

NEWS YOU DIDN'T KNOW YOU NEEDED

Carla Cotropia



Do you know about Proprioception, Interoception, and your Sixth Sense?

By Carla Cotropia

There are five basic senses: sight, smell, taste, touch and sound. But actually, proprioception and interoception are two additional senses. Recognizing Proprioception and Interoception helps you improve your intuition, or sixth sense also known as gut feelings.

Proprioception is the sense through which we perceive the position and movement of our body in the world around us. Without proprioception, you couldn't scratch your nose because you wouldn't be able to find it.

The proprioceptive sense is different than touch sense. Proprioception comes from within our body and the sense of touch comes from the outside when someone or something touches our skin.

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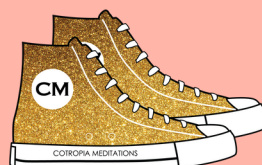
There are proprioceptive receptors in your muscles and joints which is how proprioception relates those muscles to where the body is in space. Interoception is similar but those receptors are inside your organs. These interoception receptors send information about the inside of your body to your brain. Interoception helps you understand and feel what is going on inside your body. These receptors let you know if your heart is beating fast or if you are hungry, full, hot, cold, thirsty, nauseated, itchy or ticklish.

When the interoceptive system is working well, you sense what your body needs, and you meet that need. But for some, including me, it is out of whack. How do I know this? I know this because I eat when I am stressed, and it doesn't have anything to do with hunger. If my interoceptive system says I am not hungry, I blow right by it and eat anyway. My interoceptive system says I am tired, and I say, "naps are for babies" and keep on going and get run down.

Why am I writing about this? The reason is because I believe people's proprioception and interoception senses have dwindled, including mine. People aren't aware of where their body is when they walk. They don't sense when they are about to bump into others or that because of how they are walking they are blocking others. If you are not paying attention to where your body is, you are likely to run into people or bump them. Why don't some people sense how their body position is affecting others? Notice this the next time you are in an airport or in a crowd. It is amazing how many people don't sense that there are people trying to get around them.

This brings me to another observation. Everyone has probably experienced the sensation that someone is looking at you. Even though you are not aware on a "sight level" you sense it. And you probably know that if you stare at someone, they will sense it and turn to see who is staring. These are six senses or perceptions that humans have developed over the years. The key, in my mind, is to be aware of them.

So without giving you complicated information about how proprioception receptors in the muscles work, the important factor for me is not knowing how they work, but how can I improve using them? How can I be more aware of where my body is in space? This may sound crazy, but it isn't because the more you are aware of where your body is in space, the more aware you will be of your posture and how you carry yourself. Do you want to wake up one day and be permanently hunched over? Improve your proprioception by practicing balancing on one leg. Take it even a step further by closing your eyes. Your mind, your proprioception sense, kicks in to help you understand where your body/leg is space, which is needed to balance.



An example of proprioception is when a limb is amputated. The person with the missing limb will still feel it and perceive it as if it was there. This is known as phantom limb syndrome. Phantom sensations occur because proprioceptive sensations of the limb's presence are still in the brain. There is a conflict between the visual system which sees that the limb is missing and the memory that remembers it as a functioning part of the body.

Why am I writing about phantom sensations? The reason is to point out in a simple way that there is more going on in your body that you may not have considered. This brings me back to the sensations or feelings called your sixth sense or gut feelings. Scientists and psychologists refer to sixth sense as a neural process they call "implicit learning" An example can be found in the animal kingdom. In 2004 there was a devastating Indian Ocean tsunami. People there reported seeing animals fleeing to higher ground minutes before the tsunami arrived. Another example was the cat who lived in a nursing home that would consistently jump on a patient's bed within a couple of hours of the person's death.

It appears that animals have some kind of heightened sixth sense to subtle changes in the environment and to the people around them. Humans have the same ability; it is just our rational brains will discount those sixth sense feelings or gut feelings.

I had an army major in one of my meditations. He told me one of the biggest reasons soldiers in the Iraq war were killed, was because they ignored their gut feelings and went forward when their sixth sense was warning them.

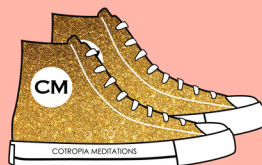
Humans are so distracted by everything around us, we miss the subtleties our subconscious and gut feelings are warning us about.

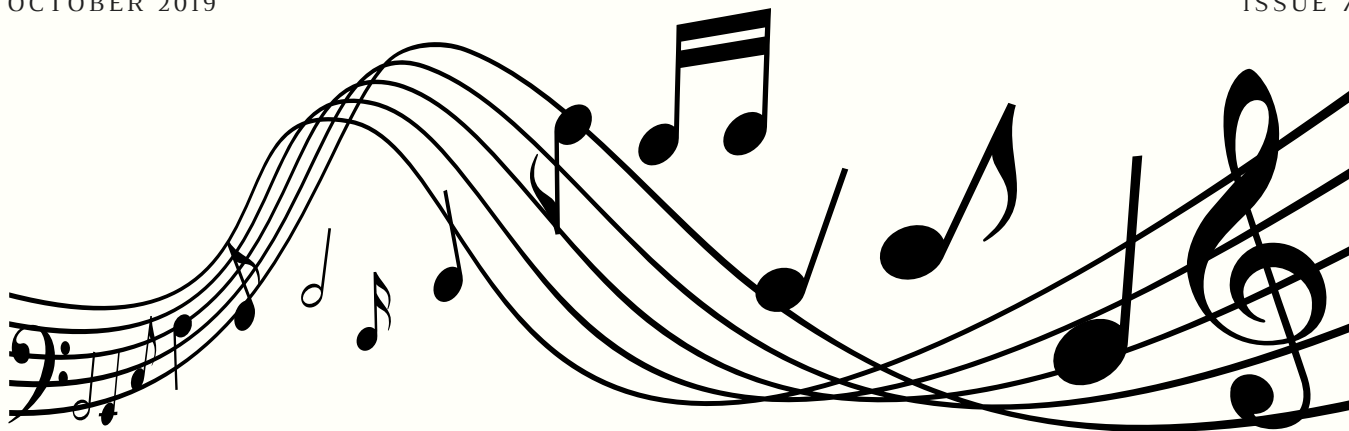
How do we improve our proprioception, interoception and sixth sense?

1. Pay attention. Perhaps slow down and acknowledge those inner feelings.
2. Has something or someone made you uncomfortable or uneasy? Notice this.
3. Be aware of where your body is in space. Are you aware of what is around you?
4. Practice balancing on one leg at a time.
5. Listen to your body.

There is so much in the world that we are trying to keep up with, including our work and home life, we forget about something important, namely our body.

Carla's Body to Carla Brain: thanks for the chocolate and tequila but what I really need is sleep.





Carla's Song Lyrics to Live Your Life By

PRINCE- Let's Go Crazy

And if de-elevator tries to bring you
down, go crazy punch a higher floor

I'm not gonna let de-elevator bring us
down, oh no, let's go

Let's go crazy, let's get nuts

Carla's Modification

If the elevator of life tries to take you
down, just reach up and punch a
higher floor.

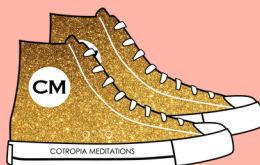
And, it's okay to go a little crazy

Jimmy Buffett- Changes in Latitudes Changes in Attitudes

It's these changes in
latitudes changes in attitudes
Nothing remains quite the same
With all of our running and all of our cunning
If we couldn't laugh, we would all go insane

Carla's Modification

If we weren't all crazy,
we would go insane.



Dickie Jones & Rhythm Rangers- Salt Your Pillow Down

You may be angry, you may be blue
At that's two things you shouldn't do
Now take your tears and salt your pillow
down

For I don't want to hear you cry
And I can't stand to hear you sigh
So take your tears and salt your pillow down
I don't want you hanging around
You may make me weary; you make me mad
You make me anything but glad
So take your tears and salt your pillow down

Carla's Modification

When you feel sorry for yourself, all
you accomplish is getting salty tears
on your pillow

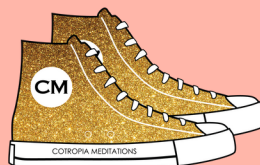
So when you feel blue, either salt your
pillow or get over your pitiful self.

Tammy Wynette- Stand By Your Man

But if you love him, you'll forgive him,
Even though he's hard to understand
And if you love him oh be proud of him,
'Cause after all he's just a man

Carla's Modification

Forgive me for this, my male friends—
If a man makes you mad, does
something stupid or flat out doesn't
make any sense,
Just remember, he is just a man!



Mary Chapin Carpenter- The Bug

Well it's a strange old game you learn it slow
 One step forward and it's back you go
 You're standing on the throttle
 You're standing on the brake
 In the groove 'til you make a mistake
 Sometimes you're the windshield
 Sometimes you're the bug

Rolling Stones- You Can't Always Get What You Want

You can't always get what you want
 But if you try sometimes, you find
 You get what you need

Michael Jackson- Man in the Mirror

I'm starting with the man in the mirror
 I'm asking him to change his ways
 And no message could have been any clearer
 If you want to make the world a better place
 Take a look at yourself, and then make a
 change

Carla's Modification

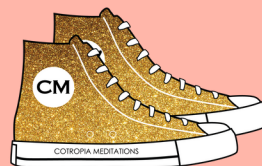
Don't be the bug mashed on
 the windshield of life.

Carla's Modification

You don't always need what
 you want, but if you try, you end up
 getting what you need.

Carla's Modification

There is no human on earth
 (except maybe Mother Teresa) that
 can't improve and be a better person.



The Beatles- Hey Jude and Let It Be

Hey Jude Lyrics:

Anytime you feel the pain, hey Jude, refrain
 Don't carry the world upon your shoulders
 For well you know that it's a fool
 Who plays it cool,
 By making his world a little colder

Let it Be Lyrics:

When I find myself in times of trouble, Mother
 Mary comes to me
 Speaking words of wisdom, let it be
 Let it be, let it be, let it be, let it be
 There will be an answer, let it be.

Carla's Modification

Forgive what caused the pain;
 otherwise, it will make you cold and
 hard.

Stop ruminating about it,
 Let it be, for God's sake, please stop
 and let it be!

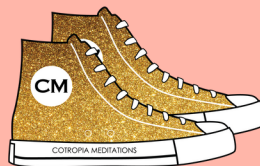
(A mantra I have heard many times
 from my boyfriend, Tom-"To please let
 it be!")

Joe Nichols- Tequila Makes Her Clothes Fall Off

She can handle any Champagne brunch
 Bridal shower with Bacardi punch
 Jello shooters full of Smirnoff
 But tequila makes her clothes fall off.

Carla's Modification

Tequila makes me go crazy!
 And if we weren't all crazy, we would
 go insane.
 Amen!



Carla's Made Up Seat-of-Pants Sweet Potato and Mushroom Soup

By Carla Cotropia

Every Saturday morning I high-tail it to the farmers market on Buffalo Speedway. I like to buy -plus see-what is really in season locally and not shipped from somewhere else.

So recently at the farmers market, I purchased sweet potatoes and mushrooms. My next stop was Whole Foods for cashews, coconut/almond milk creamer, vegetable broth, and one big yellow onion.

Here is what I did.

Ingredients

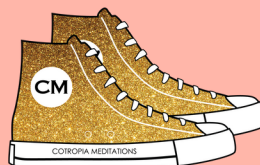
- Mushrooms-amount doesn't matter but I had approximately 2-3 cups
- Vegetable or chicken stock-one 32 oz. and one 48 oz.
- One big yellow onion (I believe yellow onions have more flavor than white ones)
- ¾ to 1 cup cashews
- One small carton of coconut cream/almond milk
- 4-5 sweet potatoes
- Olive oil spray

Steps

- Set the oven to 375 degrees.
- Place parchment paper over a cookie sheet (result is clean pan and the parchment paper in the trash).
- Chop the sweet potatoes into chunks
- Slice mushrooms in half
- Slice the onion

Place the chopped up sweet potatoes on the parchment paper and sprayed them generously with olive oil spray. I leave the peels on the sweet potatoes because 1) the peels have all the vitamins and 2) I don't want to fool with peeling them.

Place the sweet potatoes in a 375-degree oven and cook them approximately 45-50 minutes. Depending on your oven, you may need more time. The sweet potatoes don't have to be mushy, just soft when poked with a fork.

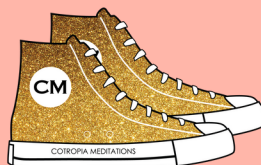


Next, I placed approximately 3/4 to 1 cup cashews in a high-speed blender. I poured the entire contents of the coconut cream/almond milk into the blender with the cashews. (There is no need for concern re calories. The entire carton only has 250 calories and no dairy.)

Blend the cashews and coconut almond milk creamer on a high speed which results in a creamy liquid.



In a big pot, pour in the vegetable stock, sliced mushrooms, sliced onion, cooked sweet potatoes, and the cashew cream liquid. Turn on the burner to a medium heat.



As it all heats, I take a measuring cup and dip it into the soup and scoop out mushrooms, sweet potatoes, and liquid. You can use anything to dip it out with, but a measuring cup has a handle. It doesn't matter how much you take at a time. It doesn't matter if you take out the onions. The main thing is to blenderize the sweet potatoes and mushrooms.

Pour the contents from the measuring cup into the blender and blenderize it. The blender will turn the chunks of sweet potatoes and mushrooms into a liquid. Then pour the contents back into the big pot.

The point is you are thickening the soup by blenderizing the sweet potatoes and mushrooms into a thick liquid. You can leave some of the chunks of sweet potatoes and mushrooms in the soup or you can blenderize it all, depending how thick you want your soup. The secret is your soup is thick and you haven't added any butter or flour. The cashew cream makes it rich without the dairy and flour.



When I made the soup, clearly by the seat of my pants, I put in a little too much broth and the soup was a tad thin. So I just kept blending the soup down until all of the vegetables were gone and the soup was the right consistency.

I also sprinkled in some nutmeg in. Just two or three dashes. In honor of my late Grandmother, Miss Mary, I added a tablespoon of sugar which she claimed heightens all the flavors.

Once cool, I put the soup into separate small containers and place them in the freezer.

So, there you have it!! An easy, healthy, nondairy, vitamin-packed soup waiting for you in the fridge.

COTROPIA MEDIATIONS

TAKING STEPS TO SETTLE CASES 2 SNEAKERS AT A TIME

