

NERVOUS SYSTEM HEALING CALLS

December 19, 2023

TRANSCRIPT

Hello and welcome to this month's nervous system support. You'll see in the background I have two kittens play around that may bring in the energy of play. They're new additions to the family. So I have my very sensitive dog sitting by my feet. He's not a fan yet. This month I thought we would switch things up just a little bit. Isha and I spent some time this morning practicing the transition between this view and being able to record maps and drawings on my iPad.

And I was thinking maybe I'll take like a little, like you could give a hands up either with the reactions or just, I'm imagining, I know it's true for myself that at this time of year when we're getting really close to the darkest day of the year, we're getting closest to the fertile void energetically. And at the same time, many of us on this call are taking part of traditions that say something like,

celebrate, let's get together. Let's buy all the things. Let's make magic. And after that new year, new you. And I think for many it can create this double bind of I'm supposed to be feeling joy, but I'm feeling overwhelmed. And it could be with holiday or it could be with money I'm supposed to be feeling, I need to feel abundance,

but I'm feeling lack of time and resources. And we will do a meditation by the end of this. But I think sometimes by presenting maps that instead we can look at our current situation and not say, I should be doing better. If I had ace this nervous system stuff, then I would never feel these pains of stress or overwhelm. I would be,

I should be so much further along than I am. And we might instead go like, oh of course this is so normal. And, and what do, what resource, what condition do I wanna tap into now to support this juxtaposition or to support a reality within where, where both things can exist. So since this is a somatic exploration, I would love to start.

I think most people have probably entered the room by now. I would love to start by taking a moment, a moment of pause to allow ourselves a transition, a moment of landing in your particular body, if it's available for you at this particular time in which we might have an easy inhale and a gentle exhale out the mouth. Easy inhale. And a gentle exhale out the mouth.

Taking a few more breaths that are conscious. We don't have to be contrived in a way, it's just a practice of becoming relational with ourselves. And before we start with any graph, we might notice that there's any place within your body that feels stable, that feels reliable, or even just neutral. Could be a bone. It could also be your breath.

Be any organ. For me, I'm noticing it's my sits bones, backside of my legs. Hmm. If your eyes were closed, I would invite you to open them. But remembering you have choice. So you don't have to do anything I say. And to either look outside. If you have access to outside, if you have access to nature anywhere,

it could be a plant in your house. And looking for anything that is pleasurable, neutral or stable, that's around you. And for me it's, there's kinda like a forest of trees outside. There's not kind of, there is a forest of trees outside. Hmm. And more immediate, just some philodendron plants noticing for yourself, if just those few moments of slowing down of recognition of choice helped in any way or shifted in any way.

Allowing everything to be information. And so what I'm going to do right now is I'm going to switch over to my iPad. I have these like butterflies in my stomach, like you know, please work technology. Let's see. Oh no, hold on. Okay, TaKisha, is it back up? It's not, no. Okay, let me try that one more time.

I got very excited. Share content screen start broadcast. Nice swipe up. Are we perfect? Yay. We did a lot of troubleshooting this morning. So before I share anything from you from alchemical alignment, which is what a lot of the

nervous system information is that you get in this program, this cycle of awareness is something that I learned from Don Stapleton.

He was my teacher 20 years ago, he just passed away about a month ago. And this cycle helps me to know that as long as I'm alive, I am going to continue to experience the crumbling of reality and the reawakening of a new reality. And with this cycle, I wanna place where I would imagine this time of year being so with a cycle of awareness,

we start with, let's see, we start with our normal, like our everyday what we're used to. What in our reality is true. It could even become really bland and comfortable, predictable. It may start to feel a little bit boring, probably pretty safe, even if it's not ideal, you know, here you can survive, you know the patterns and then comes interruption.

And the interruption of norm can be an accident, it could be a diagnosis, it could just be this small friction that starts rubbing and rubbing and it might take months or years before blister forms. And that friction could be metaphorical where something just doesn't feel right anymore. And once that interruption, and often that's thought of like even when you're upleveling your patterns,

the things that used to work no longer work. And so you enter chaos and confusion and any of these stages could last days, weeks, or years. And chaos and confusion is just like, I'm using all the tools I've ever had and they're not working anymore in my new reality. Me, I'm gonna like put, put it in my perspective. Me a yoga teacher with all these years of experience who studies nervous system who has helped all these people like totally lost,

don't know what's happening, right? But I'm still trying. And the next stage would be the fertile void, which you've probably heard from Kate as well. And I would say that the winter solstice is essentially the fertile void. So we hear like new beginning, you know, for those who are Christian, like the birth of Christ or in Judaism, like the light that lasted eight days.

And for me, what I really hear is like on the darkest day, so with, with Christmas, it's actually like three or four days right after the darkest day there's a rising of the sun, right? There's the, the sun arrives, there's a light that lasts a little longer, right? There's a spark of hope when there's a new Moon,

which would kind of be fertile void. Then you see the fertile void is like all possibilities. You see all the stars but you don't necessarily like know your next way. And it always feels like really juicy to talk about the fertile void. But generally it's a lot less fun to actually be in it. I'm not sure I've ever been in the fertile void and been like,

oh it's just the fertile void. Love it. I know all the good things are coming from here. Like there's generally like death and death is generally not super comfortable. There's death of old ways of relationships possibly of business lineups, of patterning. And so I'm gonna overlap different maps here. But what I would put is that we have winter solstice, we have new Moon,

this is energy. I'm just gonna write new Moon. And the double bind here that some people might be experiencing at this moment. A double bind is when two things are true and they don't seem to go well together might be celebrate abundance more new you. And so then you have the double bind that goes with celebrate and like turning inwards lower energy celebrate is yang,

right? Where the yin, the feminine energy is gonna be dark going underground. And if you think of the yin yang symbol, there's even in the dark, there's that little spark of light and in the lightest times there's that little reminder of the dark of where you came from. So I'll just add a few more steps to this cycle. So after fertile void,

you have that morning where you wake up and it's inspiration. There's another word there, I can't think. Inspiration. And the next one is integration evolve state And then the evolve state becomes your new norm and then eventually the cycle happens again. And so when TaKisha and I were speaking this morning, she mentioned, she mentioned the spiral staircase where in the spiritual world,

in the five D world, even in the nervous system world, we can have this idea that once you've come to completion or you've hit the next phase, that eventually we'll get to a point in life where we shouldn't struggle anymore. Like we should have all the tools to deal with whatever's coming. And this is less of a like to scare anybody, but more to say we just see it from a different perspective and we may have more tools and some of them may not work when we get to the next level of the stairs.

I even love the idea that it's a horizontal spiral where it might have more to do with like the width than the height where that even on the horizontal that as it goes up there's a depth that goes down. But I don't know a single person who's been in a spiritual practice, in a body of practice, even the ones who I know who have been in it for 60 years,

the gurus who don't still live this cycle. And this map is just to normalize that there's a cycle that none of your teachers in my belief are gonna get to like evolve out of the human process of expanding and like if, if you've decided to grow in this lifetime, that there's gonna be discomfort. And that part of this work is to grow our capacity to be with what is.

But it doesn't mean that it takes away all pain and discomfort and that we get to like in those evolved states. I think we get to have like more choice and feel more aligned with who we are and connect with more people who seem like, oh my gosh, these are my people, this work is my work. And it's more of like I exist and I'm part of a network.

I'm gonna take some questions at the end, but I'm gonna keep going. Just knowing that aligns with the plant medicine model. Hmm. I love that. I think I put notes here just in case I had anything I wanted to say further. But I kind of said it with a double bind. I can't read the chat super well from here. Can I,

let me see, maybe I can, does anybody want to in the chat mention a double bind that they're feeling during this holiday season? Or it could just be with your money at this point? Not right up debt spend. So I'm hearing maybe I won't write it. I'll just say wanting to have, hold on. Wanting to invest in company more but not rack up debt.

So like wanting to spend but can't spend because I don't wanna have debt wanting to have a mini vacay and needing to pay down debt. Right. So there's again this like wanting to spend but also wanting, like wanting to spend on something new but also wanting to pay off what's already been spent. So there's a, a must and can't that might come next to each other.

Oh Jessica, I know this one. Wanting to spend time with family but feeling drained by it. Like I must, I can't. Struggling with family, not respecting boundaries. Boundaries versus trying to let go of control. Yeah, I hear that. So there's like if you set boundaries for yourself but then noticing that maybe you're trying to control somebody else by doing it.

So like must have boundaries. Can't have boundaries because then I'm controlling, I know I wanna grow my money, but being unsure of how to do that while maintaining my wellbeing. Yeah. Grow my money. It sounds like with that is like growing money, it can feel like it's losing money. I lose, excuse me, losing energy. Like a big expense on the nervous system and body.

All the effort that goes into it. Yeah, I wanna spend more, I wanna save more. Yes, yes. Wanting time down to rest and

also wanting to travel and spend Christmas with family. Yes. Wanting to spend time with family, finding myself, judging them and then feeling bad about it. Yeah, like wanting to be with family and like it,

I want it to feel good. It doesn't always feel good. All right. So I'm gonna read just a few more and then kind of talk about the sacred third a little bit. Learning as much as we have, I feel I should be growing and I realize that growing can't always be seen outwardly. Yes, this is my fertile void. Tired but listening.

Okay, so I know you all can also read what's in the chat. So I'm going to stop. Oh the kittens in the background. Oh my god. I know. Yeah. Thank you for noticing them. Maybe by the end of the session I'll, I'll hold them up for a little kitten medicine. Yeah, thank you. Thank you all.

So with the double bind, I was not planning on doing this. This is my attempt at drawing. Yay. You can kind of tell what that is. That's two fists. So the double bind is often seen like this, like these two things that push up against each other and trauma physiology is the feeling that we're stuck, that we're helpless and that there's no way out.

So to take a double bind means actually saying that both things get to be true. Sometimes you might hear like the both end. So if I were to say I wanna invest in a vacation, I really want a vacation. Oh and then I'll give you, if tisha's okay with it, I'll look for a thumbs up. Maybe a situation that she and I talked about for my own family with Christmas.

I want a vacation but I can't because I wanna pay, I'm gonna pay off debt, I have to pay off debt, I wanna pay off debt. That's true. That's really important to me. I know I'm gonna feel more relaxed. I know I should feel more relaxed anyway first. But yeah, I really do wanna pay off debt. I want this vacation.

I wonder if instead of this vacation over here that I was imagining at a five star resort with you know, my two friends, I wonder what other vacation I might have that would feel luxurious but I might not spend as much money and then my nervous system might feel even better and then I could pay a little debt and I might not have to do it all at once.

And then maybe I suddenly start to find this sacred third where there's an option for a vacation or an investment. That is what Bridget Vixens would call like a small doable step instead of being a hundred percent here or a hundred percent here. And so then the hands open a little bit to say like both of you get to be true but wait with the other thumb go,

I'm unsure both of you get to be true. And they start to move around a bit. And now maybe there's like a sacred third. I was gonna fix it but I'm gonna leave it just to celebrate imperfection there. Then there's gonna be a sacred third where both get to be true and there might be a middle space that honors both With small doable steps like that might actually get you the same outcome you want,

but in a way you never imagined a lot of notes that I'm not seeing. I just have to say to everyone that if I don't see all of your chats, it's hard for me to put my attention in multiple places. I'm like very good at being fully focused on one person or thing. I'm feeling the urge to move yet be still at the same time.

I love that. And in my mind I'm like, oh I can think of some sacred thirds. Okay, so I'm gonna, I'm I'm gonna have to, I'm moving down just a little bit. Both end so profound. Yes they're good. Better than the hands we draw. I realized I was like oh I can definitely draw a better hand than that but I am,

I am just also loving like the idea of leaving something imperfect as good medicine. The double bind energy is freeze in the nervous system like on fire. Rapid thoughts, intensity. I'm gonna say the double bind can be freeze but it can

also be in the hyper zone where part of you freezes so that the other part can go full on. It can be like syndrome but often it puts us into a freeze for sure,

like where we just can't take any action. Is this next finger for me? Somebody the other day said, imagine you have one magic finger on each hand. So I thought they said we're thinking like we'd have five fingers with one magic finger, but I eventually figured out through the meditation that they were asking us to choose a finger. Definitely the sixth finger.

Okay, so I am gonna go to the next page and I know that this is way more didactic than I usually do. I do actually love teaching teacher trainings. This is kind of my jam. The last two modules or maybe the last like three or four modules I've introduced ideas of the pause and of choice I've introduced. I think you know, I know Tel talked about stability a lot and so then I talked a little bit about the three directions map and two times people asked,

will you please draw it? And I wanted to get permission from Bridget Vixens because I understand that intellectual property can be just like reused so readily on the internet. So as I go along I try to like introduce where I find what I find and also kind of what I've put into it myself so that that's pretty clear. And I may not be perfect at it,

but I will try my best. And Bridget did give me permission. So I'm gonna switch this over just a little bit and I'm gonna write normal just meaning like your baseline state of being Kate sometimes talks about like your thermostat and like your set point. So this is gonna be kind of like our set point and the vertical axis is gonna be activation and the horizontal axis is going to be time.

And sometimes this time is a second and sometimes it's a lifetime or two. So, so from the normal baseline state of where you'd say like Oh I feel like myself, I feel in my body, I feel available for choice, we might start to, something might happen and we start to feel, we start to feel activated and we start to go up.

And the first direction that we might have choice around, or we might do it completely unconsciously, is to soothe and distract. And I really wanted to talk about soothing and distracting just to again give us so much compassion around sooth and distract. Sooth and distract might be some of the nervous system tools that you see online when someone's like 10 minutes to regulate your nervous system.

Five tricks to heal your body and heal everything that's ever happened. Like a lot of times those are soothing techniques. Sometimes breathing can be a soothing technique and there's nothing bad about that. Sometimes a cigarette is a soothing technique. Instagram could be a distraction technique. And what could be happening is that we're getting activated and we might not have the resources to stay with that activation.

So our system consciously or unconsciously will begin to soothe and distract to bring us down back down to our norm. And some of the things under soothe and distract, people would say these are really good habits that you wanna build. And the other ones under there people will be like, oh that's bad. But in the world of alchemical alignment we would say congratulations,

whatever you chose for that time and space might be lifesaving. So for holidays or for money, if you're finding yourself doing things that are soothing or distracting that we could find a little compassion for ourselves that we're trying to bring ourselves back down to norm because we might not have the tools or the capacity at that particular time to stay with the activation. So,

so far this is mostly from somatic experiencing without the word normal. And I think I added the words activation and time, but I, I do believe that's, I mean that's what it stands for. So I don't think it's original what Bridget Vix nuns added

then. And I love this one. I don't love being in it a lot of times the ones I love are the ones I love to talk about.

But I don't love to be in, I dunno if any of you can relate, oh we're not gonna spend a lot of time here. We talked about it briefly before when I was talking about some of the feelings we might feel. But if we don't soothe and distract, there's a chance that we keep going into activation and we find ourselves looping, which is a place where we start criticizing ourselves and we go into stories and it may even be thought of as like cathartic maybe in a therapy session where you tell the same story but your body hasn't had time to actually feel like where do I feel that in my body?

What layers of support could I have? This is the land of unmet needs. And so it would make sense, right? That soothing and distracting could be really helpful, especially if we find ourselves moving up to looping. When we're looping we're so often we move from a prefrontal cortex access to a hot amygdala where we don't have access to our tools. I'm wondering if people can give me just like a thumbs up to let me know that you're like kind of with me if it's making sense or helpful.

Yeah. Okay, I got it. Oh one thumbs up. Okay, the third direction is completion integration. And I'm gonna add integration new norm. So I'm adding the word norm and new norm to bring in the cycle of awareness. So if I had to add colors it would be like, it's getting hot, it's getting hot, there's activation and like starting to cool down.

And when something gets to completion, it could be that the trigger that normally triggers you, it happens and you don't, it doesn't, you don't have to try to cool yourself down, you just don't feel it anymore. It could also be that as you're telling a story about an old version of you, you're try, you're having a really hard time connecting to it because it feels so,

it's like a different person, it's a different body. So what happens between like being at soothing and distracting and looping to get to the completion. This is where I like think that the, like the real juiciness of nervous system work, that's not gonna happen in a 10 minute, you know say like vagus nerve reset or stimulation are conditions, creating conditions.

And so I'm gonna write some of the conditions, some of these come from Ray cast, some of them come from John Chitty and some of them come from common sense and these are things that we get to work with for a lifetime and time. And the Amma amazing thing is that as you work on these things, patterns that you might not purposely work on may start to disappear.

And again, not to like get us involved with magical thinking because up here is our ability to let's say like stay with activation. Some people would call that like capacity. And all under here we have creating conditions. I'm loving my handwriting here. Can you revisit the middle section by chance? So the middle section is what we're doing now. The middle section is this idea of creating conditions so that we can increase our capacity to be with the feelings and the sensations of what is in present time.

So when TaKisha and I were talking this morning, we were saying isn't it interesting that currently on social media when you hear this idea of increasing capacity, say it's like a mushroom drink or a brain supplement or a nervous system thing, then we think of if I increase my capacity I can do more. But in this realm we're saying we're increasing capacity possibly for the purpose,

maybe this is just me, but possibly for the purpose that I could stay with the activation, that I could stay with the two opposing feelings and have enough resource to like accompany them. And sometimes that's being accompanied with another person until it starts to shift or be that's just like the alchemical alignment part or alchemize into some-

thing different that I couldn't purposely try to like shapeshift it.

So I'm gonna talk about the conditions. I'm changing this to green. So the condition I am really in love with is pause. So if someone asks you like do you wanna go to this event? You might pause, feel, I call this, this is, I would say this is something that I have put together. Pause, be, choose.

But ray cast is it's choice, pause and choice. Where you start to say like, oh do I have a preference? Do I? And in order for you to have a preference, you have to exist, like that might be enough. And then to make a choice that's in alignment with me, even though it might upset somebody. So this is like pausing,

noticing you have a sensation, making a choice. I guess I could put existence but I'll say boundary repair company. I'm doing a program this January, January, February, March where I'll have people doing one-on-ones with me. But once a month we come together as a group to try to be like not just the company of one but can we share and become relational and relational health with one another to begin to shift the paradigm from independence to healthy interdependence.

Presence spelling is not the most natural thing for me. So everything has a story in my head. If I spell it correctly pre like before the senses. So amplifying the senses is what I think of when I think presence as we expand our capacity to be present with ourselves, to be present with another. I'm wondering if I should add any more. My mind is going a little blank and I know that generally I'd have,

here's one, win-win. Ray Castellino calls that mutual support and cooperation. Maybe I'll end with this one. Brief, frequent attunement. Brief, brief, frequent attunement would be so helpful. If anyone listening right now considers themselves an empath is like, hmm, first I notice I have a body and I kind of notice my needs right distance that could go under creating conditions and then I can tune in to the person I'm listening to and I might read their body if they give me permission and then I can come back to myself.

'cause a lot of empaths, they get so pulled in to reading somebody else and reading between the lines that they lose their energy to another person and they kind of get hijacked. And so brief, frequent attunement is that like I'm not gonna make your problem my problem. And can you imagine what it would be like as someone who's being listened to to think that like the person who's listening to you has the skills to not suddenly experience the the exact trouble that you're experiencing,

that they could be stable and taking care of themselves while listening to you about what's hard for them. I'm gonna pause so I'm pausing 'cause I realize it's a lot of information and I know it's recorded so I know that you could go back and listen. I know that this was maybe the medicine I needed today when I checked in with Isha just to see if this was,

if we could get this double screen thing to work. And she asked me how I was doing and I was like, you know kind of have this double bind of I want the kids to know that the kittens were their Christmas presents and that we're gonna do these fun activities after Christmas. But I also realize that they're gonna want something under the tree and I am not prepared for that yet.

And I think about the environment and I think about excess and sometimes it's having somebody with you, especially if you welcome it 'cause sometimes it's actually not welcoming, please just listen to me. That she offered up a sacred third and it was just like, ah, thank you for that. So just to say that at this time of year when where it's fertile void,

new Moon energy and society has more of like yang that we could possibly be with ourselves or even share this in-

formation with a friend and say like, do you feel this too? Here's my double bind. I wonder if we could sit with the two truths and just be curious. Bridget Vixens will use show me phrases and I'm always a geek. There's a part of our brain that begins to pay attention to things and see things that we're always there but we just didn't see before until we ask the question.

Which is why I love it when Bridget says, show me and you could say it as a prayer, show me the possibility I'm speaking for myself now of a Christmas with awe, surprise and delight that is also cozy and and resourceful connection. Show me you could do it in May I statements, I wonder statements. I'm noticing end of time here and wanting to give time to taper.

Hmm. So if you have a pen and paper near you, you might take a moment to if there is a double bind that you're feeling that's obvious that maybe you write it down and beneath it without having to find your sacred third just yet to write a question. It could even be a prayer. I think prayer in like so you're opening up to curiosity and awe,

which is actually a primary reflex can begin to activate our brain so that we consciously see answers that we just didn't think was important before. Didn't know was there. Yeah. And I hear Lindsay saying, holding this vision for each and every person in February in my podcast I'm gonna do something called holding a vision, which is something we can do for a friend when they're in a place where they can't see a possibility,

they don't see that spark. If they ask like, will you hold a vision for me where they might be able to see a more beautiful possibility than we can see for ourselves a win-win. The question Jessica asks, can you explain a win-win a win-win would be, so tell Darden used to do this call and she reached out to see if I could take over for August and then just realized that it wasn't a fit for exactly what she was doing or where she was putting her energy at that time and asked if I would want to take over.

So in that way it would be a win-win where she loved what she did, she was having this like energy of change and, and I think I first introduced tell to Kate, so it was like win-win win. Like we all win. Does that make sense? It's like a situation where it's not like if I win and you lose. Hmm, I,

oh I said the double binary Wendy, I double bind. Yeah, yeah. Edible stocking gifts. Thank you for that dear God. Show me all the possibilities I have of prosperity in all areas of my being. Oh my god, I love it. I'm ugly crying at all of this call. Me too. I'm actually just feeling it in my,

I'm feeling it in my body. I just feel so strongly that yeah, just that this is the medicine, this is the medicine for me. I know everyone's medicine is different. What are some examples of questions you would ask yourself before coming up with a sacred third? So Emily, I'm just gonna say again because of time is acknowledging both things and the double bind is true.

So instead of saying like I don't need to pay off my debt, I just like the vacation is the thing I need the most, it could be like, this is true and this is true too. Or like I do really wanna be with my family and it's not feeling good to be with my family. Like both things are really true. Show me a possibility where being with my family feels good.

What extra layers of support you'll heal. I, I could put under creating conditions, layers of support. That's a huge one. What layers of support would help me to enjoy being with my family more? What boundary repairs could I do for myself? You know, you could just start asking the questions of if both these things are true, show me,

show me a way where they might dance together. All right. Hi Sarah. Is looping in double bind to rehash unprocessed

past? Yeah, looping is kind of when we lose all of the conditions, like we lose pause, we lose choice. It's really like getting into the amygdala and, and I don't want to ever like say that going into victim is a bad thing.

I think it's really great to actually say like this happened and that was shitty and it was unfair. But looping doesn't generally come out with any answers and it doesn't generally make us feel better. It often goes that we go like activation collapse and in there is often unmet needs and double binds. And so the more that we practice having company, which is under creating conditions and being seen and being relational,

we might be near someone and they might like see us looping and they might just be present with us. This is something I'm still learning like to, and I'm such like a self soother through years and years of yoga and like wellness practices, self-soothe self to reach out is just something I'm not used to. And I'm amazed at what reaching out can do.

So yeah, I don't know if that answered the question. Alright, notes. So I'm gonna offer up, I think I could just probably download these and send them to, to Keisha and maybe she can put them in the notes. I have a program called 21 Days of Untapped support, which you can just get through my website and it's totally free and it basically gives you like 21 of those conditions to help tap into resources that we already have but we might not currently have access to.

And then I have a podcast called Threshold Moments and I've just written on here like all of these mini musings are very much in support of what we've talked about today. But episode two is cycle of awareness, which we like specifically talked about today, creating conditions. And the last ones that have come out are pause, choice, and help. So just if that's useful at all.

Those are some, yeah, those are some resources that, and also with everything that's going on, you may not wanna do any of that. And you don't have to. You don't have to. It's like, wow, you made it here today. That's incredible. You're incredible. Yeah, and it's, and a phrase we use in alchemical alignment a lot is just like,

of course. And I love that like of course we're feeling these energies that are competing of course. So I'm gonna put my iPad aside And I don't know how to stop share. TaKisha, would you mind cutting that out? I'll just go here. I don't know how to turn my iPad off. Maybe we could just highlight, could highlight my face or whatever.

Either way. Thank you so much. I would love to take a moment to, again, just to go back into that pause. Hmm. Yeah. Taking a pause before we transition. Noticing your breath and checking in with that part of you that felt stable before and just noticing if it's changed, it's moved, if stayed the same, it's expanded,

contracted, and noting that today is December 19th. If you're eastern standard time, I know someone who may be in New Zealand or in or Australia. You may already be onto the 20th and you may just wanna look around your room or out in nature one more time to notice the things that are unchanging or stable or neutral or maybe even pleasurable. Oh, I see Kai.

Hold on. These guys are 10 weeks old now, so they're not kitten kittens but they're purring machines, which is amazing. Yeah, kitten medicine for sure. Hmm. Oh fun. I'd love to be on your podcast. You can reach out through, through my website. Thank you guys so much. Thank you folks so much. It's such a pleasure and I just like really love sharing this work.

So thanks for allowing me to be a little didactic today. 'cause I actually do love that. Yeah. And whatever you celebrate I I, every podcast I have, I generally every mini musing I have, I generally end with a may I or show me statement. So yeah, just may there be some room for the both and, and may we have some company,

whether it be nature or a kitty or a friend who's willing to be present with our both. And thank you all.