

NERVOUS SYSTEM HEALING CALLS

March 26, 2024
TRANSCRIPT

Being ready for the silence. I feel the winds of the west out breath letting go of my leaves. All I do not need into the darkness of the false sunset, I receive getting ready for the silence. Welcome. So we're here. Relaxed money, nervous system support. I see some hellos in the chat box. We're just past the spring equinox at the threshold of new beginnings.

I am recently back from an ancestral voyage to Scotland. I got in late last night and so I am just reorienting to Maine. Mm. And I also just want to put into the field that my daughter is home not feeling great. So I think she will be watching a movie, but you may see her pop in. And I think part of the medicine of us gathering here is time to slower systems to begin to move more at the pace of nature.

And I say at the beginning of every class together that you'll hear me speaking slow. Sometimes you'll hear me get excited and I'll speed up a little bit. So it's a great demonstration of fast health. And if as I move slowly throughout the class today and your body wants movement or an outlet, I always love to just welcome that. You know, whether it's on camera or off camera,

that's on camera. People just see you taking care of yourself. And it may be that your eyes are closed and you're laying down or that you're up and jumping and shaking. There's this idea that when we attune to the pace of nature, that there are many paces within nature. There is the squirrel and there is the whale. There's a hibernating bear that moves differently at different times in which we all get to be in a field together and be at our own pace and honor our own pace without thinking that it's gonna mess somebody else up.

And we really get to tune into ourselves. And what does that mean? Hmm. Yeah. So I wanted to orient us to just go back through some of the classes that we've done leading to here. December, we talked about double binds. I must, I can't, and looking for a sacred third. And that was even like the season is slowing down and yet life is maybe asking so much of us and where do we find our middle ground?

And in January, it was just the invitation that January could just be that first big yawn of the season upon waking, so that if you hadn't hit every single New Year resolution that like we're just waking up. And February was about titration and we talked about maple water and how normal it is when we're moving in a direction to seemingly backslide and fall into a familiar pattern as we're learning something new.

And today is about a pause. So, so in the Celtic tradition, it would be quite normal at the Equinox to really use it as a sacred ceremony, whereas the solstice are gonna be more of a time to party. This is a time to pause and reflect before we jump into something new. Ooh. And the eclipse recalibration. I can't say all that much about an eclipse.

I was feeling it, but that's not my specialty. Mm. And so I love this idea that if in February we were a titrating and I gave the example of an acid in a base and that if you were to put one drop in at a time and give it time to integrate and another drop and give it time, then there's not an explosion.

And right now we're at that neutral point before we start moving towards possibly what's optimal or what's new or what seed we're gonna plant. I'm gonna give a little bit more of in theme and an intro and then we will enter a nice long meditation and we'll have time at the end for questions or reflections. So a theme that arose last week was the theme of wanting to be witnessed and appreciated by those closest to us.

And this was in a different group, but I could say, or I could throw the question out to you, if you've ever had the desire to have your spouse, your significant other, a parent, a child, a dear friend, like really see you and witness you and appreciate you. And then this idea that mother nature herself might feel the same way.

Like she will always be there doing what she does. She doesn't need you to appreciate her for her to be and do what she is and does. But as we appreciate her, do her gifts appreciate and as we appreciate her the way we would want a beloved to appreciate us. Is there mutual benefit? Is there an opening to recognize all of the support we already have?

This is a huge nervous system resource if it's unclear to like put it in context of nervous system support to begin to feel into on a daily basis, possibly the earth below the sky above the season. And the four directions as an orienting and stabilizing resource. So if part of the work and relax money is to tune into like what is already abundant. How do I feel that in myself before I'm waiting for a dollar sign to give it to me?

That is what we are tuning into in this next session, in this session here and now. Hmm. I just have this note here that says, in the Scottish highlands there's a term, and I'm pretty sure I'm gonna not say it quite right, daah, which means two sites and the ra, the vision seer. When we begin to see with our heart our intuition,

our bodies, we begin to pay attention to that which most people ignore. So take a nice big in inhale together if that feels resourcing and available to you. And a full exhale, maybe even with the arms to include them inhaling up and exhaling, giving a little twist. I'm going to my left. You can choose what feels good to you. Inhaling arms come up,

exhaling, I'm twisting in the other direction. Inhaling arms up, maybe gaze up just a little bit. Hold the inhale, hold the inhale, hold the inhale and exhale hands down towards your lap if you're seated. Taking a moment to notice your feet on the ground. So we begin by attuning to and noticing what's here. Now we pay attention to that watch most ignore you may feel your thighs,

your seats being supported. And if you're laying down, maybe it's the entirety of your body. You may notice that you have a spine in whatever form. For now there's no focus on optimal. There's just for any part of the spine that feels supportive, present, again, not perfect. You may even notice you have a head that's connected to the body.

In fact the body, it is not just the head and the body that they could possibly be one. And then we'll start. We'd like to begin by welcoming the land where you are. You may be aware of the people or the animals that were there before you. We might begin to appreciate the land as an intersection of physical reality and spirit. Hmm,

that the earth below you is alive. That's big for me that within the earth there are natural tides that are moving through all living things. We may even tune into the mycelium network. Some would consider this our oldest ancestor, some might say a network and a resource that is more intelligent of a different and same intelligence. And you feel into how amazing it is that something so vast can be breathing and full of life with its own rhythm,

its own movement, and also so stable. I just love that you and I don't have to do anything to make that. So in this moment it's a living stability that you don't have to hold but you can participate with. And if you don't mind taking this moment to just begin to imagine how wide your base of support can be. So now we're imagining the earth below us and my teacher Bridget Vixens would sometimes say,

instead of imagining your feet as part of that base or as a root system going down, is it useful at all to imagine that that trunk, that system, that earth, that below starts almost at our midsection, connecting to the earth below and this living stable wide base beneath us. And if you feel okay here, just as you might want your beloved to notice you and thank you,

to acknowledge you, that you might just welcome the earth. And sometimes we can do things first for others before

ourselves and other times we need to know first that it's beneficial for us. And so whichever works for you that knowing that by appreciating the earth it actually stabilizes our nervous system. So while we get to give our gift of appreciation and it stabilizes our nervous system,

my pleasure is your pleasure. Your pleasure fills me. And you might begin to wait for a wave in which your attention could go from the earth below, waiting for a rising to see if there's any possibility of bringing your attention to an above. And it may simply start just by noticing that you have a ceiling in your room, possibly a roof over your head,

just die above you. And anything I say could be wildly stabilizing or destabilizing. So for me, I love thinking about how the above the outer space, the sun, but more like the outer space that seems above us and around us is holding us. We don't have to do anything to hold ourselves up at the above. And the around at the outer space keeps us in place within our galaxy,

within our orientation. And again, if at any point this pace is too slow, you can get up and you can move. Hmm. Or you can sink into even slower at the end. I'll explain how this is also training our reticular activating system. You could possibly acknowledge that there's a sun in my sky today. I can't see it. It's so helpful to think that there are times in my life where I can't see the light side of things.

I can't see that the other side might exist, but that the sun is above the clouds and that the sun is rising every day. So this is something predictable that your body and your nervous system can count on. The sun rises every day to the east and every day it will set in the west week after week, year after year. I've heard till say decade after decade,

century after a century. And it moves across the sky in the same way. Thank you for something we can count on. And there's nothing you have to do the same way that there's nothing you have to do to have your heartbeat. It's just a gift whether you pay attention or not. The sun will continue to do what the sun does. And so now that we've tapped into the below and the above,

we'll spend a little time looking at the four directions starting in the south so that we can end in the east where we are now. So if you might quite literally begin to orient yourself to where is the south for you in your room, in your space. So if you know where the sun rises, you'll take a quarter turn, even if it's just your attention to the right.

And this idea of being a person who is a vision seer, that we begin to see and sense with more parts of ourselves. Is there any part of your body that you can sense the energy of the self with the midday heat, the summer music and festivals gathering of friends mastery in your craft advocacy life force? Where in your body do you notice the self energy?

And if you can imagine at least in the northeast, when August starts coming around, think the word is lango. And there's that sense of the last summer days, but also that Virgo energy is creeping in and the fall is beginning to come. We take a pause at this threshold and you could quite quite literally take another quarter step or you can just bring your attention another quarter turn to the west.

Imagine that you could see and sense with your intuition, your heart, your body. Is there anything pleasurable in the west? Maybe you have friends who live to the west of you. Perhaps there are mountains. This is the energy of the setting sun, the fall or some, it's a relief when they feel that summer energy has been so high and so much to do,

a relief to put on another layer and the leaves start changing. And at first it's quite beautiful. Possibly the energy and the times in your life where you start to notice little changes away from what was normal. How you once recognized yourself, this is the direction of refinement, harvesting and letting go. This is where we soak in wisdom and tuning in

even more to the understanding of the other world.

Noticing again, is there anything pleasurable? Even if it is a person, a place or an element or aspect of the west that feels pleasurable that you could appreciate. And we begin then. And if there's any time where you need more of a pause, you get to take it. Of course. I'm thinking that perhaps I didn't say like where in the body before.

So in my pause I'm realizing, oh, have we located or been curious about where in the body the energy of the west is. The energy of change and refinement, the color of the west. And then again from our central line, we begin another possible quarter turn to the north. For me, I can imagine the mountains north of me, friends north of May,

the north. Also the energy of the dark night, the winter, the place where people are praying that their resources are enough place for sleep and containment the fertile void. And imagine these vast landscapes where the bear and the fox, the wolves all slow down, possibly find shelter. What part of the north can you be aware of? Can you find any element of health and appreciation. And noticing again where you might find north in your body. And knowing that you're almost there,

you're almost to spring energy if that's helpful when you're in the north to know that there's another direction. And from our center line, we turn and if you need a pause, you can take a pause. We turn east. Maybe one of my favorite directions. Ah, thank you East. The rising sun. For me, the ocean spring and prosperity,

hospitality and abundance. New beginnings bunny. The way we replicate the seed, the egg, new business, new beginning being a beginner. Again, noticing in yourself where the east energy lies. And if you can attune to something supportive in the east and giving welcome and gratitude to east energy and then tuning more into self, into center, into sovereignty. It feels okay to you.

You can put your hands on your body and you might say your name. I am, I am Sarah Tacy Tandy. There may be other orienting things. I am the daughter of the great granddaughter of the mother of, and some of these answers may not be clear to you, but I'll give a few more prompts that since you're all on mute, you might even say out loud,

my gift in this lifetime is, and I am here to know myself and be myself in the truest form. Any of these next statements may be triggering. You can let go of any of them or they may feel fulfilling. I am enough. I do not need to prove my worth. I am here inhaling, taking your arms up towards the ceiling.

Exhale, hands towards your heart. Inhaling arms up, exhaling, twisting to the left for me, the north. My arms are touching into the east and west. Inhaling arms up, gazing up above, feeling feet below and exhale. Twisting. You might just notice for me twisting to the self. And I start to notice myself as a compass orienting to the directions around me.

The seasons of life. Inhaling back towards center and exhaling towards your heart. And taking a nice deep inhale and a full exhale. Hmm, we did it. Hmm. So here we are in the east having visited all four directions as well as above, below and center. We're just past an equinox. Pause. And I love the idea. This is just an invitation that you don't have to do.

I love the idea of an altar at this time of year that might have a decorative egg or a seed flowers so that anytime you look over to it like little bunnies, you might just allow the subconscious to begin to feel into new beginnings what seeds you're planting and honoring new beginnings. Even if there's still a winter happening in your life, it can be so nice to know that within the season of yourself that there are other micro or macro seasons happening around you.

Before I open for questions, I do would love to say something about the reticular activating system. Activ Activ. I'm just

taking a little pause. So I love geeking out. I've called it forever the reticular formation and maybe have been updated, the reticular activating system. And I love the idea that in our brainstem m hmmm great, I'm gonna come back to,

I'll come back to that colleague that in our brainstem we have this part that is filtering out what needs to go to our conscious brain. Because if we were to take in all the information all the time, we would be non-functional. It would be way too much. And so things that are familiar often go unseen and unperceived as well as things that we've just decided aren't possible.

We just stopped seeing them. And the earlier on in our life that we stopped seeing it or it was shown to be impossible, the more the harder it is to believe a new possibility. So when we start saying things like, show me, right? Like if you have a double bind and it's like show me a possibility in which I could be fully myself and there could be friends that would love me as I am because that may have up till a certain point or for the entirety of your life seemed impossible.

And as you start looking or you don't actually have to actively look after you have the show me or may I see openings. 'cause the reticular activating system is now going to be like, oh my gosh, look at that person who is so uniquely herself. Look at those incredible friendships that are possible, right? You start seeing possibilities. But the other part of the reticular activating system that I don't often talk about,

which really showed up for me in Scotland was all the things that are already there that is part of it that I might not appreciate. And how powerful the appreciation of the support that's already there could be. So I, I got to see this within a friendship and I got to see it maybe within my own life we're so used to perhaps getting a certain support that that just feels neutral.

It's like when you buy something new and you're so excited about it and then you get so used to it that you forget about it, the excitement goes away. So part of resourcing that we can do is to start paying attention to the things that would just go numb and fall out of our awareness. It's like you have to be active because the reticular formation is going to just let it fade away.

One practice I do at night that I really love, I will write down my wins for the day as well as things I would like. If I could have a redo, what would that look like? And what I love about the wins is that I could have a day where at the end I'm feeling kind of, ooh, that's a lot. I can't wait to go to bed.

Did anything even happen today? And when I take time to really appreciate my day and I'm not looking for like grabbing for gratitude, I'm often like wow, like amazed. And my brain isn't taking those things as important. It's not necessarily taking all the small wins as important, it's taking it as neutral. And so I could very easily just focus on all the things that went wrong or the things I have to do.

And so this practice of noticing the four directions which doesn't have to take 45 minutes of noticing things about nature, of noticing things about your beloved, your beloved of writing it down. Like I start writing one down thinking I just want three. And then more and more keep popping up because now I'm in the energy of appreciation and it like it feeds me super resourcing.

Let's see. So if you're in the southern hemisphere, what ideas do you have for an altar? And I'm wondering Collie if you mean, so I'm gonna need to let education here. So if you're in the southern hemisphere and your winter is happening while my summer is happening, something like that, I think what my answer would be is noticing what cycle or season is true for you and then what symbols help you recognize that.

And that could be very personal. And if nothing's coming to you, you could say the show me, show me something that represents the season that I want to be reminded of. Or you could look it up, you could do grandmother Google to get ideas or talk to friends. Like what helps you remember the gifts of this season or the things that you want to bring out more or the resources that are already okay.

So pma, nervousness and support when coming to terms with a relationship changing 'cause it used to but no longer is supporting regulation and expanding zones of tolerance for both people is a question. Do I have any tips to support the nervous system when you're changing relationships? Ah, that would be a different one hour call. I actually, I do think, and this is you know,

not fully fair of the support that might be needed, but I do actually think possibly like a shorter version of the meditation we did today. When you can notice the changes that happen in a cycle of life, death, rebirth, refinement, and finding your center so that as you go through changes on the outside, you're recognizing them within the cycles we have on the inside and the center of ourselves of like keep finding that sovereignty.

And I know, I think I recommend this podcast episode every time here, which is the tension field, familiar to optimal for threshold moments. And also I have one that I did on July 4th on interdependence, which has a lot to do with how do we be our sovereign self within a relationship and how sometimes it can feel really cold and like building a wall before building connection.

So I don't know if any either of those two would be supportive. Let's see, Pamela, Gabrielle, I'm dysregulated by the traffic noise outside the house and it doesn't feel safe to regulate during rush hour. What do I do? These are all really personal that like working one-on-one. You know, I might come up with a different thing, but my first thing that I say and then you have to try it on and see if it's true.

Like please don't follow my advice if it doesn't work for you. Is noticing what your body wants to do when you hear the traffic. Like how like if you're frustrated, it's not to then be like, okay I have to breathe. I have, because then you're not honoring what you're actually feeling. So our body is having a response and it often needs to emote a response.

And it might be like turning up music that is at the pace and the tone of the traffic and seeing, is there any part of me that can get in tune with this or yeah, just noticing like do I need to shake, do I need to punch a pillow because I'm pissed it's here. And like does it help at a different point to put headphones on and put calming music on if that's actually what you're desiring.

But just looking for like what needs to be released or what movement wants to occur at the same time. Like you instead of bypassing yourself, bye Malin, what is that Madeline? Bye Madeline. I think she's already gone. Whatever is normal can somehow blend into the mundane when you travel, your senses become perhaps a little more heightened. Yeah, this is such a great point Sandra,

about travel it, it brings a bit of a beginner's mind because it is, it's looking around like what is this? Where does this landscape go? I wonder why everybody has sheep here. Yeah, just like what is the dialect? What is the etiquette? And so reticular formation now is often gonna forget about other things you used to worry about and be a little bit more in like on curiosity about what is new around you.

And then it really can start to awaken things that we've almost forgotten about within us. Yeah, my journaling, it's super simple. So there's the wins and then I do the do-overs and somebody recently asked me if doing do-overs at night or redos at night feels like a negative thing. And for me it's really empowering. I see Wendy on here and I think

your specialty is parenting,

is that correct? Like parent? Yeah, so I think of this as like the beauty of a redo that you might have with a child, right? So if you, if you lose your temper, if I were to lose my temper and I say something to my daughter and she's like, whoa, that really didn't feel good. Instead of being like,

well you did this. So that's why I reacted like that. Instead I might go like, Hmm, I really get why that didn't feel good. Can we like, can we redo that? And we can think of like, I can like set, settle back into like how would, like if I got to redo that, how would I love to redo it?

And we get to rebuild the pattern. This is exactly how I used to train athletes in my twenties, like work 80 hours a week training their nervous system and trying to switch patterns. So it was a different type of nervous system thing. And the sooner you can redo a pattern, the more likely it is to stick. So for me it doesn't feel like shame.

Like one of the easiest ones to give is like my, my husband will sometimes go to bed before me. And this used to be in the past and I'd stay up writing a newsletter, doing work, and then when I go to bed it felt a bit lonely and I, so a redo that day was just like, oh, I wonder it would be like tomorrow to just go to bed at the same time.

And if I don't like it, I'm like, actually I wanna get my work done, then I get to redo it again. Right. There's not like, it's just this like instead of waiting for New Year's Eve to make it, it's like these little chances to say, oh, next time my daughter's home and she wants to snuggle and read and I think I need to clean the kitchen.

The redo would be that. Like I actually, I'm gonna take some time to snuggle first. Yeah. Okay. Do you have links to those podcasts? Team Kate? Looks like they've put a link in. And again, I'm almost done. Do you wanna stay it with me? Okay. I believe you. I'll be done in three minutes. Do you wanna sit in here?

You can. You can watch until I come down. Okay. Okay. Let's see. Yeah, so one was the 4th of July episode and it was called Interdependence and the other was called the Tension Field. Do you have any regulation tips for periods of frequent uprooting? Yeah, so frequent uprooting. I again, and it's probably just 'cause it's in the field of today,

it's like, could you find the four directions wherever you are, wherever, what country you're in. I get super disoriented if I'm being really honest with directions. And so it's hard for me to find, and I can imagine as I'm saying this, and even for myself, not because I'm a pro at doing this, it would be if I went to different places,

could I locate the four directions? And Kate has a meditation in your, I don't know what it's called, in your little network for finding stability within your body. And that is a really great practice so that no matter where you go, there you are. Great. I think redo is compassionate discipline. Hmm. So good. All right, I think,

I think that's gonna cover it for today. I see there are a few more comments just welcoming my daughter into the field just to name it explicitly. Yeah. So what I would love to do as we close out in the last minute, as again take a nice deep inhale and exhale. I'm noticing my center line in the idea of a horizon and I'm noticing what senses I can see with and I will end with some reticular activating system prompts.

Help me to remember all the things that are already supporting me that need nothing in return, and show me how simply by appreciating that I receive the resource and that it may be mutual, help me to see how no matter where I am on this planet, the four directions still exist above and below still hold me and I am still me. Help me to see over and over again the resources that are sometimes hidden,

but always available. Thank you so much. You wanna say goodbye. Bye bye darling. Aw, do you hear that? You wanna come on my lap and see? No, no. Okay. Bye. Thank you.