

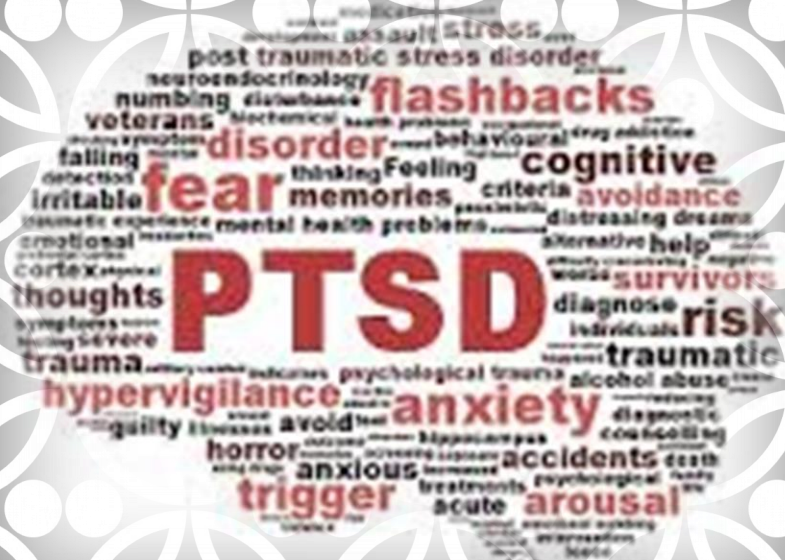
TRAUMA, THE GUNAS & THE AUTONOMIC NERVOUS SYSTEM

A MASTER CLASS FOR
YOGA TEACHERS ON
OMSTARS

» Agenda

1. **What is Trauma?** New definitions and pathways to healing through Yoga
2. Introduction to the **Gunas** – Tamas, Rajas & Sattva
3. Introduction to the **Polyvagal Theory of the Autonomic Nervous System**
4. **Neurophysiological presentations of trauma** – Recognizing the signs & general tips/skills to working with traumatized individuals
5. Recognizing **Dorsal Vagal – Tamas** dominance in your students
6. Recognizing **Sympathetic – Rajas** dominance in your students
7. Recognizing **Ventral Vagal – Sattva** in your students
8. Practices to **Reduce Dorsal Vagal/Tamas**
9. Practices to **Reduce Sympathetic/Rajas**
10. Practices to **Increase Ventral Vagal/Sattva**





WHAT IS TRAUMA?

NEW DEFINITIONS &

PATHWAYS TO HEALING THROUGH YOGA

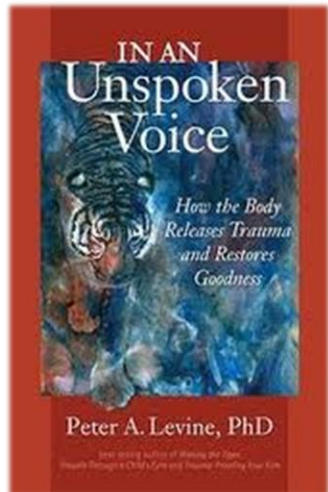


Peter Levine, PhD

TRAUMA IS IN THE BODY, NOT THE STORY



*“Traumatic symptoms are not caused by the event itself. They arise when **residual energy from the experience is not discharged from the body.** This energy remains trapped in the nervous system where it can wreak havoc on our bodies and minds.”* Peter Levine, PhD



An individual's perception of threat or sudden breach of personal boundaries leads to:

↳ **thwarted** or **incomplete** survival/defensive/protective responses of


↳ *fight/flight*

↳ *freeze/tonic immobility*

↳ **un-discharged freeze** due to coupling of fear and immobility response

TRAUMA:
AN EVENT OR AN
INCOMPLETE
RESPONSE?
PTSI VS PTSD

SOLUTION: EMBODIMENT-BASED STRATEGIES

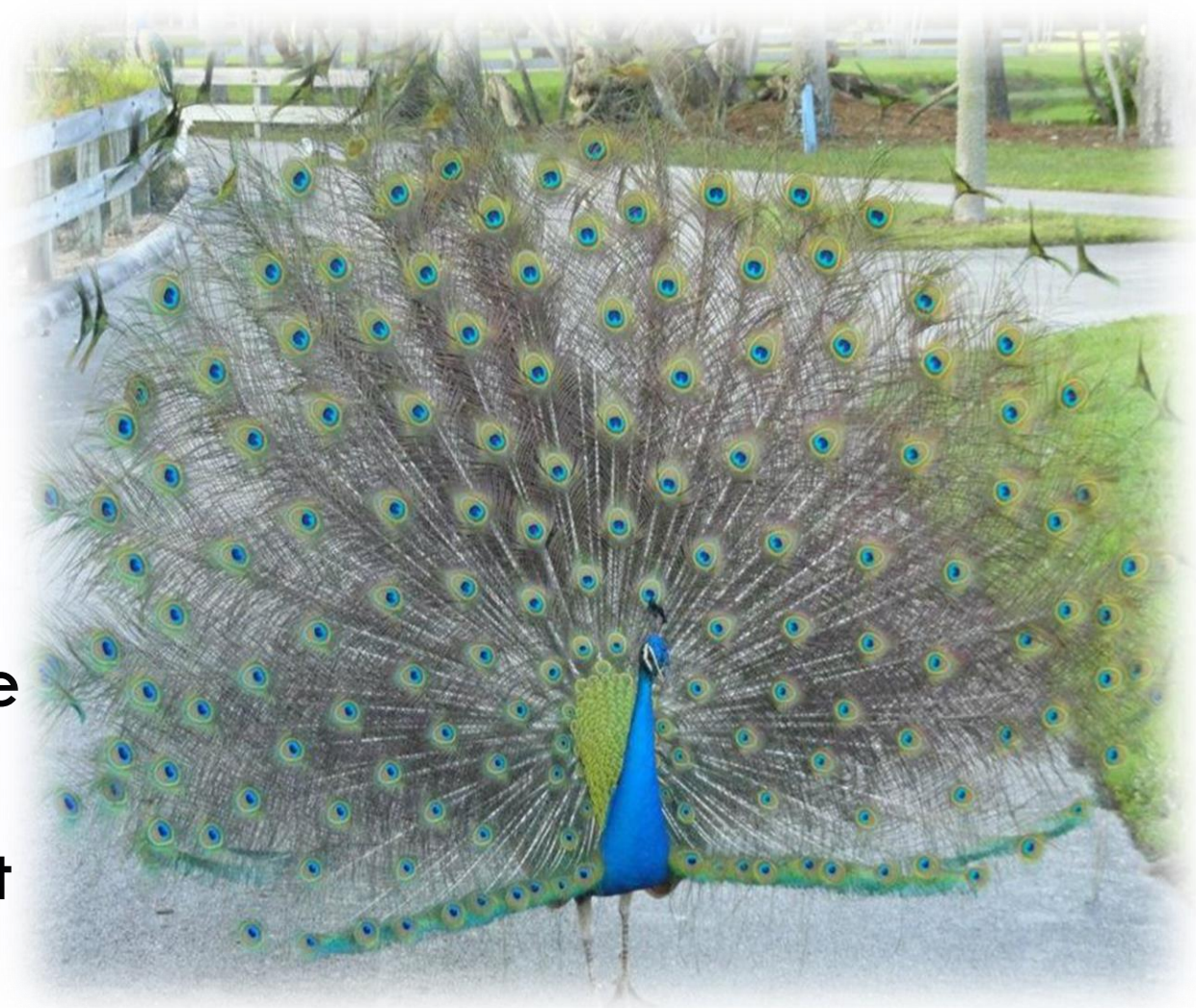


*“If past experience is embodied in current physiological states and action tendencies and the **trauma is reenacted in breath, gestures, sensory perceptions, movement, emotion and thought**, therapy may be most effective if it facilitates self-awareness and self-regulation. **Interoceptive, body-oriented therapies** can directly confront a core clinical issue in PTSD...”*

Bessel van der Kolk, MD

SENSORIMOTOR AROUSAL MODULATION

- ✧ Healing **engages the biologically based systems** of the body necessary for regulation and healing
- ✧ Healing provides a **reparative experience of the regulation of intense traumatic arousal** and affect and facilitate state change
- ✧ The goal is to **expand the person's capacity** to stay present in the here-and-now and re-engage in life



EMBODIMENT IS KEY TO HEALING

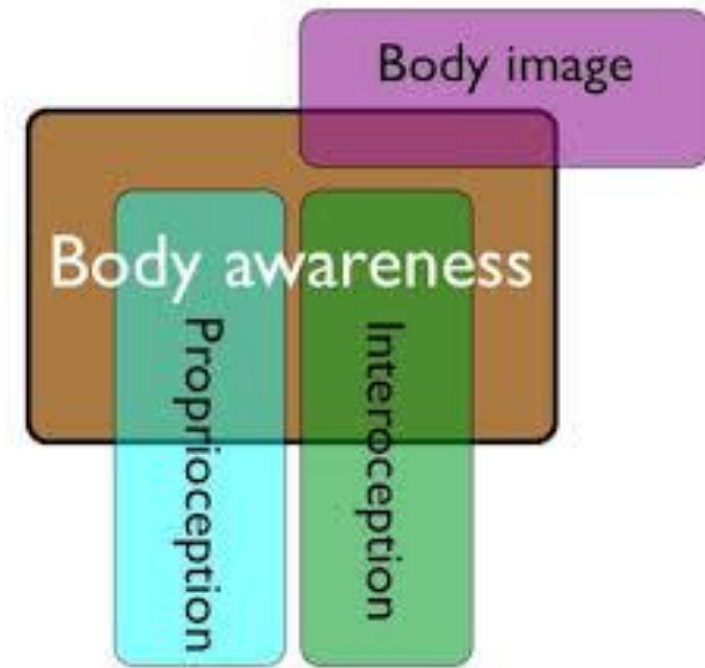
The sense of one's own body in time and space, as represented in one's brain through **interoceptive** (inner life), **proprioceptive** (sense of body) and **kinesthetic** (sense of movement) perception



Exercise: "What percentage of you is here?"

INTEROCEPTION, PROPRIOCEPTION & KINESTHESIS ARE MARKERS OF HEALTH

- ❑ **Interoception** - the sense of the physiological condition of the body arising from within, in particular the viscera
- ❑ **Proprioception** – the sense of how our body is positioned, in particular posture, movement and balance - sensory receptors located in the inner ear, muscles, tendons, and joints detect changes in position or movement
- ❑ **Kinesthesia** - the ability to feel movements of the limbs and body, based on proprioceptive messages



THE ROLE OF THE BODY IN HEALING

- ❑ Facilitating **interoceptive, proprioceptive and kinesthetic** awareness of bodily states:
 - ✓ Supports the discharge of stored or “stuck” activation, restoring resiliency of autonomic nervous system
 - ✓ Brings dissociated elements of experience to conscious awareness for processing and integration (sensations, emotions, images, behaviors and meaning)
 - ✓ Provides access to pre-verbal, pre-psychological states and memories that have no narrative (attachment system)



YOGA “TONES” THE VAGUS NERVE

↳ People with healthy vagus nerve functioning are considered to have “**high vagal tone**,” meaning their bodies and brains are more resilient under stress

↳ They are able to return to homeostasis after a stressful event

↳ People with **low vagal tone**, on the other hand, are more sensitive to stress and disease.

↳ They tend to have challenges such as weak digestion, increased heart rate, and difficulty managing emotions



(Streeter, C. et al, 2012)

YOGA PROTECTS BODY & BRAIN FROM NEGATIVE EFFECTS OF STRESS

STRESS INDUCES:

- imbalance of the autonomic nervous system (ANS)
- underactivity of the gamma amino-butyric acid (GABA) system, the primary inhibitory neurotransmitter system
- Increased allostatic load (“wear and tear” due to chronic stress)

YOGA PRACTICE:

- corrects imbalances in the ANS
- activates GABA systems
- reduces allostatic load
 - ✓ *in part through stimulation of the vagus nerve*

(Streeter, C. et al, 2012)



YOGA HAS NEUROPROTECTIVE EFFECTS

- Yoga tunes the brain toward a ventral vagal and positive states
- Increases volume in the left hemisphere, primarily the insula and orbitofrontal cortex
- Is also associated with greater volume in the primary somatosensory cortex and posterior cingulate cortex, hippocampus, and primary visual cortex

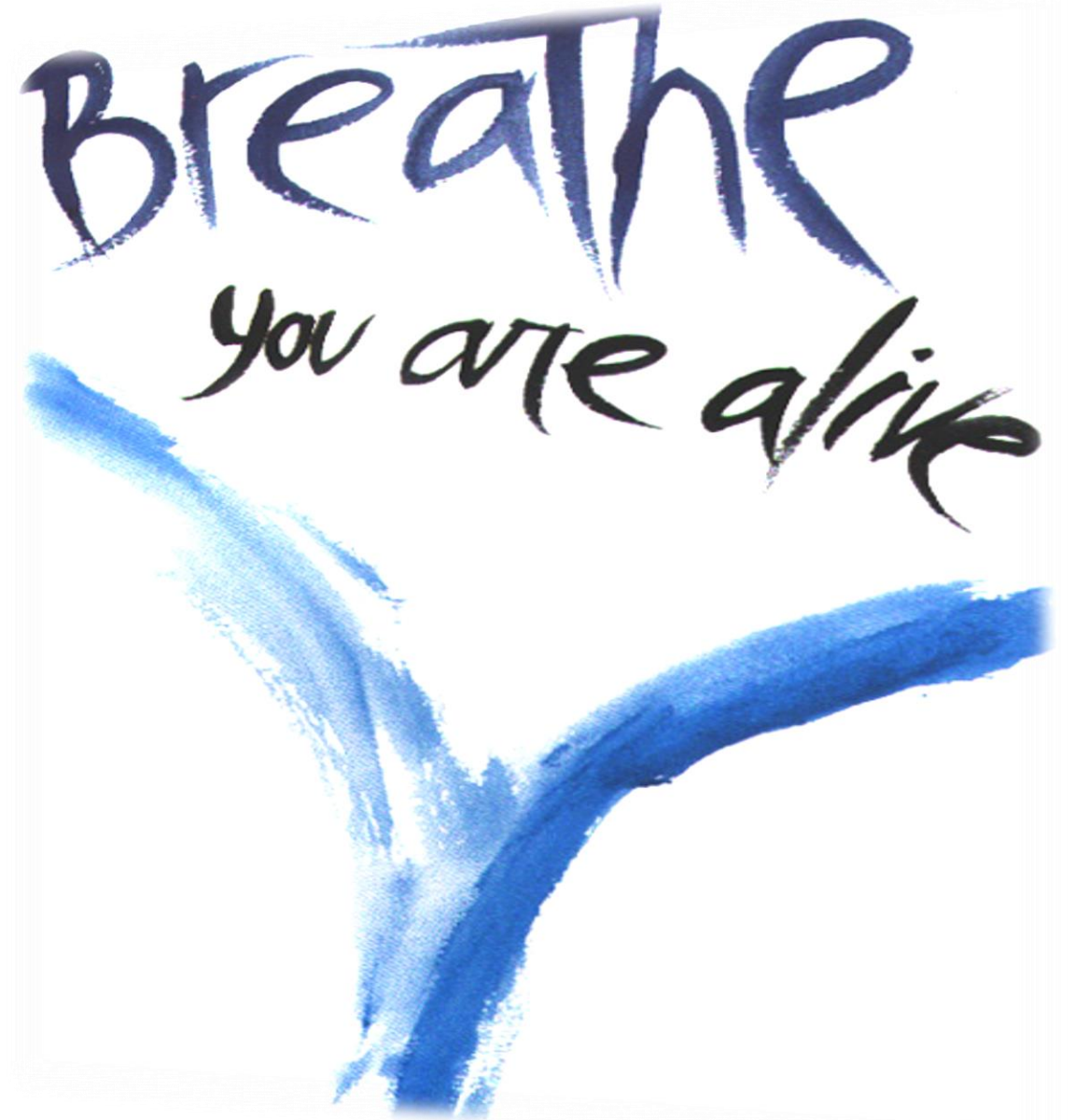


(Villemure C. et al, 2015)

BREATH AND EMOTION

- ↪ Bi-Directional
- ↪ Specific emotions induce breath patterns
- ↪ Voluntary changes in breath patterns induce specific emotions

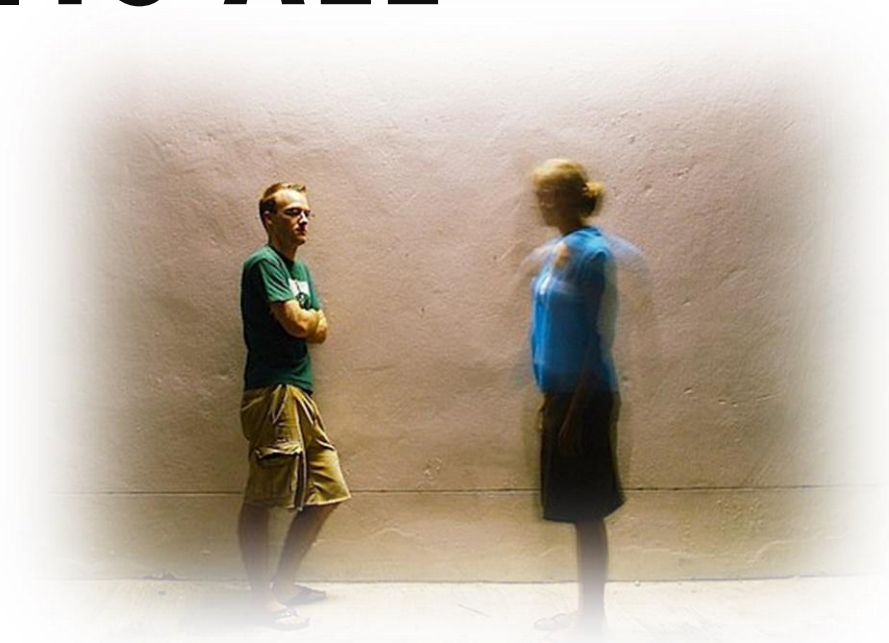
(Philippot P., et al, 2003)

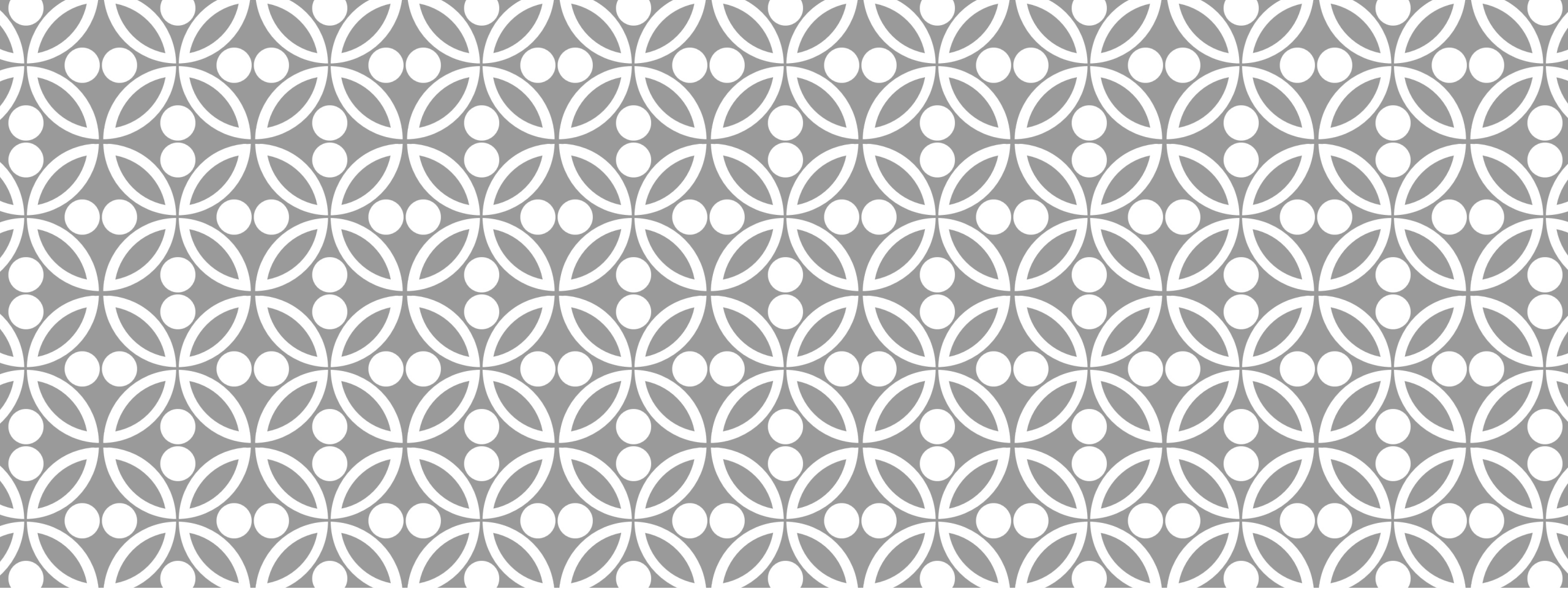




NOT ONE SIZE FITS ALL

Practices informed by The Polyvagal Theory will be most effective in regulating and “toning” the nervous system





INTRODUCTION TO THE GUNAS: TAMAS, RAJAS & SATTVA

SAMKHYA — A VEDIC PHILOSOPHY

PRAKRITI (CREATION)

TAMAS

RAJAS

SATTVA

DEFINING THE GUNAS

TAMAS

- Immobilizing
- Destructive
- Negative
- Dark

RAJAS

- Mobilizing
- Positive
- Agitating
- Fluctuating

SATTVA

- Balancing
- Harmonizing
- Clear
- Light

LAWS OF THE GUNAS

- ❖ **The Law of Alternation:** All 3 gunas are in dynamic interaction
- ❖ **The Law of Continuity:** All 3 gunas tend to hold their particular nature for a period once they come into dominance
 - ❖ Rajas is transitional and governs the interactions between the gunas
 - ❖ Rajas must in time revert to Tamas or move toward Sattva
- ❖ **Sattva is the goal of yoga:** Sattva is the higher quality that allows spiritual development (and healing) to occur
 - ❖ In Ayurveda, Sattva is the state of balance that allows healing to occur

HIGHER AND LOWER SATTVA

Rajasic Sattva

- Active, transformative force, seeking growth and unfoldment
- The force of healing through integration and wholeness

Tamasic Sattva

- The force of stability that allows us to endure, remain steady through obstacles, and maintain healing

HIGHER AND LOWER RAJAS

Sattvic Rajas

- Religious or spiritual fanaticism, focused on obtaining power through aggression; outward expansion, intolerance

Tamasic Rajas

- Inertia and resistance to change, holding on to patterns regardless of consequences

HIGHER AND LOWER TAMAS

Sattvic Tamas

- Religious, spiritual movements with traits of destruction, darkness, delusion; cults, superstition

Rajasic Tamas

- Aggression and violence of ignorant people who delight in harm and destruction; sadistic, perverse

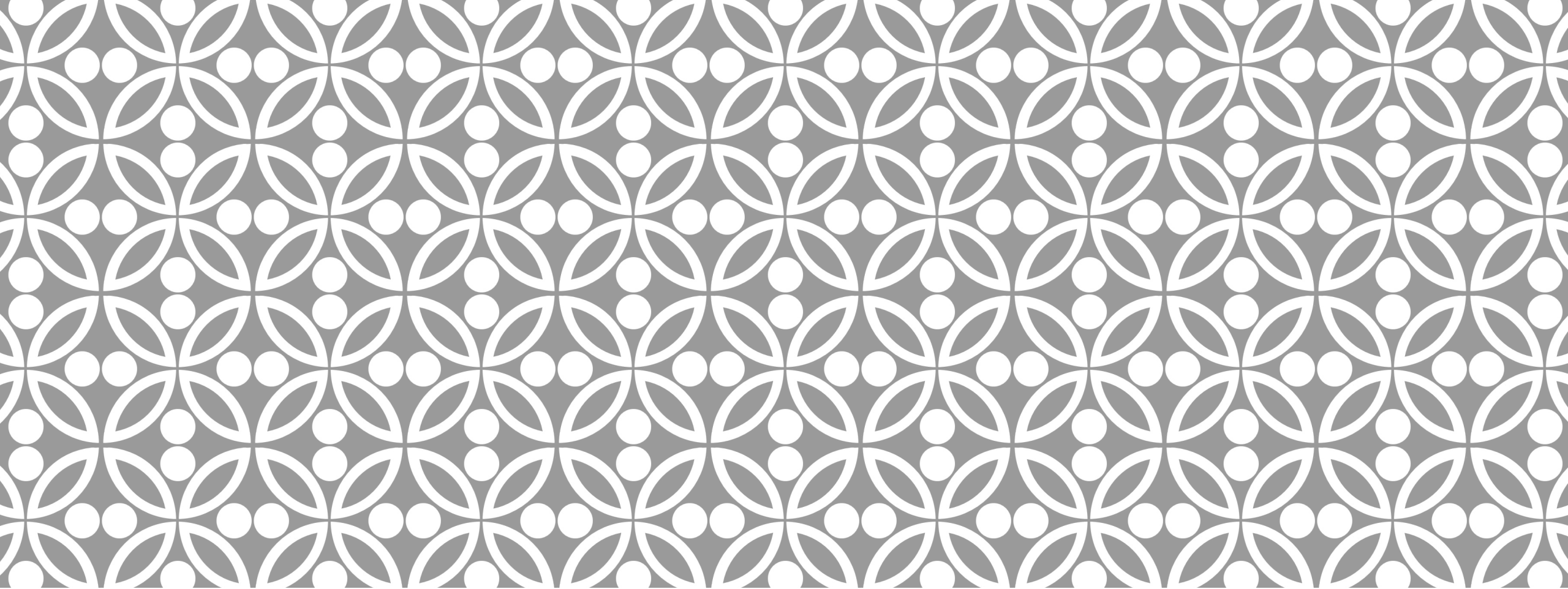
HOW TO WORK WITH GUNAS

- ❖ A Sattvic nature shows a spiritual disposition with few psychological issues – yogic practices should move us further toward this state, which is the realm of sages and saints
- ❖ Most of us fall in the Rajasic category in this outgoing, active culture that overvalues doing vs. being/resting/relaxing; increasing the sattvic nature of rajas will be important
- ❖ Tamasic people have a danger of severe psychological disturbances, often characterized by denial and resistance to change; introducing some sattvic rajas will help move things along

BHAGAVAD GITA, CHAPTER 18, VERSES 23–25

नियतं सङ्गरहितमरागद्वेषतः कृतम् । अफलप्रेप्सुना कर्म यत्तत्सात्त्विकमुच्यते ॥२३॥
यत् कामेप्सुना कर्म साहकारेण वा पुनः । क्रियते बहुलायासं तद्राजसमुदाहृतम् ॥२४॥
अनुबन्धं क्षयं हिंसामनपेक्ष्य च पौरुषम् । मोहादारभ्यते कर्म यत्तत्तामसमुच्यते ॥२५॥

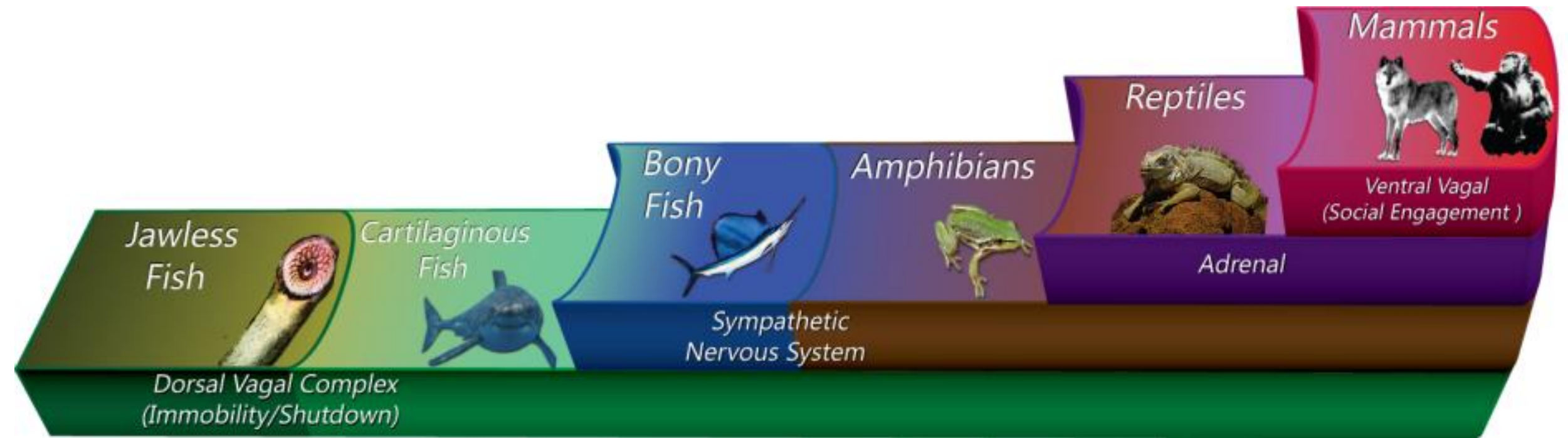
Action that is virtuous, thought through, free from attachment, and without craving for results is considered **Sattvic**; Action that is driven purely by craving for pleasure, selfishness and much effort is **Rajasic**; Action that is undertaken because of delusion, disregarding consequences, without considering loss or injury to others or self, is called **Tamasic**.



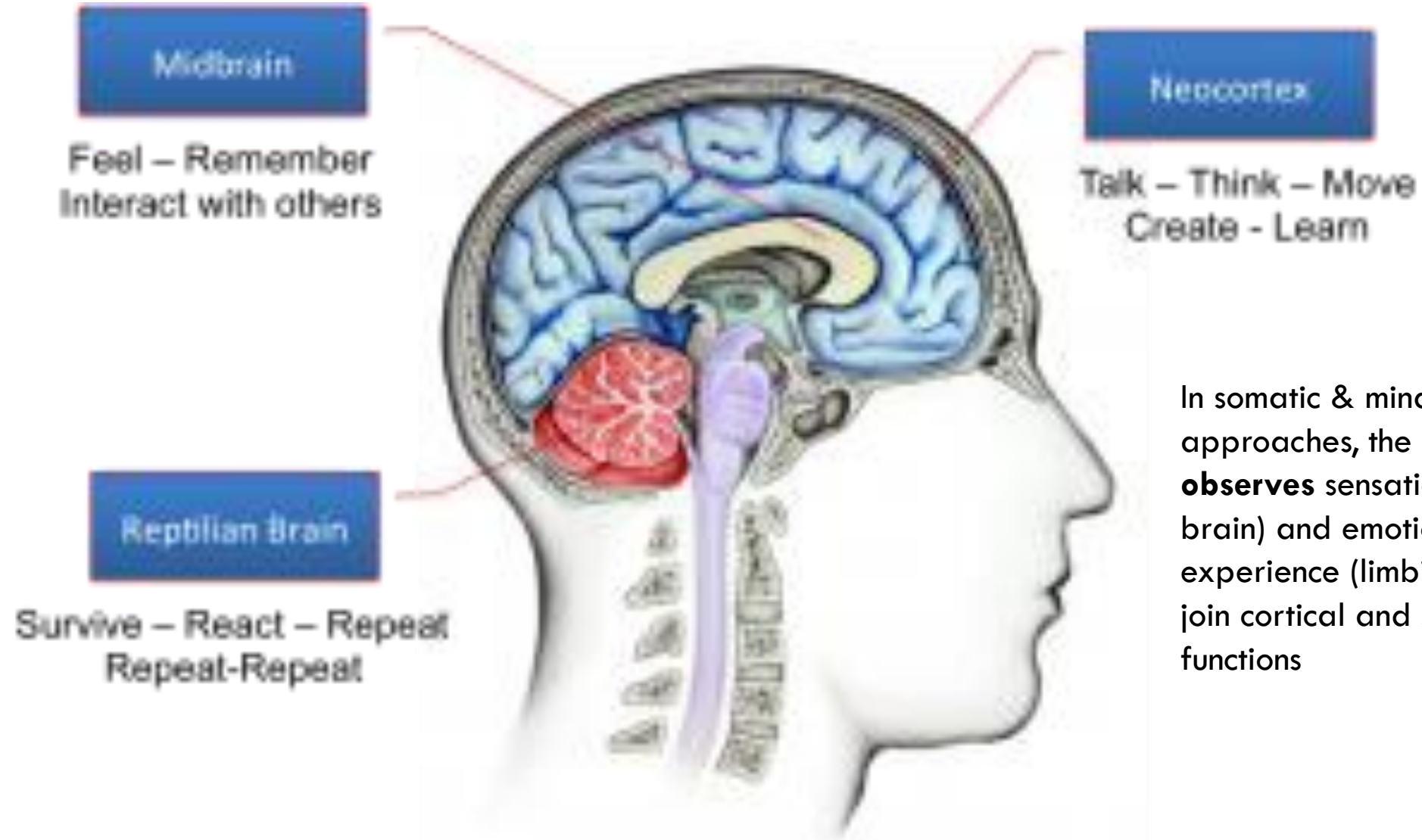
INTRODUCTION TO THE POLYVAGAL THEORY OF THE AUTONOMIC NERVOUS SYSTEM

EVOLUTION OF SURVIVAL FUNCTIONS

“Three neural circuits form a phylogenetically ordered response hierarchy that regulates behavioral and physiological adaptation to safe, dangerous and life-threatening environments.” Stephen Porges

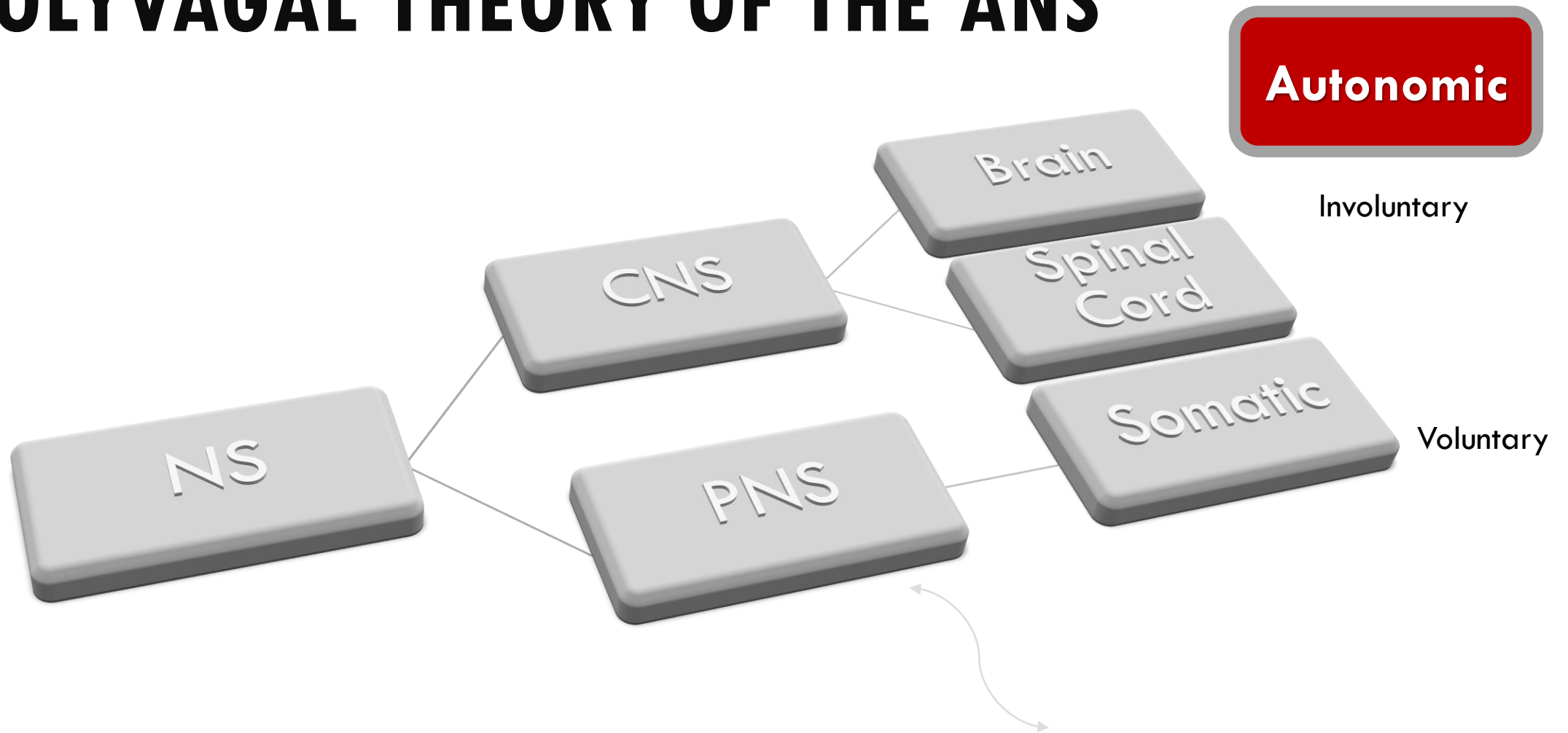


THE TRIUNE BRAIN



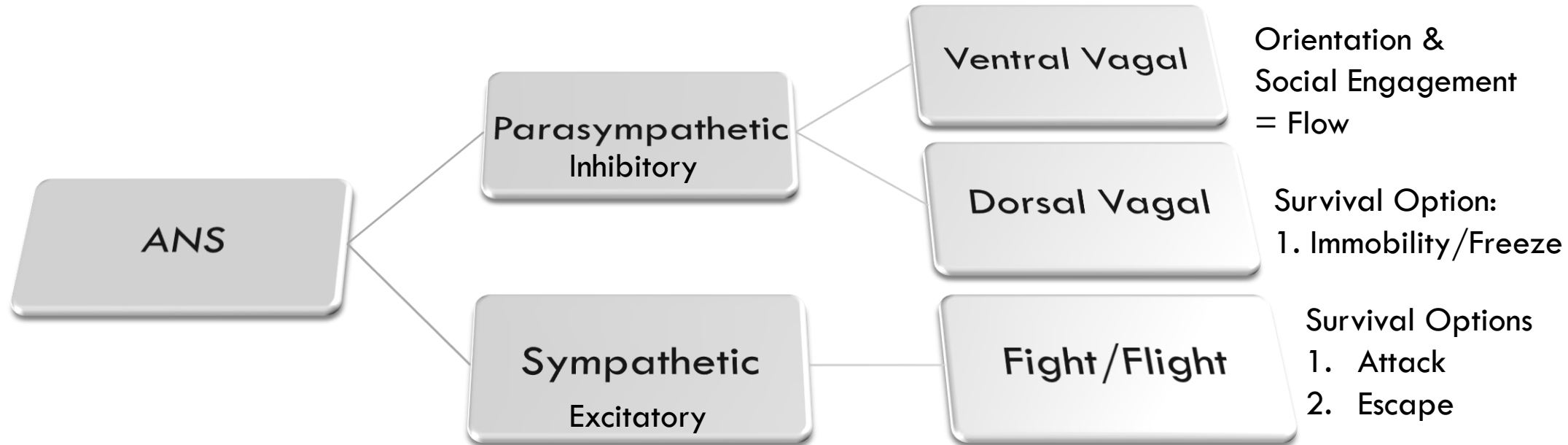
In somatic & mindfulness-based approaches, the **neocortex** **observes** sensations (reptilian brain) and emotional experience (limbic system) to join cortical and subcortical functions

INTRODUCTION TO THE POLYVAGAL THEORY OF THE ANS

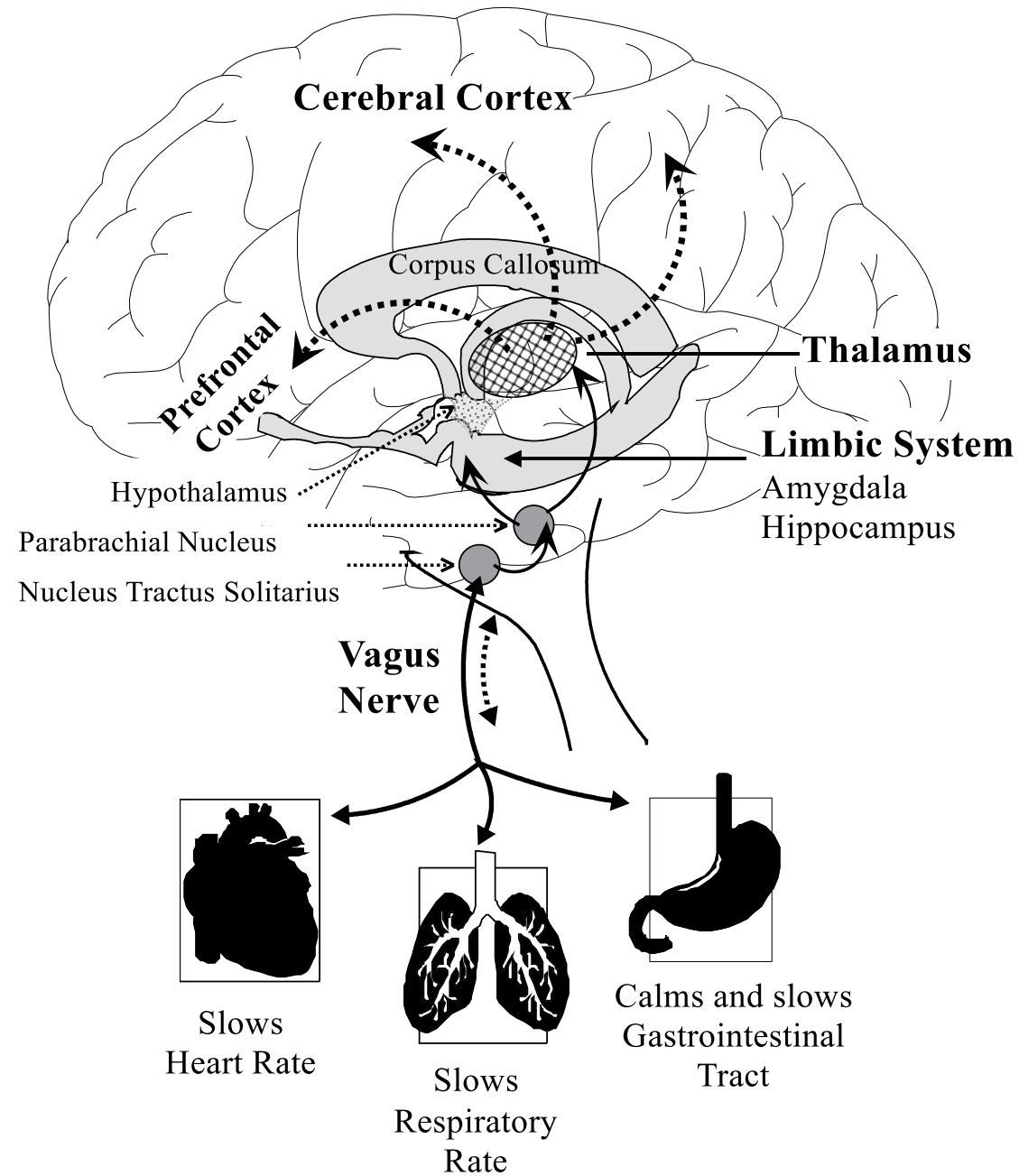


AUTONOMIC NERVOUS SYSTEM STRUCTURE

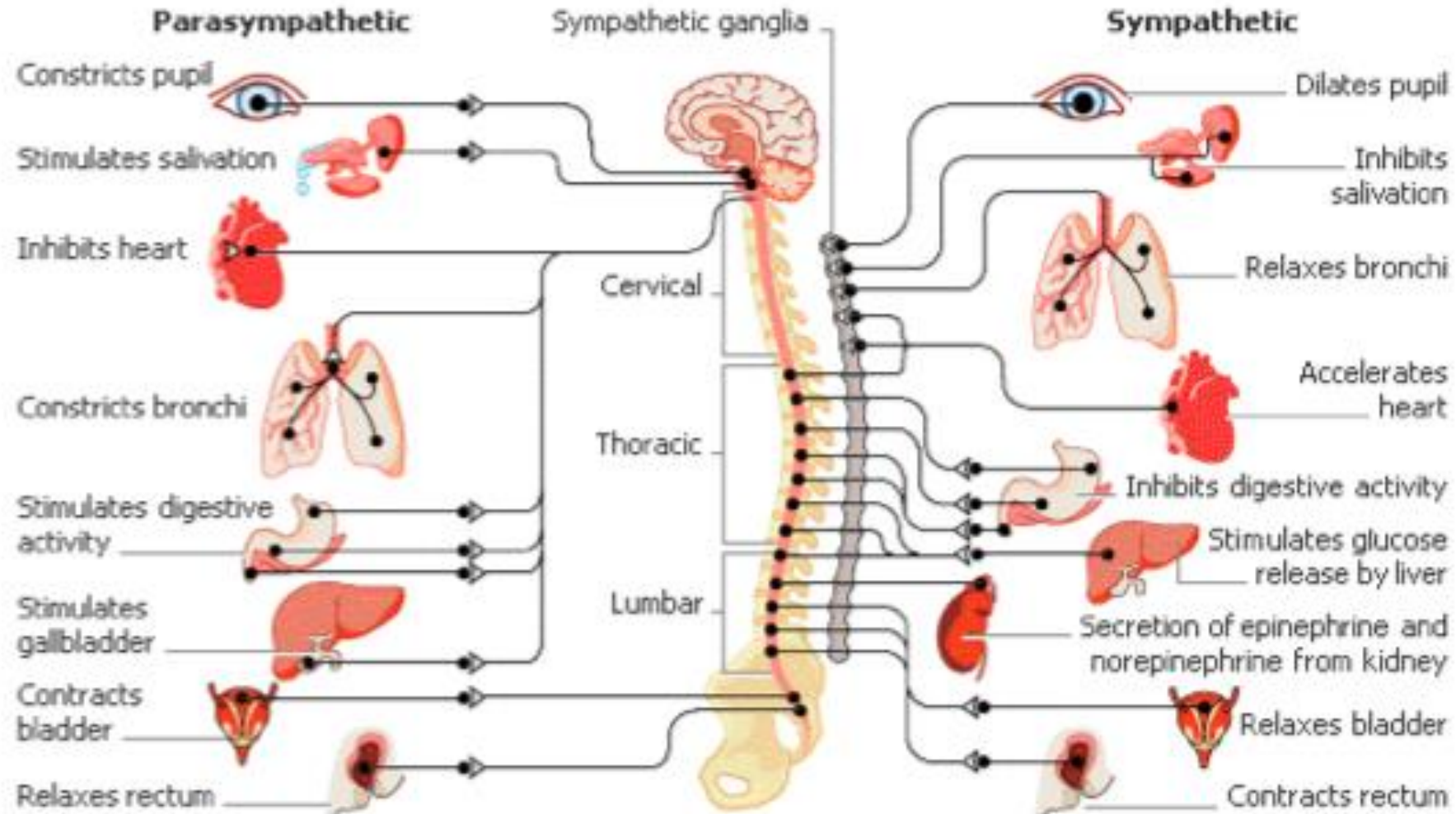
Polyvagal Theory (Porges)



Vagal Nerve Pathways



THE AUTONOMIC NERVOUS SYSTEM: COMPLEMENTARY RATHER THAN ANTAGONISTIC





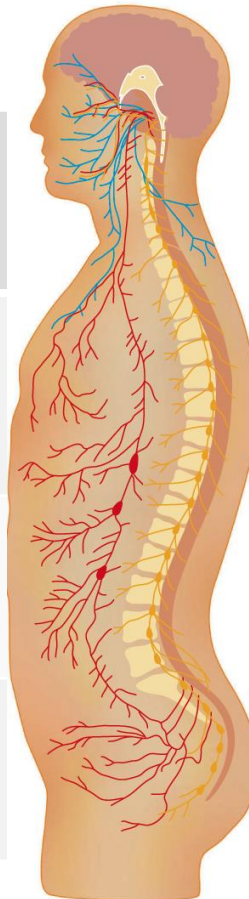
NEUROCEPTION:

*A Subconscious
System for
Detecting Threats
and Safety*

STEPHEN W. PORGES
University of Illinois at Chicago

THE POLYVAGAL THEORY

VAGAL FUNCTIONS	SAFETY	DANGER
VENTRAL VAGAL	CONNECTING & BONDING	RELEASE VAGAL BREAK
SYMPATHETIC	PLAY	FIGHT & FLIGHT
DORSAL VAGAL	REST, DIGEST	TONIC IMMOBILITY



FIVE GLOBAL STATES

- 1) relaxed social engagement
- 2) vigorous social play
- 3) aggressive/defensive mobilization
- 4) relaxed resting immobility
- 5) fear-based freeze or collapse



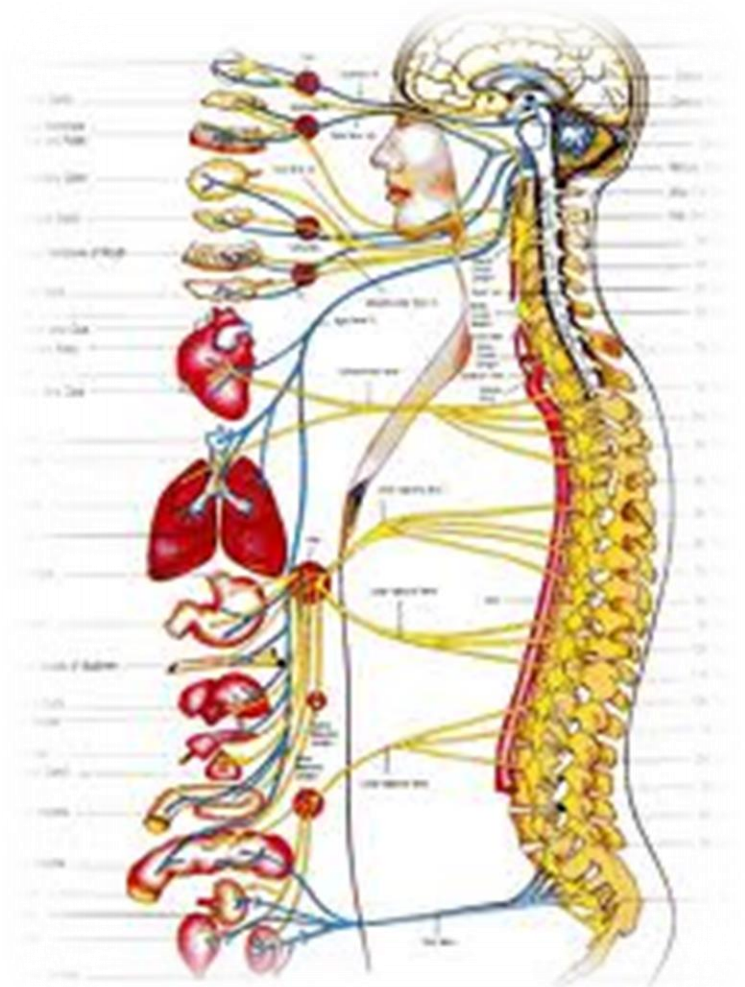
NERVOUS SYSTEM ORGANIZATION PHASES

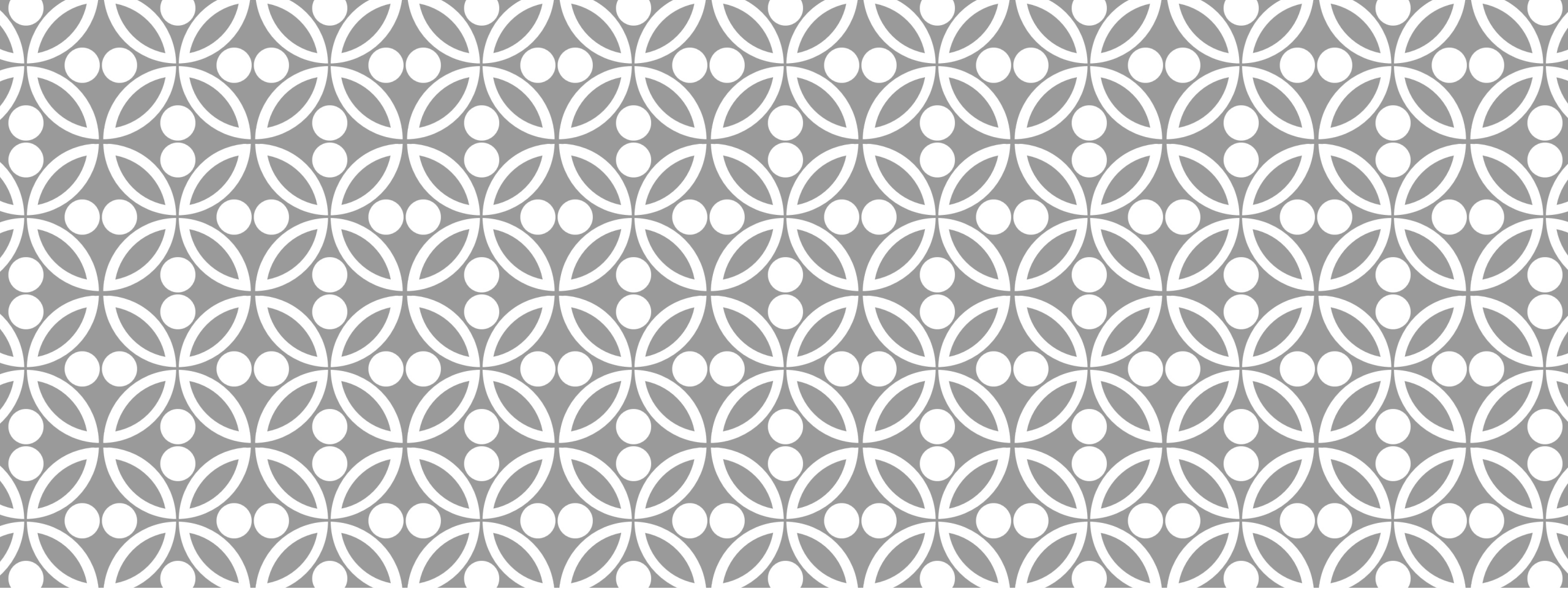
Parasympathetic (Ventral Vagal)
dominant -- *Orientation/Social
Engagement (Love, joy)*

Sympathetic dominant—*Fight (Anger,
disgust, excited play)*

Sympathetic dominant—*Flight (Fear,
shame, sadness)*

Parasympathetic (Dorsal Vagal)
dominant— *Freeze/Immobility (Rest &
Digest, Boredom, sadness/helplessness –
or blunted/numb emotions)*





NEUROPHYSIOLOGICAL PRESENTATIONS OF TRAUMA: RECOGNIZING THE SIGNS & GENERAL TIPS/SKILLS TO WORKING WITH TRAUMATIZED INDIVIDUALS

PTSD involves a fundamental dysregulation of arousal modulation at the brain stem level. PTSD patients suffer from baseline autonomic hyper-arousal and lower resting HRV (heart rate variability) compared to controls, suggesting that they have increased sympathetic and decreased parasympathetic tone.



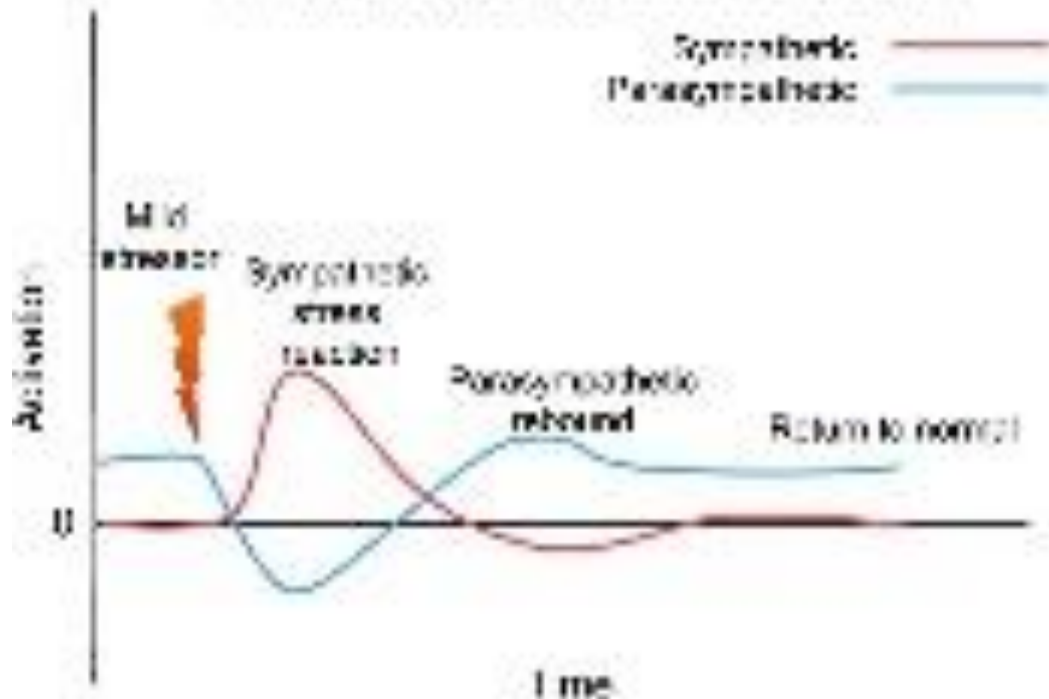
Bessel Van Der Kolk, New York Academy of Sciences in 2006

IMPLICATIONS OF TRAUMATIC STRESS

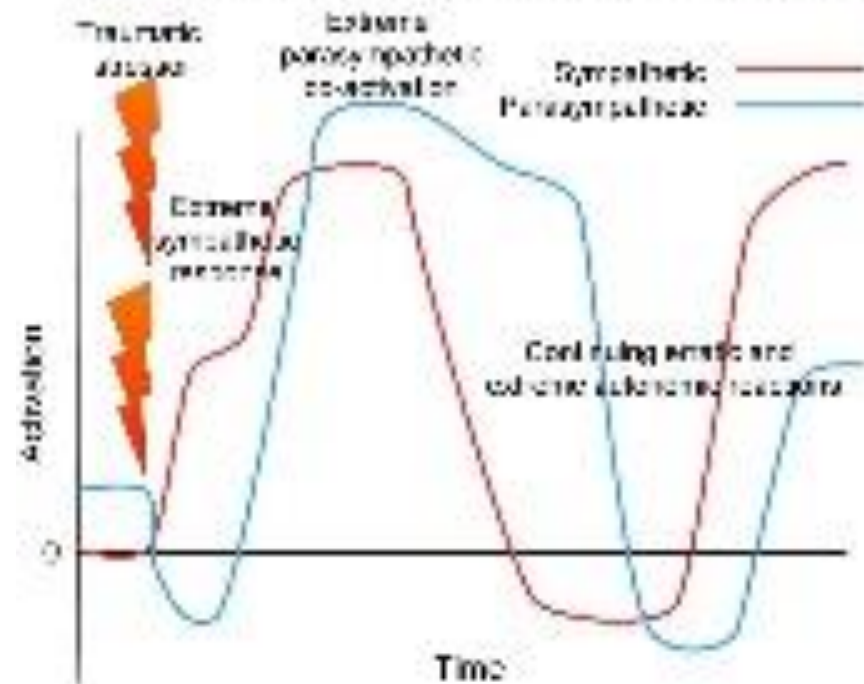
Sns rises then falls as ppns rises

Sns and ppns simultaneously activated

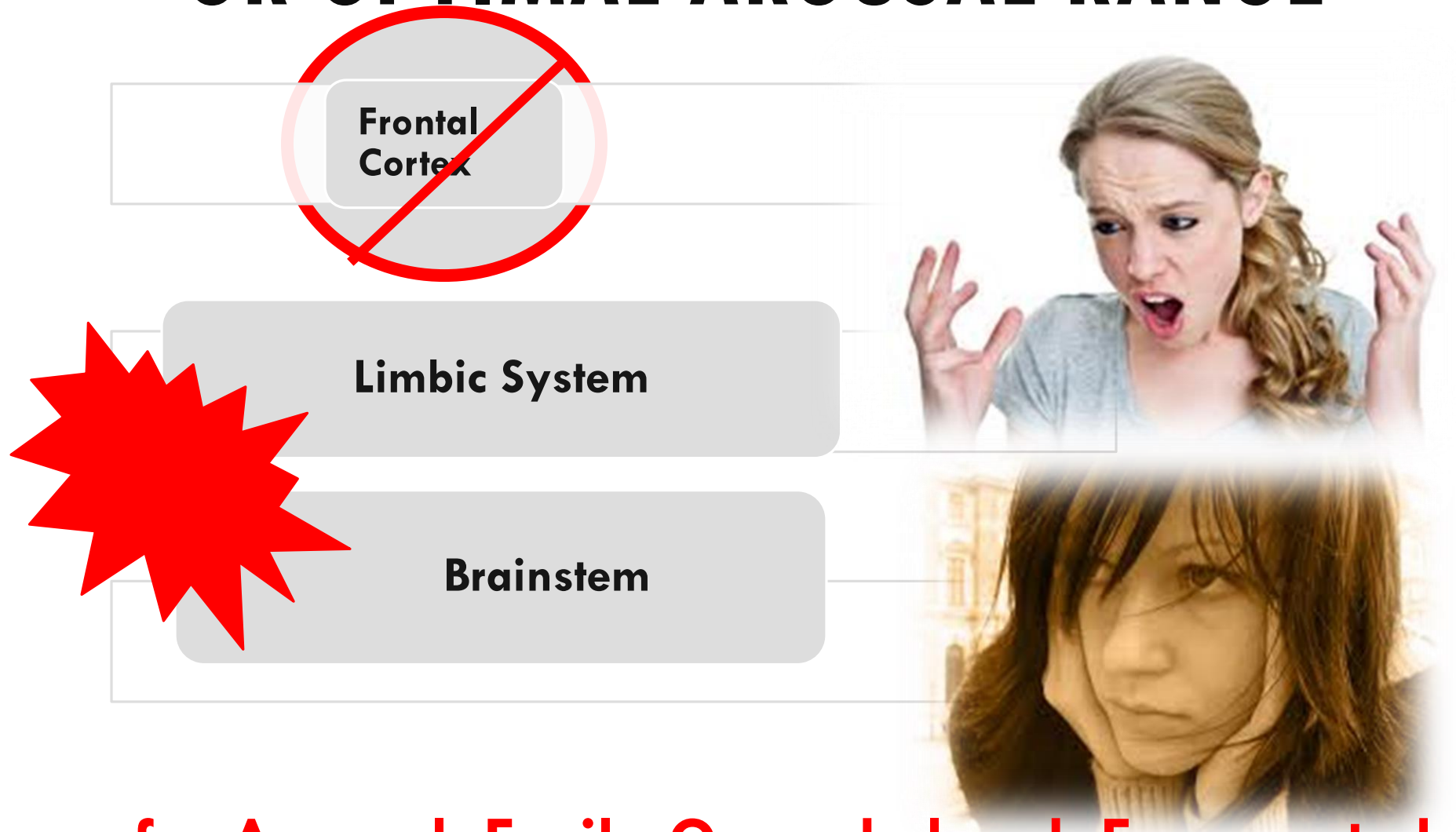
Mild acute stress reaction



Traumatic stress response



OUTSIDE WINDOW OF TOLERANCE OR OPTIMAL AROUSAL RANGE



Low Tolerance for Arousal, Easily Overwhelmed, Fragmented or Dissociated

WINDOW OF TOLERANCE



Hyper-Arousal Zone

Fight/Flight: increased sensations, flooded, high reactivity, hypervigilant, intrusive imagery, flashbacks, disorganized cognitive processing

Optimal Arousal Zone

Ventral Vagal/Social Engagement: state where emotions can be tolerated and information integrated

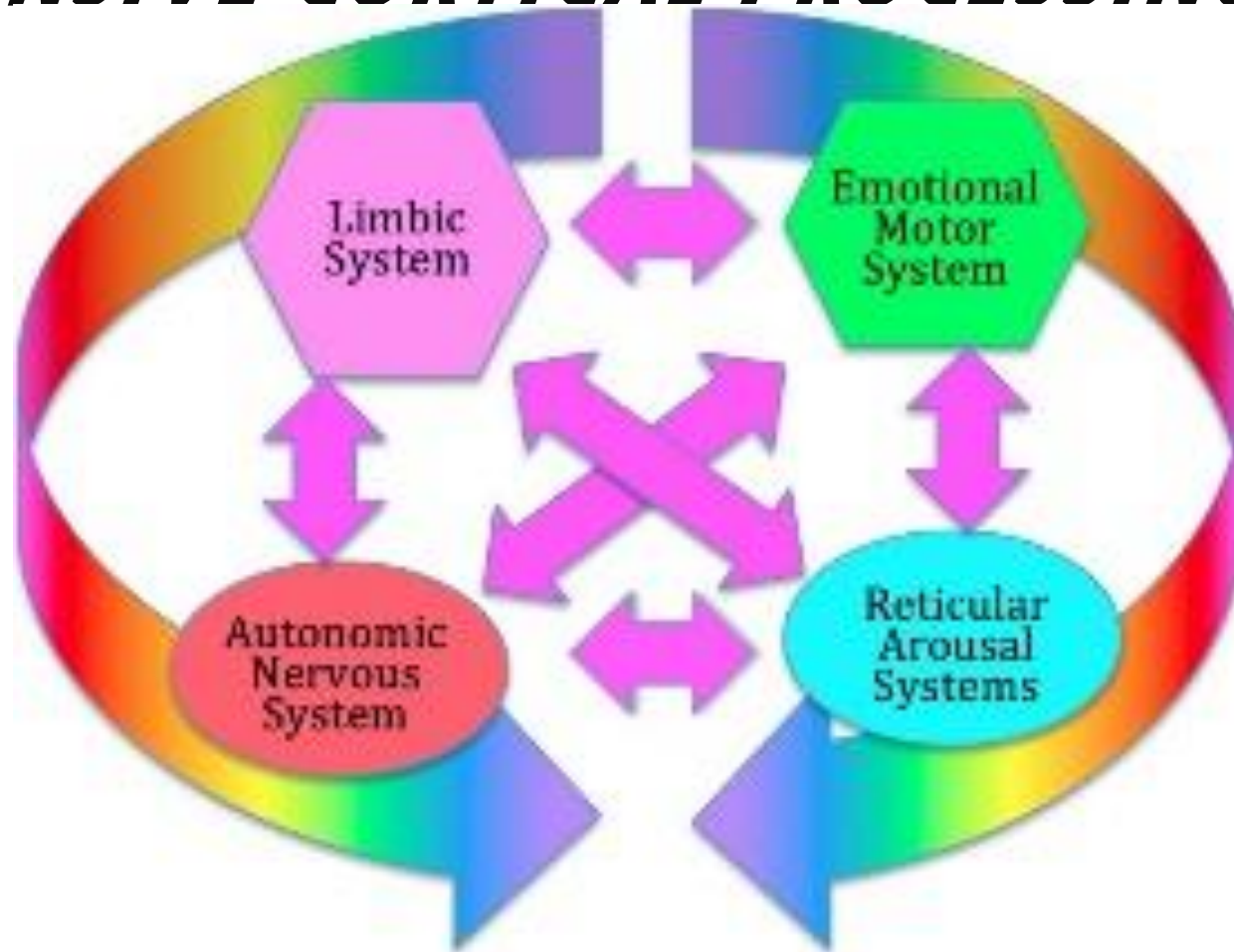
Hypo-Arousal Zone

Freeze/Dorsal Vagal: absence of sensation, numbing of emotions, disabled cognitive processing, reduced physical movement.

(Odgen, Minton, and Paine, 2006)

THE CORE RESPONSE NETWORK:

IMMEDIATE, INSTINCTIVE RESPONSE TO ENVIRONMENTAL CHALLENGES, PRIOR TO EXTENSIVE CORTICAL PROCESSING



MIND

Cognitive Distortions – inaccurate beliefs about self, others, the world at large

Emotional Distress (Hyper- or Hypo-arousal) – Anxious, easily overwhelmed, depressed, shame, loneliness, cries easily or not at all

Hypervigilance – High sensitivity to tracking nuances in the environment to maintain safety

Avoidance – shutting out or pushing away uncomfortable triggers; denial, repression, dissociation, addiction

BODY & BEHAVIOR

Disturbing somatic sensations – digestive distress, difficulties with breathing (shallow or rapid), rapid shifts in temperature, tension patterns in “rigid” presentation, “floppy” or collapsed muscle tone, “uncomfortable in my own skin”

Disorientation – uncoordinated, confused about instructions

Interpersonal difficulties – pushing away, blaming, criticizing, defensive

Health problems – IBS, fibromyalgia, migraines, seizures etc. not uncommon

INTERSECTION OF GUNAS & POLYVAGAL PHASES

GUNAS	ANS FUNCTION	PRESENTATION
SATTVA	VENTRAL VAGAL	FRIENDLY, OPEN, CURIOUS, ENTHUSIASTIC, HEALTHY, BALANCED, ADAPTABLE
RAJAS	SYMPATHETIC	ANXIOUS, NERVOUS, UPTIGHT, TENSE, FRENETIC, DIFFUSED ATTENTION, EMOTIONAL
TAMAS	DORSAL VAGAL	LOW ENERGY, LOW MUSCLE TONE, FLOPPY, UNCOORDINATED, SPACEY, NEGATIVE, APATHETIC

Embodied Movements

- ✓ *Non-competitive*
- ✓ *Playful, enjoyable*
- ✓ *Foster sense of aliveness*
- ✓ *Deepen “safe” body awareness*
- ✓ *Create container for regulation*
- ✓ *Provide connection to self & creativity*
- ✓ *Establish sense of mastery (few corrections)*
- ✓ *Make touch adjustments optional*



RECOMMENDED APPROACHES

Sympathetic Dominant/**ANXIOUS/RAJASIC**

Begin active and slow down movements to invite awareness of moving in synchrony with breath

Gradually lengthen the exhales and introduce more restful poses to release and let go of activation

Emphasize twists and forward bends + backbends only on belly



Dorsal Vagal Dominant/**DEPRESSED/TAMASIC**

“Titrate” entry into more vigorous, energizing poses

Deepen inhales to window of tolerance (taking in life)

Move from supine to standing and balancing poses + gentle backbends



THE ROLE OF THE TEACHER

- ❖ Maintain their own self-regulation and presence in order to provide containment to keep the student(s) within *their* **window of tolerance**
- ❖ Assess moment-to-moment **shifts in nervous system** and titrate pace of movement through poses to a manageable range of arousal
- ❖ Work with dominant phase by “prescribing” the right practices for personal sadhana – asana, pranayama, mantra – to support movement from *tamas* to *rajas* to *sattva*, from depression to activation to balance
- ❖ **Attune** emotionally to evaluate students’ situation clearly and support **healing**





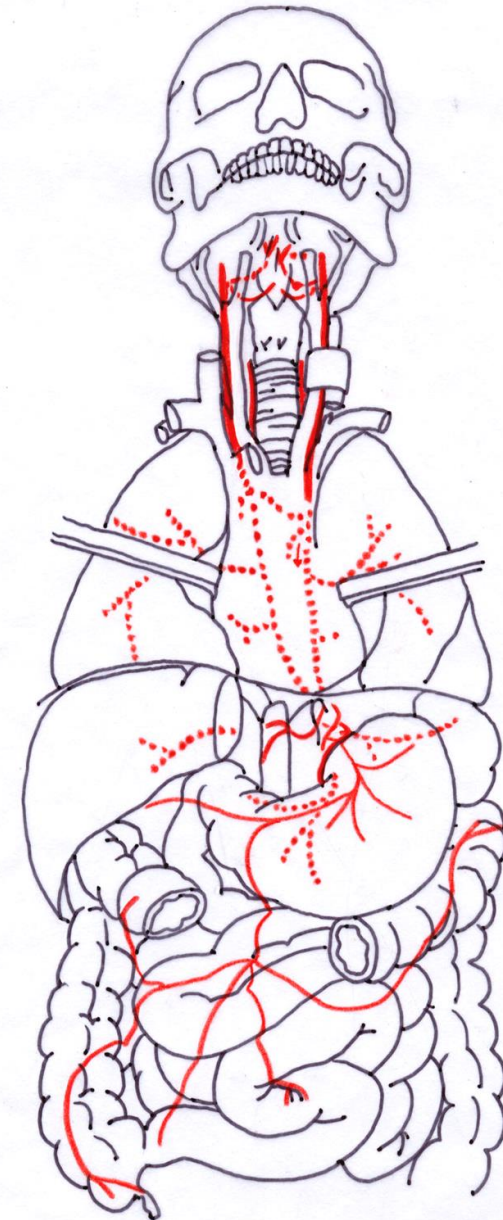
RECOGNIZING DORSAL VAGAL — TAMAS DOMINANCE IN YOUR STUDENTS



PARASYMPATHETIC : DORSAL VAGUS NERVE

“A primitive unmyelinated vegetative vagal system that fosters digestion and responds to novelty or threat by **reducing cardiac output** to protect metabolic resources. **Behaviorally, this is associated with immobilization behaviors.**” Porges

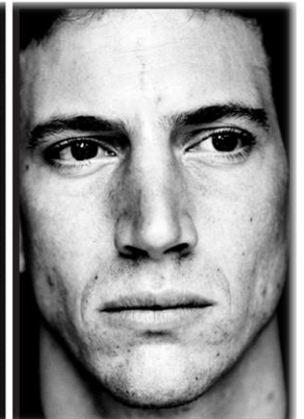
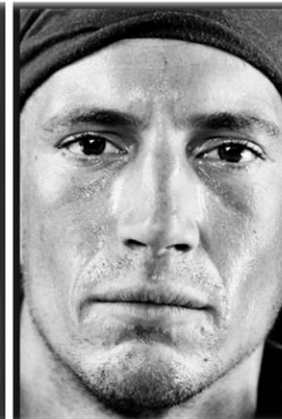
Vagus
Nerve
Pathway



Art by Renee Peterson,
based on Wilson-
Pauwels

DORSAL VAGAL

- ☐ Immobility (freeze) response in response to overwhelming activation
- ☐ Slows heart and lungs for energy conservation
- ☐ Death preparation state
- ☐ “Death mask” face; flat affect; pale/pasty
- ☐ Unable to speak
- ☐ Little or no body awareness
- ☐ Sluggish, slow movements
- ☐ May paralyze **digestion** (gastroparesis)
- ☐ Disconnection and dissociation
- ☐ Body rigid or flaccid



DORSAL VAGAL

WHAT DO YOU DO?

□ INTRODUCE SOME CHARGE

▪ BREATH

- Deepen Inhales
- Feel ribcage move in all directions

▪ ORIENTATION/EYES OPEN

- EYE CONTACT
- ENCOURAGE FELT SENSE – 5 senses
- PROSODY (use melodic, soft tones of voice)

▪ MOVEMENT

- KELP EXERCISE – move like kelp; invite more fluidity of movement to break up the rigidity; or increase engagement to reduce “floppy” or disconnected joints



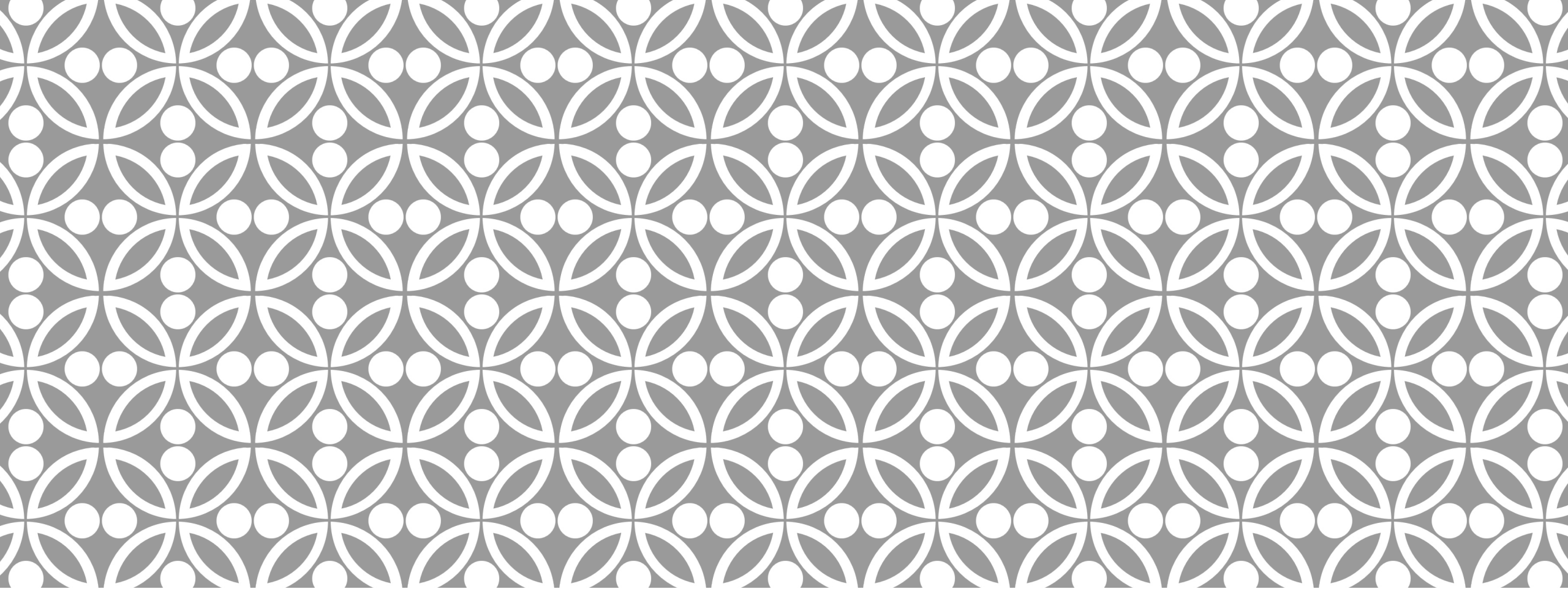
THE FREEZE RESPONSE – TONIC IMMOBILITY

Tonic immobility (TI) is a temporary state of motor inhibition believed to be a response to situations involving extreme fear

What clients in the freeze state need:

- ➔ Space and time for processing
- ➔ Respect for the unique needs of their nervous system
- ➔ Fewer questions and suggestions, and less of a demand that they interact
- ➔ Support for slowly "thawing out" of their freeze, and the space to **finish the incomplete process** that may have blocked their physiology from feeling alive





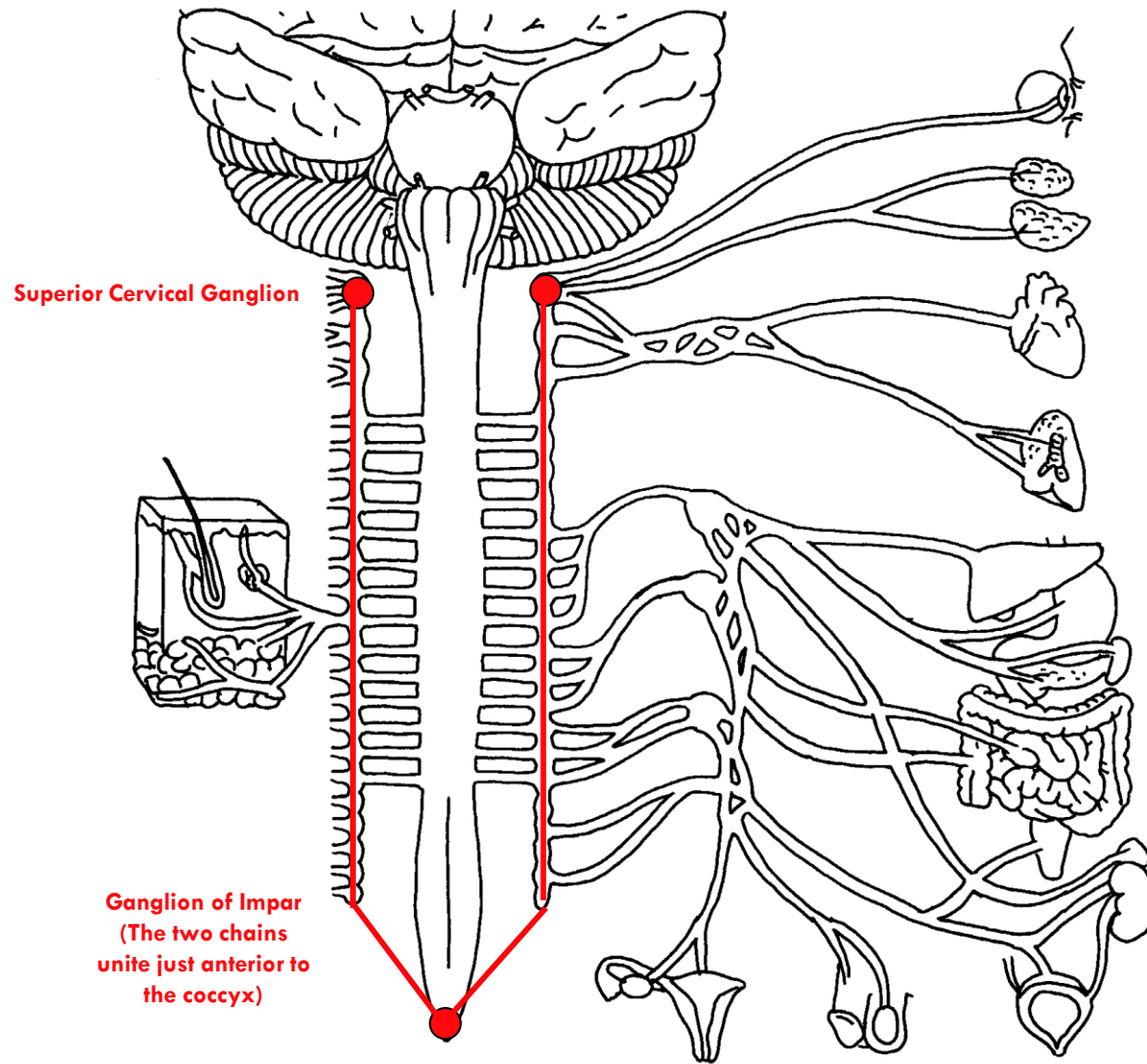
RECOGNIZING SYMPATHETIC-RAJASIC DOMINANCE IN YOUR STUDENTS



SYMPATHETIC NERVOUS SYSTEM

“A spinal sympathetic nervous system that can **increase metabolic output** and inhibit the primitive vagal system’s influence on the gut to foster mobilization behaviors necessary for “fight or flight.”

Porges



Art by Renee Peterson
based on Clayman, The
Human Body, p. 74

SYMPATHETIC

- Increased heart rate
- Increased respiration rate
- Narrowing of vision
- Visceral constriction (of digestive sphincters) slowing **digestion**
- Tensing of large muscle groups in preparation for action
- Reduced social engagement and bonding (goal oriented rather than relationship oriented)



NEGATIVE AROUSAL MODULATION

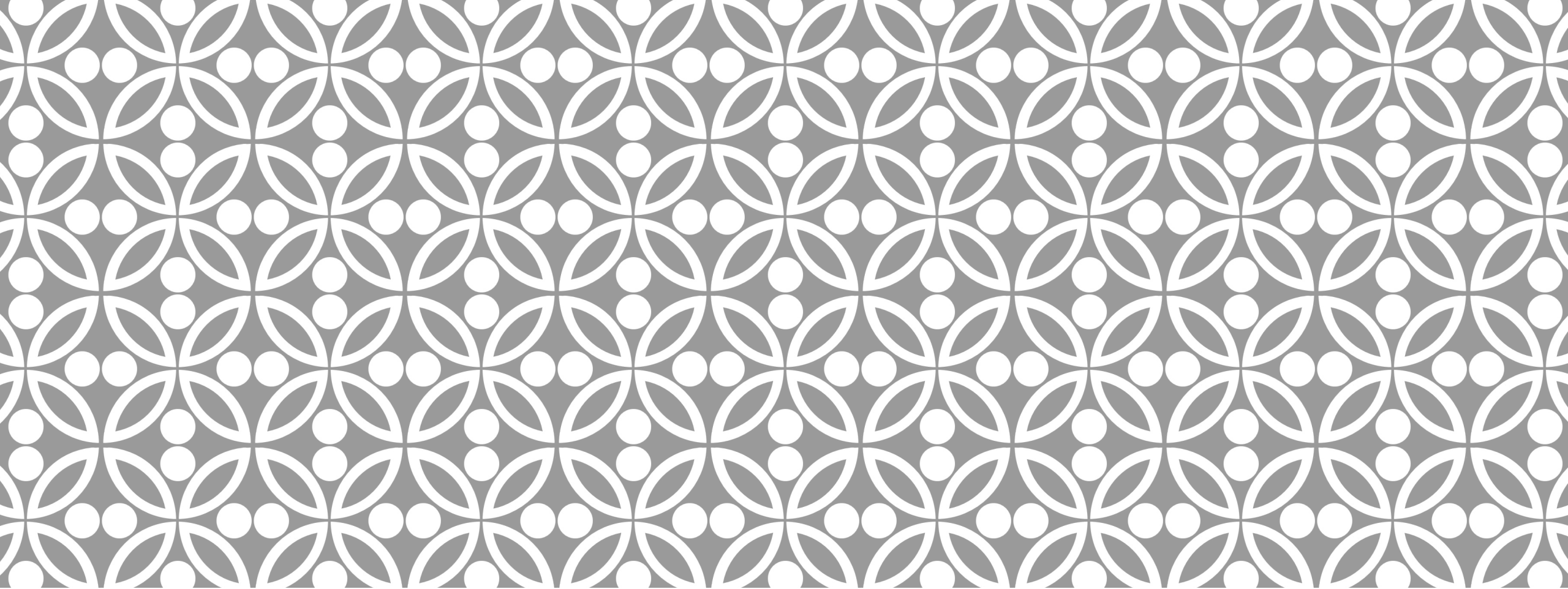
SYMPATHETIC

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- Tensing of large muscle groups in preparation for action
- Reduced social engagement and bonding

WHAT DO YOU DO?

- AVOID ADDING ANY ADDITIONAL STIMULATION (TITRATION)
- ENGAGE AWARENESS OF MOTOR MOVEMENTS (dynamic yoga poses, moving with the breath)
- INVITE PHASE TO REACH THRESHOLD OF DEACTIVATION AND DISCHARGE (hold poses like Warrior I/II/III, Plank, Side Plank long enough for some shaking and sweating; then enter a phase of rest and reflection.





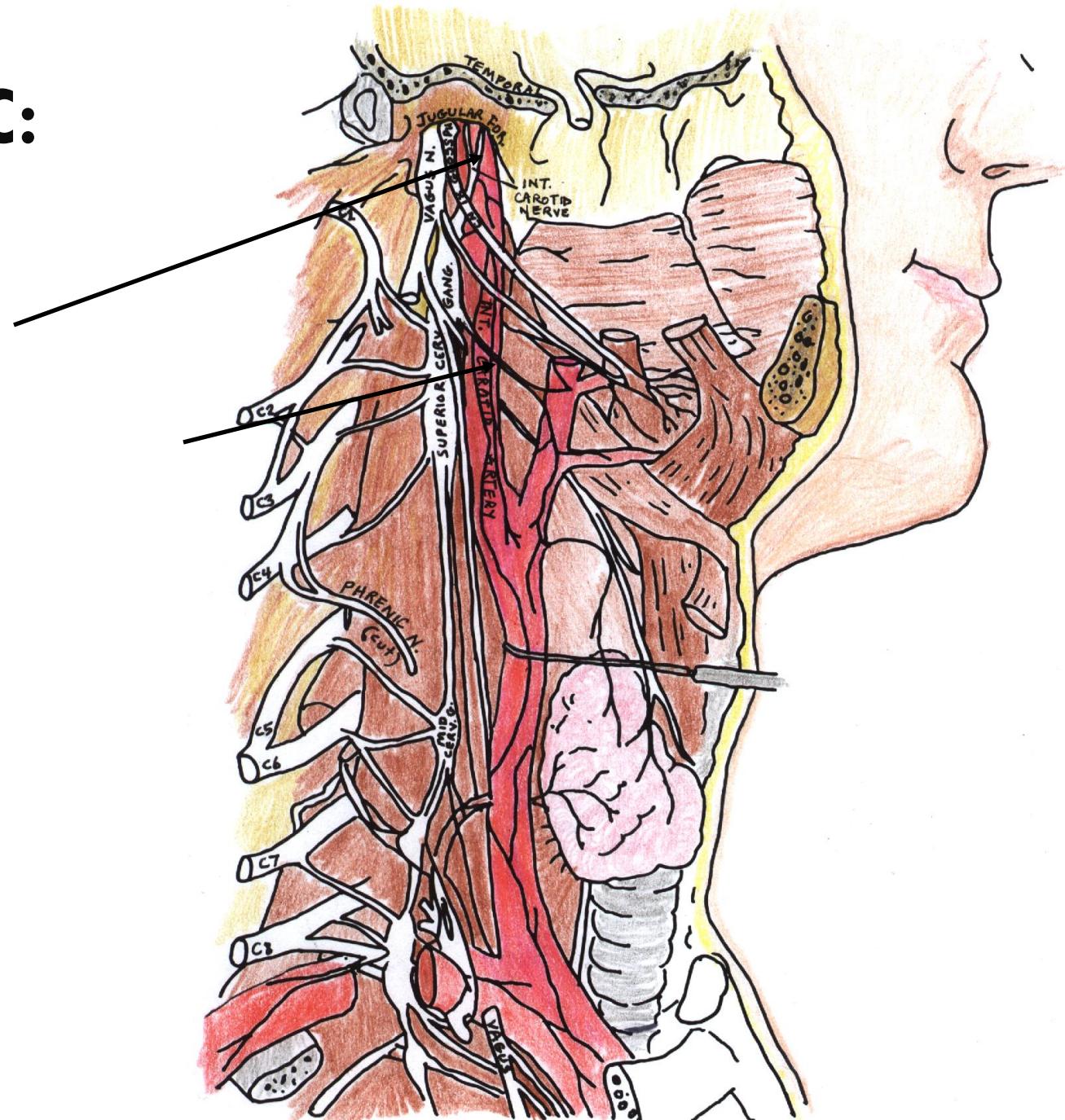
RECOGNIZING VENTRAL VAGAL — SATTVIC DOMINANCE IN YOUR STUDENTS



PARASYMPATHETIC: VENTRAL VAGUS

The Vagus Nerve and Superior Cervical Ganglion may serve as “portals” for interacting with the autonomic nervous system’s parasympathetic and sympathetic levels, respectively.

Art by John Chitty,
based on Netter, Atlas
of Human Anatomy,
Plate 124



VENTRAL VAGAL

- ☐ Emerges from parasympathetic response
- ☐ Supports face to face contact
- ☐ Enervates facial nerves and vocal cords
- ☐ Expressive face; “aliveness”
- ☐ Ability to smile and speak
- ☐ Nervous system is settled
- ☐ Easy **digestion** (peristalsis)



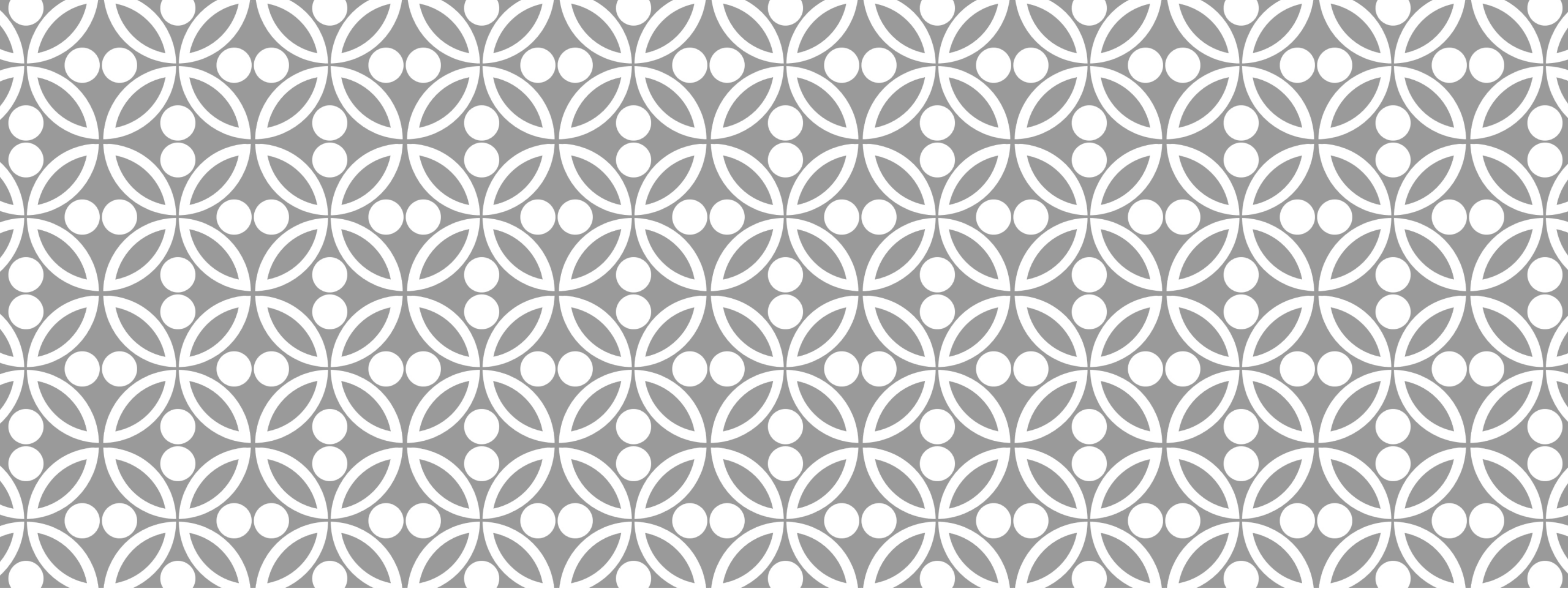
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- ☐ Nervous system is settled
- ☐ Easy **digestion** (peristalsis)

WHAT DO YOU DO?

- BRING AWARENESS TO BODY SENSATIONS IN THIS STATE (continue to support growing interoception)
- BROADEN THE EXPERIENCE OF PLEASURE BY EXPLORING ASSOCIATED SENSATIONS AND MOVEMENTS (fluid vinyasa, playful, enjoyable)
- LINKING STATE WITH THE EXPERIENCE OF CONNECTION TO SELF AND OTHERS – the planet/the cosmos (imagery during savasana or meditation)





PRACTICES TO REDUCE DORSAL VAGAL/TAMAS



INCREASE RAJAS TO BREAK UP TAMAS: PURIFICATION PHASE (THE SUN)

Goal: Deep seated patterns of attachment, stagnation and depression must be released (**Yamas & Niyamas**)

Attitude: Abhyasa – continuity of practice

Strategies: Increase activity to break up inertia (**Asana, Pranayama**); use mainly **Brahmana** (Energizing) practices that emphasize dynamic movement coordinated with the breath

Asana Categories: Extensions, Laterals, Backbends, Twists

Bandhas: Uddiyana, generate awareness at the navel, activate 3rd chakra, build Buttha Agni, the fire of transformation

Pranayama: Ujjai, Increase Inhales and introduce holds after inhale, create heat/"Tejas" with Bhastrika/Kapalabhati

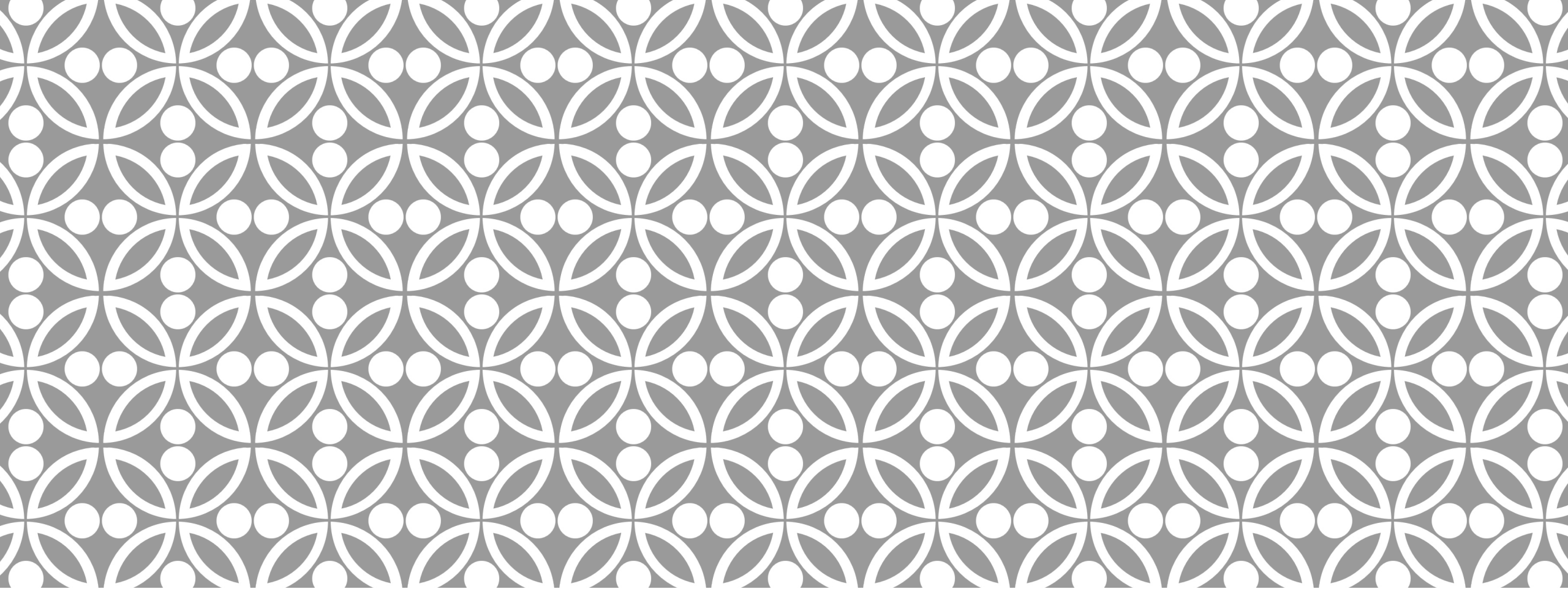
Meditation: Awareness/Concentration Navel Center, Mantra "Ram", Maha Mrityunjaya Mantra

INCREASE RAJAS TO BREAK UP TAMAS: PURIFICATION PHASE (THE SUN)

Chakras: Root/Muladhara, Sacral/Svadhishthana,
Navel/Manipura

Vayus: Inhale Pran to Navel, Exhale Apan to Navel = Samana,
also Udana (force of enthusiasm)

Koshas: Annamaya (physical body), Manomaya (mind),
Pranamaya (energy body)



PRACTICES TO REDUCE SYMPATHETIC/RAJAS



CALM RAJAS TO INCREASE SATTVA: CULTIVATING MENTAL STABILITY (THE MOON)

Goal: Move from ego-centered, self-motivated action to selfless action

Strategy: Reduce activity and move inward (Pratyahara – sense withdrawal; Dharana – concentration of Prana); utilize slower movement and longer holds in the poses to increase mental stability and soften effort

Asana Categories: Extensions, Forward Bends, Twists, Inversions, Sama Shiti (stillness) with increased periods of Smarana (remembrance, self-reflection)

Bhandas: Mulabhandha & uddyana to ground and center

Pranayama: Ujjai, focus on throat, to stabilize mind; slower and longer exhales; nadi shodhana/alternate nostril breathing; brahmari (“bee” breath) is cooling in nature

Meditation: Awareness at the heart, with mantra “So Hum” (I am that, I aspire to the spiritual), or Ham Sa (Universal and Individual are One)

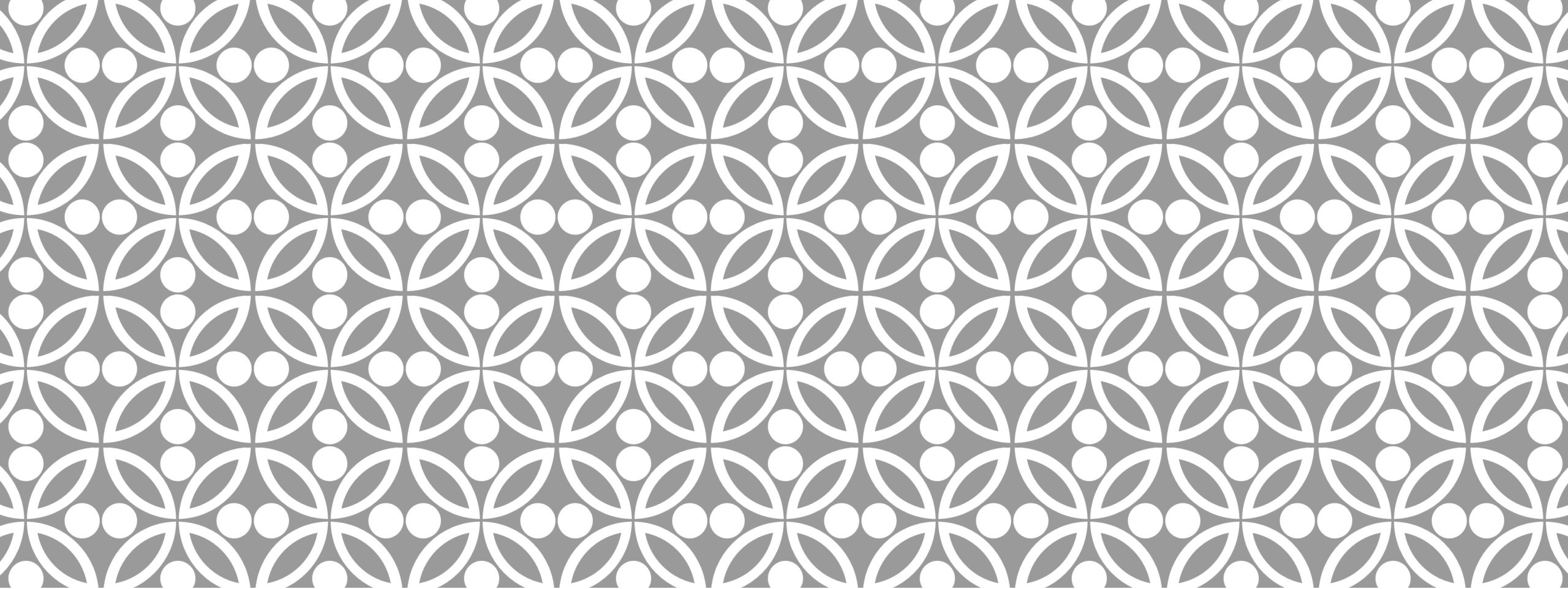
CALM RAJAS TO INCREASE SATTVA: CULTIVATING MENTAL STABILITY (THE MOON)

Chakras: Navel/Manipura, Heart/Anahata

Vayus: Pran/Heart area to restore vitality, Samana to digest impressions

Koshas: Vijnanamaya (Budhi, higher intellect, intuition, wisdom)

- **Vichara:** a self-inquiry practice to become clear about patterns driving behavior and whether they emanate from lower mind or the higher mind that leads to Purusha; increase discernment and choose wisely



PRACTICES TO INCREASE VENTRAL VAGAL/SATTVA



PERFECTING SATTVA PHASE: AWAKENING & ENLIGHTENMENT (THE FIRE)

Goal: Cultivate authentic joy, inner peace; ultimately, transcend the Gunas

Strategies: Move from self-less service to increased meditation/mantra japa (Dharana, Dhyana, Samadhi)

Asana: Less emphasis on asana over time; mainly Langhana (Reducing) or Samana (Equilizing) practices that engage parasympathetic response and tone the digestive and circulatory system

Pranayama: Internalizing practices, such as alternate nostril breathing; increase in kumbaka/breath retentions; pure breathing (circular, no vrittis); Brahmari with Yoni Mudra (Sanmuki Mudra)

Bhandas: Tetra Bhandas, hold energy/Prana in the body

PERFECTING SATTVA PHASE: AWAKENING & ENLIGHTENMENT (THE FIRE)

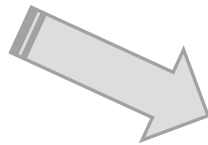
Chakras: Heart/Anahata, Throat/Vishuddhi, Third Eye/Ajna ... Crown/Sarashara

Vayus: Vyana, distributes prana and integrates all vayus

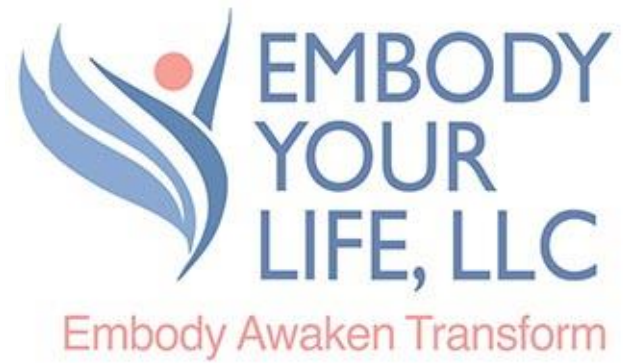
Koshas: Anandamaya Kosha (the bliss sheath) and beyond

Bhakti: or devotional yoga

Laya yoga: dissolving the chakras



Avoid becoming “holier than thou”



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