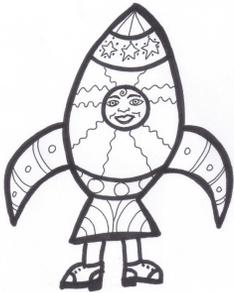


Your Body



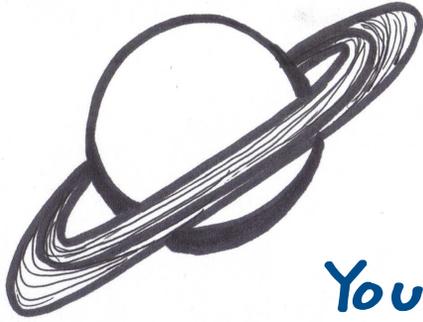
is a

Spaceship!



*Navigational System & Maintenance
Manual*

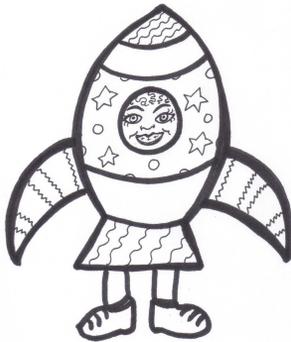
Margarita Navarrete-Hutchinson



Your Body is a Spaceship

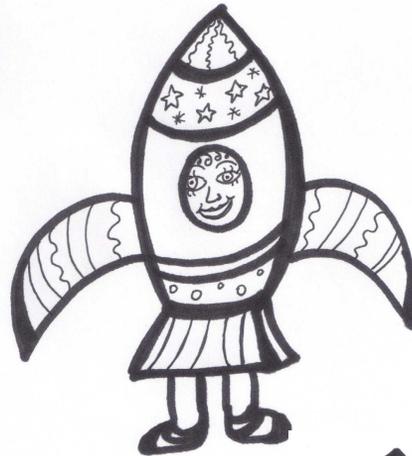


*Navigational System &
Maintenance Manual*

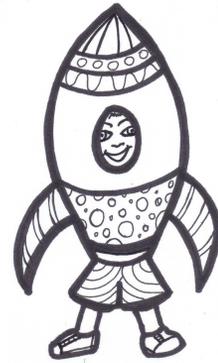
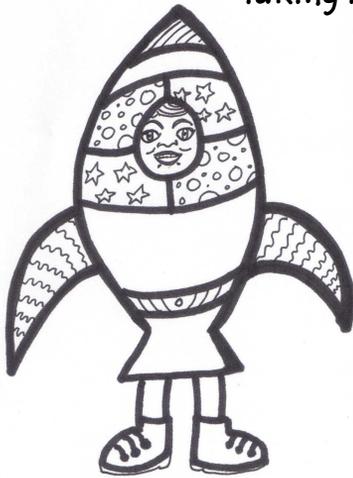


Margarita Navarrete-Hutchinson

*Your body is a spaceship.
Every body is spaceship.*



*We move around through space,
taking in data, stimuli, pressures.*



*We perceive the world around us,
and interpret what is happening,
using the*

Emotional Navigation System

To better visualize the ENS, we correlate our emotional/physical states with a gradient spectrum of colors, ranging from blue to red.

As the colors progress along the spectrum, they correlate with our heart & respiratory rates; progressing from a relaxed state, to an excited state, to high alert mode, as pressure steadily increases.

Conscious awareness of our emotional states (aka the colors we're feeling) is how we read the signals provided by our Emotional Navigational Systems, which guide us as we choose the directions & paths that we are taking on our space odysseys.

blue

*we are most relaxed when we are in
the blue zone.*

*Our hearts beat slow and steady,
and we breath deeply...slow
inhale...slow exhale....*

Dark blue: asleep

*Light blue: awake,
relaxed.*

*blue mode:
system restoration*

green

*yummy yummy green so good! Happiness
lives in the green zone.*

*Our hearts beat faster with
excitement as our breaths hasten
with delight...wheee!*

Green: engaged, alert

*Green: reward system
activated.*

*green mode:
All systems GO!!*

yellow

*the pressure has increased! Pay attention:
pause, shift, change, move*

*Our hearts are accelerated, our
breaths are shorter; we are AWARE
of the need to CHANGE.*

yellow: mild alert

*yellow: proactive changes lead to green;
reactive changes/no changes lead to orange.*

*yellow mode:
systems check*

orange

** alarm bells are clanging* The pressure is too much,
Captain, change now, or it's gonna blow!*

*Our hearts are racing rapidly and our breaths
are quick and short; we are preparing for
attack as we approach the danger zone.*

orange: moderately high alert

*orange: proactive changes lead to green;
reactive changes/no changes lead to red.*

*orange mode:
hazard alert system activated*

red

**DANGER* *DANGER* FULL SYSTEM ALERT! FIGHT/
FLIGHT/FREEZE MODE ACTIVATED*

Our hearts are beating wildly, racing; our breathing is shallow. Our muscles are engaged and ready to fight, run away, or curl up into a protective ball.

red: danger zone

Proactive changes lead to green. Reactive changes may keep us red or go orange. No change leads to rusty brown.

red modes:

self-protection system activated

brown

stuck rusted tight spaceship. Mobility is limited; muscle fibers waiting to go into action stick together and recruit their friends.

Restrictions develop.

Our heart rates and breathing are in the orange or yellow zones; our muscles feel tight, possibly painful. We feel stressed.

brown: stuck in the muck

Proactive changes lead to green. Additional maintenance may be necessary to return the spaceship's systems to green, such as exercising blue.

brown mode:

spaceship needs serious maintenance

The Colors In Between the Colors

Spaceships have a broad range of emotions.

The spectrum of colors is on a gradient, transitioning from one shade to the next. In between the colors we find **bluegreen**, **greenyellow**, **yelloworange**, and **orangered**.

These colors could be perceived as transitional stages--as do all the colors between those colors--and the primary colors, too! The more colors on our spectrum, the more slack (room) we have to change.

We need space to move; we're spaceships!

Bluegreen is a relaxed, happy state. Our spaceships enjoy **bluegreen**, maybe because it reminds us of the Earth, our lovely **bluegreen** planet.

Basic Spaceship Maintenance & Care

Spaceships require:

-hydration (clean water)

-nourishment (nutrient dense food, providing vitamins, minerals, anti-oxidants, and energy/electricity)

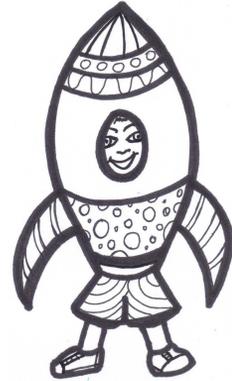
-conditioning against pressure/stress

*method: cardiovascular exercise [safe setting **orangered**]

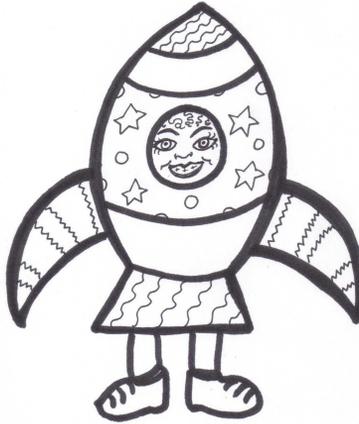
*method: chosen challenges [safe pressure: **greenyellow**]

*method: relaxation exercise [practicing **blue**]

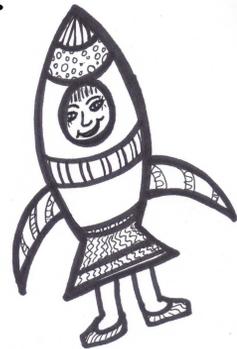
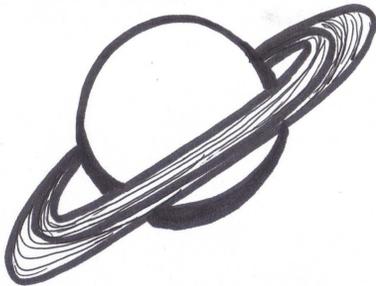
-love, nurturing, compassion, and care [**green!**]



that's it.



take good care of your
spaceship.

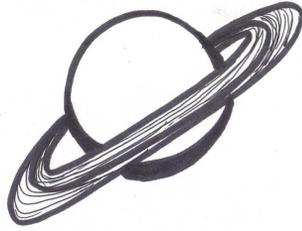


and enjoy the ride.



There
is
Slack
in
All
the
Colors

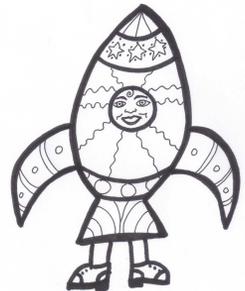
blue



what feels blue to you? write down words, music, people, places, sounds, images, ideas that feel blue.

green

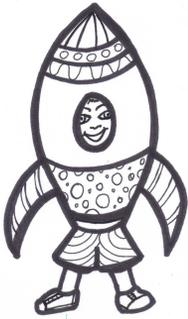
what feels green to you? write down words, music, people, places, sounds, images, ideas that feel green.



yellow

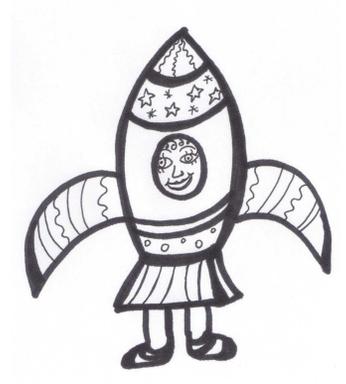


what feels yellow to you? write down words, music, people, places, sounds, images, ideas that feel yellow.



orange

what feels orange to you? write down words, music, people, places, sounds, images, ideas that feel orange.



red



what feels red to you? write down words, music, people, places, sounds, images, ideas that feel red.





brown

what feels brown to you? write down words, music, people, places, sounds, images, ideas that feel brown.



What does your spaceship look like?

Decoding Our Navigational Systems

Our bodies are vessels, hurtling through space with incredible force and velocity.

Lucky for us, we have a built in navigational system.

This simple manual, for kids and adults, serves as both a navigational and communication tool.

-There is Slack in All the Colors-