

# PROVIDING FOR THE PROVIDER

YOUR COMPREHENSIVE ROADMAP BACK  
TO MORE ENERGY AND PRESENCE



BY DR. JAMAL FRÜSTER

[WWW.DRJAMALFRUSTER.COM](http://WWW.DRJAMALFRUSTER.COM)

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# ABOUT

## *Jamal Früster Cortez*



[ Dr. Jamal Früster: The Hypeman for Humanity is a doctor, coach, consultant, and speaker, who helps providers heal their minds and bodies while strengthening the soul. ]

*“Your energy is the  
medicine!!!!”*  
-Jamal Früster

Dr. Jamal’s passion to provide for the provider stems from a few aspects of his life that have led to a discovery of parallels leading to the sickness of so many. His passion comes from; studying to be a doctor himself, working with several hundred healthcare professionals, the awareness that comes with being a leader at an international organization level, and coming from a humble home with two loving parents, he noticed there is a massive lack of consideration for the health of the provider.

A provider is an individual that helps fulfill another’s needs. Sustenance, love, autonomy, empathy, safety, space, belonging; care. Whatever is lacking in the “other,” the provider can help support. In doing so, the provider pours themselves into “other.”

Dr. Jamal’s vision is that every provider has the best opportunity to experience life in the way they want and intend to with a well regulated nervous system, both professionally and personally. He knows this is only possible when the same high-quality care they so selflessly offer others is also readily available to them.



**I**f you have had this pdf shared with you or acquired access to it, you've been to my favorite workshop that I teach, Providing for the Providers. With that, I say WELCOME!

This is a combination of the principles I've discovered with my understanding of health and tying it into the quality of your energy. When your energy is rich, in a parasympathetic space, this is where we can adapt and live a life that is full of presence and enjoyment vs. in a state of anxiousness, exhaustion or burntout. Y'all deserve to receive the fullness of juice from your efforts, not just the scraps left over at the end of the day. Let this be a guide to take notes on as you work your way into deeper adaptability and presence!

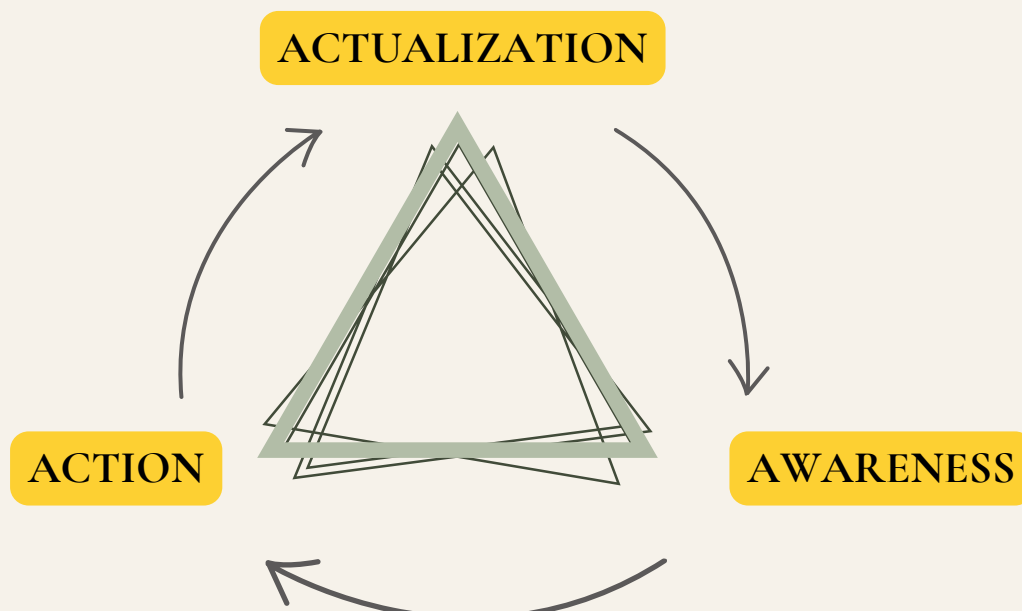
I crafted this pdf for two main intentions: One, is to be able to highlight the foundations so before we dive in you can study some of this work and we can go deeper conceptually while making the most of our time exploring/applying vs. being introduced to concepts in the space itself. Second, if you've been to the workshop before, this is something to have so you can reference and remind yourself of these principles in moving deeper into the mastery of your health and life by being able to master your mind and ultimately your energy with how it animates the body. Below you'll see some quotes, some books, and frameworks I give as a means of exploring health and health, emotions, and communication.



Before I get into it, I would like to provide you with a few concepts I will be referencing throughout this PDF:

## The 4 frameworks in which I work –The Triunes

- 1. Triune of Mind** – That which DRIVES the brain!
  - Conscious Mind – 1% of what we're responsible for. Behaviors, thoughts, habits, patterns and perceptions. That which is active
  - Subconscious Mind – Active with the conscious, responsible for bridging the worlds of the conscious and non-conscious minds
  - Non-conscious Mind – Responsible for 90–99% of life. The most powerful force that is governing the body. A “memory card” for the body, storing our behaviors, thoughts, habits, patterns, and perceptions. That which is automatic
- 2. Triune of Brain** – That which controls and commands the body!
  - Neocortex – That which makes us human. The ability to observe that we are observing, metacognitive processes, the ability to think that we are thinking.
  - Mammalian – The emotional brain
  - Reptilian – Instinctual, where we can default to when triggered, in a reactive state of being or when depleted of our energetic reserves or in a survival state.
- 3. The Triune of Life** – THREE necessary parts to life
  - Intelligence – Laws of organization when it comes to that which is natural.
  - Force aka energy\* – The function of force is to unite intelligence and matter. Without it, the matter wouldn't be able to express the intelligence.
  - Matter – That which expresses the intelligence, our bodies.
  - Important note: These are all interdependent of each other. Without one, life wouldn't be able to exist in its totality.
- 4. The Alchemist's Triune** – Dr. Jamal's coaching and consulting process to shift from a state of exhaustion to presence and power. Awareness, Action, Actualization



## Overview of The Alchemist's Triune – Dr. Jamal's coaching and consulting process to shift from a state of depletion to presence and power:

- **Awareness** – The foundation! We need to quantify and qualify where we're at so we can get set where we'd like to go.
  - The Providers' Pillars:
    - NVC (Compassionate Communication) – Needs x Values x Agreements x Boundaries
    - Nervous system education = Polyvagal theory X Neuroplasticity – Triune of Mind
    - Understanding Trauma – Triune of Brain
    - A Natural Lens to Health, the mind & energy (Stress and Quantum Physics, Epigenetics) – Triune of Life
    - Where are you at in the spectrum of health?
    - How did you get there? (What are your patterns?)
  
- **Action**
  - 8 Domains of life to craft your vision:
    - What are their habits? Quality of actions? Thoughts? Relations?
    - Your vision stems from your awareness. As you become more aware your vision will evolve. It's supposed to!
  
- **Actualization**
  - This phase of the triune is where you'll be tested. Its about actually embodying the energy that you wish to bring forth in your life and being in alignment with it.
  - Its where you take conscious control of your life, where you need to get in the driver's seat and remain there so you can steer your ship towards your vision



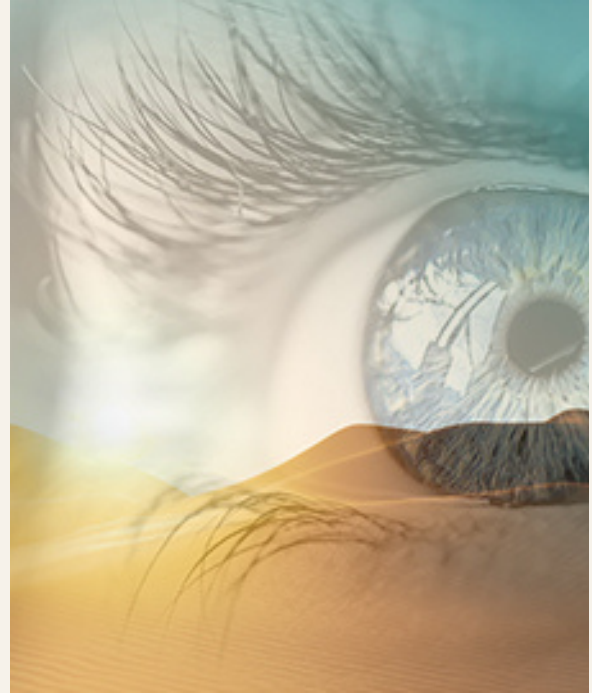
# AWARENESS

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## **PILLAR I: Compassionate Communication (Needs, Values, Agreements, Boundaries)**

**Reflection:** What is that quality of your actions, thoughts, habits and behaviors currently?

**Universal Needs:** (MRS. CLAUSIAA x MR. NP) acronym to remember. I can do a workshop just on exploring these alone. I recommend committing these to memory. To the side, are more books worth exploring for a deeper understanding of each need.



**Meaning – Living on purpose and in alignment!**

- Book: Man's Search For Meaning – Viktor Frankl

**Recreation – The importance of having fun, play, process, live**

- Book: Essentialism – Greg McKeown

**Sustenance (of thought & body) philosophy is mind food. Your choice to what nourishing :)**

- Book: Eat Smarter (food)

**Creativity – A necessary component to life. We're creative individuals, we are creation. Creating is a great way to re-enter parasympathetic neurology!**

- Book: The Wild Creative

**Love – The necessary glue that holds the universe together, that which perpetuates life!**

- Book: The 5 love languages – Gary Chapman

**Autonomy – Choice. Making sure that choice is present in one's life.**

- Book: The 4 agreements Don Miguel Ruiz

**Understanding/Empathy** – Its one thing to intellectually understand another, it is another to FEEL them from a deep space. The difference between empathy and understanding

- Book: Nonviolent Communication – Dr. Marshall Rosenberg

**Sense of safety** – If one does not feel safe within themselves, relationships or environment, that is not a sustainable experience.

- Book: Anchored – How to befriend your nervous system, Deb Dana

**Sense Of Belonging (Community, the X factor)**

- Book: Tribe – Sebastian Junger

**Identity & Significance** – One of the most crucial needs and awareness of self

- Book: How to win friends and influence people – Dale Carnegie, also Breaking the habit of being yourself

**Attachment** – A need to co-regulate with other mammals in this world that help keep that body & mind in a space of peace

- Book: Attachment – Amir Levine PhD

**Authenticity** – Every human needs to express themselves in an organic way.

- Book: The Myth of Normal – Dr. Gabor Mate

## **LET'S GET CLEAR:**

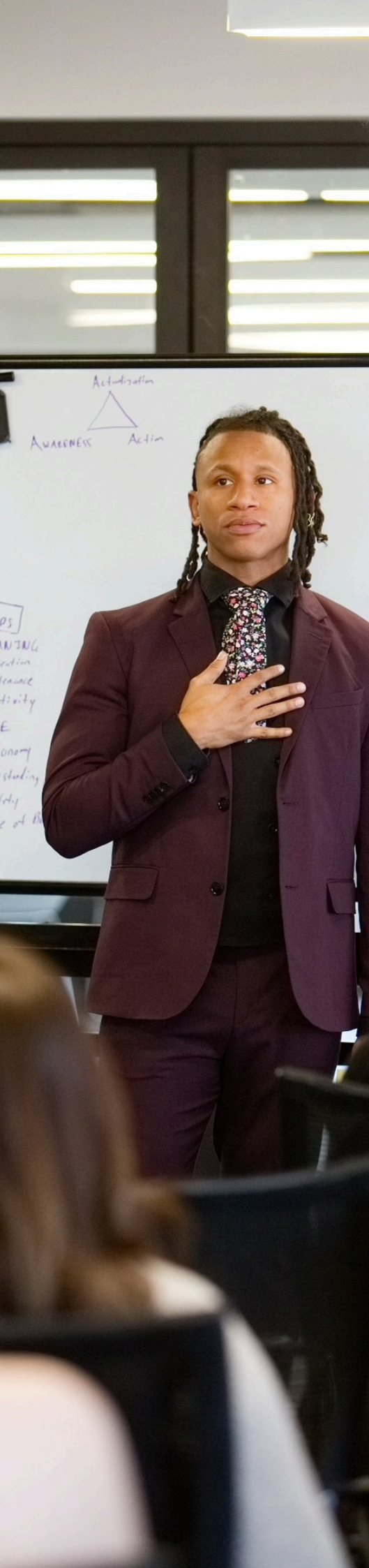
Non-Negotiables:

–What are they for you?

–What are your values?

- These form the bedrock of your life.
  - What's most important to you?
  - How does this show up in your relationships? Your environment?
    - Examples: Mine are Love, Community, Symbiosis, Gratitude, and Integrity





# 4 ELEMENTS OF OF WELL-BEING

**(Mr. NP) Pay attention to these FIRST  
when your body starts to express symptoms.**

## **Movement** (of thought & body)

- What is the quality and quantity of my movement?
- What do I need?
  - What kind of movement do I need?
  - What kind of mind movement do I need?
  - Reflection: Where am I at? Am I honoring to myself?

## **Recuperation**

- Recuperation is a tone, not necessarily just an action. Are you getting parasympathetic?
  - Passive vs. Active forms of recuperation
- Reflection: Where and how do you recuperate your energy?
- 

## **Nourishment** (of thought & body)

- Reflection: What is the quality and quantity in which I'm consuming? Is this nourishing for me?
  - Environment, food, relationships, thoughts

## **Presence**

- Journal prompt: What was my LOTD? My lesson of the day? Remember reflection is a potent aspect to shifting your mental health as we're our greatest teachers. Only you is experiencing your reality for the time that you are conscious. Utilize your conscious mind to shift your non-conscious programming.
  - Start of the day: What do I want to feel? Help this be in alignment with your vision!

\*Per Source Chiropractic

# Reflection

[Questions to reflect a part of your needs inventory]

1. Which one of these isn't getting met that is most important?  
(Reflection of your values)

2. What's the predominant emotion you feel when this need isn't met (ex: lack of recuperation (need)→Feeling frustrated (emotion))

3. Is this something acute (new) or chronic (recurring/pattern) ?

4. Where do you feel this predominantly in your body? (Ex: Frustration→Tightness in the shoulders)

5. How is this impacting your life? Who is this impacting (relationships)? (Ex: less presence with my kids)

6. When is enough going to be enough? What is the line that will be drawn?



7. How can you utilize your movement, breath, sound to help move the stuckness or energy?

8. What's the ONE thing you can do today to get this need met?

9. What's the one thing I have I am really good at that's helped get me to where I'm at in life?

## PILLAR II: Nervous System Education

**Nervous system education:** Polyvagal theory – Three different pathways that govern and a reflection of our nervous system and the status of it.

Resource: Anchored, Deb Dana

- Ventral Vagal – Parasympathetic, rest and digest :) \*The goal. This is where our body is able to heal appropriately.
- Sympathetic – Fight or Flight! We're supposed to be here only 20% or less during the day\*
- Dorsal Vagal – Immobilization/shut down

The more we are in ventral vagal mode, this is where we can access more compassion and curiosity for self and other. The more we get our needs met, the more often we can be in a parasympathetic state. Allocating the maximal amount of focus and energy to change our lives.



# NOTES:



# ACTION

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**Action Phase:** 8 Domains of life to craft your vision;  
Physical, Mental/Emotional, Intellectual, Spiritual, Financial, Professional, Relational, Fun & Adventure

- **What are the energetic components of this person? How are they doing?**
  - What are their habits? Quality of actions? Thoughts? Relations?
  - Reverse engineer life from here and BE that now!
  - Write the vision in the statement “I am...because...”



## 5 Zones of Discomfort

- **Home base – the comfort zone.** This is where we heal, and integrate. Without it, we would stay in perpetual states of chaos. This area is actually uncomfortable to a lot more people that you would think. **10% outside of comfort zone** – Enough to give a stimulus to adapt to that isn't overwhelming.
- **Painful zone** – This is beyond that 10%, this takes some energy and resources to heal from, enough for a strong stimulus, but not overwhelming.
- **Traumatic zone** – This is beyond the pain zone. This is where there is now a distortion through the lens in which you view life. The neurology is holding onto aspects of an experience that is being brought in from the past in an effort to protect you in the now and future.
- **Dissociation zone** – This is where the extremes of trauma come in where one may have experienced. The dorsal vagal pathway is typically dominant here where immobilization is occurring aka the freeze aspect of the nervous system.

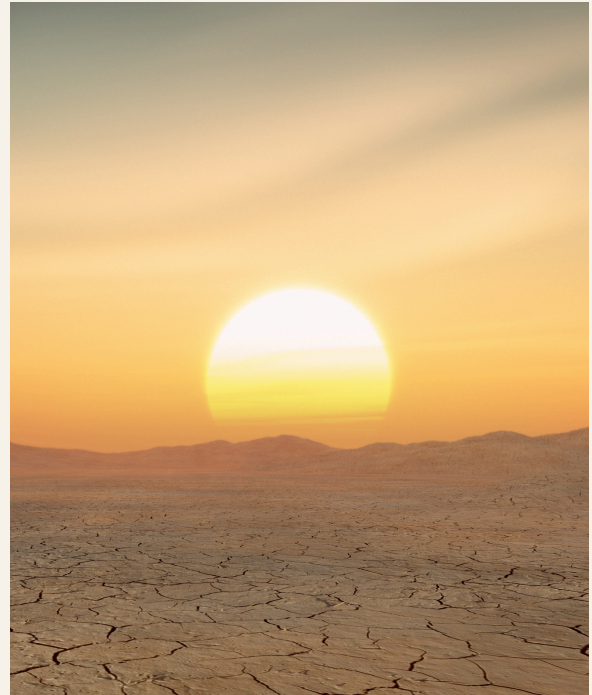
# NOTES:

# ACTUALIZATION

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## **Reflection of integrity**

- Being in the drivers seat and holding yourself accountable AF to you.
  - **Reflection questions:**
    - What are you indicators in your body that you're out of alignment?
    - What are your indicators in your internal/external environment that you're out of alignment?
    - Are you AFK? Life is a videogame



## **Mastery of the lessons**

- A lot seek the treasure of their personal legend w/o embodying their personal legend.
- You will receive tests from the universe that will be OPPORTUNITIES (random events) for you to show yourself how you've shifted and then enjoy the fruits of the shift that has occurred.

## **The simple things are the most extraordinary**

- Prompt: What are your life principles you've discovered? (Reference your patterns, that which you've overcome or the strategies that bring you back into alignment) These are important as they're unique to you
- An alchemist is a man who understands nature + the world
  - Before you work to understand the world you must INNERstand yourself

## **Recognition and reward**

- How are you seeing and acknowledging yourself as you go through life?
- How are you celebrating yourself?

# NOTES



# RESOURCES

## Pillar 1: Compassionate Communication (Non-Violent Communication)

The tool that helps us navigate life and the lens with to look through

- **Non-Violent Communication** – Dr. Marshall Rosenberg, Universal needs as a human, how to make requests and share your emotions
- **The 4 agreements & fifth agreement** – Don Miguel Ruiz, Identifying that which we are bound to consciously or unconsciously. Important to recognize so that way we can navigate through our OWN intentions. Not an external intention driving us
  - BE impeccable w/your word (Integrity)
  - Don't take things personally (protecting yourself from others)
  - Don't make assumptions (protecting yourself and mind from reaching)
  - ALWAYS do your best (Leads to more grace and ease, know that others are to)
  - Be skeptical, but listen.
- **The Alchemist – Paolo Coelho** – The original basis for my workshop. An amazing story about a young boy Santiago, chasing his own personal legend and dreams. Inspirational for anyone who is doing the exact same!!!
- **Human Design – Mybodygraph.com** – A 5 tiered system based off of the principles of the Kabbalah, Astrology, Quantum Physics, The I-Ching and chakra systems. Think of it as your energetic schematic. Understanding this can reveal to you how you can better engage with the world, know your inner authority and how you need to move for energetic sustainability

## Pillar 2: Nervous system education: Polyvagal theory, Neuroplasticity

- **Anchored** – Deb Dana, How to Befriend your nervous system through understanding polyvagal theory.
- **Cleaning Up Your Mental Mess** – Dr. Caroline Leaf, the power of neuroscience, a deep dive into understanding your brain and your mind, the difference between the two.
- **Polyvagal theory** – Stephen Porges, A potent book breaking down the science and philosophy of understanding polyvagal theory. Where Deb Dana discovered a great portion of her work.
- **How to Heal Your Nervous System**, Dr. Linnea – The most recent edition to resources. A powerful practical breakdown in healing your nervous system and things to do that will couple well with your chiropractic care.

### Pillar 3: Beginning to understand trauma and its' impact

- **Waking The Tiger** – Peter Levine ph.D, Understanding trauma, and how to move through it. Why is it even important to examine
- **Attached: The New Science of Adult attachment and how it can help you find and keep love** – Dr. Amir Levine – In understanding attachment style, it can give a reflection to where you're at with your work as well as how to better engage with others around you.

### Pillar 4: A Natural philosophy lens to Health, healing the mind & energy (Stress and Quantum Physics, Epigenetics included)

- **Breaking The Habit Of Being Yourself** – Dr. Joe Dispenza, meditation, neuroscience and what is possible through healing.
- **Biology of Belief** – Dr. Bruce Lipton, Epigenetics, how you are not a slave to your genetics but instead the powerful creator of your life
- **Chiropractic Textbook (1928)** Dr. R.W. Stephenson – One of the absolute staples in chiropractic. The original book on chiropractic in a freshmen–senior text. Understanding principles of biology, health, healing, and more are embedded here.
- **Chiropractic Philosophy Dr. Joseph Strauss** – One of my favorite books when it comes to understanding epistemology, laws of nature, the application of these laws with how it shows it health



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