



THE POWER OF YOUR FACE 2.0

From Trauma that Ages to Radiance that Transforms

2023

Dr. Susan Lange, OMD, L.Ac., BCST, PPNP

THE POWER of YOUR FACE 2.0

- Release old trauma patterns and slow down aging
- Increase empathy, healing, connection, inner radiance and rejuvenation.
- With proven strategies – based on the latest neuroscience, brain scans and brain network theory.

Thank you!

- Thank you to Dr. East and the Radiant Aging Summit, 2023 for inviting me to present
- It's an honor to be back reconnecting with this community.

Thank you!

- This Guide to “The Power of Your Face 2.0” is the companion to the Presentation Replay.
- Watch the Replay at the link below.

<https://www.audioacrobat.com/playv/WzNhBFVw>

Thank you!

- Also, register for the Free Open House Q & A Gathering, on July 6th, 2023 here:

<https://us02web.zoom.us/meeting/register/tZwpcuyqqDksHNWbifaYfDGd2v9R9JE8Y8uj>

A little about me...

- Studied Chinese Medicine with Dr. Wong in 1974
- Officially in private practice and teaching the principles of Holistic Medicine since 1983 and taught at the International College of Oriental Medicine in the UK

Why watch this



- “FACE to FACE connection is the way that the brain communicates the best.
- The brain takes in your facial expression first, combined with the tone of your voice” –

Mark Waldman – NeuroCoach, brain scan researcher with Andrew Newberg, MD; authors of “How God Changes Your Brain”

Why watch this



- When internal trauma patterns get resolved
- “The client’s facial expressions and posture are altered. **Clients appear younger as the stress is removed from their bodies.** This observation reflects the removal of internal distress that had been writ large on their physiognomy.” (2019)
- Dr. Ronald Ruden, MD, PhD, Medical researcher, Havening.

Why watch this



More and more people are getting wise to the fake, toxic solutions that are being offered, and want to be more authentic, with greater presence, empathy – and natural radiance.

Both externally and the biggest deal – internally.

I'm going to cover some simple steps today that you can use immediately in your practice.

Why is this important?

I've been there.

I'm sure many of you know this place:

- Not connecting as deeply as you'd like...
- In hiding
- the fear of aging
- the fear of being judged for who you are and how you look
- judging yourself
- Even hating yourself
- Can you relate at all?



Is there a disconnect?



And how about not connecting as well as you would like with your clients, patients, your community and those you love?

What about when you're working with families and babies?

Is there a GAP?



Is there a gap between what you think you're expressing and what actually comes across?

There definitely was for me.

Soviet Embassy story –
Nikolai, in my 20s

What we'll cover



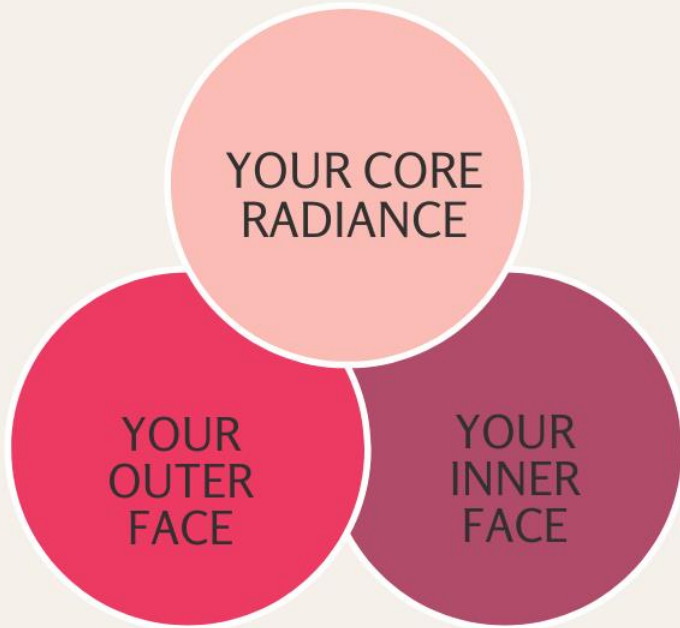
Why this is not just about working with trauma patterns that affect:

- your outer face
- but also your inner face
- and that block

Your Core Radiance

What we'll cover

THE POWER OF YOUR FACE 2.0



1. Your outer face
2. Your inner face
3. Your Core Radiance!

Solutions



Women are ready and waiting for new solutions – that don't reactivate old trauma patterns!

(And of course men are too.)

Dr. Frances Wong

Last year at the Radiant Aging Summit, 2022
I shared a little bit
about my early mentors in this
field,

- Dr. Frances Wong in Hong Kong,
where I grew up



“Touch for Beauty”

- My beloved Aunt Susan, in the early 1980s taught Acupuncture in Sydney, Australia
- She developed her “Touch for Beauty” Program, to empower her students and clients to help themselves be healthy and beautiful inside and out.
- Totally inspired me



THE POWER of YOUR FACE 2.0

So why did I really get interested in this field?

“Courageous Rejuvenators”

This year, I'm going to be a little braver, more courageous, because we teach our students to be “Courageous Rejuvenators”, So I thought I'd better be more courageous myself, and reveal more.

Why?



I'll share with you a little bit about my journey and my challenges

What changed things

And how I got to where I am today.

Or perhaps I should say WHO I am today.

Why?



Fresh implant to LA

I found a big focus on outer appearance.

Growing up in Hong Kong –
It wasn't new to me.

1st "cringe" TV show in my
early 30s, in LA.

THE POWER of YOUR FACE 2.0

In the little pre-summit intro interview that Dr. East filmed, which you can find on my website:

<https://rejuvenatemyface.com/>

I talk about teaching “The Lazy Way to Looking Good” in the early 1990s
But why did I teach it?

THE POWER of YOUR FACE 2.0

In the interests of time, I won't go into the dangers of Botox, fillers, surgery, and botched cosmetic jobs that perhaps other presenters might have touched on.

If you want more, you'll find an article called "The Inner Game of Beauty" which does cover some of the dangers. It's also on <https://rejuvenatemyface.com/>

But what were my personal reasons and questions?

Face to Face Connection?

How do you connect face to face through your heart?

What causes the walls between us?

And how do we reach through those walls
and melt the trauma to connect?

Thank you to Dr. Porges!

A big thank you to Dr. Stephen Porges, and the Polyvagal Theory, for inspiring my colleague, Mary Louise Muller, and me to work so deeply with the face since 2008



Why the face?

- **According to Dr. Stephen Porges,**
- **Safety cues** calm the physiological state and enhance connection.
- Social Engagement behavior
- He says the best safety cues come from our face!
- “The muscles of our face help us to be safe”
- **FACE to FACE connection**

We need to have expressivity in our face to be safe and to create safety for others – especially babies!

Dr. Stephen Porges worries about the effects of cosmetic facial work on bonding and connection

- People might have an internal response to a face that doesn't seem to make sense to them.
- They may shut down or disconnect and not trust that person
- And the person may never know that it may be cues that their face is giving – unbeknownst to them.
- Yikes.
- He's especially concerned about the disconnect between mothers and babies.



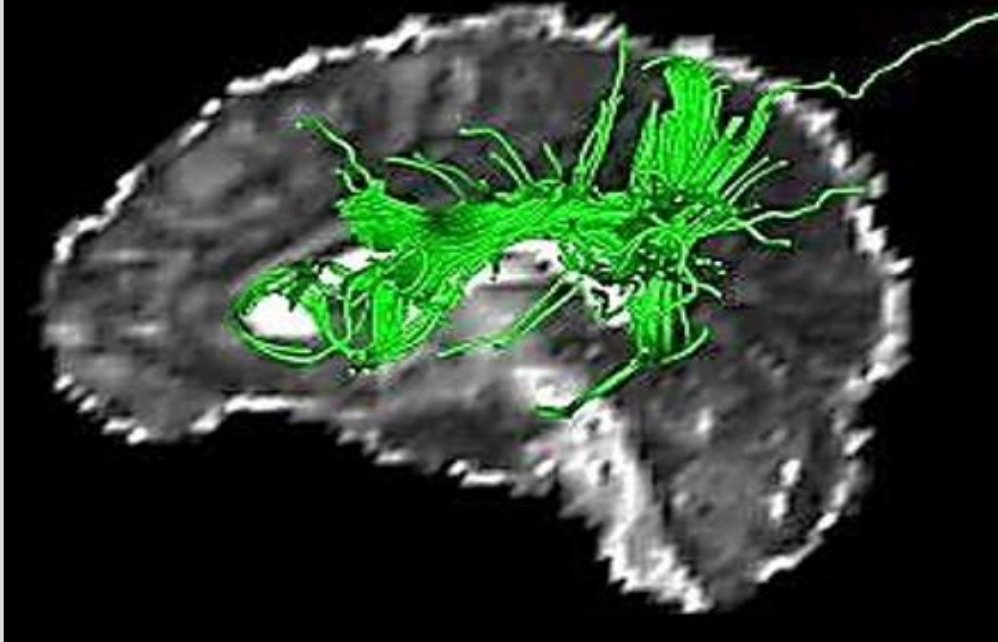
Dr. Stephen Porges worries about the effects of cosmetic facial work on bonding and connection

- Can you see this Mom's smile lines?
- Can you see the lines at the edge of her eye?
- We call those love lines
- Babies need to connect with an expressive face
- SPC story.
Every baby needs face to face loving connection – free from ancestral trauma



2018 study: *Unique* NON-CONSCIOUS reactions in PTSD

Diffusion Tensor Imaging: Amygdala



Amygdala hyperactivity
when viewing fearful
faces

Neumeister, P et al.
“Specific amygdala
response to masked fearful
faces in post-traumatic
stress relative to other
anxiety disorders.”
Psychological medicine vol.
48,7 (2018): 1209-1217.

HEALTH EFFECTS

As a health practitioner, and functional medicine doc., and looking at people's lab work – it's terrifying.

- Many beauty methods are erroneously portrayed as harmless.
- They're not.
- We are being taught to disconnect from ourselves and to look outside for approval.
- Are we being programmed??
- Lack of self-love?
- I'm sure that there are many people you know who feel they've had to resort to various procedures at one time or another.
- And it's NOT their fault!

But what were my personal reasons?

Why the “DISCONNECT”?



Several outer reasons:

1. “Friends putting pressure on friends”
2. “The beauty industrial complex/industry”
3. “I did it for me”

All subtle and pervasive forms of manipulation.

Dr. Wong - Resource

Studying with Dr. Wong, as a teenager, was very comforting, reassuring, She used her acupressure magic on my constant headaches and eye pain, (from birth trauma, forceps, concussion, dental work etc.)

read my face, told me my gifts and faults - and how stubborn I was from a kink in my ear.

That's probably what helped me later in life.

And I'm so grateful to her.

Here's the before and after from her work.

PHILIP'S body functions can be examined.

Mr Wong built this machine with the help of his son Philip who is both mechanically and

said on two occasions he has used the pressure treatment to revive pedestrians who had fainted in the street.



FRANCES WONG giving finger-tip acupuncture treatment.

「針灸」之功效是不一樣的。上面有時也得聯合起來運用。特別靈驗，失眠，眼澀，耳聾，心悸，怔忡，喘，哮喘等。兩年前，就有一位英籍視覺能力，在英國醫治了好幾次，仍不效。我經過十多次替她按壓眼部神

我們介紹坐在旁邊等候診治的一位學生，在加拿大求學。聽說他患有腳氣，本來在加拿大醫治，經過開刀三次，送到黃夫人處接受按穴指壓療法。現已痊癒。黃夫人叫他步行給我們看，步履如常。

黃夫人所主持的「養生學會」是怎樣

真保健的，因此我很希望能將我的方法介紹給更多人。目前會員已有六百多人，皆遵學員練習指壓法則和保健原理。學員到老人院去替老人們指壓，將他氣血，病痛等。

當有意義的事情。請問加入貴會需要

什麼資格，任何人均歡迎，只要會員中有執業律師的，亦有醫生，家庭醫生等。很多人以為保健只要運動就可以，而我們比較注重神經系統的鬆弛，因為現代人實在太緊



她正在用指壓替一位女士治療。



封面人物·指壓病理教授·攝影·水禾田

Still in hiding



- After Dr. Wong's magic fingers.
- I'm finally smiling.
- But inside I'm still hiding.
- See how hunched I am.

How about you?



- Do you have pictures where you're smiling on the outside and inside you're know you're miserable?
- Clinic on Sloane Street London.
- "it's not what you think"

1. “Friends Helping Friends”



- But fast forward years later, I’m now in my early 30s, newly married and just moved to LA.
- “Friends putting pressure on friends”
- Ellen’s story...
- “What’s wrong with me?”
- (Not her fault)
- This was the time of the 1st “cringe” video.

ABC TV

- Now I'm in my early 40s
- Another cringe video
- ABC TV
- Video story on <https://rejuvenatemyface.com/>



ABC TV – cringe moment

What did I say to myself?

- OMG!
- You look really old and you're a mess.
- Outside and inside.
- Look at those “really old” wrinkles on your forehead.
- Nobody's going to listen to you
- I was definitely in hiding –
- “Being the doctor” – “old” nearly 40... another cringe moment.



2. Beauty Industrial Complex

2. The beauty industrial complex/Hollywood industry

80 year old Beverly Hills wardrobe mistress –
(Not her fault)



3. “I did it for me”



3. “I did it for me”

Sisters – “Give yourself a gift”

(Not their fault)

Solutions???

That's what sent me on the path of resurrecting what my dear old teacher, Dr. Wong, taught me so long ago.

“There must be others like me who are looking for more natural means.

To look good and feel healthy.
And to connect from my inner face”

We don't have to buy into this manipulation – that cuts to the core.

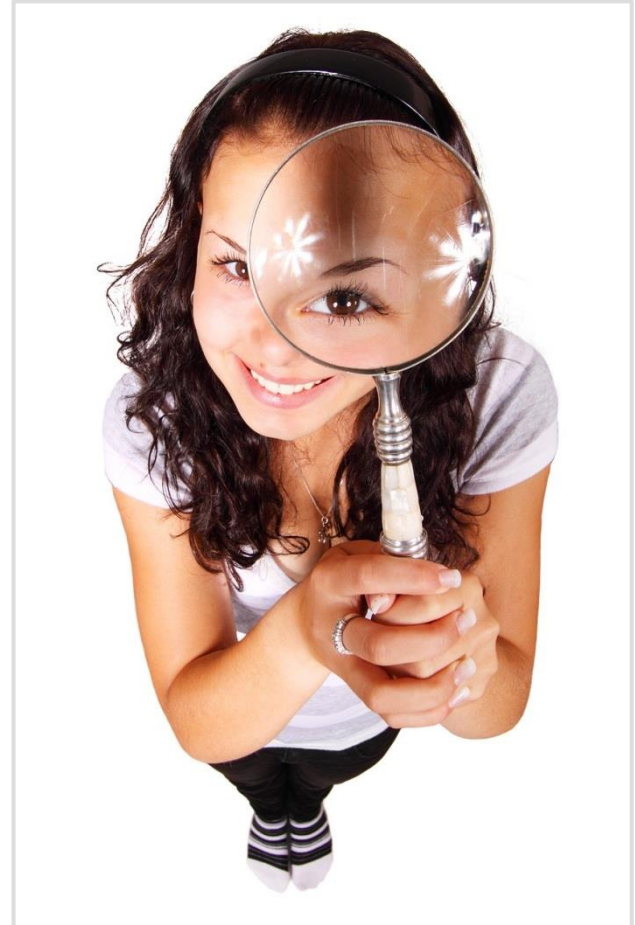


Radiance TIP – Watch Out!

We don't have to buy into this pervasive manipulation.

So here's a tip:

- Watch very carefully for any signs of manipulation or programming.
- Once you're aware that it's happening you'll see it everywhere.
- Educate your clients, friends and kids.
- You'll feel liberated!



“The Lazy Way to Looking Good”

Natural Beauty

Facial Contouring

HOW TO INCORPORATE FACIAL CONTOURING AND ACUPRESSURE INTO YOUR DAILY ROUTINE

By Maria Thomas

The idea of facial contouring is to use your hands to massage your face and neck to improve circulation and tone the skin. It's a simple, natural way to achieve a more youthful appearance. The technique involves using your fingers to apply gentle pressure to specific points on your face, which helps to stimulate the underlying muscles and improve blood flow. This can result in a more defined jawline, brighter skin, and a more relaxed expression. Incorporating facial contouring into your daily routine is a simple and effective way to maintain your natural beauty.

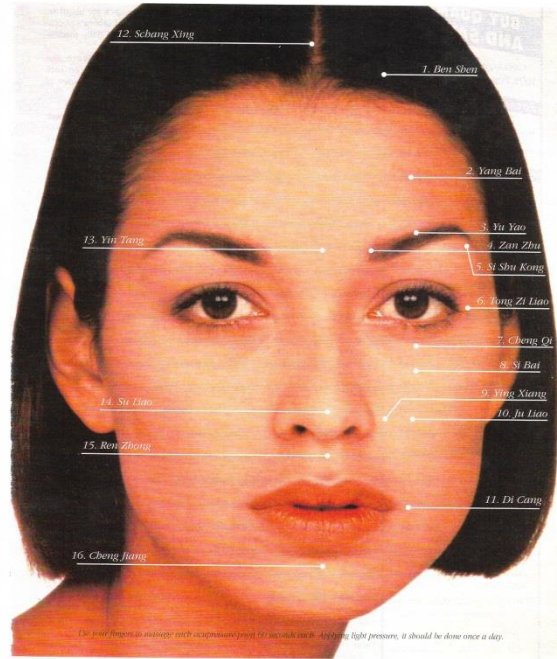
HOW TO DO IT: Start by washing your face and neck with a gentle cleanser. Then, apply a light moisturizer. Use your index and middle fingers to apply gentle pressure to the points listed below. Hold each point for 10-15 seconds. Repeat the entire routine 2-3 times a day.

POINTS TO MASSAGE:

1. Ben Shen
2. Yang Bai
3. Yu Yao
4. Zou Zhu
5. Si Shu Kong
6. Tong Zi Liao
7. Cheng Qi
8. Si Bai
9. Ying Xiang
10. Ju Liao
11. Di Gang
12. Shang Xing
13. Yu Tang
14. Si Liao
15. Ren Zhong
16. Cheng Jiang

The best time to massage your face is in the morning. Applying light pressure, it should be done once a day.

© 1991 L'Oréal Paris



“The Lazy Way to Looking Good”.
Early 1990s

The GAP

But there was a gap between the external appearance and the internal feeling.

- The outer face and
- The inner face

Where was the inner “feel good factor”?

i.e. “The Lazy Way to **FEELING** Good?”

Often it was missing



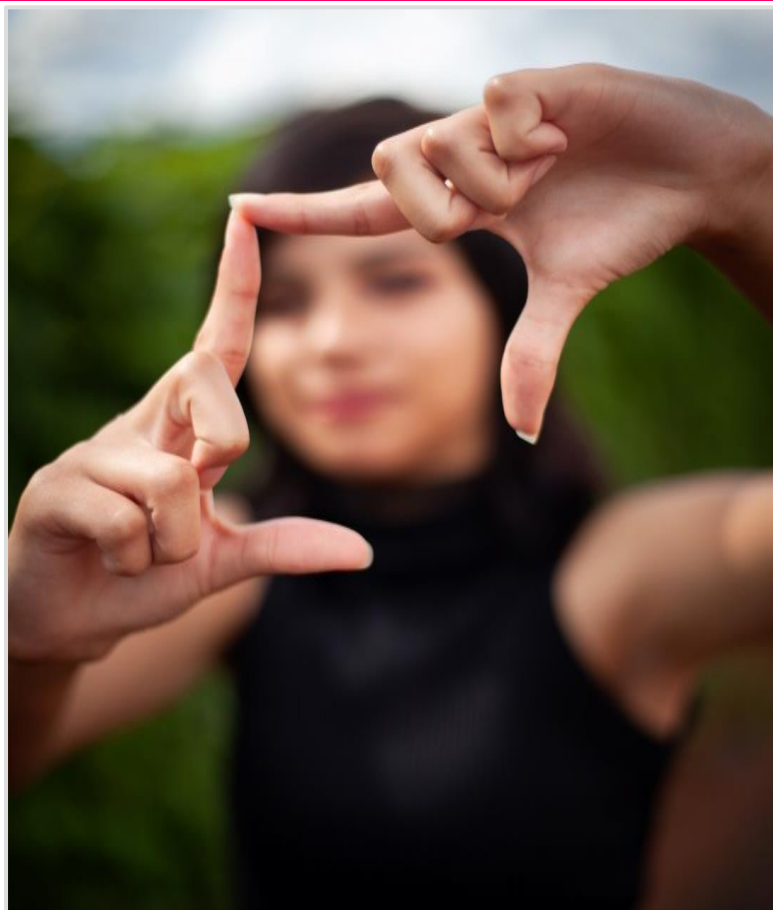
The GAP



I realized that there was more to this work than helping people to feel good on the outside.

And it wasn't helping me on the inside either.

The GAP - Searching



I spent years of deep long trainings and studies into trauma healing.

And exploring what caused that GAP between the inner and outer face, the inner and outer self.

The gap between the face and the heart...

But we don't have the luxury of time any more. We can't take more years to study.

Women need our help NOW.

Solutions



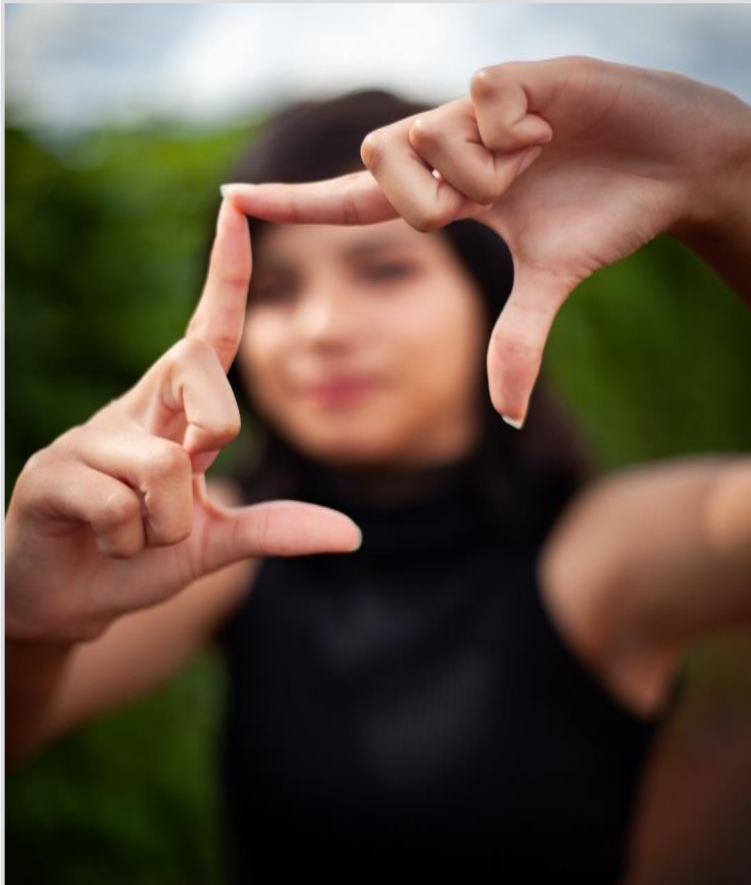
- In 2008, I developed the program
- “Natural Facial Rejuvenation”
The Heart and Neuroscience of Transformation
- with my colleague and biodynamic craniosacral teacher, Mary Louise Muller

Solutions

- And now my brand new program
“The Power of Your Face 2.0 +
Trauma Centered Neuro Coaching”



How to Connect?



KEY:

- “How to create safety, release trauma and connect and share your heart through your face?”
- Dr. Porges said it well.
- He inspired us in those early days

- That’s what I was searching for, for myself.
- How to connect though the joy in my heart, and not through the wall of trauma and sadness that Nikolai saw in my 20s.

THE POWER of YOUR FACE 2.0 Combo



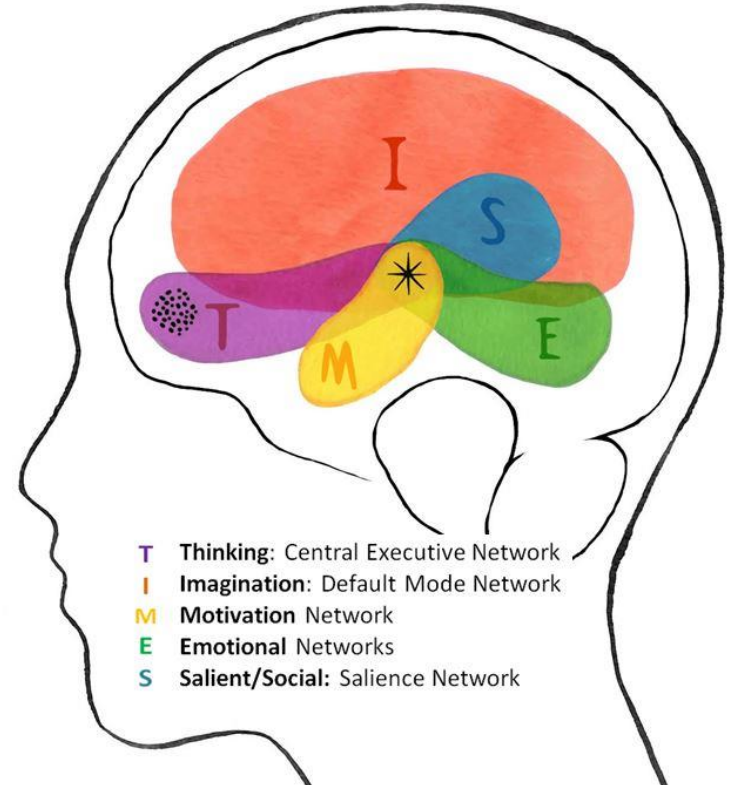
How to work with:

- Your outer face
- Your inner face
- And your Core Radiance!

Brain Networks

You might be wondering, especially if you come from a body oriented profession – why all this emphasis on the face for healing trauma?

The “TIMES” in Your Brain



Neural Resonance

- “FACE to FACE connection is the way that the brain communicates the best.
- The brain takes in your facial expression first, combined with the tone of your voice.”

Mark Waldman – NeuroCoach,
based on brain scan research

- That includes babies and animals



Neural Resonance

- We're hard wired to focus on the expressivity of the face from birth.
- This helps us regulate.
- We call it:
“Neuro Facial Regulation”



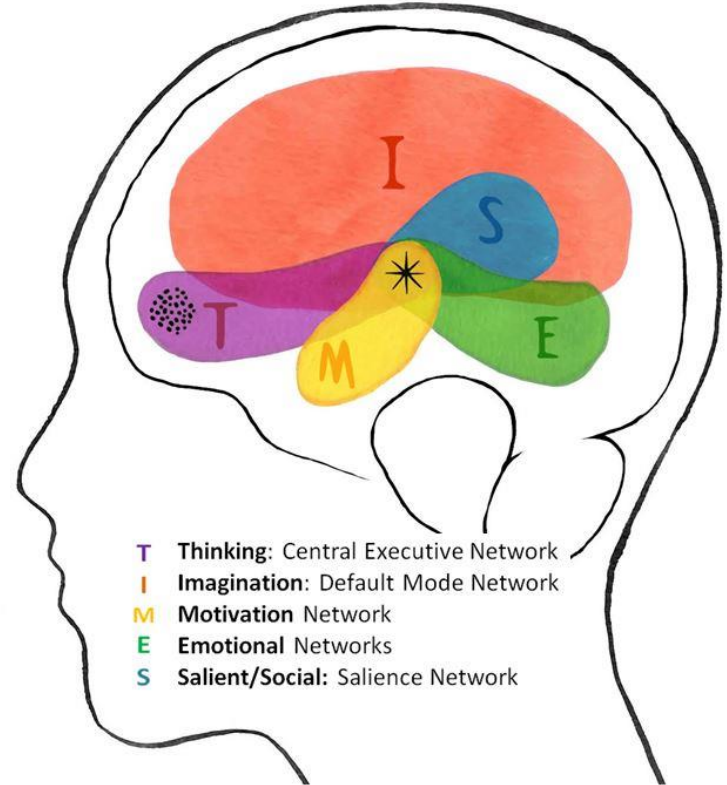
Brain Network Theory

This is where I might be challenging some old beliefs... borne out by the latest brain scan research

Bear with me and we'll explore brain network theory a little here.

And why the new research is so exciting and liberating.

The "TIMES" in Your Brain



Balancing the Brain Networks

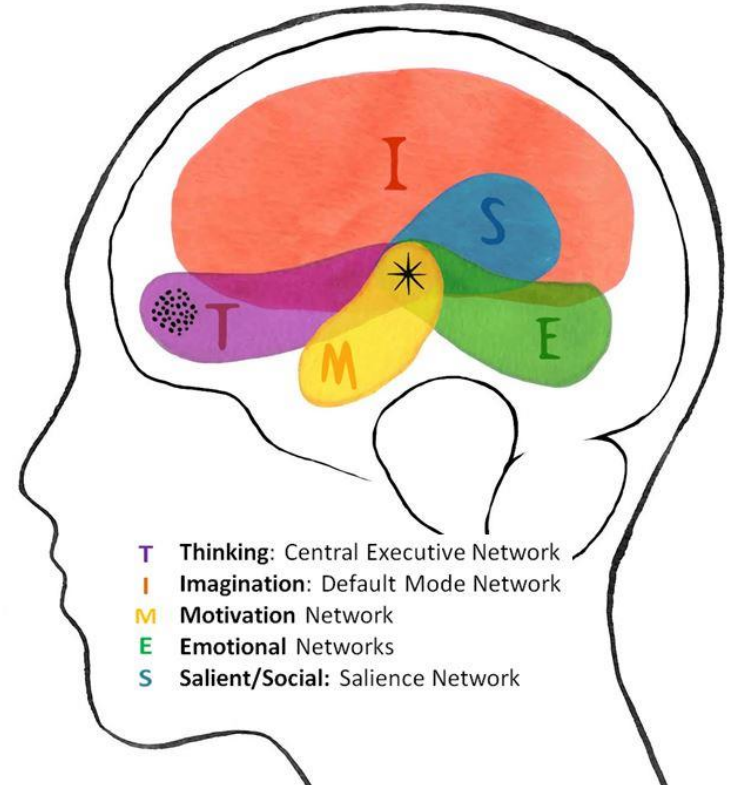
What I'm going to share with you today has been proven to improve brain functioning and brain network balance in 8 weeks!

- Greater psychological and neurological health.
- Less trauma and emotional disturbances, less stress and anxiety.
- Greater health and wellbeing

Would you be willing to test it out?

Let me know, when we do our free Open House Q & A on July 6th.

The "TIMES" in Your Brain



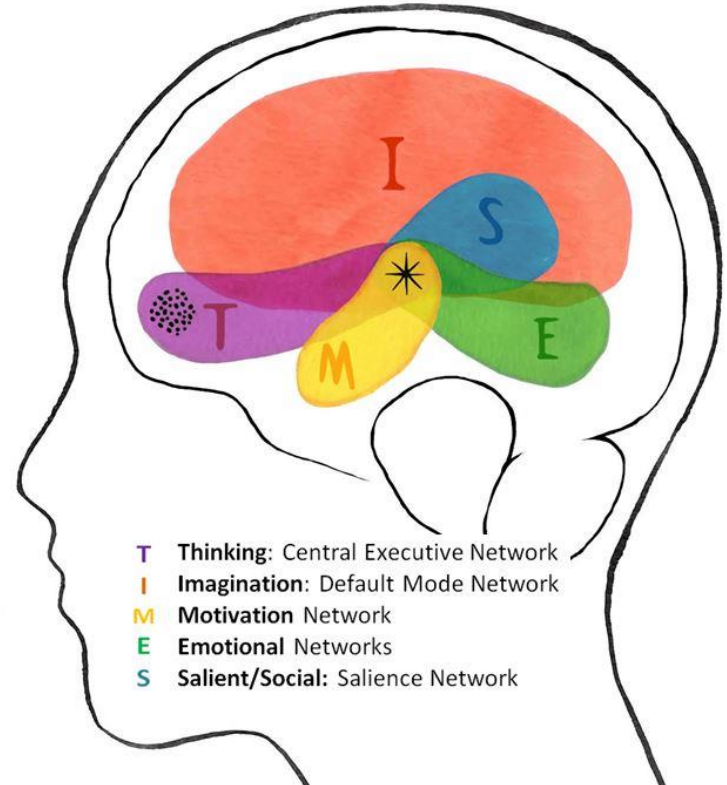
- T** **Thinking:** Central Executive Network
- I** **Imagination:** Default Mode Network
- M** **Motivation** Network
- E** **Emotional** Networks
- S** **Salient/Social:** Salience Network

Brain Network Theory

To keep this simple:

- There are 3 key networks that need to be in balance
- The Salience or Social Network (SN)
- The Default Mode or Imagination Network (DN)
- The Central Executive or Thinking Network (CEN)

The “TIMES” in Your Brain

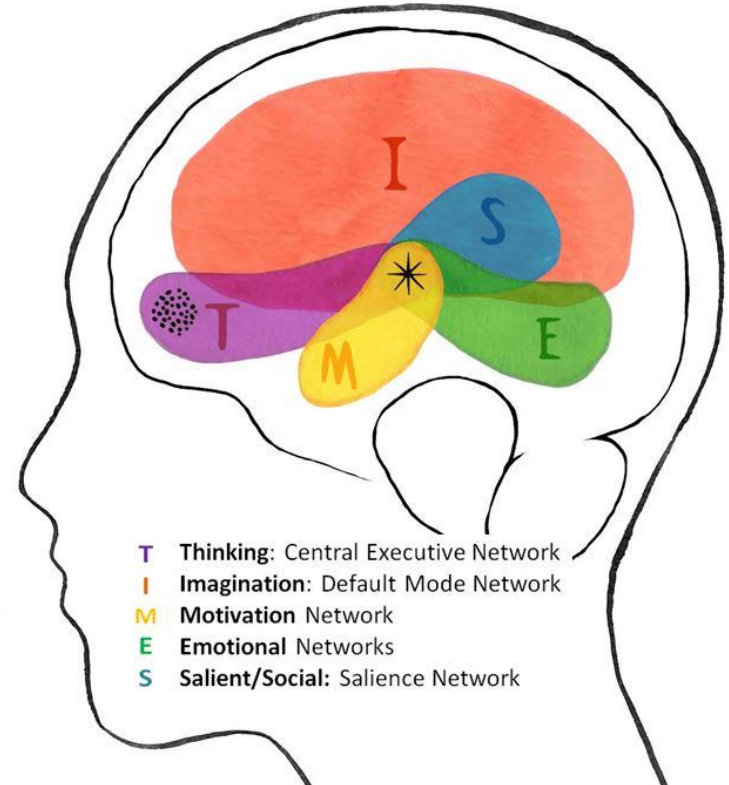


- T** Thinking: Central Executive Network
- I** Imagination: Default Mode Network
- M** Motivation Network
- E** Emotional Networks
- S** Salient/Social: Salience Network

Brain Network Theory

- I'll show you today how to bring these key networks into balance for optimal neurological and psychological health
- Because it's from this place that trauma heals more easily – no matter how old (or “buried”) it is.

The “TIMES” in Your Brain



- T** Thinking: Central Executive Network
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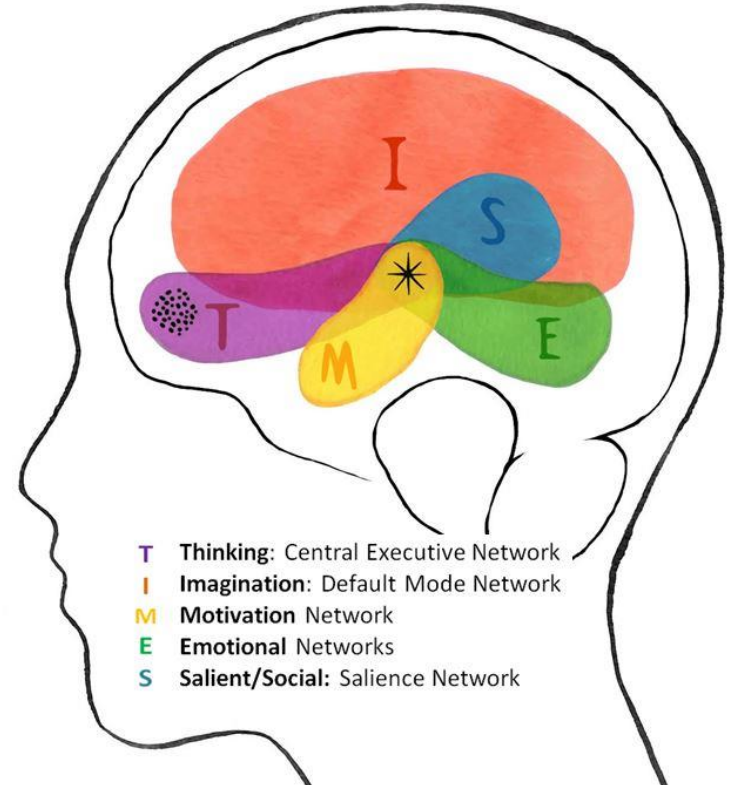
SALIENCE NETWORK - SN

Salience or Social Network - SN (the blue area)

Also called

- your Value Center
- your Enlightenment Network
- your Wisdom Network.
- This is your Social Brain

The “TIMES” in Your Brain



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YOUR SOCIAL NETWORK - SN

- Salience Network is your Social Network or your Social Brain
- Anterior cingulate and insula
- Deep personal inner value place
- Deep in the center of your being
- Empathy towards others
- Rapport
- Self love
- Kindness towards yourself
- Spiritual self

EMOTIONAL EMPATHY

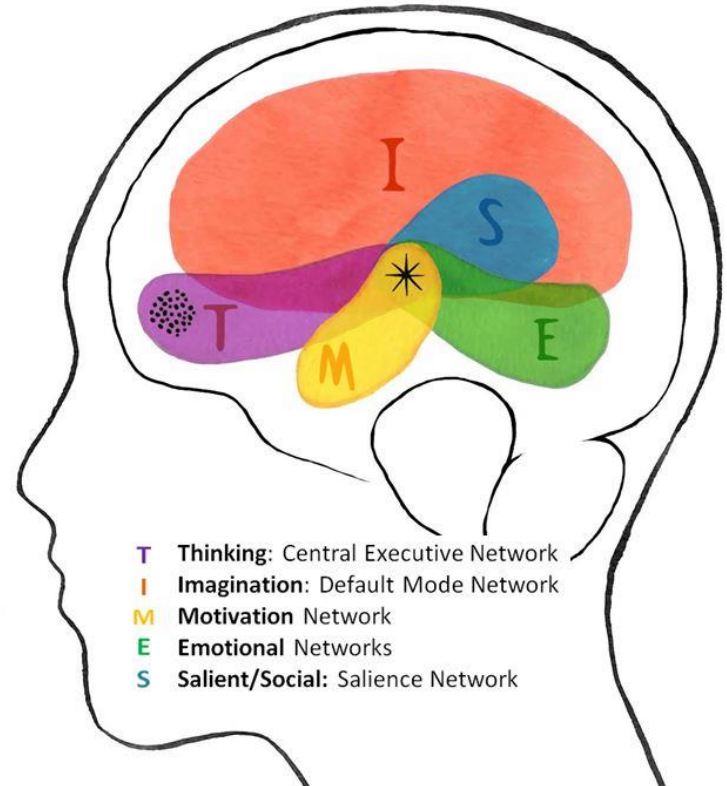
- EMOTIONAL EMPATHY increases when your 3 key networks are in balance.
- Emotional empathy depends on the awareness of facial expressions (2018 – Eckman)
- The Salience Network (Social Brain) is particularly important for facial recognition
- An individual high in emotional empathy may have more emotion awareness via balanced SN/DN/CEN connectivity (2018 Trait Emotional Empathy)

IMAGINATION NETWORK - DN

Imagination Network, also known as Default Mode Network - DN
(This is the larger pink area at the top)

- The center of our creative problem-solving skills.
- Uncontrolled mental activity: mind-wandering, daydreams and free associative or “stream of consciousness” thoughts and images.
- Both negative and positive

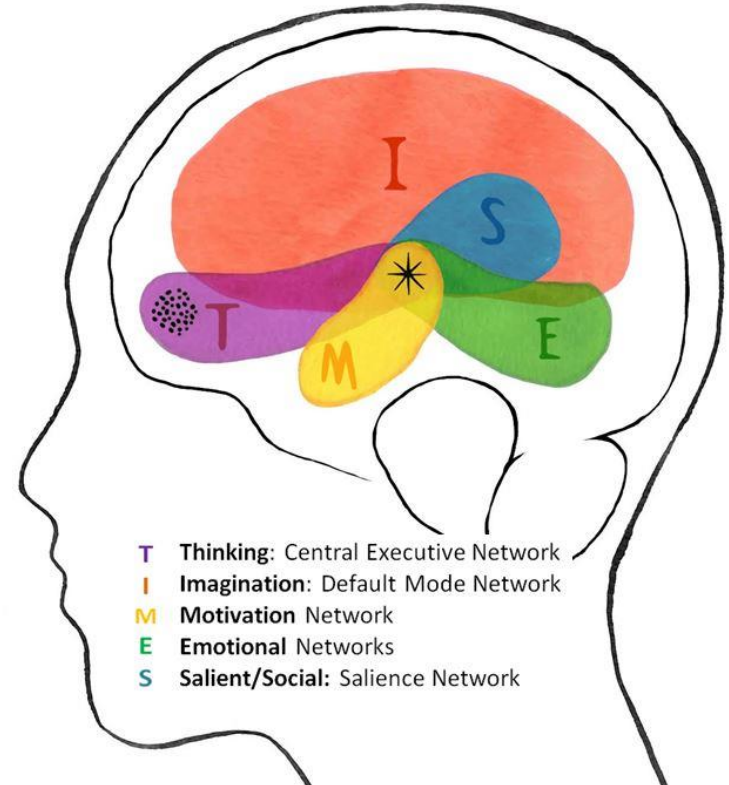
The “TIMES” in Your Brain



IMAGINATION NETWORK - DN

- This Network (DN) constantly receives signals from deeper regions of the brain that motivate us to seek out pleasurable experiences and personal rewards.

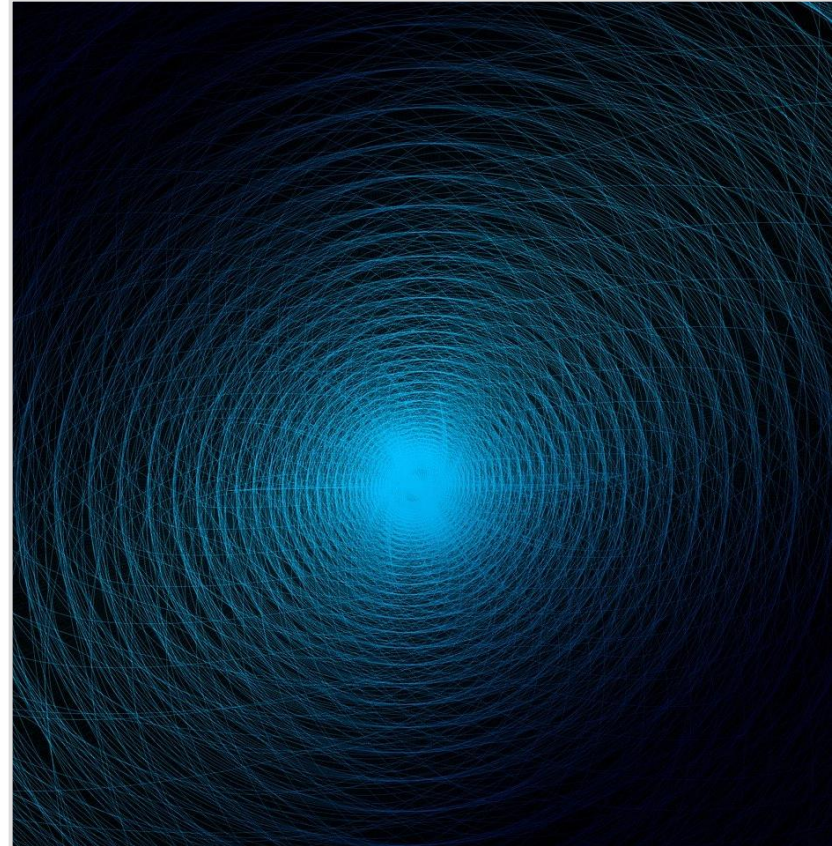
The “TIMES” in Your Brain



- T** Thinking: Central Executive Network
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IMAGINATION NETWORK - DN

- Daydreams
- Mind-wandering
- Emotional fantasies
- Self-judgmental feelings
- *Predicts future scenarios*
- Creative/divergent thinking
- Emotional impressions of others
- Spontaneous introspective thoughts
- *Innovative solutions for new problems*



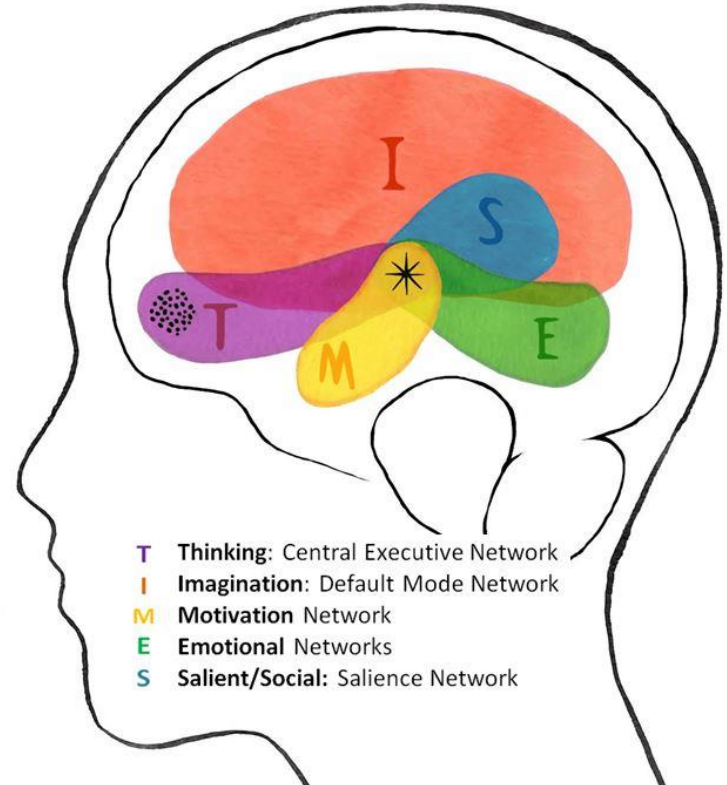
THINKING NETWORK - CEN

Your Thinking Network is also known as the Central Executive Network in the pre-frontal cortex - CEN.

Now also known as your brain's "Doing Center". (The purple area)

Your Thinking Network is recruited to help you to consciously evaluate dozens of possible choices, and to select the best action to take that is most likely to bring you the rewards and pleasure you seek – in the present moment.

The "TIMES" in Your Brain



THINKING NETWORK - CEN

- It's also the FOCUS network, your conscious decision making network (which helps you to focus your attention on achieving important goals)
- It executes brain oriented tasks
- Governed by SN and DN activity
- Controls speech production and listening skills
- Only mildly reduces emotional reactivity.



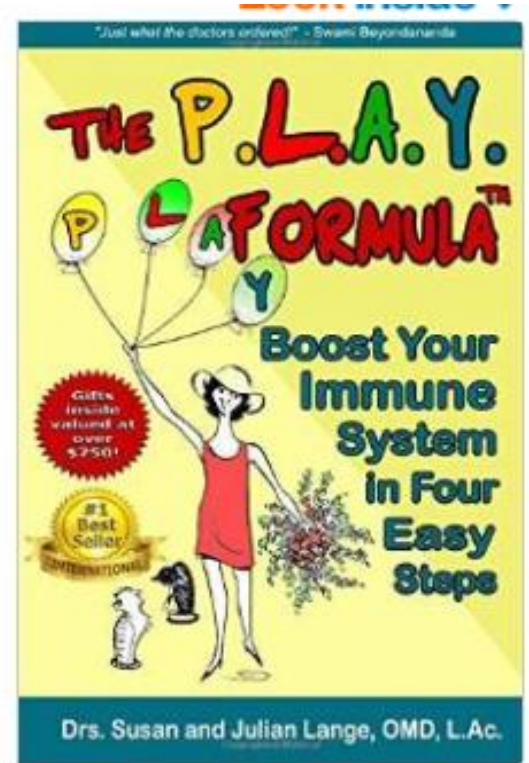
PLAY AND CURIOSITY - KEY

- PLAY and CURIOSITY activate the Social Brain
- “Social Joy”
- They bring you into balance in the present moment.
- Research by Jaak Panksepp

Raffle: 3 copies of my book, “The PLAY Formula” at the upcoming Open House on July 6th for live attendees.

Register here:

<https://us02web.zoom.us/meeting/register/tZwpcuyqqDksHNWbifaYfDGd2v9R9JE8Y8uj>



PLAY AND CURIOSITY

We are biologically designed
to be joyful and playful!

Raffle: 3 copies of my book,
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5 Step Daily Protocol For You

How to connect more deeply and lovingly with yourself

- Greater presence in your outer face
- Greater sense of empathy and rapport with others that comes from your heart and inner face.
- A sense of ease, grace and beauty, coming from your Core Radiance.



M.Y. S.M.I.L.E.S. Protocol



The 5 Step Protocol

- Improve the functioning of your brain networks with daily smiles!

- (Inspired by and adapted from Mark Waldman – with thanks)

M.Y. S.M.I.L.E.S. Protocol



- M- Mindfully
- Y- Yawn
- S- Slowly
- M- Move
- I- Intuitively
- L- Listen
- E- Explore
- S- Savor

1. Mindfully Yawn



1.
 - M- Mindfully
 - Y- Yawn
- Mindfully
- Yawn... 3 times

1. Mindfully Yawn



- Mindfully
- Yawn 3 times

- Notice any shift in mental state or mood?
- Yawns help you to become aware of mental stress and to shift it and become more relaxed.

Mindfully Yawn



- Mindfully
- Yawn 3 times

- YAWNS START AT 12 WEEKS in the womb!
- If the fetus doesn't yawn – a sign of neurological damage.
- It's that important

Mindful Yawns – Cranial Tip



- Mindfully
- Yawn 3 times.
- Serious research
- Walusinski, Olivier. “How yawning switches the default-mode network to the attention network by activating the cerebrospinal fluid flow.” *Clinical anatomy (New York, N.Y.)* vol. 27,2 (2014): 201-9.
- Concussion story

Mindfully Yawn



- Mindfully
- Yawn 3 times

- You want to release stress from your face and brain, don't you?

Mindful Yawns – Bonus PAIN Tip

- Mindfully
- Yawn 3 times

**Research now on
mindfulness based pain
reduction.**

- 5 of the 12 pain centers in the brain are regulated by yawns!!



2. Slowly Move

2.

- S- Slowly
- M- Move

- S- Super Slow
Stretches – with
- M- Micro Movements



Slooooooow Movements



2.

- S- Slowly
- M- Move

- Super slow movements help you to become lightly aware of physical tensions, and bring you into the present moment, physically as well as mentally, and emotionally.

Another PAIN tip



2.

- S- Slowly
- M- Move
- **Mindful micro movements and yawns ...**
- can help to turn off 12 pain pathways in the brain!

3. Intuitively Listen



3.

- I- Intuitively
- L- Listen

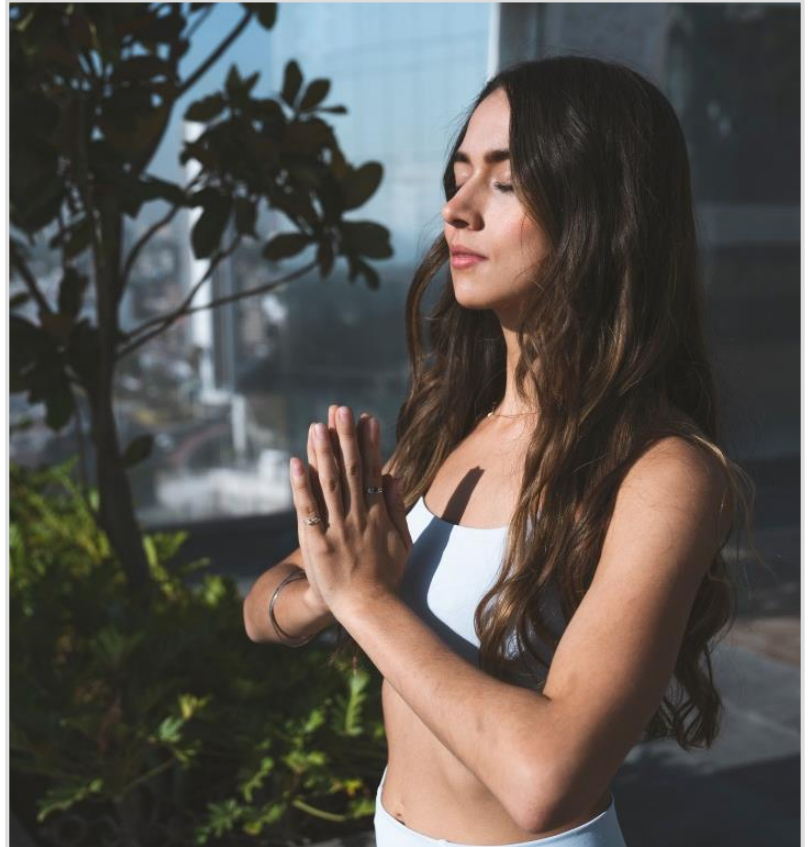
- I- Intuitively and Insightfully
- L- Listen

3. Intuitively Listen

3.

- I- Intuitively
- L- Listen

- I- Intuitively and Insightfully
- L- Listen
- It's not so much about focused attention but more an open monitoring.
Being aware of your mind wandering...



4. Explore...



4.

- E- Explore...
- Explore for 10 seconds...
emphasize your experience
with curiosity and play.
- Let your mind wander, and
then ask your Intuition for a
deep Inner Insight.

4. Explore...



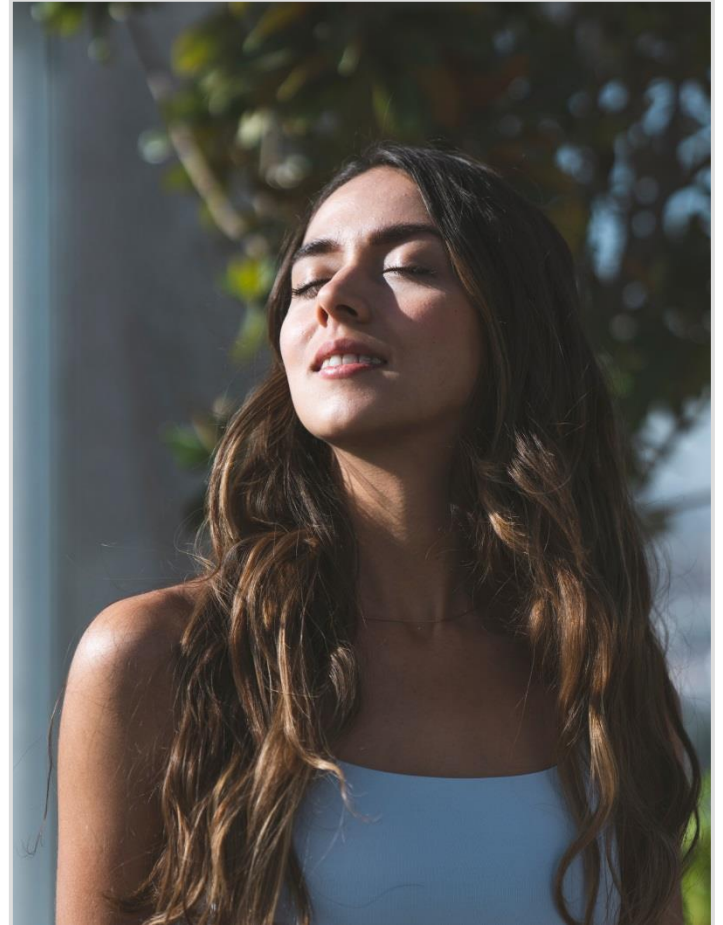
4.
 - E- Explore...
 - Explore for 10 seconds... emphasize your experience with curiosity and play.
 - Core emotions, per Jaak Panksepp
 - (Write down your explorations and insights.)

5. Savor

5.

- S- Savor

- Savor and Share



5. Savor and Share with Others



- SHARING with a trusted individual, partner or practitioner is KEY

5. Savor and Share with Others



- SHARING with a trusted individual, partner or practitioner is KEY
- This activates the Social Brain and brings you into more inner and outer harmony
- Brain changes after 8 weeks!

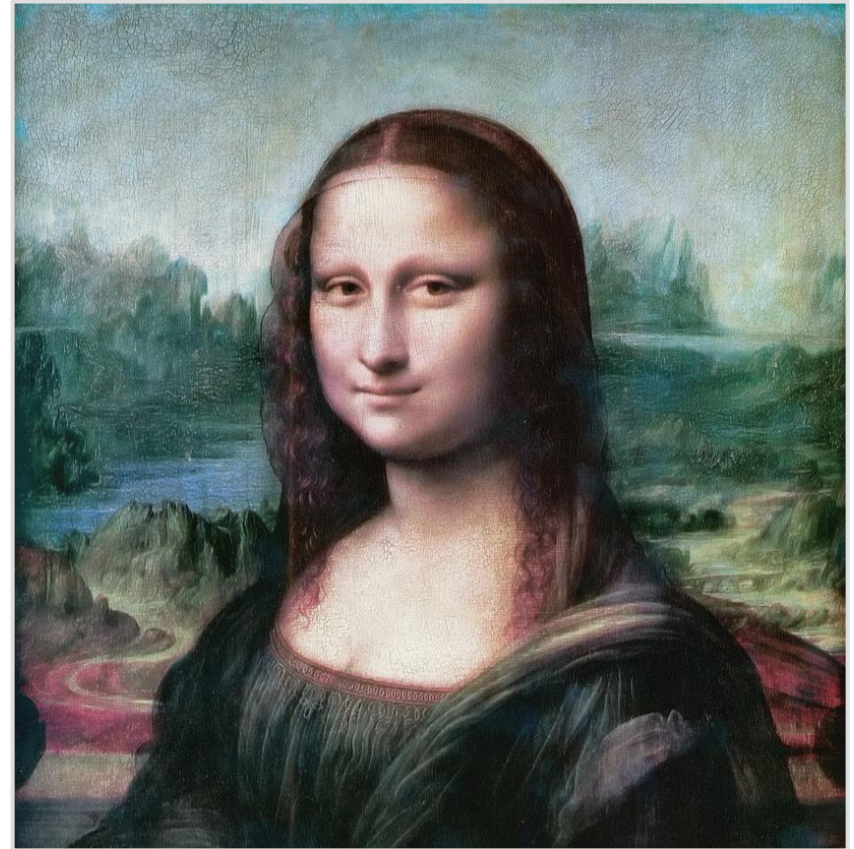
M.Y. S.M.I.L.E.S. Protocol - Review



- M- Mindfully
- Y- Yawn
- S- Slowly
- M- Move
- I- Intuitively
- L- Listen
- E- Explore
- S- Savor

M.Y. S.M.I.L.E.S. Protocol

SMILE FREQUENTLY!



M.Y. S.M.I.L.E.S. Protocol

SMILE FREQUENTLY!



ERASE THE TRAUMA



- When the “memory” of an old trauma pattern is recalled and then activated in a new way from the present moment – with new resources in the present – a new memory is formed and it’s as if the old memory never existed.
- It’s been erased by the new behavior.
- Joseph LeDoux – Memory Reconsolidation and Extinction

Research – What doesn't work

THE "TALK THERAPY" PROBLEM:

Talking "about" your feelings and problems embeds them deeper into emotional memory. The more "real" they feel!



ERASE THE TRAUMA



I love to say:

- ERASE the trauma that ages
- EMBRACE the radiance that transforms

ERASE THE TRAUMA



- As old trauma DECREASES
- YOUR Radiance INCREASES
- But there are crucial steps that you need to take, to make sure that you don't keep filling up with more trauma.
- Your brain is a creature of habit.
- When there's a GAP, we want you to know specifically how to increase your radiance.

EMBRACE THE RADIANCE



- As old trauma DECREASES
- YOUR Radiance INCREASES
- It becomes a benign cycle where radiance increases, and your brain and face transform.
- Your heart can shine through your face
- How cool is that!

POWER OF YOUR FACE 2.0, COMBO



- Would you be interested in learning a little about our upcoming new program, that will teach you how to do this?
- Step by step

POWER OF YOUR FACE 2.0, COMBO



- I've given you an experience that is the tip of the iceberg, but I want you to increase your skills that you can use instantly to start tapping into the radiant you – and to share it.
- I've got access to 100s of slides that I didn't use in this presentation, with research studies and really exciting, totally liberating, new insights.
- And I have this new pilot program where we'll be going into deeper experiential work and you get to practice face to face.

STORIES



- These people have gone through other training with me.
- They've learned the principles that I will be sharing, that were woven in to my other programs.
- This is the first time I'll be sharing the key steps in my brand new pilot program, so that we can get people up to speed faster than ever before – in a spacious way.

SHELLI'S STORY



- It's changed me so much from when I first started, where I was still stuck in this invisibility issue, childhood traumas, beliefs in the family (conditioning)... and it's helped me grow so much...
- This community... It allows us to be the beautiful beings that we are in every way....
- Shelli W, RCST, PPNP – CO, US

INGA'S STORY



- “... re-inspired by the simplicity and joyfulness of this work... the inspiration of we all need this...”
- Women need this in particular...
- We all need our courage to come out of hiding and show how beautiful women are... ”
- Inga F, RCST, mid-wife - NZ

NANCY'S STORY



“I shifted my attention toward the positive side of what I could not accept about how my face looked and was feeling after the surgery. When shame feelings came up about it, I knew it was a doorway to address the real issue behind the scene of the face appearance.

I connect to and cultivate the Shen, the real beauty that lasts.”

Nancy A, PPNP - Quebec

AUNT SUSAN

Aunt Susan doing
water yoga in the
winter -
in her 70s!



WARNING! Mistakes & Myths



Beware of these common mistakes-

1. Don't spend enough time practicing the skills
2. Don't engage with the community and the Team. This is essential to practice coming out of hiding.

We're creating a safe space for you to explore - in baby steps.

Mistake # 2

Common mistakes continued -

2. Not showing up and engaging with the community.-

Showing up and practicing the skills to share your heart and your face is crucial to receive the transformation you seek, so that you can pass your magical gifts on to others.

Showing one's authentic face has become a RARE gift.

We want to change that rarity



Myth # 1



Common MYTHS-

1. Myth that you're born naturally outgoing and beautiful, and able to connect through your face

- Not true!
- I was super introverted – for all kinds of reasons.
- Now: “everybody’s my friend”.
- NEVER was true before.

Myth # 2



2. MYTH - that natural inner and outer radiance and connection is only for certain women.

- “It comes naturally for them and it’s not possible for me.”
- Not true. Listen to Shelli
- She’s now unstoppable.
- Early childhood/birth trauma may have stopped her before.
- Not any more.

Myth # 2...



2. MYTH - that natural inner and outer radiance and connection is only for certain women.

- “It comes naturally to others and is not possible for me.
- Not true.

It does take practice and it makes a huge difference when you reach out and connect with us.

So, who's it for?



3 Categories....



It's for you if ...



Who's it for? # 1



- # 1. You want to grow into leadership and be seen.
- To share even more of your heart and face with your community
 - To work confidently with groups, including families, babies and kids
 - People take action when they feel rapport with you

Who's it for? # 2



2. You're curious about slowing down the aging process naturally,

- through self-empowerment and
- reducing the trauma that shows up in your face, and/or your clients' faces
- So that you can connect even more deeply

Who's it for? # 2...



- If you want to connect more with your own natural Core Radiance –
- And radiate that to others...

- Research show that when people sense a rapport with you they are more motivated to communicate and work with you

Who's it for? # 3

3. People who feel they're been in hiding for years – perhaps a lifetime...

- Who haven't been seen, or haven't had a voice... and yet are longing to share their light and their gifts...
- Who perhaps have been living behind their mask...
- (Not their fault...)



Who's it for? # 3...

3. ...

They start to build the potency to show up.

- What happens if you show up more in your work, being of service, your community?
- What happens if there's more of YOU?
- Often we've learned to serve others, at the expense of ourselves – and we give too much.
- It can be exhausting.
- I hear this all the time.
- This is your turn – for you!



How is it unique?



- *Not* based on the repetition and erroneous theories of decades – since Freud. (“repressed memories”)
- It’s the latest proven research from the last 5 years.
- What works and what doesn’t.
- Bridges the GAP between
 - Your outer face and
 - Your inner face
 - to create coherence

Investment



- Every time you connect with people through your face,
- Without the symbolic “mask” or old trauma patterns...

More authentic rapport with your clients, patients, relationships, community, families you work with.

Then they get you and want to work with you.

INVESTMENT



- More comfortable with your own face.
- When your inner and outer radiance is in sync.
- When your Core Radiance (your Shen) starts to shine through
- Others get it.
- More likely to have clients want to connect with you.
- It translates practically to your business, your income, your community - everything.

RESULTS



.E.g. in our new community – gifts from our neighbors and connections that are beyond value - priceless.

- Invitations to go boating, the local nature sanctuary, BBQs, food, flowers. plants...
“stream of abundance”
- We’ve ended up connecting neighbors with neighbors who haven’t connected with each other in years.
- Such a joy!
And completely un-expected

Results



- More likely to have clients and others want to connect with you
- This is about you engaging with the Social Brain – face to face.
- Increasing neural resonance.
- Remember what that is?
- The research shows 50% better results when you engage and share and dialog - so that's what you'll be learning and experiencing.

POWER OF YOUR FACE 2.0 COMBO



- The gift of the Home Study Blueprint, inspired by Dr. Porges
You can get started right away - and also get 18 CE hrs.
PLUS
- The brand new **“Power of your Face 2.0, Trauma Centered Neuro Coaching”** where we’ll be meeting up to connect and learn how to melt old trauma and to come from your Core Radiance.

POWER OF YOUR FACE 2.0 COMBO



- The REAL magic and sparkle come when you share your deep wisdom and insights with others, and are met in that place.
- Then you're able to hold a stronger frequency for your own community through your Core Radiance, your presence and your face, with "relaxed empathic rapport".

POWER OF YOUR FACE 2.0 COMBO



- With “relaxed empathic rapport” abstract concepts become immediately useable and communicable for greater success in your practice.
- You get more compliance because clients feel you get them.

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The 3rd WAVE



- Your outer face
- Your inner face
- Your Core Radiance!

- Combo =
- Your “Sparkle Print”

The 3rd WAVE

Thalamus: Synaptic activity changes,
not the structure

- Your outer face
- Your inner face
- Your Core Radiance!

- Combo =
- Your “Sparkle Print”



The 3rd WAVE

- We know that there are so many struggling with this issue of the GAP between the inner and outer face.
- A longing for that Core Radiance, but don't know how to get there, because old trauma is blocking the pathway
- We can help you if you're willing to take the first step with us.



POWER OF YOUR FACE 2.0. COMBO



- Why am I offering this?
- Because I can't not, anymore.
- I have to share from that Core place inside me.
- Yet, I'm sharing concrete skills that are proven and teachable to others.
- Why does our team do this?
- Because they're becoming unstoppable – and radiant in their own unique ways.

Tuition



- You'll see on the webpage that I'm offering a big incentive as a gift for you to join us, because I want to share these skills with as many people as possible.
- And I invite YOU to pass it on.
- Ripples across the planet, connecting one heart and face at a time with families, babies, communities...

Still Questions?



- **OPEN HOUSE!**
- **JULY 6th**
- **12:00 PM Pacific**
- Come and meet Team NFR
- Bring your questions
- Share how the “M.Y. S.M.I.L.E.S” daily protocol has been working for you.
- We’d love to meet you.
- Men are very welcome too.

- Register here:
- <https://us02web.zoom.us/meeting/register/tZwpcuyqqDksHNWbifaYfDGd2v9R9JE8Y8uj>

POWER OF YOUR FACE 2.0, COMBO



- We're calling you forth to melt old trauma patterns, connect with yourself, and share your own outer and inner beauty and Core Radiance AND make a difference.
- Women need you
- Your clients need you
- Families need you
- The world needs you!

Don't Isolate!



- **Don't isolate!**
- Connect with us and learn how to melt old trauma patterns with greater ease, share your heart through your face – and learn how to teach others.

Remember..



- When there's a disconnect, everything you do is more challenging and stressful.

What does disconnection look like?

- Remember this from earlier?
- You can make a difference and help your clients bond and connect more easily through their faces - naturally.



Your Face has the Power...



- When there's a disconnect, everything you do is more challenging and stressful.
- Your face, when it's coherent, has the power to change the world - from a loving, connected, compassionate and joyful place.

Your face can change the world

Your face, when it's coherent, has the power to change the world from a loving, connected, compassionate, joyful place. – Social Joy





POWER OF YOUR FACE 2.0 COMBO



POWER OF YOUR FACE 2.0 COMBO

- We're happy to support you in getting there, and taking your skills to the next level to truly make a difference - now.
- Add this to any modalities you already practice
- And we can do this together
- Here's the link to know more:
<https://rejuvenatemyface.com/Radiant23/>



POWER OF YOUR FACE 2.0 COMBO



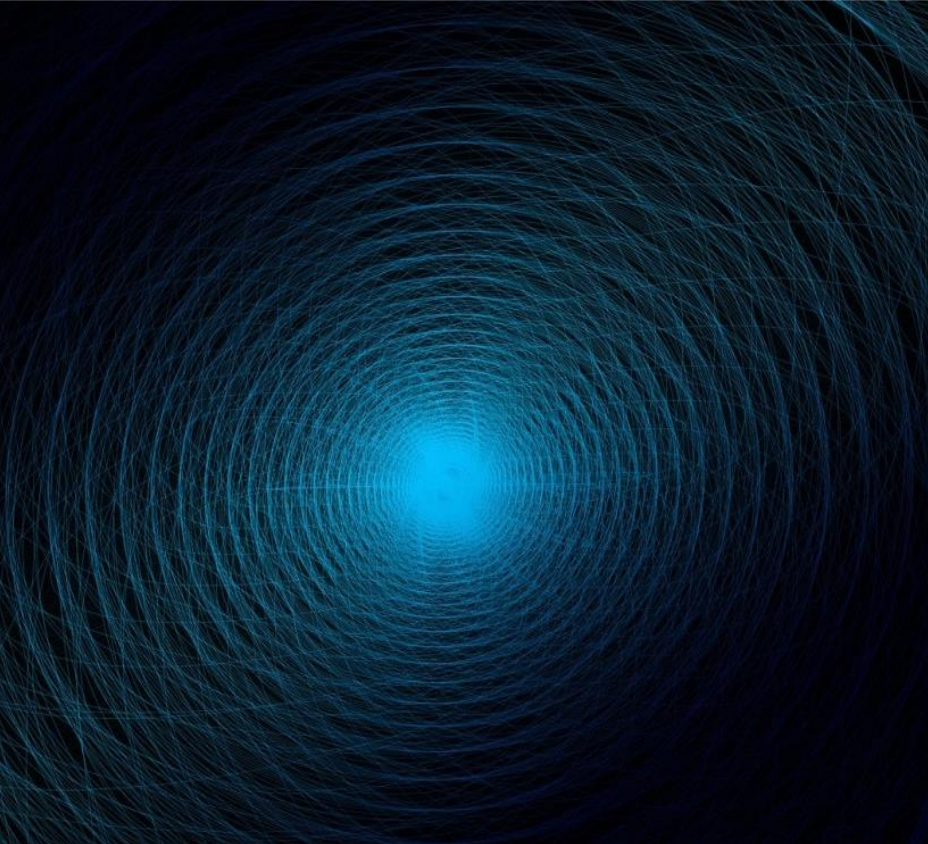
- Thank You for watching!
- Join us in our brand new adventure into claiming
The Power of Your Face, 2.0

Connecting you to the power of your own face and heart and sharing your power with others:

- Your outer face
- Your inner face
- Your Core Radiance

<https://rejuvenatemyface.com/Radiant23/>

Lastly... Ask your intuition...



- Ask your intuition for a couple of final questions.
- What are the deepest new insights that you're taking away today from this presentation?
- How are you going to share these gifts to touch others?

<https://rejuvenatemyface.com/Radiant23>