

NERVOUS SYSTEM HEALING CALLS

February 27, 2024

TRANSCRIPT

Hi, let's see. Okay. I'm aware that there's another call at three, so I may try to finish a minute or two before the three o'clock call for relaxed money. My understanding is Kate will be coming on live and I think maybe giving a recap of three things to take away, if I'm off on that TaKisha, please feel free to update and make that sound more in alignment with what's actually happening.

Exactly right. Yes. I'll take it. Hmm. So for this hour, I would say our purpose here is to take some time to be in our bodies to the extent that that feels good. And if your body is like, hell no, not now, congratulations for hearing that. And you don't have to do anything that's suggested. And as I often do,

I'll share a theme of the season from largely the Northeast. I'm just, I'm also watching the, the people as they enter and settle. I will most likely speak at a pace similar to this with the majority of the time. And if what I'm doing feels too slow, you always have the option to get up, to move, to push your arms out in front of you to shake.

And I purposely speak slow so that our nervous systems can begin to have some exposure or familiarity with something that's a little closer to perhaps the pace of nature. A little less of the to-do and a little more of being. And again, honoring that this pace that helps me enter that state may be too slow. And it doesn't mean that you're wrong, it just means that today you need something different.

So I thought that we could start out a moment, I'm just adjusting my view. Here we go. Thought that we could start out by doing a little centering and then I'm going to introduce the idea of Sweetwater and titration. So I'll name a few things that I do in my centering and you can join me or change it to fit your needs. As we start out,

you could begin to possibly, and I will begin to notice the contact that my seat, that my bottom is making with a seat beneath me. Just noticing that it's stable and soft. I can notice beneath my feet, and I know this will be different for everyone. I again have a hard floor. So noticing what's beneath you with a rug and an even softer rug on top of that.

So as you begin to scan, you might begin to notice what is solid and stable, not moving, not changing. And also where is there soft support? A beautiful place that one might find some soft support might be to then travel into the breath, noticing the in-house and the exhales, the expansions and the contractions. And noticing as you do this first wear in your body,

you feel yourself expand, assuming that there's no right place, just that there could be some curiosity to get to know oneself I and where you feel the parts of yourself coming in on the contraction. You might also notice as you're breathing any points of discomfort, tightness, if it exists anywhere in the body, anywhere with the breath, even in the mental state,

just knowing that we're simply visiting, Hey, I see you. I won't bypass you. Thanks for showing me whatever part of yourself you're willing to show me. You might notice it has a texture or a smell or a personality. Maybe you could give it a name. And then we might begin to visit or notice before we even visit any part of that expansion or contraction that is pleasurable.

And generally in this work, we start with the wholeness and the wellness and the pleasure first for reasons today, we start with what may feel uncomfortable and then move into seeing is there any pleasure? Does it reside within my body? And maybe you might even wanna look outside. So perhaps you find it in your body and you wanna take this time to notice color,

texture, personality. Maybe it's looking outside of yourself into nature, into your room. And I might even say, even if

you found something inside your body, pleasurable again, we can say, Hey, thanks for showing yourself to me. I can come back and visit again if you're open to it right now. I'm also gonna look outside of my body.

And I would invite you to scan the space around you. And for me, I actually really have to slow down to do this, to actually really see like what is pleasurable already here? What do I love about my space, about nature outside that might with momentum go unseen, but as I slow down, I might notice and appreciate. And I love the idea that what I appreciate appreciates and bring your attention back towards your center.

And just noticing how you feel after just 10 minutes of a change in momentum of slowing down to the pace of your body to the pace of appreciation, the pace of nature. I have yet to do this on a call, but I was feeling called to, which is to read you something that I wrote two years ago at this time. And what I have in my hand here.

This is sweet, what I call sweet water. It's from tapping our tree. And so if I took gallons of this, I could get some maple syrup. Syrup after distilling for a long time. And after a few really hard years in my life, I came to really appreciate the symbolism of the idea that when everything still looks set out, but the sun is rising a little earlier,

setting a little later, there is a sound of some birds that inside these trees that look dormant, there's sweet water and that the sweet water can only be formed via the hard winter and via moments that seem warmer. But it's not a straight line to spring that there's a pull back into what might be hard or into an old pattern. So I'll read you this and then connect it to the nervous system.

And money, once a year, we get to have water straight from the source. It comes filtered and remineralized, it's sweet, and it pours from the maple trees. It must be below freezing at night and a balmy 40 degrees Fahrenheit or hotter during the day. It takes all winter to cultivate the sweet water in the quiet of the day and the dark of the night and in the cold freeze of the air and the earth.

And I wonder, could we perhaps be like maples producing sweet water throughout the harshest seasons? A water that can only be tapped at the threshold of a new beginning? Winter, of course, is an analogy for a season in life, which we get quieter. We use the resources that we've gathered in earlier seasons and we work through or surrender to challenges presented on the outside.

It looks like nothing is happening on the inside. It's possible that there's both a bitter freeze and a deeply nourishing resource coming into creation. You may have experienced your own version of winter. As we round the corner from winter into spring in the northern hemisphere, you may feel like, bring me all the warmth and all the colors and all of the birdsong.

Please bring change in signs of life. My winter has been years of sleep deprivation and desperate attempts to fix it. I've experienced a disappearance of sorts. So when I get a night of sleep or an inkling of inspiration, I want to hold on, you can think of this in money, like when there's like that thing of things are changing, but then there's a backslide.

I want to hold on and never let go. I want to be a straight path towards spring. As I come back to life, I feel a little burst of remembrance coursing through my body and it feels amazing. Dreams and visions are reemerging. But when that freeze, the one that happens at night, when that freeze follows that much needed thaw, it can feel devastating.

Like it was all a tease. And I may never get that emergence I had hoped for. Of course, anyone who has lived more than one year in the Northern hemisphere knows nothing is permanent. Everything is tidal and cyclical. So for anyone who needs to hear it, this cycling from a thaw back to a freeze is not a backward movement, but a titration that allows us

to gather the sweet water tally.

The freeze clarifies what's been cultivated over the winter so that we do not leave behind the wisdom in our rush to escape discomfort. When the thaw comes, tap into the source and bring the sweet water with you. It overflows, drink it, let it come at its own pace and rhythm. If you wanna distill it more. This why Sweetwater can become a metaphorical syrup that integrates and adds to almost any future offering.

Hmm. Yeah. Thank you Michelle for sharing. Hmm. And what feels so potent to me at this time of year in December we talked about double binds. And in January, near the beginning of February, we talked about in bulk being that first big yawn so that whatever your money aspirations or nervous system aspirations, if you hadn't gotten there yet, it's okay to just dream into what it is you desire.

And when this part of the season comes for me, it's permission to really look for those little things that are pleasurable, to look for those little wins, those little ways in which perhaps your money story has changed, your money experience has changed. But then if you have a win and there feels like there's a backslide, that's the most normal part of titrating into a new way of being.

There's this idea of moving from familiar to optimal. And that at the nervous system level, at the cellular level, actually there are little receptor cells doing certain dances and there are little ligands molecules of emotion doing another dance on the other side. And they're used to meeting each other. And when, when we start to change patterns, it feels like we're getting abandoned on the dance floor,

we're like, we're gonna dance a little differently. And now we're not getting the sense of completion that we generally get. And so it's very normal as we're creating new patterns that we might get this like movement forward, oh, this new pattern, it feels so good, it feels so good. Wait, is nobody coming to this dance party? And there's like slipping back and this is titration and nature does it.

I kind of love that the Sweetwater, it doesn't flow all day and all night. It flows when it gets above 40, but then it has to freeze again at night for it to come again the next morning. And if I were to describe titration in Peter Levine's terms, he would say that if you had an acid in a base and you threw them together equally,

that there would be an explosion. But that with titration you might have the base and you'll say, I'll just put a little bit of this different state in there, this acid, and then there would be time to integrate. And then you put a little bit more in and time to integrate and eventually you have a neutral. And so that's the idea of like small doable pieces over time,

as Bridget Vixen says, and time to integrate the change. Yeah, when you see me pause and look to the side, I'm reading the comments a little bit, but I'm a very slow reader, so I get like little bit bits of the comments. Hmm. And so I was thinking of if it doesn't work, then I will just describe it from here with my hands.

It was thinking of giving a nervous system chart and that we could do another practice of looking at what is, you know, like looking for the signs of life that aren't as obvious. So again, if you didn't know to look at the maple trees, one wouldn't tap, one wouldn't know that there's Sweetwater, one wouldn't know that life is starting to move,

but there would be other signs that the birds are singing that there's more light in the morning and the afternoon. So we'll do one more meditation at the end to begin to look for those things. And I am just in this moment thinking about drop off this morning. And I just wanna share this that yesterday actually at pickup, my husband and I both went to pick up my youngest daughter.

And if I wasn't there, it would have been all fathers picking up their children. And my other kid goes to another school. And it was similar where there were more fathers than mothers. And it, you know, it's just this idea for me, this is like the moment of Sweetwater where there's this transition of, it doesn't matter a gender, like a gender doesn't make it,

who is capable of scheduling and picking up and just beginning to break the assumptions of certain boxes that are there. And I get to see it when I see just how a variety of caretakers can be a part of a child's life and that it's no longer assumed to one gender role. And so for me, this was like a little bit of Sweetwater where it's not that all of society has changed,

but I got a little taste of something and I might have another taste of something that's like, feels more like a freeze than the hopeful spring. But again, just this titration of this is the direction we're moving. Does that kind of make sense? Hmm. So what I'm going to attempt to do, TaKisha, I should have given you a heads up.

I don't know if this will work. We did it in December, but TaKisha and I got on earlier in the day and we practiced it. So I have my iPad here and I'm going to attempt, let's see, TaKisha, can you make my iPad a co-host? Okay. And then start share screen, start broadcast. I'm always so nervous what's gonna show up on my screen when I do this?

It says I'm screen sharing. Let's see, did it work? Can you hear me? Can someone gimme a thought? You can hear me. Okay. Very excited. So I'll share my experience as a sleep deprived mother. And I think that you'll be able to take the analogy over into money and business with some ease. So as I began getting a little bit more sleep,

I would immediately start getting excited about what I could do with business or life. And then the next day it might like, I might not have slept at all. I might have got up 10 times for one child and the next day there could be a crash where it's like, oh, nothing I do. Like there's no way I don't have it in me.

So when our capacity is smaller, when it's really small, our statements are gonna be more of, I'm doing this all on my own. This is how it's always been, this is how it will always be. I'm stuck. We've talked about double binds. I'm stuck between I'm must and I can't. And I see no other way. And when our capacity gets bigger through working on some of the conditions I've mentioned in these classes,

like pause is sleep, which I know we don't always get to choose healthy relationships, boundary repair, then the window gets bigger and our thoughts are more easily aligned with I feel gratitude, not like what am I grateful for? And I have to effort it. Like I feel gratitude, I'm part of a bigger picture. Money is abundant, I am abundant,

I am magnetic. We are one. And when the window is small, so this is our window of tolerance right here in the green stay. I'm gonna make that green. If this is our window of tolerance and it's small, it's as I just said. And as it gets bigger, the statements of what's possible are bigger. And in certain seasons we can fluctuate back and forth.

And sometimes we might know that we're in the faux window, which is just above our range of regulation, our window of tolerance. Because we might have these grand ideas and then the next day we may drop into collapse. We may be pretending while we're with somebody and then they leave and we collapse. So when we're in our window of tolerance or our range of resonance,

we could possibly meditate. We could get up and make breakfast. Let me see, trying to see how I could do a line. We could get up and make breakfast. We could have a conversation with somebody, we could have a hard conversation with somebody. We could do a presentation, we could slow down for lunch, right? We can go up and down in this

river of life throughout the day.

And it's very different than if we, if the alarm goes off, we rush to get the kids to school and we're up, up, up, up, up, up. And then we maybe crash. And then we try to get on a call and it's back and forth like this. And I don't wanna stress you guys out by doing that one too much.

But what I love about this is that I might begin to notice what is my window of tolerance today? What is my range of resonance? And to begin to say more yes or no to things depending on what is true for my body and my needs. And that might even be, and yesterday I was psyched about this thing, this idea for money.

And today, even though I don't have it in me, it doesn't mean I'm sliding back into winter just yet. I am just gonna pause. I'm gonna honor that, that, that it's something I want. I'm gonna honor that. I took a step towards it yesterday and today I'm gonna pause. And as we do that and we honor the pause,

it's easier for our window of tolerance to get larger and to be able to be with more of life's up and downs. And if the demands of life are just too big, it's actually really normal in life that there would be a contraction. I think in the spiritual world and the wellbeing world, it's like if we're not here, we're failing. But part of it is also just honoring when the days we have less capacity.

I've seen. I think that's all I need my iPad for. I don't know if that was necessary. How do I stop the screen share? TaKi-sha, could you just take my thing off maybe? Thank you. Thank you. I'm gonna pause for a second. Perfect. I'm reading through some of the comments. This is so familiar. I needed this so much.

Right now is a faux window where you think I must, I can't, I would actually say that the faux window is when you are more of like, I think I can, and you are in your acting in familiar ways of which you can work, but you're draining on battery without the capacity for that battery to keep filling. So on the outside it could look good,

but on the inside it doesn't generally feel good. So the faux window is very normal in our society to act one way in order to fit the demands of life or society or familiar roles. And then we might find ourselves in a collapse after that because it isn't so it's, it's okay and it's very normal. And actually it's super healthy for us to have challenges.

It's not that there are challenges that take energy, but are they regenerative challenges? Right? And in the faux window, a lot of times they're not regenerative and we don't actually have capacity for it, but we do it because it's what's familiar. Yeah. And the desire. The desire to be more energized, honoring that there's a desire to be more energized.

That often we have these desires of what we want to be, but then like the truth of our current state of capacity. And so again, I just really love this season for me and you know, this experience because I can be with my desire of wanting a straight path towards spring and then perhaps my experience of it not being so, such a straight path to get to where I want to go.

And, and I feel like in this space, it's worth saying like, and there are quantum leaps, like, and it's not always crawling up hill on our hands and knees, that, and there are quantum leaps. You know? Both are possible. Hmm. Regenerative challenges. These are so rare in my life. So almost all of my life is lived in the battery draining faux window.

It's so beautiful to recognize that. And I say that, and I don't mean to be condescending because it could oftentimes when we start to feel liberation or hope, we can also then recognize the places that we, we could grieve the places that haven't been. So I wanna honor that there could be two experiences there. Why do I call it the faux window?

That's not my term. I would first become aware of it from a book called Nourishing Resilience and they talk about the window of tolerance, which I think is a Peter Levine term. And the faux window means like it's not real, it's fake. It's an appearance on the outside that doesn't match an experience on the inside, or we're just like numb to the reality of it not actually being in alignment with our true capacity.

Oh, what would I consider a regenerative challenge? I'm gonna answer this question and then I'm gonna invite us back into a meditation and then I'll take more questions. I think a lot of life is a regenerative challenge. When we look at life as the great mystery school. I could like more easily say that there are days where a workout could be a regenerative challenge where it's hard and then it might give us more energy,

it might change our state. And there are gonna be other days when we tune in that the workout would be more of a depletion, I think in a very long-term sense. For me, I could see motherhood being a regenerative challenge for me. And then at the beginning I could be like, what lesson could I possibly learn from like losing so much sleep for so long?

Like what? And and I think over a long period of time, I do think that I'm beginning to, I think that it brought up different ways of empathizing when somebody is at like the lowest low of the energy that's there and how I could sit with that. And so in some ways that was regenerative. And over time, I don't think I know all the answers to it yet.

But I think that so many times life gives us challenges. And Peter Levine will say that trauma often happens when we have a challenge and we have been stunted by it and we feel stuck by it. So even as we're going into these ideas of what else could money be, what else can my relationship be, we're removing some of the trauma physiology by saying,

instead of being stuck, I'm gonna open up to new possibilities. And as you have these mini micro winds or these grand winds like me figuring out how to use my iPad on here today for a moment. And then I slid backwards that that these are making, this makes our body and our nervous system and our energy feel more resilient and feel like we could take on more challenges and feel like we're not being held back by life.

And so it's people when they get into traumatic situations but overcome them that they actually become more resilient. And I would say that's part of the work of signing up for a course like this too, is that if there's a stuck pattern, as you begin to find new ways to be with your finances, that it changes it from trauma physiology to physiology to possibility and impossibility.

The trauma patterns start to dissipate. And I think I didn't finish my thought above when somebody said, Hmm, where are you? This is so familiar. It's so rare. Okay, regenerative challenges. These are so rare in my life. To that we could utilize a reticular formation or the reticular activating system and we can honor the duality of this is so rare and I want something else with a sacred third,

which can just be asking the universe, asking your reticular formation, that part in the brainstem reticular activating system to show me a different way. So Show me examples in my life that have already happened and I just didn't recognize it. Where the challenge has been regenerative, have a feeling that these have occurred before and I have a feeling that they're occurring around me.

And now that I'm aware that challenges could be regenerative, show me, show me 20 different ways that challenges could be regenerative. And remind me of the times where something started to get better and I slipped backwards. But I didn't stay backwards. I didn't stay in the freeze. I actually moved into thaw. Again, remind me when I have a win

and then something feels retracted,

that there's a possibility that I am titrating towards a new way of being. This would be a way that we can break a double bind and start to work into the possibility of something new. And utilize what I would say is the universe and what science can also say. And the reticular formation, particular activating system that our brain begins to see. Sometimes what's already there brain begins to see that there's sweetwater,

that there are birds singing. Hmm. So which book please? I think that was when I, oh there you go. Nourishing resilience. Yeah. Got it. On the outside I act like I'm fine. So I think Wendy, you're talking about the faux window and keep working and pushing and white knuckling too many tasks in one day for a normal human.

But on the inside my body is screaming. I do like the whisper scream. But yeah, screaming for rest. Yeah, I mean how many people can relate to that? You're in good company, Wendy. I'm gonna come back to these comments, but I would love to just kind of close out my segment here and then come back to the the comments.

So I find it helpful for me sometimes to put a hand on my heart. Someone else, it might be their belly or the stability of their leg. So I'm coming back to my breath. I felt the activation of that session and of the possibility and I am practicing by slowing down here that I could have activation and that then I can slow down and that there can be health in the contraction.

It doesn't have to be like positive spring negative winter. And it's okay if it feels that way too. But there can also be learning something new in community. We have shared experiences and then back to our individual bodies, finding your breath, finding the thing possibly beneath you that could be stable, unchanging. And once again, we might visit that part within you that feels contracted,

possibly in a freeze. Those are often hard to find. Just letting it know that it's welcome the same way as cold nights are needed at this time of year. And then finding that part in you, in your body. So beyond a money story or any other story that we're working on the outside in your body, that part of you, anywhere in the body,

if it's there that is pleasurable, be like your right pinky finger. Noticing if it has a pulse or any energy or texture. And again, opening your eyes if they weren't already. And I, again, I find this so useful for me when I slow down and I really take in what's around me, I just notice what is pleasurable already that with momentum I might miss.

I would just notice like the color of my rug even. And if you have either in your mind's eye or in your actual vision, any piece of nature, what is pleasurable? What is even neutral? This is more of a show me, but I'm even wondering like show me healthy contraction. Hmm. So what I'll add with the idea of show me healthy contraction,

the way that the brain works, which is so beautiful, is that my brain immediately gave me an image. And it's appropriate for this group because it was Kate, Kate Northrop, I really appreciate as she shares on social media that after putting on the Relax Money summit and there were a number of other things that she had back to back right after that,

that she left a day or two to bumble around. And I love the idea for me that's like, oh thank you for the words. I don't know if her words were actually bumble around, but it was something like that where like purposely, that's purposely putting aside time, planning time in the calendar for contraction. And a mutual friend of Kate and I,

her name is Eliza Reynold, and she works with people who are socialized as females in their teen years and pre-teen and will say how many layers of comfort. So instead of like just relax 'cause that could feel like really unavailable or just

have time for contraction. It's like how many layers of comfort could you bring in? And it could be like a cup of tea.

So I'm just giving some ideas of healthy contraction because I've spent some time also on like springing ahead. And I think also I began reading Christina Johnson's me mention here that you are running low on energy. You were sick last week and instead of trying to accomplish and drive and do all the things that you gave yourself permission to move slowly and do less tasks.

And the movement that gave me that gave you energy, when I honor my low energy, it gives me to medium or high more quickly than when I try to live in the foe or try to be high when I'm low. And then you're in resonance. And when you're in resonance, you're in more magnetic source to others who are in resonance, which there's like,

I have this hesitation to turn this into a financial thing again, other than like the beauty of you being in resonance, but also then to connect with others who are resonance and to build a life from there is it's, it's pretty special. Wendy says in possibility the trauma patterns start to dissipate. Oh yeah. Oh I love that too. Like when people share the Repeat it back 'cause it helps me to receive the medicine as well.

Yeah. So again, I'm just gonna say out loud Peter Levine books, there's Waking The Tiger and it's very accessible. Yes. And then there's also, I think it's in an unspoken voice and there's one about with children and I think it's called Trauma Proofing Children, something like that. We can prefer known Hells over unknown heavens. Yes. And that is,

that's titration and that is the familiar over optimal and the discomfort that we often feel as we change patterns. I think I've said in the past that I have a podcast episode specifically on moving from familiar to optimal. Okay, there I have a few more minutes. I'm just gonna read through, does anyone have a question that they want to ask out loud?

And we'll probably finish on that one. Yes, me, Wendy. Hi. My podcast. I'll answer that first. My name, the name of my podcast is Threshold Moments and I don't remember what episode it was, but there is one, I think it's actually called instead of Familiar to Optimal, it's called Attention Field. Okay. And then Wendy,

I'm sorry, one more time. The name of the, the name of the podcast. I believe that. So the podcast is Threshold Moments and I think that episode is called The Tension Field. It's something about the tension field, which has to do with optimal familiar to optimal transitions. Oh, thank you. Thank you Sophia. It's my daughter's name too.

Oh, Beautiful. Hi Wendy. Okay. I love this. Hi, I love this Sarah so much. Thank you so much for everything that you do. So learning about this field of resonance and the faux being outside here, why does it, I don't know, what would the question be? I can see my pattern is like this definite getting out into the foe fields more,

but why does it feel so tough to stop? Like when I hear Kate speak about how she decided just one day that leading the Origin Mastermind and having like a high level mastermind was gonna be no more, 'cause it wasn't serving her energy field, it wasn't probably in that rage of resonance. And so she just stopped. It feels like I've got some type of like,

I don't even know trauma response that keeps me out in this world of like overexertion exertion, doing too much, feeling like I have to do everything and then running myself ragged into the ground. So, and everything you said resonated with me today. So maybe it's just taking this in and just knowing that the titration of growing as much as I have in this program is what's gonna cause me to take slow steps to be able to like to pr to,

to do that when I feel called. But any guidance on that, Sarah would be, Yes. So first I think what I heard you say or what was like coming through so strong that then I wasn't able to hear you. But I think what I was feeling or hearing is that

these steps that you're taking from this course, it doesn't have to be mastered in a week or a year,

that it can be a lifetime. And I, I really like sensing into myself. I think that Kate would be okay with me saying this, which is when she made a switch like that, it was with like many years of, you know, nervous system practice and with really knowing, like for her having the faith, like her faith in the Goddess,

like her faith that things will show up and making the jump doesn't mean that it was easy for her. And I'm sure everybody in this room has had a time where you have put an end to something, it could have been a relationship and it is that like familiar hell over the possibility of a heaven that you don't even know what it looks like. So when people start talking about manifesting a lot of the time that we actually don't know what our heaven looks like yet.

We only know what people are telling us, which is why I love the show me statements. But I wanna just say that I don't think that it was done with complete ease. And that's actually not the purpose of that. It becomes easy, it's more that we begin to recognize that when we shift patterns, it's gonna feel like we might die. And then you do it a few times and you learn that you live.

But then life often gives us even bigger opportunities to do it in new ways. So sometimes I am slightly, I don't know if annoyed is the right word, when they say like, oh, then it becomes easier. I actually feel like life gives you bigger challenges to say a bigger truth. And that it's, in my experience, not necessarily easy,

it just feels, Eliza Reynolds said, she was also on the podcast, she said something like, gosh, it was like a year and a half ago that I did this interview, but it was something like, I'm not gonna get it right. But the essence was it staying with what is known is, oh God, her quote was so good.

So I am not, I'm not gonna get it right. But just that at some point it becomes unbearable to be out of alignment with your truth and so you're willing to risk it all and how beautiful when we can do it earlier than that point. And sometimes it takes to getting to that point like that, that that brick or that Mack truck that sometimes people talk about where it's like a whisper,

a brick than a Mack truck that sometimes it takes that. But I just wanna say that I know you're seeing her do that. And I think if she were on the call right now, she would also say to you it wasn't necessarily easy and there were like years of nervous system work and coaching and doing, doing similar jumps in different ways. Before that there was a lot of trust in the Goddess and that doesn't have to fit anybody here,

right? That doesn't have to fit anyone here. But that it's so frustrating to me is like I have so much faith in God, but, but not with this. It's like, no, I have to keep going. If I do more, if I do more, this is gonna work. And it's like there's so many signals that are like,

no, just pivot. You know, or like, oh you're just the trusting. I'm like why does this feel so difficult? But it, but everything you said is like so fantastic. So thank you. Thank you. That really like poured into my heart. I'm gonna add this one other piece as we get off, I see the time and I just want to say that my teacher here would say like,

we're looking at a big change that was made and again, over and over with the nervous system stuff, small doable pieces over time, just like the trees are showing us, just like nature shows us. So it might not be leaving it all and leaving one way all at once. It might be, I'll try on this little piece and see if I survive it and you can go back to your old ways and then try on that little piece again.

And just this idea of titration into a new way slowly over the time for possibly the rest of my lives, Which is Like, I'm sorry, I can do This. Yay. Small clicks. Yes. All right, well thank you all so much. Cheers. Thank you to nature and I really appreciate being here with you. I am going to turn my screen off,

but to Keisha, if you could leave, leave the screen up for a second. I'd just love to read the comment section before I log off. Bye.