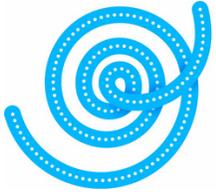


# Gentle Relief Starter Kit

---

With Joey Remenyi, Founder of Seeking  
Balance International and ROCK STEADY





# Welcome!

Thank you for joining me as we explore the wonderful world of neuroplasticity together.

This Gentle Relief Starter Kit includes a comprehensive masterclass that I created a few years ago on healing vertigo or tinnitus with neuroplasticity.

In this class, you're going to learn a little bit about the science between your brain and body connections, how your body is wired to change neural synapses, and how once you understand how to be present with your body and feel what is going on in your inner world, you can consciously create new neural pathways that feel nourishing, grounded, and wholesome.

You get to choose the new sensory maps that you're building. You can do it through the ROCK STEADY process that I've developed, which you're about to discover.

Neuroplasticity opens up a world of possibility. In this Starter Kit, I'll be sharing a little bit about the science, and first steps you can take to begin making changes. I invite you to take notes. So grab a pen and paper, and I will see you there!

Warmest,  
Joey

---

**Joey Remenyi**

**Vestibular Audiologist, Neuroplasticity Therapist,  
Founder and Director of Seeking Balance  
International**

# Starter Kit Resources

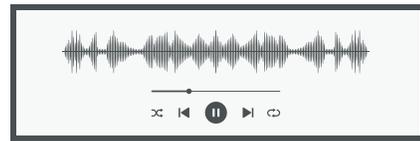
Here is everything that's included in your Gentle Relief Starter Kit. Your download link to access the content is in your email. Please [contact support](#) if you need help locating this link.

## Masterclass



Your comprehensive introduction to neuroplasticity.

## Body Scan



The starting point for the ROCK STEADY way of life.

## Closed Facebook Group



We are a diverse, global, warm and affirmative community.

## Transcript



Enjoy reading along as you watch the masterclass.

# Create Your Personalised Healing Map



To learn more about recovery and reaching a sense of 'new normal', I invite you to join our [7-day Support Program](#).

**This is a short, effective program to guide your recovery and to offer a map to start with neuroplasticity.**

You'll receive short (5-minute) audios to listen to each day for a week. You'll learn how to body scan, notice what you're feeling, focus on your desired feelings, and gently bridge the gap between the two.

Because you downloaded the Gentle Relief Starter Kit, you've received a limited-time **50% off coupon** for your purchase of the 7-Day Support Program. Your coupon code was delivered via email. Please [contact support](#) if you need help locating your coupon.

START YOUR 7 DAYS

# Masterclass Transcript

Hello everyone, I am Joey Remenyi from Seeking Balance Australia, and I am really happy here to be doing this masterclass for persistent vertigo and tinnitus. So today we're going to have a lot of fun and I hope you learn a lot. My intention is that those of you with dizziness, tinnitus, vertigo, disequilibrium, you have some new skills, some new tools, some new ideas to take home. And also to get forth with some further learning if that's what you feel you need for yourself. So today in this masterclass I want to look at reframing the recovery process. I'm going to talk about the current medical model, the way people with dizziness and tinnitus are currently being funneled through the medical angle, so the wellbeing and current treatment funnels. And I'm going to look at the recent science. It's really exciting learning about our brain and how our body is able to reshape itself and rewire itself. This is neuroplasticity, and I want to help you understand what that means. For many of you I'm sure it comes across as just a big, fancy word and I would really like to think at the end of this talk that you really understand what that means in really simple terms, so it's something that you can take home and actually implement.

I want to talk about the six triggers that do genuinely delay recovery. They're very important for everybody with vertigo, dizziness, tinnitus to know all that. We're going to start looking at solutions, and I want to introduce the importance of e-learning. And we are so lucky in 2017 to have these technologies to help us. This is really cutting edge stuff, it's exciting and I believe it can be the key to helping people learn. So there are missing links in the recovery process and they're things that we can do something about.

I've got some questions submitted. I asked people to submit questions for this masterclass and they're great questions. We'll do some answers. And then I do have a limited offer, so you've got three days' access to this masterclass and I'm very excited to be sharing this information, I love connecting with you all. It's incredibly rewarding work. Anyone who would like to do further learning, there are opportunities for you and I have a special limited offer that I'll share with you at the end of this talk today.

So I want to talk with the current situation. This is for people who have unwanted sensations in their body. Generally speaking I work with dizziness, vertigo and tinnitus, quite a bit of disequilibrium and also nausea. Some of my clients have chronic pain and sleeping problems, anxiety and depression etc. The list goes on. But today we're going to really focus on the vertigo and tinnitus aspect. So ultimately people are going, "Why do I feel this way? Why can't I get rid of this? I want to escape myself but I can't." So this is the situation they're in. So most people will have seen their local GP or multiple GPs to ask for advice or get a second opinion, they may have been sent to an ear, nose and throat specialist and that's really good because the ENT surgeon will check that there's no mechanical problems within the ears. Then they may see an audiologist for a hearing test just to check to see if there's been any changes to their hearing. They may see a neurologist for an MRI scan to look at the cerebellum, the brain stem, talk about migraines, also a very good thing to do so hopefully many of you have done that.

You may have been referred to a physiotherapist, and there are many types of physiotherapists. Some of them have general skills, others are very specialized in the inner ears. So if you've been to see a vestibular inner ear specialist, you may have been given a variety of different movement exercises to help re-stimulate the ears and bring back some balance pathways, or treat positional vertigo. So you would probably have tried some of those exercises. Also endocrinology, cardiology, so looking at hormones, checking out the heart health and then psychology and psychiatry. So there's a big list of specialists and doctors that many of my clients have been to. It's taken a lot of time and it's been such a journey for them. And people with persistent symptoms such as vertigo and tinnitus are more vulnerable to anxiety and depression. So we do need to factor this into the recovery process, which we will talk about in today's class.

So by the time people see me, I'm a vestibular audiologist, I'm a mindfulness educator, I'm a senior yoga teacher, I have 18 years experience in mindfulness. So I have incredibly rare training in the sense that I've gone through university with a background in psychology. I studied the inner ears through my masters. I've trained with not only vestibular audiologist mentors, but also physiotherapists, neurologists, psychologists, psychiatrists, ENTs, it's wonderful. So I sort of, I see people in a very holistic perspective and I understand the value of each of these disciplines. And by the time people come to see me they're like, "Joey, I've tried everything. What else can I do?" And I say, "Well first of all, tell me what you've tried." And this is what they say.

They say, "Joey I've tried everything from the naturopath to wellbeing professionals. I've got this tight neck and shoulders so I've tried osteopathy, chiropractors, acupuncture, diet eliminations, herbs, supplements, group community classes or support groups, home balance exercises." And this could be standing on one leg, throwing a ball, flopping on the bed, moving the head quickly, walking back and forth. So there's all these different exercises out there and, you know, people are trying them. Then the tinnitus clients may have tried hearing aids or sound therapy or distraction devices, and most people will have tried time off work, bed rest and any form of de-stress strategy they can think of, right? Anything from meditation to aromatherapy to coloring in books, they've tried everything. So this is when I sit back as a specialist saying, "What is going on here?" People are running out of ideas. It's not that they're not trying to get better or address the issue but they've fallen through the gaps. So they're seeing super specialists, they're trying wellbeing professionals as well as medical professionals.

Now the interesting thing is when I was working for eight years at Melbourne University I was seeing literally thousands of people come through the vestibular balance and audiology clinic. And we were seeing that some people [elegantly 00:06:27] heal and recover, so some people have their symptoms and the body sorts it out. So they're getting this elegant recovery. And other people are full of anxiety and frustration and they're not getting better. It's just lingering, it's persistent, it's horrible. And so I'm thinking, what's going on here? Why are some people recovering and others are stuck in this very debilitating condition and it's understandably frustrating. So with my background in yoga and mindfulness I am highly trained in neuroplasticity and the body's ability to reshape itself. I've experienced this in myself psychically, mentally, emotionally, how the body can change with practice and also with guidance and with intelligence, so it's not random. And I thought, okay, we can help these people, we can teach them how to reset their system, we can teach them how to realign the information coming from their ears to their eyes to their spinal column, and how to reset some of the emotional reactions. So this is when I got my thinking, my problem solving hat on and I thought, what can we do here?

So what we have is a community of very motivated people, they don't like what they're feeling in their body. They desperately want to do something about it. Because persistent symptoms can hold us back from, ultimately, our happiness. We can't be the person we want to be, it can impact on

relationships, on our working life. It's something that I would not wish upon anybody. Now these people, you guys listening I am sure are highly motivated, you're seeking independence, you don't want to rely on other people, you don't want to rely on medicines, you want to feel normal, you want to be the person you want to be and I'm with you because I want you to get there as well. So what I'm going to talk about in today's masterclass is this blue arrow. How do we get you from frustrated, feeling helpless, hopeless and stuck but motivated, and get you into this space of independence, prepared, confident, calm and you've nailed it. So you've gone through that space of recovery.

This is where I want to bring in some of the science. Now this is a gorgeous picture of neurons, and neurons are the cells in our brain that make up our brain. So neuroplasticity is the process of our body communicating. And if we've got two cells communicating, the little red particles there represent neurotransmitters which are transmitting a message between two cells. So neurons that work together, they fire together, they wire together. And what that means is neurons that are frequently connecting and communicating are creating robust and established neural pathways, networks and connections. Now everything in our body is represented by a neural pathway, whether it be a thought, an idea, an emotion, a feeling, a muscle movement, any type of musculoskeletal pattern, we have neurons that are connected to that whole process. That's this huge, amazing and wonderful communication network.

So what we're learning in science is just more about how all of this neuroplasticity works. And the physiotherapists are very highly trained in that skeletal muscular system and some neuro-physiotherapists will also be helping educate patients on how to reset their system and gently, incrementally retrain the body. We are learning more and more all the time. And one of the most interesting things is about our mindset. So our focus, our concentration, our awareness, our attitude, all of these things actually really contribute to the neuroplasticity process. So ultimately what we focus on is what is going to establish stronger connections, and that's where more of that brain activity will be directed. So where our mindset, our focus, our concentration and our attention lies is what is going to become strongest within our internal mapping.

Now this is amazing because it means we can actually shape our inner mapping. We can contribute to the way our neurons are setting themselves and a lot of it comes down to not only how we move our body, but actually how we relate to ourselves, and this is some of the mindset focus and

emotional resilience work which we're going to talk about. So before we do that I want to just bring in a metaphor of becoming a piano player because I feel it's something we can all relate to, and it really does elegantly show the process of neuroplasticity. So, first of all, you can't become a super awesome piano player overnight, it's certainly a process, and second of all it is important that you have a strong desire or motivational goal or else you're probably going to quit and just not bother, right? So let's just say in our example that somebody wants to play a specific song at a 40th birthday party as a gift to a loved one. Now this person does not feel musically talented, they feel like they're hopeless at music, but they're really determined out of generosity and out of playfulness, they want to gift this song, this piano song, at the 40th birthday party. Now this person has a relatively high chance of success just based on the fact they have a very specific goal and the desire is about connecting with a loved one.

So what they're going to need to do is get themselves a piano, get some classes, they're going to have to practice daily so they'll have to allocate time. They'll need professional guidance, so they can't learn to play the piano from a gardener, let's say, or from their local GP. They need to get a specific teacher that will be able to teach them that song. They'll need specific guidance and they're going to need resources, whether that be books, audios, videos etc. They're going to have to have a mindset that keeps them on track, so when they wake up in the morning thinking, "I'm frustrated, I'm bored, I'm not good enough, I'm full of self doubt," they'll need to have a mindset that says, "No, you can do this. You've got your 10 minutes a day. You know you want to play this song at the 40th birthday party. Keep going." So they're going to have to have this sense of self support and mindset. So this process really is very similar to what I help my vertigo, dizziness, tinnitus and disequilibrium clients go through. This step by step process of allocating time, having a daily practice, having professional guidance and having the resources to achieve their outcomes.

So how do we get there? So we're not learning to play the piano when we're seeking balance, we're genuinely trying to reach a goal or an outcome and some really common ones I've listed there are people want to feel normal. They're like, "I don't want to feel dizzy, fuzzy, foggy, tinnitus ringing anymore, I just want to be normal." They want to feel steady, they want to feel confident, calm. Some people say to me, "I just want to feel happy, I feel like I haven't felt happy in a long time." So we'll all have a different goal which is fine, I encourage people to have their own unique goal. And generally speaking, when they come and see me, the neural networks in their body are actually highly connected and they're

functioning at that level of the symptoms. So when you feel dizzy, that's actually neural networks that are connecting to each other giving off the dizzy signal. When you feel dizzy, and I've had vertigo so I can speak from experience, when you feel dizzy you are going to focus on it. You are like, "Oh my God. Why do I feel this way? How do I get rid of it?" And everything just becomes about the symptoms. So your whole mind, your problem solving system, all of your psychological protective mechanisms basically focus on getting rid of the dizziness.

So not only are you physically experiencing the symptoms through the body, through the inner ears, the eyes, the spinal column and the balance brain process, but you're also then focusing in on it. Now this makes those pathways stronger, it makes them fire more rapidly, it makes them fire on repeat more often, more frequently. And this is the trap. So this can actually bring us into a cycle of dizziness, persistent dizziness. And the same goes for tinnitus. So when we hear the tinnitus, we worry about it, we focus on it and then we actually re-fire it. So then those neurons become more engaged and more activated. So what we do when we want to reshape that and reset that is we have to stop and say, "Okay. I actually don't want to feel that anymore. I want to feel normal, I want to feel steady, I want to feel calm etc." Now if you look at the picture over here that's a bit smaller, what that represents is normal sensations that are actually still existent in our brain. So they're sitting there like a network of roads. It's like we've got all the mapping there, but we're not necessarily focused in on all of it. So some of it is dormant, so it's just sitting back there almost sleeping but it is there.

So when we're actually focused in on sensations that feel steady and feel confident and feel calm, feel what we would consider as normal, those neurons will actually start to re-engage and re-fire. Now the beauty of that is when we're focused in on our normal sensations or our confident, calm sensations, the symptom sensations will actually start to be reduced. So they will appear weaker. So where our mind is focused and where our attention goes is what is perceived to be felt as louder. Now this is where it comes in to the crafting, the rewiring and the resetting. So there is a process that I can take you through, and this is exactly what I take my clients through, where we want to swap the equation. So the small pathways that are not used very often and we don't pay much attention to them and it's almost like they don't exist, we want those pathways to be the symptom pathways, so the dizziness, the tinnitus, the vertigo, the disequilibrium. All of those persistent pathways, we want to stop activating

them, stop stimulating them, and we want to strategically begin to stimulate and activate the pathways that we actually want to feel. So in this case steadiness, confidence, calm or simply feeling normal.

Now before I move on it is quite important, there's been a lot of interesting research looking at the vestibular compensation, or the inner ear repair pathways and the impact of chronic stress. Now this is a little trickier process because I can tell you now, no-one is cool, calm and collected when they have bothersome vertigo or tinnitus, okay? It just stimulates the anxiety and we become surprised, shocked, freaked out, panicked, it's not pleasant. So it's very much likely to contribute to chronic stress. So then you'll end up with this cycle of chronic stress, which is actually inhibiting repair. Now this is a problem, so we need our neuroplasticity, the body's ability to reset those neural pathways, but if we're chronically stressed the body gets very confused and it doesn't have the resources it needs to do that. So actually addressing the chronic stress, which is that emotional side of it and the reaction side of it, is incredibly important so we can refocus and re-craft the pathways. So what I'm getting at here is it's not just a physical, musculoskeletal, throwing balls up and down, walking down a passageway, moving your head, we also need to look at self-awareness, we need to look at our emotional patterns and reactions, and we also need to have mental strategies for our thoughts. So there's the whole mind body focus therapy all in one package, in one program.

So this is what we're aiming for, but how are we going to get there? So first of all I think it's important that we all change the question. So most people will go to their doctor or to their wellbeing professional and say, "I've got vertigo, I've got tinnitus, how do I get rid of it?" So it's this idea of elimination. Now the truth is if we could go into your brain and surgically remove your symptoms, we would love to do that. We're on your side, we want you to feel amazing, we want you to thrive. But because we can't do that, it's not actually the best question. So what I'm proposing is rather than go to all of our specialists and health professionals and say, "I've got vertigo" or, "I've got tinnitus, get rid of it." Why don't we say, "I don't like feeling this way, I want to feel normal again. Can you help me rebuild normal sensations? How can I rebuild my normal sensations? How can I rebuild my networks so that I feel normal again?" Now that is something we can teach, that is something that we can actively respond to. And will ultimately give you the same outcome, which means you're going to feel normal and you're going to feel good again.

So we have a little pause and a little summary. The science is telling us that it is our job to rebuild our brain. It's our job to rebuild our balance system. So for those of your listening, you can rebuild your pathways and you can reset your balance and your tinnitus filters. You can teach your brain and your body how to do that. You can rewire the way your sensory information is perceived and received. We are actually doing all of these changes all the time, it's just that they're not necessarily conscious. And if we're doing them subconsciously or mindlessly, we can end up in those repetitive patterns that re-fire symptoms and keep us stuck in persistent symptoms. So interrupting those old, unhelpful patterns, cycles, habits and pathways is exactly what we need to do. And this is going to be different for every single one of you on this call, in this class, and it's going to take self-awareness and it's going to take a process, just like learning the piano. So let's look at this.

The six steps to neuroplasticity specifically for vertigo and tinnitus as I see it. So when we get the best results, it's when clients are incredibly specific. They get really specific about addressing their vertigo and tinnitus, rather than skirting around generic options, and they get very specific about their desired outcomes and how they want to feel. So they begin to know exactly what they're working towards rather than focus on what they're trying to get rid of or what they're trying to avoid. So it might be even useful for you to get a pen and write this down. What am I actually trying to feel? What am I aiming for? Get really specific about that. What do you want to feel? They're the neural pathways you need to build, and you can do that at home.

Number two would be, be in the moment. You cannot engage with neuroplasticity yesterday or this morning or five minutes ago and you can't engage with neuroplasticity tomorrow or in an hour from now or next week. Neuroplasticity is something that happens in the moment, it's felt in the body. And when I say felt I mean physically felt, like if you were to poke onto your hand and touch your skin, when you're touching something you're actually receiving sensory fibers, that touch signal is going to your brain and creating a process. So it's in the moment. So learning presence is incredibly important for efficient neuroplasticity. If you're not able to be present and you're living in the past, worrying, regretting, ruminating, or you're living in the future, catastrophizing and worrying about what if, it's very unlikely you're engaged in this neuroplasticity process for repair.

Number three is it is important to recognize you are human. If you think about that playing the piano process, of course someone's going to have

self doubt or frustration or questions. So these are all really normal obstacles we see all the time, and it's important for you to have that compassion for yourself to anticipate it. Now I have resources to help you with this process, and for every obstacle that comes your way there are appropriate supports you can put in place. So, again, you can do this at home, you can make sure you get your vulnerabilities addressed, your questions answered, but it is important that you anticipate your obstacles or your frustrations and get the supports you need. And there are plenty of supports available for you.

Number four would be mindset. You need to get really clear and honest about your focus, your attention, your concentration. These are skills and this is my bread and butter. I teach people these concentration skills, I teach them how to home in on their focus and how to get really clear about what they're feeling and what they want to feel, because being in that present moment is the secret to the neuroplasticity.

Number five is a bit of an obvious one, you're going to have to allocate time. If we were to stand at the piano and just sort of say mantras, "I can do this. I can play the piano. It will happen. It will happen. I can do this." We're not going to learn the piano. You can't talk yourself into it, you have to sit down at the piano, put your keys on the piano and actually go through the process. And it's going to take time. So no-one else can do this for you in the same way no-one else could play the piano on your behalf and then you'd learn it, right? So you have to put the time in and you have to physically go through the process.

The last one would be goals without expectations. So sometimes people put deadlines on themselves and they start to get quite critical and judgemental. That can fuel doubt, it can feed and fuel disappointment. Now it's important that we're actually coming from a place of self-kindness, patience, I would put courage in there if you're trying new things and it's unfamiliar to you, coming from this place of kindness and compassion, all of these are things you can learn. I've had some clients say to me, "All of my life I've been quite self-critical, I'm naturally quite negative and I'm aware of that and I've had no idea what to do about it until now." So they're actually learning how to build self-compassion and self-kindness and to let go of those rigid expectations. And, again, that brings us back into being in the moment, practicing mindfulness in a very specific way targeted for your vertigo and tinnitus. Why? So that we can reset them. So being generic may not get you the outcomes that you want.

All right. So now let's look at the triggers and things that delay recovery. This is so important. If you have any persistent symptoms yourself or family or friends, get a piece of paper out, get your pen out and jot this stuff down. So, as I've already mentioned, the science is out and we know that chronic stress actually inhibits the brain's ability to reset itself, so the neuroplasticity is not going to work when we're chronically stressed. So things that feed chronic stress are self-doubt and worry. It's very normal, it's very understandable to have self-doubt if you don't feel quite right. So a lot of my clients will have lost faith in themselves, they'll have lost confidence, they're probably socializing less, some of them will be taking days off work, they're not doing as many activities for fun whether they be sports etc. So they're physically losing confidence, they're starting to second guess or triple guess themselves and they're more and more exposed to worry, they're very worried about their symptoms and it's eating into their life.

This is normal and understandable but you need to honestly address it, okay? It's not necessarily something you can just medicate and hope that it will disappear. The self-doubt and the worry, there are actually skills, tools and strategies you can use at home daily to prevent your self-doubt and worry from escalating, and you can really reduce them right down. So I would say get skills, tools and strategies to directly address your self-doubt and your worry.

Number two would be mindset, now this is a ... when you have a mindset that is not benefiting you, it's holding you back, it can actually be preventing you from your neuroplasticity, from your repair process. Now these are things like being in victim mode, like "Why me? Why do I feel this way? Why can't someone fix me?" Or, "Why is my body letting me down? Why isn't my body better yet?" And what happens is we tend to come away from that self-kindness space, we tend to live a lot more in the past or the future and we don't give our body opportunity for neuroplasticity by being in a relaxed and sort of stimulating environment. So it can mean that we're making choices that hold us back and also mentally in that rumination head space, we're less likely to commit to a home program, we're more likely to give up, we're more likely to expect others to fix us or, you know, we want that magic pill. We're sort of frustrated and impatient. To be honest, the neuroplasticity for repair, you're going to need patience and self-kindness to get yourself across the line.

So the mindset ... the other one that holds people back that's super common is pushing through. It's like, "I won't let this get the better of me.

I'm just going to keep up my daily routine and go to work and go, go, go, go, go." And, again, that's when the body is not in a position to repair. It's like it's in survival mode. You might be surviving and going to work, but then you come home and you just crash, you're so tired. And doing daily tasks can become really hard. Like the image there of doing just the daily housework sweeping, cleaning up, it can feel really exhausting because you're pushing through so much. So actually allocating time for repair, and I have skills, tools, strategies and exercises to help people step into repair more often. Repair is ... the parasympathetic nervous system, it's a biological process that we need to allocate time for. We simply can't push through.

Now lack of self-awareness, if you're unable to be honest about what you're feeling, what your triggers are, what your weaknesses are, what your avoidances are, it's really unlikely that you'll be able to create a strategic plan that addresses all of those with kindness. So first of all you need to know where the vulnerabilities are, you need to know where the weaknesses are in the system before you can address them. Now no professional or expert on the planet knows you better than you know you, so it really relies on your honesty and your self-awareness to get to that level of detail. That also leads into over-medicating. If you don't have that element of awareness or the mindset of understanding what to do, how to do, where to do, so if you're feeling overwhelmed, you want to get better but you don't know how, you are likely to end up taking medications because you just simply don't know what else is out there.

Now things like Serc and Stemetil and vestibular suppressants are fine temporarily, like maybe on that day you're vomiting, but in the long term they actually stop the neuroplasticity process. So they're suppressing information from your ears, your eyes and your brain from communicating effectively. And they're actually stopping that information from working, and that's exactly the opposite of what we want. So just be really careful about your medications, talk to your doctors, but just be aware that too many medications or cocktails of medications can certainly impact on your ability to think clearly and to clearly feel your symptoms. You actually need to feel them in order to change them. So if we're numbing them or medicating them then we're actually getting mixed messages and the brain is confused. It won't know what to reset or how. So look, I do recommend you always have support and talk to your doctors about your medications, just be aware that it can delay your progress.

Now avoidance behaviors, these are things like when you're ... let's say somebody felt like, when they're driving the car they feel dizzy, therefore

they stop driving the car. Now what that means is they're not actually getting exposure or practice to all of the mechanisms involved in driving the car. So same as playing the piano. If you were to say, "Oh I really don't like that scale, therefore I'm never going to play it." Well then you'll just never get good at playing that scale because you're actually avoiding it. And the same with people who have tinnitus. If they think, "I don't want to go to the party because my tinnitus is so loud I can't hear anything, and if I can't hear anything I feel isolated, I feel lonely therefore I'm not going to go to the parties." And, again, it just means that the brain's not getting practice at actually hearing voices and sounds and it needs to get that sensory enrichment so it can learn.

So this actually feeds a little bit into the self-awareness and the mindset, they're all linked. But having avoidance behaviors, the first step to responding to that, and if you've got your pen out, write down your avoidance behaviors. Some of them will be emotional. It'll be like, "I don't like feeling vulnerable, therefore I medicate." Or, "I'm terrified to take a day off work because I'm worried I'll get fired. I'm embarrassed, I don't want to take my boss, therefore I avoid taking time off work." So write down all of your avoidance behaviors. The first step is just noticing what they are, and the next step would be looking at what you can gently and kindly do about it. On your terms and at your pace.

The last trigger is just having old information. If you have seen a doctor and it was over five years ago it could be worth actually going to get a re-assessment, just check you've got all the right information. In my starter kit, Dr David Szmulewicz who's a neuro-otologist, talks about the dangers of the misdiagnosis. Not every doctor specializes in vertigo or tinnitus, so just make sure you've actually seen the specialist you require for your symptoms. I've seen many people who have been told they had Meniere's 20 years ago or something and we just didn't have the information back then. So very important that you've seen the specialist, you have up-to-date information so that you can build the knowledge you need about your body. The more understanding you have, the more information you have, the better position you're in to actually engage with effective neuroplasticity. So no-one knows you better than you and the doctors will help you collect that information.

So let's start talking about solutions because I know most of you on this call are probably proactive and thinking, "All right. I want to get started, what can I do?" Well first of all I just think it's really important to stop with looking at generic solutions. It's important to directly address your

symptoms, and by that I mean in the present moment. So if you're even just to pause right now and think, "What am I actually feeling? Am I feeling at ease in my body? Am I feeling comfortable in my body? Am I feeling safe? Am I feeling frustrated and irritated and like I hate this and I just want to get rid of this?" You have to really go into that space, so what's real for me right now? And what we want to do is actually find more and more moments when we feel at ease, we feel peace, we feel calm and build on those. But to be honest you have to start somewhere, so whatever you're feeling in the present moment is exactly what you need to feel. That's the reality and that's what you have to work with.

So you need skills, tools and strategies to respond to your symptoms, to your sensations, to your feelings in the present moment and also acknowledge that sometimes you will be feeling amazing and you need to capture that, because feeling the good stuff is actually where most of the neuroplasticity lies. And then when you're feeling the severe symptoms, whether it be ringing, roaring sound or whether it be distressing boat sensations or spinning, you also need to know what to do to effectively soothe those symptoms in the moments you need it, right? So you need a very effective plan that covers all bases.

Number two is, learn about neuroplasticity. You just need to have an understanding for yourself about the science behind it, you need to know why it takes patience, you need to know why nobody else can give you the answers, right? Some of you might feel disappointed about why hasn't the doctor told me this? Or why didn't the naturopath this, or why didn't the surgeon that? But the truth is that no-one else can tell you exactly how to engage with your own neuroplasticity. You have to go through a gentle process that will be one day after the other, one moment after the next and you will actually be in control of the entire process. So you have your answers. My job is to help people listen to their body, read their body, understand their symptoms and actually begin to find their own answers. That's exactly what I teach people in my clinic.

So understanding that neuroplasticity process and exactly how subtle and personal it is is essential to resetting chronic symptoms. And I suppose in a perfect world if you could have a professional living on your shoulder to discuss things with every moment of the day that would be ideal because you'd be totally supported, you'd have someone to bounce ideas off, someone to work together with, but it's just impossible. So I think second best to that is getting educated, getting skills, getting tools, having a home practice and having resources you can tap into at home.

The last one is to get clear about your desired outcome. So you need to know what you're aiming for because that will teach you what neural traits and what neural connections you're building. So if you want to feel more happiness, or if you want to feel more confidence, you need to actually find ways to engage with that more often every day. Because it's by feeling it that you build it, okay? So you can't talk yourself into it, you can't have your positive mantras and expect that to create miracles, you have to actually feel it more so than talk about it.

So as many of you may know, learning online is something that I've become quite passionate about. But what most of you probably don't know is that I'm actually an online skeptic. So just part of my personality, I was a late up-taker with mobile phones and emails way back when I was younger and I've just sort of slowly eased into technology to be honest. So what I did was I thought, look, if we can get these skills, tools and strategies, this education out to people with vertigo and tinnitus online, we could reach so many more people. And I personally don't want anybody in the world at home crying, confused, lost, helpless, hopeless, feeling like they've tried everything and they're stuck, right? I want people to be able to go, okay, I have a toolbox, I have resources, I can click play, I can get help, I can look after myself, I can be independent. So I thought, all right, if this works this will be amazing for people with persistent dizziness and tinnitus and this will actually really change, it will revolutionize the way we support people with therapies.

So the first thing I did was enroll in an online course just to see what I thought. I was like, "I'm not sure about this." And I have to tell you I was blown away. I couldn't believe how connected I felt to other students all over the world, even though I never met them. I didn't talk to them, we were just enrolled in a learning process at the same time. And I loved connecting with the facilitator, I learned a lot and I just thought it was amazing. I felt belonging, I felt supported, I felt empowered, I could click play whenever I wanted. I was like, this is really awesome. And so I was inspired and I thought, we can do this. So I started to create e-learning resources specifically for vertigo and tinnitus, so that you guys out there can click play when you need it, you can learn from home and you can get really accessible and affordable therapies that will last that distance, that will take you through the process.

So what this involved for those of you who have never used e-learning is you'll have short videos, you'll have audios to listen to, you'll have PDF worksheets, things to read, you'll have questions so you'll be doing self-awareness exercises and everything will come to you in modules. So I've

created Rock Steady with six modules, which means every week or every two weeks you get a new package of information. Now the idea being that it's self-paced so you don't have to freak out and feel overwhelmed or feel rushed. You're just getting little bite-sized pieces of information that you can play around with and explore in your own time, which means it doesn't matter what mood you're in. If you haven't had sleep you just do the things that are specific for feeling tired and fatigued. Or if you need support with sleep you click on your audio that helps you with sleep. If you're feeling anxious or panicked you click on the anxious audio. If you're feeling like you really want to learn or you want to get into learning more about your emotions or persistent thoughts you can learn about that. So it's self-paced and it's in bite sized pieces so it's really easy to help you get the most out of your therapy.

So mind body e-learning is really now what I specialize in. Taking my background or my masters in vestibular audiology, my background in psychology and then also all of my training in mindfulness, yoga and the body work. So I've broken this down into a 12 week program and it's really all about you taking control of your own neuroplasticity plan. This means you have actions that you can do on a daily basis that will help you build your desired outcomes. Now remember, you're building those neural networks by feeling it, by doing it, okay? So you're not sitting at home meditating necessarily, you're actually creating an action plan that's based on feelings in the sensory system. So you're going to be learning skills and tools for your emotional brain, the emotional brain sits right beside the balance brain, they talk to each other, they work as a team and if you don't have your emotional brain on board, if you're not in that space of being ready for repair and learning and if you're not able to learn how to craft calm and how to create calm, then your process will be delayed. If you're in stress all the time and the emotional system is in panic, it will hold you back. So you need to learn skills and tools for the emotional brain to nurture that.

We go into what I've called mastery of thoughts, doubts and habits. So we all have those pesky thoughts in our mind telling us, "You're not good enough, you can't get through this, this is too good to be true, no way, it's not going to happen, I don't believe it." We all have those thoughts, they're normal. So what we need is skills and tools to actually manage those thoughts. The unhelpful thoughts. The doubts. The unhelpful habits that we're ready to change. And when I say ready to change I mean that. It's your program, so if there's anything that you don't feel ready for just wait a week, try next week or try next month. So yeah, you do everything at your

own pace and it should always feel gentle, supported and ultimately feel good. Then of course I'll take you through training of the reflex and muscular system. The ears themselves need to be re-calibrated for different rotational twists, turns, up, down, forwards, back and all the diagonals, and I will teach you through exactly all the different exercises you need to reset those finer parts of the inner ears, so that will be happening at that more mechanical level and the musculoskeletal level. So strengthening and toning the system is a really important part of your 12 week recovery program, and all of that is included in the resources that I've developed.

Now finally I think something that is so important, and it's probably pretty unique to the way I work, is getting down to this underlying level of, where do I find meaning in life? If I was to really get to the heart of the matter, what is most important to me? For me, where do I find a purpose? What am I doing this lifetime on this planet? What are my values? So it's that whole conversation of what's underneath all this? What sort of person do I want to be? How do I want to treat myself and how do I want to treat others? Now this self-development type work is incredibly important for our mental health, for our emotional health and, you guessed it, for our inner ears and for our balance health, also for the tinnitus. So this work I think you really can't avoid it. If you want to get the best results, this is just such beautiful work and it's what helps us move forwards with more clarity and grace.

So if we're going to look at what it means to be in an e-learning program, so you've got 12 weeks of support resources that you can tap into, you do get to keep them for life by the way. But you learn at home, you can be in your pajamas, you can be anywhere at all. I recommend 15 minutes a day of home practice and that could look like three times five minutes. So let's say morning, lunch and dinner, five minutes of practice. You could play your resources whenever you want them. This could be videos or audios, or you could get your pen and paper out and do written exercises. You can do it at midnight, you can do it at 6AM, it's your program, you do it when you like, okay? It's there, you own it. Now you're going to get professional guidance, you'll have videos of me talking you through all the various activities, all the different standing exercises, sitting exercises, lying. There's also a lot of educational resources to do with the emotional health and what to do with difficult thoughts and doubts. So you'll be getting direct, professional guidance from me. And the Rocky Steady toolkit I'm going to introduce you to is the equivalent of 12 one hour sessions with me. So you really are getting that very specific attention to detail for the dizziness and the tinnitus.

Now the beauty of this is you get to update your toolkit whenever you want. So you're collecting resources, skills and tools that suit you, that appeal to you, that match your personality, that match your mood. There's a lot to choose from and you do it your way and I am really big on empowering you to design your recovery program because I trust and know that you're the expert in you and there's just no other way around it. So using the e-learning resources you'll be able to get clarity, repetition, inspiration so you can get motivated to keep going, and also this element of ease. So you just tap in when you tap in and you log out when you log out.

I just want to reiterate that it's very specific to you, it's not generic, this is not doctor Google or doctor YouTube and it's not some generic sort of physiotherapy program that you might have in a group center for example. So this is really about you learning how to read what your body is telling you in any given moment. So you need to learn how to anticipate and respond to your sensations and you need to learn what to do about it. You need to learn how to reset your focus, you need to learn how to go back into that neuroplasticity process on call any time of day. You're going to learn how to soothe your uncertainty, you're going to learn how to support yourself, soothe your anxiety and to know your limits. So sometimes we do need to know when the body is exhausted and tired, that's when we're most vulnerable to our symptoms. We need to learn to read those signs and signals so we can better nurture our body and get our needs met.

So for those of you listening right now, whether you've got dizziness or tinnitus, disequilibrium or it's a friend or family or maybe clients. You might be a professional listening, you want to learn more about how to best support your clients. I want you to imagine that you got that dizziness or tinnitus but you feel super confident, you feel so confident in yourself. You know what to do any moment of the day, you've got it all sorted. You're like, "Yeah, no dramas, I've got this, I've got it." I want you to imagine that you know how to rebuild your internal mapping. So you've done your homework, you've researched on it, you know what's specific for you and you know that you're different to other people. But you know how to rebuild your internal mapping and you've got that key. You've got the process, you've got the formula. I want you to imagine that you feel supported. You know when you have one of those moments and you're going, "Ugh." You're like, it's cool, I've got support, I know who to turn to.

So you've developed a support team for yourself and you have support resources. You feel better in yourself. And you learn how to become rock

steady. You become that person you know you want to be. You make your outcomes a reality. I want you to imagine that you have the toolkit, you have the process, you have the e-learning resources to help you get to that place because that is exactly what I think is possible for every single person today with access to the internet. And this is really exciting.

So I wanted to give you a little case study, so Rock Steady is my e-learning program that I'm introducing you to, and this is a case study of a woman, she's 42 and she has chronic disequilibrium, she had chronic anxiety and tinnitus. She'd seen many specialists and she'd actually had two diagnoses, so she was a bit confused, she wasn't sure which specialist to listen to. But one was Mal De Barquement disorder, where she felt really rocking and wonky sensations after a boat trip and it never disappeared, and the other was Persistent Postural Perceptual dizziness or 3PD which is a persistent sensation of dizziness which really does not disappear. She'd had it for over 10 years and she was really, really frustrated. She was down, she was exhausted and she came to me specifically to learn skills, tools and strategies to help her get her life back. So she'd seen psychologists and psychiatrists and she really just needed specific skills to target the dizziness and the tinnitus. And actually she noticed her anxiety reduced enormously once she got these skills for the dizziness and the tinnitus.

So she logged in at home, she could do it in her pajamas, she developed herself a daily program, she had her 15 minutes a day, she was e-learning independently when she wanted on her own terms. She developed clarity on her desired neural traits, so she knew what she wanted to feel and she had a plan to actually design that. So I have symptom progress scores that clients use. She started with a 76% disability, which is quite a high perceived disability, and over the space of that 12 weeks she dropped herself down through 52% all the way down to 2% which is getting down to that normal level. So anything under 10% is really, really normal.

And I just want to add in here, sometimes you might notice your symptoms actually come and go in waves and that is nature. So I always say to people, it's not about eliminating symptoms, it's about knowing that when your symptoms happen you know exactly what to do about it. You're fully prepared, you feel confident, you can establish calm, you can establish safety and you can move forwards really quickly so you can settle them. And what this person had to say was, "I can't fault the program, I wished I'd found it years ago and now I know what to do." And that's actually something I hear a lot. People are like, "Oh I wish I had have learned this so many years ago, this would have saved me time." But the truth is we

didn't have this information and we couldn't teach you, so this is new and that's why it's really great that you're on this masterclass call learning about it.

So e-learning, what people say and as I shared with you earlier, I was a little bit of a skeptic when it came to digital technology and how would it feel, there'll be distance, it won't be intimate enough, but these are people who have never met me and they're logging in and they're like, "Joey." They email me, "Joey, I feel so reassured and I love that I'm not rushed." They can tap into their resources whenever they want, they've got complete freedom, so they know that they've got their 12 weeks and then they keep it for life, so they can actually go back, do their six modules and repeat them all again and again so they can get different layers of self awareness and self knowledge. Somebody else said, "I just can't believe I feel this good. I was just so tense and I was ready to give up." So that was someone else with persistent dizziness and quite a lot of anxiety. So she's now come back good again. And somebody else said, "Easy to use, it's all at my own pace, it's in my own home and I'm back to normal." So it sounds so simple, doesn't it? Almost sounds too good to be true. But the reality is you are doing the work and this means that you are put in that position of control and position of power. So it's not a miracle, it's actually a process.

So in 2017, what we are now doing is e-learning. So this is really the cutting edge science. We're looking at that we know more about neuroplasticity, mindset focus, the importance of incorporating the emotional, mental and physical process. We can't just do physical exercises and expect to get the results. We need to look at also the mental processes and the emotional processes of our recovery. We now know everybody can get access via internet, on smartphones, on iPads, on computers which is just amazing, it's such a helpful resource. We know that we can actually get support for 12 weeks, so rather than seeing a therapist once or twice and have a month between visits and no contact in between visits, you can now have daily support over 12 weeks, simply by getting to your device, whether it be your iPad, your phone or your computer. You can self pace at home, you don't need to travel, you don't need to park your car, you're really in control. And what I love about this, and even about my clients, I'm like, wow, this is so amazing how quickly they're learning. Because they're engaging independently and problem solving at home without relying on me anymore. So they're no longer emailing me questions or asking for my support, they're able to actually problem solve at home by using their resources and trialing things in their own time. I just think that's amazing.

So the other thing is e-learning works really well with one-on-one therapies. So for me, personally, when I had dizziness and tinnitus I loved one-on-one therapy, I just love working with people, it's my personality. But combining that with e-learning, so e-learning and one-on-one therapy, I believe that it can be a really powerful combination. So you're at home, engaging independently, problem solving, trying things, learning, watching videos and then actually talking back with a therapist. So I have clients now on video calls, they go do their modules at home and then they talk with me once every two weeks. And, for them, that works really well. So I just want to say that there's a space for one-on-one therapy and if that's something you want and need, great, keep using it, but it doesn't replace e-learning. So e-learning puts you in a position to be independently learning, and that in itself is very valuable. E-learning is also really great for training professionals who are interested in updating their skills and learning more about this neuroplasticity process.

So how to master your symptoms in a nutshell. Allocate time daily. If you don't feel it, if you don't get down to that piano and play, nothing's going to happen. So we need to allocate time daily. Back yourself to reach your goal and know your goals, know your desired feeling. What is your desired outcome? If you don't know what that is yet, and it's actually pretty common for people to not know what their desired goals are, so a goal is not to get rid of symptoms, okay? That's being symptom focused. Reframe the recovery. Back yourself to reach your desired outcomes. What do you want to feel? Get your pen and paper out and write it down. Use professionally designed skills and tools. So I don't see the benefit in the goose chase and trying every single discipline under the sun. I think stick with professionally designed skills and tools specific for your symptoms and for your condition. Reframe your recovery so you're able to actually focus on the desired sensations you want to build rather than focusing on eliminating symptoms. So these are subtly different but powerfully different.

So reframe your recovery so you're focused on building your desired sensations. Then learn how to do it, rebuild your inner mapping, be strategic about it, have a daily plan, have support tools, know that you're going to need to log in on videos and you're going to need to listen to audios because how else are you going to learn? And the last one of course is learn. So this is a very active process and I've heard people say it's one of the best things they've done and they've felt like it's the best investment and they've really enjoyed it. So it's also a really pleasant process to go through.

# Create Your Personalised Healing Map



To learn more about recovery and reaching a sense of 'new normal', I invite you to join our [7-day Support Program](#).

**This is a short, effective program to guide your recovery and to offer a map to start with neuroplasticity.**

You'll receive short (5-minute) audios to listen to each day for a week. You'll learn how to body scan, notice what you're feeling, focus on your desired feelings, and gently bridge the gap between the two.

Because you downloaded the Gentle Relief Starter Kit, you've received a limited-time **50% off coupon** for your purchase of the 7-Day Support Program. Your coupon code was delivered via email. Please [contact support](#) if you need help locating your coupon.

START YOUR 7 DAYS