



David Shaner: Living With The Wind At Your Back



David Shaner has practised over 50 years Shinshin Toitsu Aikido and holds the rank of Hachidan (8th dan). He is the Chief Instructor of the Eastern Ki Federation and currently serves as Herring Professor Emeritus at Furman University. In his own life he has had to learn to cope with chronic pain and explains his understanding here with the scientific facts.

TOP EMBODIMENT TIP: While practising self-care, if you are taught how to notice and what to mentally and physically notice, and taught to direct and sustain that consciousness, then you are well on your way to reduce your as-felt pain.

A Key to Learning to Manage Pain; Focus, Relax, Connect.

- Most presenters in this conference know how to teach these skills that can be used in the context of learning to manage chronic pain.

Nociceptive Pain and the Neuroanatomy of Pain: Neuroplasticity Helps us Rewire Our Brain.

- Transmission and modulation are the phases we can make a difference in.
- You can affect whether the neurotransmitters will polarize or nonpolarized; whether they will have an excitatory or inhibitory effect, whether or not the pain signal will pass the threshold and continue to the brain.
- Learning how to create an inhibitory response that creates natural analgesic, instead of Darwinian, catastrophizing way, “to run away from the tiger”.

The Three Orders of Body-Mind Awareness: Activities in Daily Life Help Focus Attention

1. Monkey-mind, focus all over the place.
2. One-pointed focus.
3. Attention is no longer necessary, presence.

Identifying the Three Skills to Reduce As-Felt Pain in Daily Life: Focus, Relaxation and Connection.

1. Focus: Where your mind is; Direct your attention; Sustain your concentration.
2. Relaxation: Where you hold attention; Be able to change / redirect yourself from tension to relaxation; Learning to sustain a strong balance and stable posture.
3. Connection; Learning to be aware of others; Learning to respect and align with the intention of others; Learn how to sustain relationships for mutual growth and development.

Resources

- ❖ **Books:** *Living With The Wind At Your Back*, by David Shaner, Connect LLC, 2014.
- ❖ **Website:** [Dr David Shaner](#)
- ❖ **References:** Peter Levine, Ilan Stephani, Gabor Maté, Edward O’Wilson, Marvin Minsky, Masatoshi Nagatomi, E.J.Brill, Susan Piver, Richard Strozzi Heckler, Majjhima nikaya by Pali Text Society.



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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