

Stick To Your Guns and Your Purpose

Courage From a 0-Day Inside

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This is a deeply personal talk.

I am a person. That is what I bring to any team/work enviro.

Each of you is a glorious person. We're going to value that.

No matter who cuts your check or how you spend your hours,
you work for yourself.

Even when you make no \$, fail at a goal, face setbacks.

I am going to discuss such a time and how I over-achieved.

My objective:
Highlight how safe we are.

Humans, even wiped to almost nothing, rule.

Timeline for this talk

- Video
- Background functioning
- Time of injuries to video
- Guns, Purpose: Why I Lived
- Hacking recovery, RE
- Flexibility, Resources

Breathe.

***Your guns and your purpose are
already with you.***

Do what you can

Where you are

With what you have.



Prior

Birth-Age 32

Injuries-Video





Sep/Oct 2012

0-day Inside

October 8, 2012

Concussion

5+ Strokes

Mostly Torn Artery

Congenital Hemiplegic Migraine

cPTSD

No Insurance



Like all your insides are
on the outside. Tender.

You are on a non-stop tilt-o-whirl.
That also turns sideways.

Pain level & nausea are 10+.

Every second.

Can't tell if have limbs.

Can't make sense of stuff.

Know it's life or death.

Locked In.

3-sec memory.

BREATHE.

Breath is what it came down to.
Wasn't guaranteed.
What I had.

Inventory time. Stick to my:

GUNS - Principles & Tools

- Think “God’s” Thoughts
- No one owes me a single thing
- Humor
- Years long spiritual practice
- Breath
- Tongue
- Muscle resistance

PURPOSE - End Goal

- Didn’t know I was supposed to/allowed to die
- Efficiently
- Return to Beach & Elliptigo
- Find a way out
- Make connection
- Prove fluff is external

Cavewoman

GUNS:

Tongue

Muscle resistance

Electrical system

MENTAL

EMOTIONAL

PHYSICAL

SPIRITUAL

Thought

Heart

Open Source

Sexual

Word

Quorum

Internal

Generational

Sentence

Whole Body

External

Angelic

Question

Lungs

Hell

Collective

Impulse

Kidneys

Sensation

God

Desire

Low Back

Function

“Me”

Conversation

Feet

Response

Connection

Feeling

Legs

Movement

Memory

Liver

Frozen

Demand

Gut

Past

Present

600,000

Obsessive. What I could do. Couldn't go at damage directly. Open bandwidth.

Wanted pain to stop.

Relegate everything

Numbers

Decisions

Trust

Reading

Electrical Signature



Courage in action: Examples

1. DAY

Overall Goal: Move left arm

Open eyes 4 mins every 4 hours

Sit up 20 mins

Visualize flexing/Hydraulics 10-100 times

Sleep 16 hours

No showering, no moving, no sound

2. MEDS/NUTRITION/SUPPLEMENTS

Take the dr's input. Ignore their opinions.

"All that was expected for you was death."

Coil like a snake to spring.

Days, mins, hours, years. No distraction.

Gain more by forcing less.

45 yrs of recovery in 5.

When facing choice or challenge

Rarely need more info.

Need more quiet.

More breathing.

More self-trust.

Know what's yours.

Humor.



Stick to your guns
and your purpose.

Do what you can,
Where you are,
With what you have

...Until you have
more.

Video to now: Massive Improvement

No Elliptigo...yet

85% time alone

Stick to my Guns and Purpose, Expand

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Muscle Checking/

Applied Kinesiology

Neuro Emotional Technique

Resonance Repatterning

BodyTalk

Health Kinesiology

Medications

Greens

Fish Oil

Butterbur

Magnesium/Calcium