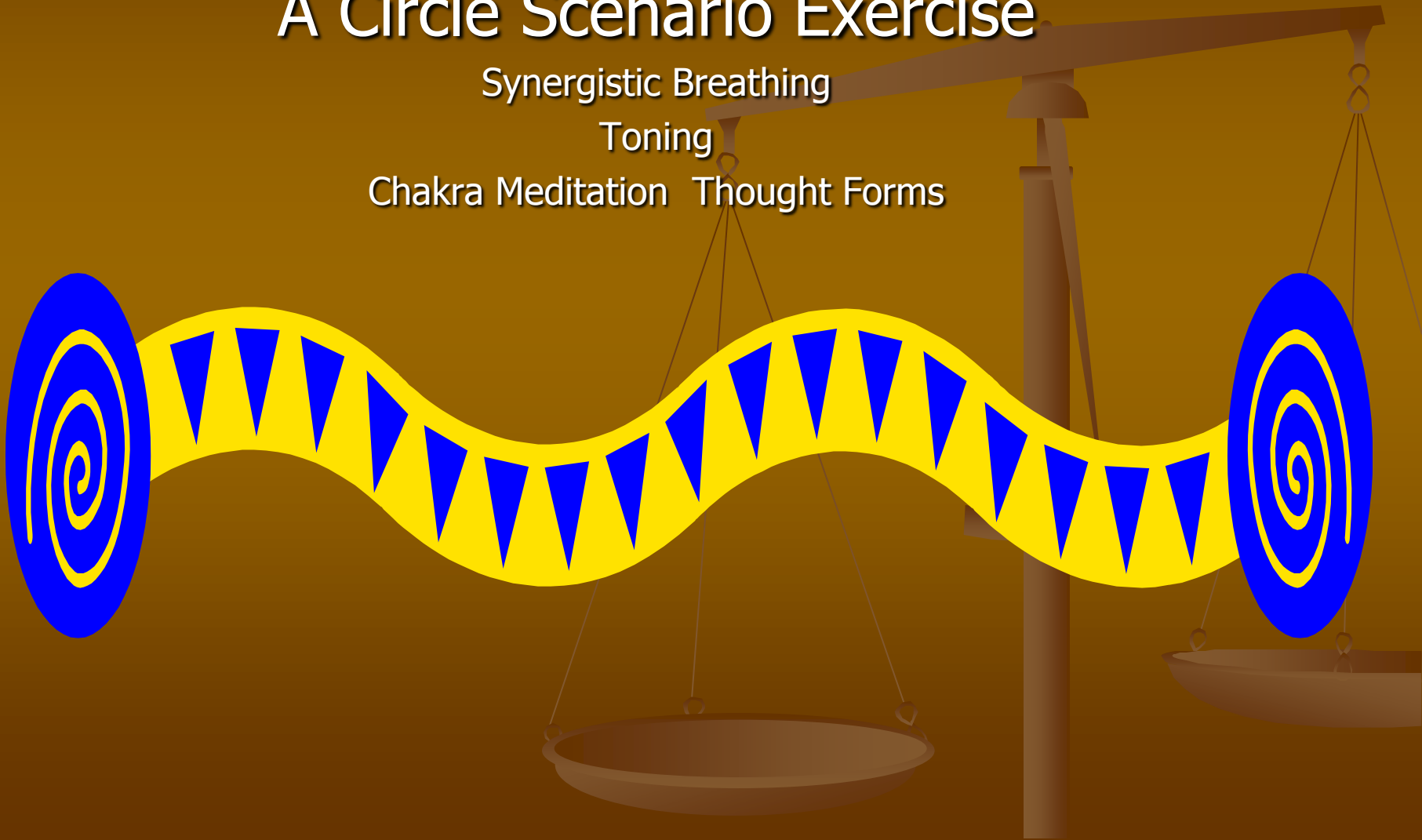
Sonic Stress Reduction

A Circle Scenario Exercise

Synergistic Breathing

Toning

Chakra Meditation Thought Forms



Questions & Answers



Thank You For an Opportunity to Serve Youth & Families in Crisis, LLC



N. Saleem Hylton
&

K. Ivy Hylton, MSW, LICSW
www.youthandfamiliesincrisis.com