

# **NERVOUS SYSTEM HEALING CALLS**

April 30, 2024

## **TRANSCRIPT**

Sarah Tacy Tangredi: Hello. Just pulling something up here on my computer. I am wanting well, I guess I'll first say, hi. My name is Sarah Tisi, and I am here to support this group with nervous system recalibration to take some time to slow down, to notice what we feel, and to increase possibly some of our skill sets to be with what is. And as I was entering this call, I was having a feeling that maybe this would be the final call for people who have been in the program for a year.

And I had this little, like, tender, and I think I'm also hearing there are some new people. I think I was unaware that people who signed up for relaxed money for this upcoming may be here as well. Are there any brand new people that would be willing to raise their hand or maybe throw up, like, a heart emoji? Or, oh, there we go. Hello.

Hello. Just to know, that was very much a little last minute. This morning, I thought it would be so lovely if people if they were already here and your call is happening today, why not, join us for a little extra healing? So Well, Takisha is the most generous. She's awesome.

And maybe next month, there would be a little more, like, intro to nervous system stuff, but we're gonna drop in to where we are. And every month, I have a slightly different theme depending on what feels relevant, sometimes the time of year or where you're at in this program. And I'm unsure if the theme widening is here because of wide receiver. It's very possible that's why that is a theme, but it was just the thing that's been coming forth for me. So if you are new or if it's helpful to hear again, One of my favorite definitions of stress comes from someone I work with, Jerry Molitor, who says stress is when we have more demands than resources.

And it's so simple, and it feels so accurate. Do here together is to notice resources that may already be here. Resources that we can draw upon to start to shift that equation a little bit. So the layout of today will go that we'll do a little stabilization, do a little theory on widening, and then we'll do a micro meditation that will include the embodied element of widening. And then a second micro meditation on widening.

And then I will open it up for questions. Also gonna open up the chat so that I can be aware. Hi, Wendy, Becky, newbie, newbie.

Speaker 2: Yay.

Sarah Tacy Tangredi: Ah, so someone says, so we can create stress by not recognizing all of our resources. You can experience an input as different levels of stressful or positively activating depending on the resources we feel available. And, generally, it's more embodied than cognitive. And so it's not necessarily that we create the stress. It's just what does our body do with the incoming input.

And we would register it as stress if it feels like more than we can handle. Okay. So I'm gonna name what I'm doing, and a big part of trauma resolution and nervous system for you. I'd invite you, if you're seated, Notice where your feet are, what they're touching. And if today is a day where you're snuggled in blankets, then maybe you notice what is contacting your feet.

You might inquire if the floor beneath you is stable, the bed beneath you, if it's soft. And then you might scan, and I will say that I am scanning my body and just noticing that I I and my body and, again, you may not. Your body may be different. I and my body have 2 legs, and I'm just noticing that they're there. So you might just notice what is there or what is not there.

And I'm noticing the contact that I make with the chair beneath me. And as we begin to notice physical contact and

physical support, There's a possibility that our nervous system may begin to slow down to the pace of our bodies. And I will say now as you hear me moving even slower, that if slow is activating to you, you can get up and do jumping jacks or turn on music and dance. There is no part that needs to be shamed that you should be slow. And just as a point of reference, you may begin to notice your breath.

Noticing where your breath travels, what parts of your body it touches your upper chest, the side of your ribs. And if it feels okay to you, then we might take a big inhale and allow our arms to be a part of it and let the arms rise up. And then exhaling, hands down by your side. And if your eyes are closed, now would be a good time to begin to open your eyes. And the next part of orientation would be that we would just notice the room that we're in.

You would notice the space that you are inhabiting. So I would ask you to see if it feels okay just to turn your head to the right. And notice if you have a wall. We're really actually looking for, like, what is ordinary and neutral. What is no big deal?

Because there are so many things in life that could feel like a big deal. Ugh, my wall. No big deal. And then beginning to turn your head to look in the other direction to the left. I see my shawl that I was looking for.

So great. And we'll go one more time. I'm slowly moving the head and looking over towards the right. And this time, you could just ask, is there anything pleasurable? You know that there are some things that are no big deal.

Is there anything pleasurable? And slowly, we begin to come through center and back over towards the left. Is there anything pleasurable? And back towards center. And before we move on, before we say, okay, now we're oriented to our space, oftentimes, we forget that there is a behind.

There can be a freeze to behind, or sometimes there's a an over awareness. So just in the same way, whether it's looking or feeling or sensing or even just touching the back of your head and kind of feeling that there's space behind you. And I know with a lot of our screens, we can see behind ourselves and acknowledging behind. Yeah. I see some people doing some stretches.

So great. Your bodies are so intelligent. And lastly, I would just ask you to notice what is out in front of you and maybe your computer screen. But if there's any possibility to kind of widen your view just a little bit and noticing the space in front of you. I'll say that today is April 30th, unless you are on the other side of the world where it is already May 1st.

Noticing the time of day for you, these are all things that can help us come back to present time. And perhaps as we're in this slower pace, if you have an intention for being here, perhaps you write it down or you place it in your heart or you whisper it so that it can be amplified. And honored and added to the group field. So I see a few things coming in the chat here. Kayla, is it okay for me to read yours out loud?

There's just like a yes or a thumbs up share. Okay. Aligning with the next step for earning money in ways that support my nervous system balance. Yeah. I love that relationship where our nervous system can support our money and our we can support our nervous system.

So good. Thank you. Wendy, thank you for naming that. Slowing down is such an uncomfortable journey for me. I'm turbo mode most of the time.

Can anybody relate to that? I can. I can a 100% relate. Kate and I did a podcast. I think it's coming out on hers, and it came out on mine the beginning of this month of how slowing down can sometimes feel like we're you don't wanna

put a word out that's gonna, like, be too scary, but just that it can be a real threat to the nervous system because so many of us have benefited on the external through the hustle culture.

While on the internal, it often leads to burnout. And the things that we learn earliest in our lives, often in utero patterns, are the things that seem impossible. Could it be possible to be slow and successful? Like, so not even sick, like, slow, yeah, and have an abundant life. I've never seen it.

Is it possible? Is Kate full of shit? And and that we get to try in these tiny pieces, even just noticing how uncomfortable slow can be, and where are parts in our life where we can begin to incorporate some slow. So so I will I'll get more into the comments at the end. But to keep my focus here is that when these thoughts start ruminating, whether it's like, I can't go slow.

I have to go fast to survive. Or if it's something that's happening in your life and you start getting on a mental cycle of lack of safety, our focus begins to narrow. And when our focus is narrowing, it becomes all about survival. And in survival, we don't see a lot of options. And so the idea of widening what we'll which we'll do with, our physiology today is that simply by widening our stance and widening our vision, our nervous system can start to shift, and then our thought patterns become open to new possibilities.

So I'm gonna share a quick story, which is I used to travel and teach yoga therapeutics. And I was a woman was she was in the center. She had volunteered to demonstrate. And she had a kyphotic it seemed like she had a kyphotic spine, which means a big round in the upper back. And we were doing these shoulder releases, and it just seemed like so much effort.

And so I asked her if she wouldn't mind pushing her head just back into my hand. And her head came back in my hand, and we gave just, like, a little lift, the occipital ridge. And everything aligned, and her energy was magnetic. And her beauty is so radiant. And she just had this regal energy about her, and it was this realignment without too much effort.

And where this comes in is that if you were to all we're gonna do, like, a micro thing that may feel slightly uncomfortable, so you can choose not to, or it might feel familiar, which is if you were to really lean forward and really, like, focus in on me. Just gonna put up a little yeah. A little. There we go. And you just, like, really focus in on me.

And then notice your breath. And then I would love for you to begin to bring your body back in space. And this one, you might have to close your eyes. You can play with it because there is there we have screens in front of us. But I want you to begin to imagine that you're looking out onto the horizon.

And imagine that you're looking at the most beautiful sunset you've ever seen. And maybe you're in the mountains, and maybe you're on a beach. And most likely, as you begin to notice your periphery and you begin to notice the horizon, without effort, the head generally moves back in space. And if you could continue to imagine the horizon, the width, the breadth. And now you could choose, are you looking at a forest?

Are you looking at a skyline? And then notice what happens to your breath. I love to notice that as I'm looking on the horizon, my breath becomes more horizontal, if you will. So it's not just, like, lifting from the chest and down, and it's not necessarily even just the belly breath that my ribs start getting wider. And there's a softness.

And we'll take a big inhale. You bring your arms up and exhale. Take your hands down through center. Another deep inhale and an easy exhale. Again, just noticing.

So this is a micromeditation. To widening. And the other thing that happens is that when our body leans forward, we're we're thinking, we're future thinking. And as we come towards center and the head really comes back to center, which sometimes feels back. That is also what tends to bring us into present time.

I'm just feeling this natural pause in the group, and so I won't rush this moment. How's everyone feeling? Anyone feel a difference between forward and kind of back and wide? Yeah. Present time feels like a hard place to be for some reason today.

Thank you. So this brings up a really beautiful point to weave into our knowledge, which is that something that could be really good medicine for a group of people could be like salt in a wound for another person, depending on where they're at that day and what's going on and also what's stacked beneath. I was feeling overwhelmed when I came into the group from the day I had so far. I felt like so much pressure. The horizon made things feel more expansive, able to flow, flexible, breathable, feeling relaxed.

Winding felt peaceful and calming. So now I want to do one more experience and, exploration of widening. And this one has to do more with our posture. Posture. When I taught yoga more frequently, I would talk about rotations as yellow and forward and back as the color red and going wide as blue, and I remembered it as blue zone.

And if that doesn't make sense, what I'm about to say is that as we take our arms away from our body or our legs away from center, we're in the coronal plane, we're in the what I was calling the blue zone, it begins to shift our hormones. And this is work that was done by Amy Cuddy. There's a great TED Talk on it if you'd like to watch it. And actually, there are hundreds of emotional anatomy studies, not just hers. And so, again, noticing how you feel, we purposely ended with something that may have been stabilizing.

But I'm gonna invite you either in your seat to just, like, lean back and take your legs a little wider and arms a little wider. And maybe even you want your arms up, which there are studies about people who are blind who have never been able to see in their lifetime, so not newly blind, but have never been able to see when they go through a competition of sorts. We're finished through a finish line. The motion of arms up, like victory, wide, accomplished, finished something is a natural physiological response to that feeling. But even when we do it with our arms, that it can help to create that feeling.

And so what Amy Cuddy also studied was that as we take this wider posture, that our testosterone goes up about 20% and that our cortisol goes down. And what that means is testosterone is a risk taking hormone. People tend to speak with more confidence. Intuition tends to flow through, and Cortisol is a stress hormone. And it makes it harder to think and harder to access our feelings and harder to communicate.

And so whether or not we starfish on the ground or sea star as they are now called, sea star on the ground, or we do a warrior 2, or just take a moment of gazing up, We can again begin to notice where our breath is. It's okay if it's up. Up is action. When an when an action has a place to go or feels well supported, it's a beautiful thing. It's called healthy fast on the nervous system chart.

And we'll exhale again. Hands coming down to our hearts. Taking a nice deep inhale and an exhale. And I'm gonna place my hands down on my legs, palms up. Just for now, my legs are nice and wide just so I can really kinda sit and receive this energy and give myself a little integration time.

And I noticed because I'm on Zoom that I start leaning in towards you, but I, again, I'm just gonna pull my head back

in space a bit. See, my cat is, like, regulated nervous system. I want some of that. You can't see my cats now joining us. And so it's not uncommon if you were to receive a nervous system session or work that if you were to go back on the timeline, that the trauma when it happens can feel so narrowed in as if nothing else was happening at that time and place.

And sometimes the work, whether it's physiologically changing our posture, is to also notice like, oh, and there were trees there. And the temperature was 80 degrees. And maybe I had an ancestor with me and we start to fill out and widen around the thing that we're getting too focused on, if that makes sense. We don't pretend it's not there, but we begin to create these layers of support that broaden outward. Will ask us to take just a few more breaths here.

And I also wanna honor that if taking your lens wide feels vulnerable and, like, a heck no that nothing is forced here. Like I said before, everything that's good medicine for somebody could be salt in the wound for another. And so you got to just keep listening to what does my wide look like? Maybe it's my head position. Maybe it's my breath.

Maybe it's laying on a bolster. And so we can take one more deep inhale. And exhale.

Speaker 2: And

Sarah Tacy Tangredi: I'll take some questions. And in the last moment or 2, I'll guide us through another stabilizing meditation to close out. And you can come off mute, or you could, like, raise your hand if you had a question and or you could put it into the chat. I am a bit of a slow reader. So if I don't get to everyone in the chat, please forgive me.

Can we do a yoga class with me one day? That would be fun. We'll think about that. Thanks for the information on testosterone. That was my port hormone replacement therapy for menopause.

Yeah. Wouldn't it be interesting not as an in place of, but maybe as like a beside if you're testing to notice if you add power postures in. And, also, again, the physiology of a fight or flight is that the eyeballs actually come forward in space and narrow. So if you were to spend time at the ocean or at sunset, wherever you are, what shifts? Thanks for the testosterone.

Then we have, What is the name of the lady you mentioned? Katie Cuddy. I believe it's c u d d y. Yeah. It's amazing.

Somebody is talking about their animals, a few people. It's amazing how animals respond as we relax. A man that my husband and I both see on Fridays, he's just so you know, we see him for nervous system support, and the animals are just like, can we sit on your lap? How about your shoulder? Can we go on the chair you're on?

They just know. Who isn't, who is your nervous system chart? Okay. The nervous system chart. Can you remind me what I said about it?

There are so many nervous system charts. Can you remind me what I Fast healing

Speaker 3: or fast? No.

Sarah Tacy Tangredi: No. No. No. I know. Fast health.

Speaker 3: Yeah. Something like that. And it yeah.

Sarah Tacy Tangredi: So the nervous system chart is called the 7 realms. Okay. Who is my teacher just released her book on the 7 realms. And I don't know if it's on Amazon. I don't know how easily you can find it.

But Okay. Maybe somebody on maybe Takisha or I could find it and put that, you know, put that out there. Could you repeat the author? Bridget Bridget. Vixnens.

Okay. I'll look for it. Thank you. Yeah. And what I could briefly say about it is that within the range of regulation, we have slow health, medium health, and fast health.

So slow health might be meditation or taking a bath. Medium health may be, you know, going for a fast walk in the woods. Fast health might be, you know, you're in the courtroom and you're debating something or you're surfing, but you feel in your body. So in all three of those places you feel in your body. And as our range of regulation gets smaller, there are fewer things that we can do in all three places.

And for some people, they might have a big range, but they're really great at things that are fast but slow. Like, if someone said just relax, like, relaxation is not relaxing. Right? So it'd be like, oh, something that I am gonna be mindful of and working on would be how to begin to step small step at a time into relaxation. A friend of mine says, like, adding layers of comfort is a beautiful way.

Eliza, run those. I like that. I like that.

Speaker 3: I have I work with grief and and my own grief journey right after my son passed away and when I was at the worst trauma part of my life. I couldn't do breathing. I couldn't do meditation. I couldn't slow down. Like, if I felt like if I slowed down to this level, I would never start again.

So that like, I think Wendy said something too that it was almost hard to slow down, and I've worked a lot in a relaxed money just to get to this point. So thank you.

Sarah Tacy Tangredi: Yeah. And, later on throughout this year, I will do a different chart, which would be the three directions chart, which will just honor that at different parts in our journey, we do things to stabilize. And what are the other words I'm looking forward? Distract and stabilize and soothe, and they're life saving. And so it may not be the thing that gets us to the other side of the rainbow to the other side of now it no longer activates me, but it it's what is life saving at that time until we build capacity to be with emotions that feel like they could really take us out.

Yeah. So so beautiful that you knew. Yeah. Thank you, Takisha, for finding that link. So helpful.

How do you lean into the feeling of more abundance around support to get out of stress? How do you lean into a feeling of more

Speaker 2: abundance?

Sarah Tacy Tangredi: I'm not sure I'm reading this question right, but if there is a question about what is the relationship between regulation and abundance. When we're in a state of distress, that narrowed vision, everything is like scarcity. It's about survival. And so as we widen and begin to integrate these practices, we can begin to see and our reticular activating system can begin to see ways in which the universe is showing up for us or ways that there's already abundance in our life. But nuance and abundance are hard to access, and gratitude is hard to access.

And as Kathy just said, like, breath work is hard to access. It's all very hard to access when we are at a place that is dysregulated. And dysregulation is not bad. Dysregulation is normal. And if you have a huge trauma in your life, it is a healthy sign that your body is adjusting to a new reality, and it takes time to shift.

And in the school of thought that I'm in, it's small doable pieces over time with occasional quantum leaps. Let's see. How does a chart work alongside the polyvagal theory? So I'm kind of I'm like, oh, I don't know if I wanna, like, get too detailed in this call that is more for

Speaker 2: support. If I

Sarah Tacy Tangredi: were to add another thing about that chart and polyvagal, Polyvagal theory is expanding on the idea that there's fight, flight, and freeze, that there are different layers of health within it. Like, that there is healthy fight, healthy flight, healthy parasympathetic. And then when it's out of regulation, then you'd have, like, a dorsal vagal response, which is collapse. I'm gonna pause just for anyone here just to take a moment. If everybody could just it feels okay to come back in space again.

And so I'll touch into it just a moment just to say that we have this range of health. And on the 7 realms map, then we go up into fight or flight. And we have the acute fight or flight, which is, like, so great. You for coming on. And then we have the chronic.

And we also have a place called global high intensity, which is like that hustle culture, which we can, like, keep going at that place until we collapse below the range of regulation. That makes sense. So it just becomes a more dynamic map because our nervous systems aren't actually just like an on or off switch. There's a lot of variety of how it could show up, and it could show up on a on a spiritual level, you could be thriving. And on a relational level, there could be freeze.

Right? There are different parts of our life that could be in fight or flight and other parts that could be regulated. Like, we're not just broken or fixed. Question around, what do I think is the best nervous system regulation for hyper patterns? So it's interesting that sometimes the hyper patterns need an outlet.

Right? Not just like the good thing to do is slow, you must slow because that part of you that feels unsafe slowing might need a fight response or a flight response. So for some people with hyper, it's actually, like, it was offered to me once. What do you do for a fight outlet? And I'm like, I don't I don't need to fight.

And I was like, maybe my fight is frozen. And she suggested going into the woods and finding trees that were already down and branches that were already down and, like, whacking the branch against the tree. And I'm not saying that's necessarily for you. But there was, like, my teacher does aikido. She's been doing it for 40 years.

And so for her, that is a yin practice with fight. Flight sometimes comes in how much you need to travel. It sometimes comes for going on a run. Some people get fight out by their workouts or by having a really, engaged conversation. And so I would be curious about what other outlets you have to honor a part that may have had a boundary violation, like a part where your body still has that need to push something away, if that makes sense.

Hi, Collie. It's good to see you. Small doable steps over time with occasional quantum leaps. I love that. I know I said that, and I don't know if that's Bridget's or mine.

Something in between. It's just like a lot of permission for things to take the time they take. And then when we have



those breakthrough sessions that happen in one session, actually, it was probably the years of small doable steps of listening to our bodies and responding or not listening and then redoing it, that allow us to have those big leaps. Yeah. Ginger, I'm curious also, like, maybe something that's maybe something that's not hot too so that it's not, like, doubling on it if you're having the fight response and then you're putting heat on top of it.

I'm just curious about that. I'll take one more question, and then we'll do, or 1 or 2 more questions, and then we'll do a meditation to guide us out. Nervous system healing recommendations for breaking a constant in motion habit. Checking apps, bouncing around tasks, slow feeling dangerous. Is the secret just practicing this lots and calm times?

Yeah. I'm gonna just say yes. My experience has been that every time I choose slow or every time I choose to find abundance before the thing comes, that I survive. Like, oh, I survive. This new way is possible.

I saw someone earlier, and I'm not gonna go into a lot of detail when I said patterns can start in utero. I think the most important thing to know there is that things that happen earliest and are often also really around us in society, Our body takes us like this is the way and we learn how to survive in that way that we think is truth. And when a new way is presented, the small doable pieces is I did 3 minutes of Sarah's meditation of widening. And I survived. And I think, Wendy, I specifically heard from you that you felt more relaxed.

And so that would be one way of, like, oh, I survived and that one actually felt good. Because you could also say, like, what ones actually feel good so we don't have to, like, constantly be fighting ourselves when we're updating patterns. I also look for examples of other people who have chosen slow, have chosen saying no to something, have chosen time for self care that are doing well. I love that about breakthroughs. Not all no.

It's not all in one space. And I think sometimes people, like, come to something and they're wanting that quick heal. I know I did the first time I worked with someone who's out in my mentor for 5 years. I'm like, oh, she's a big deal. I'm gonna go there, and I'm gonna get one big healing that's gonna, like, heal everything from my previous pregnancies and birth experiences, and I'm gonna be all set to go.

And I did get help. And I just realized like, oh, this is a lifetime. This is the I want it. This is something that I am happy to dedicate myself to because I see I do see the shift and I see the patterns. I see that I used to live in a place where it was, when you're okay, I'm okay.

And it's not perfect now, but I've gotten to see a few times recently where there were people I loved in my life who were really having a hard time, and I could say, and I didn't have to ignore them and pretend it wasn't true. I see that that is so hard. And then I got to notice that I was still, like, I was still okay. I was in a different country when something was happening. I'm just like, oh, and I'm still okay.

Like, my whole trip isn't ruined. I'm not spinning out of control about things I can't control. And this is, like, the work. I sent out emails that had typos, and it wasn't like, oh my god. It's like, wow.

I, like, literally got excited. I was like, wow. I feel amazing. And this was to me a reflection that the things that once activated me, I don't have to work even to deactivate. It's complete.

It may I just said that in the universe is gonna be like, mhmm. Are you sure about that? It may show up in other ways. I take it back. It's not complete.

It's there. It's been some patterns that wasn't. So, yes, I just know for me that the work works and that I've seen it for

other people, and it's just a beautiful thing. And sometimes because it happens in slow pieces over time, it's helpful to be in community where someone can even back to you. I had a friend do that the other day.

I was like, yeah, she could reflect back. Oh, if this were even a year ago, it would have been different. Yeah. Alright. Thank you all for your presence.

Thank you for your time. Thank you for your questions and your interactions. I would love to close out by the same way that we went in, which is orienting. So you begin to orient back from the group field that we're in back to your individual spaces. So almost sometimes the opposite of widening, like group space, group conversation, is to be able this, brief frequent attunement where we then tune back into our bodies.

So it'll take a moment to notice your feet. I don't know all the bodies that are here. So if feet don't apply to you, you can find another part of your body that applies. And noticing where they land on the ground or on a bed. Noticing where your seat lands, where your butt lands?

Is anything there supporting it? And so we just notice a resource of support that may be under our feet or under our hips. We notice our own breath. My breath. You could even say to yourself out loud or in your head, my breath.

If it's really even okay to exist within ourselves, my breath. And if you're seated, you can imagine that you were in a car and that we're up against a wall and that your head begins to press back until it's up against the headrest. Then again, just noticing my breath. Noticing if you can also hear anything in your space. And beginning to inhale and picking the arms up or perhaps just the gaze up.

I'm gonna add the exhale with the arms and the shoulders and the head for a twist if that feels good for you or if it doesn't modify. And I'm again just looking around for ordinary. Could it be okay for ordinary to exist? And inhaling, arms up, and exhaling, twisting to the other side. Thank you, walls.

Inhale up. Exhale. Hands towards your heart. Taking your right hand and just touching the back of your left hand. And it can go all the way down your left forearm down to your elbow.

Just noticing that you have a backside of your body. And taking your left hand over to your right, and the left hand goes down the backside of your right arm. And then both hands can give the back of your scalp a little head massage if that mobility is available. And if these body parts are not there, then, you can imagine the back of your head. You just get to honor this behind.

And then taking the back side of your hands, and you can just rub them on the back side of your ribs, the back side of your body. And sometimes the phrase, like, my back body, you might even say your name. So it's kind of calling in the embodiment of spirit, the embodiment of soul. Noticing the backside of your legs. You can touch them if you want.

You don't have to. Then we'll take 1 We'll take a few more breaths noticing we have a back body. We have sides. We have a front. It's April 30th.

Top of the hour. The first nervous system support call for some welcome and probably maybe the end of a year long program for others. It's been such a pleasure. Thank you all so much. And, Takisha, I'm wondering if you wouldn't mind doing your DJ skills, blessing us with your skills a little.

I just I loved coming into music, and I would love to have a little to exit to. And if you want to come off mute to say

goodbye, you're welcome to. Thank you. Thank you. Thank you.

Goodbye.

Speaker 2: Sometimes your life feels like a broken roller coaster, a 1000 useless moving parts. Sometimes you spend your night too scared of getting closer, hiding out in the back seat of your car. You tell yourself it's raining. The clouds are in your head. Mondays aren't always bright.

Some days you lose the fight. But life can be beautiful if you let it be. Sometimes your life feels like a broken roller coaster, a 1,000 useless moving parts. Look up. Do you see