

# NERVOUS SYSTEM HEALING CALLS

October 31, 2023  
TRANSCRIPT

Hello. Seeing it's right at two o'clock, 2 0 1 Eastern Standard time. Hmm. I'm really happy to be here. I wonder if I can change my view gallery, my view. Oh, that's nice. So I can see you all. And so we're here together October 31st and I'm aware that there is a third wave of relaxed money participants. I'm wondering,

I'm gonna open up my chat too. Yeah, I'm wondering if you are new here, if it's your first time, if you'd be open to just saying hi in the chat just so I can get a feel for who's a first time here and, hello. Hello, Amber David. Hi. Oh Ginger, Bonnie. I'm actually a really slow reader so when the chat moves fast I'm like,

oh, it's okay. I can pause. New girl here. Karen, Christina, Sam, Nicole, Laura. Wow. Welcome. Kimberly, Lindsey, Sullivan, Jennifer. Yeah. Welcome everyone. And if you're coming back and you've been here since the beginning of, maybe it was like March of last year or maybe you came in in June, welcome I,

it's not lost on me that today is for some people Halloween and saw win in the Gaelic traditions. I'm pretty sure this is on purpose that your first date landed on this day. And I'll say more about what we're here to do together and what you might expect. But for the purpose of orienting even to date and time, I think that it's so interesting.

So in Gaelic, Saun means November and the reason it falls between October 31st and November 1st is because their day ends and begins at sundown. And I think it's so beautiful. One of my mentors, Therese Joinand, talks about beginnings. How when one thing is ending, another thing is beginning. And I feel like when you walk into a field called relaxed money and something that has something to possibly do with nervous system restoration,

that you're also saying yes to a beginning, you are saying yes to. I'm ready for something to end. I'm ready for this pattern that is familiar but not optimal. I'm ready to put it down, I'm ready for that part of me to die. I'm gonna get more into this during this session, but I just wanted to orient the importance in my opinion of this day and also just saying that there's a new crew in here and,

and if you've been here before that this can also be a beginning for you. It can be at a check-in point of where you are at when you started relaxed money and where you are at now, what have you let go of, what have you said yes to, what do you wanna let go of again? Now I'm aware that you just, that many of you just had like a full one hour call with Kate.

I don't know what she said but I don't wanna repeat the things she said too much. Kate is a dear friend of mine and I saw kinda last minute that there was an option to dress up. And Marlene, did you miss something if you're in the new cohort for relaxed money? There was a call today, but I believe everything was recorded. Yeah.

Yeah. So I didn't put my whole eighties attire on, but I just, you know, threw some earrings on and the hair is already ready for the eighties. So what you can expect if you're new here and even if you've been here before, I will start out each time by giving a little outline of what you can expect. 'cause that can help relax the nervous system a little bit to not have too many surprises.

So one thing that you can expect is that I most likely will speak at a slower pace than what you hear on a day-to-day basis, I speak slow on purpose. Slow often gives time for things to land slow gives time for things to also come up and be seen and felt, which is also why so many people prefer momentum. And so if as I'm going slow it feels like this is too fucking slow,

I can't stand this, you can feel free to move around. You can stomp and place, you can shake it out, you can turn your camera on or off. So the second thing I'll say is that you have choice. And part of nervous system rehab is first I would,

I call it pause, feel, choose that we might first pause,

then notice that we have a preference and then make a decision that's in alignment with our preference. So many of us fall into what is familiar, fall into what might please somebody else and keep the peace. So while you are with me and this relaxed money group, one of the group agreements that I would put out there is that I really honor your preferences.

And again, that may be that you lay down as you listen. It may be that you stand up during the class. I'm gonna do something with the body. I'm going to include the body. So that'll be the next part that after the intro I'll do something to include the body, which is a little bit new for the returning students, but it's not new for how I've presented the majority of my life.

When I suggest to you, all right, now we're gonna do this because you have choice. Part of your healing could be, no, I'm not. It's not gonna be that. Like today isn't the day that you have to push through. You can but you don't have to. So choice like lived experience of making a choice on your behalf and not getting attacked for it in this community is part of getting an experience of a healthy repetition.

And I'll say that what is optimal for one nervous system maybe triggering for another nervous system. So when I go into the body stuff and I suggest a breath pattern or I stomp or I make noise or even that, I tell you you have choice. Choice for somebody could be like, that's so unsafe. I don't even, or they could feel so triggered that like,

oh my God, I didn't, I'm my, I have a freeze around preferences, I can't tune into it. Well somebody else might say, that's so liberating. So I wanna honor that in a group this size, I might be suggesting that this will lend to a certain experience and if you are not having it, it's okay. So we are here to be explorers of our own experience and what you experience today might not be the same thing that you experience next month.

So we could do the same exact exercise and next month it might be different. So you get to track yourself. Oh thank you for the earring compliments. I'm trying like here. And also wanting to check in over here as well. Oh, I, somebody talked about the flash dance shoulder sweatshirt. That was actually my full costume. But for today I just figured I'd,

I love slow sometimes on a able to listen process feel and maybe even write at the same time. Yeah, yeah. So some people can love slow. And one more thing I'll say about what can be healthy for one nervous system can be triggering for another is that even the word relaxed, like go relax, go rest could feel impossible to some bodies.

And so for those bodies it might be more supportive to hear what layers of comfort could you add? Can you be busy but have warm socks on? Can you be busy and moving and have your favorite tea? Does that make sense? That like relaxed for some people or napping might be like, cause a whole reaction of I should be able to, this is supposed to be good and it doesn't feel good.

And just in this hopefully time together we can keep coming back to like, this is so great, this is really great information. So now we get to make new choices for our individual body. I wanna see if there's anything I left out here. Yeah, so then the layout is just gonna be each week that there's an intro that there will be about five to 10 minutes of body and breath.

There will be a time to set intentions, a time for theory, a meditation, and at the end I'll have time for q and a. Hmm. Okay, great. So we're gonna start with our body and because I'm gonna move away from my computer, I'm gonna say it out loud here. First I'm going to ask TaKisha to turn the music on when I'm done speaking right after this.

And we're gonna start by marching in place and we may march in place longer than you want to. And so you have a choice to stop or you could say, I wonder what it would be like if I went a little longer, right? Like again, just being a scientist of your own experience. And so we're doing this to create a rhythm.

We're doing this to feel the solid ground beneath us. We're doing this to have a healthy fight and flight. So every day it might be a good idea for many bodies to have healthy fight and flight built into your day that may be walking, it may be working out, it may be hitting a stick against a rock, having these things built in to have an outlet for the emotions to emote.

So we're gonna start TaKisha if you don't mind. And I'm purposely chose a song that's not too vibrant to to begin, but we're gonna have a steady pace and then I may change it as we go through the song. Are you getting a recording of this? Yes. It will be in the portal and yes there is recording. All right, so I'm gonna turn it up on my end.

Yeah. And so you can all adjust the music to the volume that best works for you. If you can't hear me when I'm talking back there, maybe someone could give me like a thumbs down and I won't take it personal, I'll take it as information. All right. So I'm just gonna march and by March I'm really gonna like let my feet hit.

And if standing isn't an option for you, you can go against your legs or your desk with just your fist keeping a rhythm. And if your body doesn't move its arms or its legs, maybe your head it is Bob, up and down may Well choke on all the words. We never spoke on all the songs and poems we never wrote from the fires within.

We let turn to smoke for a vision, a dream channel through a brush stroke, a song or A scene. And if at any point you find your breath just wanting to go like ah, feel free to let that out too. Rhythmic movement Weavers That the body and the nervous system can count on Around. Be very soothing. Again, notice if your body wants to go,

ah, if you have neighbors beneath you, it would hear you. So come Weavers Of story, art and song, let us gather together now for the time has come To Weave and envision for those yet to come. But We are the ancestors of our great granddaughters and sons. So, And begin to tune in to see like big strong movements or really micro movements,

what your body wants broke. Now Heart A little longer here. Heart the Starting to slow it down and soften it, making it a little bit more micro. You need to come back towards your seat. Mm. And if you can remember how you felt when you first landed in this room, in this field 20 minutes ago, and part of including your body in the process would be to become aware.

So noticing how you feel after five minutes of rhythmic movement, predictable. And you can take your fingers and just give your thy this a little tap. I'm gonna say I love, I love science and I also just love lived experience and reflexes. So supposedly this is good for the immune system and increasing energy. But what I can say is how many times I've noticed clients of mine or myself,

just naturally when stress starts getting a little higher, start tapping. And if a parent who gets startled for a moment might go, ah, and slowing that down. And again, just noticing yourself within your own experience, I'll guide us in a pretty simple two x breath, which is simply that our exhale might be two times longer than our inhale. And maybe before I do that,

you might actually find your pulse. So this is something where it's like, oh, you don't have to believe me, you can see how it is in your body. You could put two fingers on your wrist and find your pulse and notice the pace of your pulse.

And then as you inhale, notice the speed of your pulse. And as you exhale,

notice again the pace of the pulse and inhaling and exhaling you want, you can release your fingers from your wrist. So most people will notice that on the inhale you have that sympathetic activation, the pulse speeds up and on the exhale it slows down. So as we do the two x breath, we're just seeing if having a little bit more parasympathetic in our rhythm changes our state.

That's wild to feel the difference, isn't it? So instead of just someone saying to you, this is sympathetic, this is parasympathetic, that you can really feel it in your pulse moment to moment. So I am gonna do in for two, out for four people who have breath practices might be like, I'd love to do in for five, out for 10.

So find a rhythm and a pace that feels good to you. I'm doing two and four because it might be most accessible to anyone who's just starting to play with their breath. Oh gee is amazing. I agree. So finding a comfortable seated position and noticing where you land the surface that your thighs or your back are touching. Perhaps you can even sense the texture of what's beneath you.

And because we're starting with a breath, if you are seated upright to notice just kind of like how long can your spine be, which has nothing to do with popping the chest, just a sense of attention and neutral. So we can begin by inhaling for one, two, exhaling. 1, 2, 3, 4, inhaling, one, two, exhaling. 1, 2, 3, 4, inhaling,

one, two, exhaling. 1, 2, 3, 4, inhaling, one, two, exhaling. 1, 2, 3, 4, inhaling, one, two, exhaling. 1, 2, 3, 4, inhaling, one, two, exhaling. 1, 2, 3, 4, Inhaling through the nose, one, two, exhaling, mouth or nose, 1, 2, 3, 4. Inhaling, one, two, exhaling. 1, 2, 3, 4, last two times inhaling one,

two, exhaling. 1, 2, 3, 4. Coming back to your normal breath, allowing it to be easy and unforced. And again being an observer of your own experiencing experience, noticing how you feel now after simply shifting breath or just over a minute you can notice where in your body you feel relaxed or if there's remaining tension. Again just noticing where and remembering that when our body has tension it's just our body's security system that it is intelligent and that it's simply waiting for enough resources,

enough proof of relational health support to come back to its optimal state. It's not wrong in the chat there was a question, nose or mouth. And so I will simply add that when we breathe through our nose, we have thousands of parasympathetic nerve endings in the nose. And so when we're breathing through our nose, the air gets filtered, it gets warmed,

our nervous system says, oh we're safe, we're not in fifth gear. Some people say that the mouth is for speaking, eating and fifth gear activities, all out activities that that would last for four to eight seconds. That other than that beginning to breathe through our nose is a really, really beautiful way to build our capacity to build our resilience without pinpointing a single thing.

That's saying like my issue with money, my issue with my relationship, that actually as we care for our body and our breathing patterns, our capacity might get larger and the thing that triggered us might not feel so overwhelming and we might have more resources to approach it from a more hmm appropriate age and place. Does that make sense? Like our full adult self might be present instead of the young one who might feel attacked or under-resourced.

And so this is one way to start spreading our resources. And I've told this group before that one of my favorite definitions of stress that I first heard from Jerry Mulder is stress is when you have more demands than resources. And I've

updated that or perhaps just shifted it to say that stability and in this moment the word resilience is actually coming through. So I'm gonna in this moment shift it again.

Resilience is when we have more perceived resources than perceived demands. And so again, a resource might be dancing, it might be singing, it might be nature, it might be learning how to breathe through your nose. It might be finding a friend who can hear a no and celebrate your no more readily than they take it personally just to know that that's a possibility.

So today as we were at this threshold of soen and we're at this place, I was at Sarah Jen's ceremony last night and she gave the example of deciduous trees and evergreen trees and deciduous trees are the trees that their leaves change colors, they fully fall off. It's like I'm just shedding it's time for full on death, death of so many parts of me.

I shouldn't say full on, it's like death of so many parts of me because still I'm receiving light and still I'm receiving water and still I'm in like hibernation and I'm like holding onto resources and I'm in this beautiful place of containment. But I've lost a lot of how I would identify. Whereas the deci by the evergreen, I don't know if the rest of you geek out and look at trees all the time too.

The ever. Yeah, I'm seeing Amber at least. Yeah, you okay? I got one tree geek. Oh, another one. Yep. Great. Kelly, I'm sure there are a lot of you in this room. When I started planting more trees and you know, tending to to the land around me, I was a little surprised. I thought it was like full death of a tree and I was like,

oh, evergreens also have needles that turn orange and they fall to the ground so that even from the outside they look like all you know they look the same. There are still parts of them. So it's almost like these micro cycles of change versus the macro ones that are more outside like the outside world. The deciduous might be like, are you okay?

And then both of them in the spring are gonna have growth and the growth of the evergreen might be more obvious actually with its height and width. So I thought we could do a little meditation and I'm gonna, before I go into that, I see someone said perceived resources for and it's perceived demands. The original quote, the original man that I heard stresses more demands than resources is Jerry Mulder.

And he is a quiet man, you will not find him on Instagram. He takes such good care of his nervous system. He is in the woods and he is hiking and he is wise. And I don't know if it's his quote, but it's where I heard it and then I wanted to flip it to say, well what would be another way?

Like a a different outlook on not focusing on the stress but focusing on the potential of what could be of the health. And so I said stability, this is what I usually say. Stability is more perceived resources than perceived demands. And today I was like maybe resilience, you know, I think you could put in so many words in that place. Yeah,

the soft lighter green needle tips in the spring. Totally. Can you repeat his quote? His quote? Stress is more and maybe, I don't know, maybe TaKisha you could write it in in the chat too. Jerry Malter with a G And stress is more demands than resources for me it's important to have the perceived area in there as well because I think so much actually of the relaxed money course is to help to tune into resources that are there that actually aren't first coming from money,

right? That are first coming from internal resources, body breath. For some it might be your spiritual team. For some it might be friendship, it might be a pause, it might be choice. These are different things we'll talk about over the year. The different conditions we can create that can come even before the external resources are as apparent. A tree would be a resource and we'll use that right now.

Thank you team Kate. Ooh, he has a website. He must be like, I should ask him like is it okay that I whisper your name into the cosmos? You know, like most people in the world were like please say my name and I'm not sure that's true for him, but I hate to claim things that's not mine. Hmm. So if you could take a moment,

mind your natural rhythm of your breath and this time instead of closing your eyes you might actually look around your room. So in nervous system support, the purpose of this is that we're noticing that there are walls possibly around us that aren't changing readily. We're looking for stability. And for some people it's even like just helpful to like touch your desk, like to notice that there's something hard and that you're in your present time and you can feel the floor underneath your feet.

And if you have a window you might begin to look out your window. And if you don't have a window that would have nature outside of it, I would ask you to tune into your imagination. So you're either going to see or imagine imagination being a resource. A imagine that there is a tree just beyond you. You could imagine that you are in the northern hemisphere and that you are gazing at a deciduous tree.

And you could ask that tree, this might seem a little out there for some of you, but you could ask that tree, can I copy and paste your stability? Could I copy and paste the way you were leaving? What was familiar, your green leaves or colored leaves or dead leaves or no leaves? Could I copy and paste that type of trust that when I let go of what once served me,

that I could still have resources that at the core I am still who I am, that there are still animals that come visit me, people that appreciate me can I copy and paste without needing to extract from you but to just let my mirror neurons know the possibility of an un rushed season of a full winter of the letting go. And that the miracles we sometimes look for when joining a program or starting a business might actually be the miracle of being in the process.

May I copy and paste that spring eventually comes that the leaves unfurl in their own time, bright, yellowish, green, sometimes almost pink. Each tree, each bush in its own timing. New friends come new birds and still I am who I am or I appreciate the possibility of this. Does that stability appreciate within me? And you can sit with your attention on the deciduous tree or shift to the evergreen and just imagine that you could say to it,

show me the possibility of small doable pieces of change. I'm not ready to shed like the deciduous or just knowing that we have so many dimensions of ourselves, so spiritually I'm gonna shed like a deciduous, physically like an evergreen, emotionally like a deciduous, spiritually like an evergreen, right? Like we've got all different parts of us. So if there's a part of you and maybe we can tap into the money part or maybe there's another part that will say like,

I'll let go just a little bit and I copy and paste the possibility of letting go just a little bit and getting to keep the rest of my vibrant self out there that brings hope to people in the winter. Show me the possibility of the transition from familiar to optimal in which the tension field even at a cellular level can be so uncomfortable. Show me so many examples.

Trees and animals and humans that not only survive it but come out more themselves, more happy, more embodied. Taking a deep inhale and a deep exhale. An inhale and then an ease the exhale out of the mouth. This time just releasing a little more CO2. And maybe if it feels good you could shake out your arms a little bit. Hmm.

Thank you all so much. If you wanna take any time to write down anything that's come through for you and that little meditation of utilizing the trees as a resource, you're welcome. Emily says, that was so yummy. Thank you. I noticed in the winter my eyes shift to the green trees. The evergreen is looking for life. And I think too,

oh my gosh, there's so much I wanna say right now. I'm gonna say this little piece and I'll open up for questions. In a lot of soen traditions there's a bonfire and the whole community comes together and there's a sharing of joy and pain and laughter and the mundane, their idea, their sharing of resources as the last harvest has been had. And then people can take candles or a torch if it were a longer time ago,

and light the candles and bring it back to their home for their altar or for their hear with the idea that in a winter season symbolically or literally that as we're going through a season where there might be more alone time, that we're not going through it really by ourselves. So that there's a whole population that is in that metaphorical or literal season with us.

And that we are, you know, coming from the same bonfire. And I am bringing this up too. 'cause then I think about as the winter comes and there's the tradition, like this whole Christmas tree thing is so much actually about bringing the outside inside. So when we spend more time outside, it's outside inside and bringing the smell and the scent,

which is also so healthy for us. There's so much neutral smell in our very sanitized world. So bringing the scent of nature into the home as a resource for those of us who are in the northern hemisphere. Hmm hmm Christina, you're welcome. So I am going to open up for questions. We are gonna continue to record. So I would say if you have a question that you don't wanna speak out loud,

you could a enter into relax money. And I might be able to go into the portal later and touch in on that. Okay. Actually I'll read Rebecca's first. I'm wondering what makes something regulating for the nervous system. Because for example, singing, exercise, dancing alone doesn't regulate the nervous system. Okay, here comes my geek. So regulation, sometimes people will think that that means that it has to make us calm.

But what regulation, and a lot of people don't love this word, tell Darden who was in this seat before me, changed it to resonance, to be in resonance, to be able to be embodied. And so what we're doing and what we're trying to do, if you have a window of tolerance or a range of resonance that's really small, a tiny thing might happen and it might be like the world is against me.

And if you're a range of resonance gets bigger, meaning you can tolerate more things and stay in your body, that little thing might happen and be like, wow, what an awesome challenge that I can get help with that I can learn something from. And it has a little bit more of a feeling of like I'm not alone. And so the regulation isn't to control you.

So the word regulate can really be over coupled with the idea of controlling how do I control myself, which is a little bit the opposite of nervous system regulation. And I'd say that kind of is like how patriarch can play into the nervous system regulation world is that we're trying to control ourselves. But this is actually trying to give ourselves an outlet beyond controlling ourselves where we can be more in our body.

And so Bridget Bix from Alchemical Alignment, who is my teacher and who is tell's teacher will talk about there being slow health, which might be meditating, might be cooking unless you're in like a chef for a busy restaurant. And that might be fast health, medium health might be going for a walk with a friend and having an intellectual dialect that moves fast.

Health might be you're riding an actual wave or going downhill skiing or you're presenting a court case. And so as we grow our capacity, we'll notice that some of us are more likely to stay at fast and have a harder time going slow. So all of these practices, I'm gonna step out of teaching too much about this, all of these practices are really to help us



increase our range of resonance or our window of tolerance.

Some people call it our window of presence. And not to control ourselves, not to like keep it together, but to actually be able to feel what we're feeling. And if you think of the word emotion to emote that we have a way to emote without causing any further injury or harm to ourselves. I'm gonna add or or those around us. Jenny Adams.

So I, through the school of Alchemical alignment and the lead teacher there is Bridgett Vixens. And so it takes in almost everything from somatic experiencing, which is Peter Levine, as well as understanding the energetic tides of biodynamic, perennial sacral therapy. And it also works a lot with ancestral and pre and perinatal patterns of how early imprints can affect our nervous system throughout life.

And Bridget works a lot with yin, whereas Peter Levine historically has worked more with emoting and yang. So she works a lot with the freeze layers. Hmm, okay. So I find regulating gives me more energy and capacity. Yes. Is it Mariana? Marianna? Am I saying that right? I've had a really intense week of solo parenting, my eight month old for seven days and without a car I was out of capacity halfway through.

And now coming into practice, I am really struggling to drop in. I was at Sarah's Ry last night and fell asleep. How can I soften from here? Yeah. So if you're saying that you're struggling to drop in with this group, I would notice like does your body want to move? Is it feeling like agitated for being here? It could also be just asking yourself like what is a layer of comfort?

And then I'm gonna say something that's somewhat unpopular, but I'm gonna be like also pretty accurate. There's a beautiful chart called the three directions map, which we won't cover here, but when activation starts to happen, one of the first things we can do before going into a place of spiraling or collapsing is to soothe and distract and soothe and distract could be that you go on Instagram,

it could be that you do yoga, it could be a breath practice, it could be, I'm not like advocating this, but like for some people a cigarette is lifesaving. This is not what I'm advocating. But what I'm saying is that the soothing and distracting to kind of take some of the shame out of it and saying like, yeah, maybe a ceremony which when your range of resonance is bigger is gonna be so like,

yes, give me more. I wanna dance at the ceremony and I wanna, and you know, or a meditation I wanna drop in. If these things aren't there beginning to tune into like what works for you to soften, like what is nourishing for you? Is there a food, is there a friend, is there a show? Because that soothing when you know what soothes you or distracts you,

that it can help to bring you to stability and make choices that are more in alignment with yourself instead of what you're supposed to do. Like it might be like ceremony is what I'm supposed to do to feel better. The nervous system call with a big group of people should make me feel better. Find the thing that you know can soothe you for now to continue to make choices that are more in alignment.

And this is like, you know, in a one-on-one, we could figure something out more, which I'm not suggesting and I'm not pushing, I just also wanna say that if, if there's any way to take any shame of the things that are supposed to work, like this is supposed to work what I'm doing with a big root or that a ceremony was supposed to,

that it's quite okay if it didn't have that effect for you. It's all really information. Hmm. I'll take one verbal question. It's back in loss of tea. Yeah. Sarah Jenks different program. I was just saying I was there last night. Dance movement. Oh,

hello Rebecca? Yeah, hi. Hi, this was me and now I don't know how to remove my hand.

Sorry. No, there you go. It was me asking this question about this, what is nervous regulating what you explained before. Hmm. Maybe I wasn't really so clear in my question. So what I was wondering was like for example, if you take an activity like singing or dancing, I know people who sing more dance really a lot and generally you would say that's a nervous regulating activity,

but those people do not always have a regulated nervous system. So what is it that makes the activity, whatever that is, for example, singing, when does it make it regulating for our nervous system or whatever the expression you used before that tell had say, said or used Resonate. Yeah, Yeah, exactly. This is such, you Somewhat mean,

This is such a beautiful question. I don't know how your friends are in relationship to the activities and I'm so I'm gonna answer this in two parts. This could not be them sometimes singing, dancing, art become a perfectionist. I'm not saying this is them can have a, like I'm learning and I'm having to perform and perfectionism, which is gonna become very left-brained and worth is gonna be tied into it.

And I often thought that with like Dancing with the Stars, I'm like, these people dance for eight hours a day. That must be, but like they're gonna be judged and there's right, like so there's a difference with that. There could be how much charge is in a system and that that amount of singing isn't actually gonna meet all their needs In that same graph of the three directions,

there's something called creating conditions. So instead of just like doing certain stretches and tapping your thymus and like these are all soothing on that chart, none of them even fall into the creating conditions. The creating conditions have a lot more to do with presence, learning how to pause, noticing a preference, making a choice, accurate reflection, being in healthy relationships.

But I didn't already say that out loud. I was thinking in my brain, I'm not sure if I said it out loud and, and these are things that over time are gonna take an something that would normally activate us and we can even work, like if you're working one-on-one with somebody, you can work on a certain situation and you can timeline jump in your brain and your experience and begin to notice what are the resources were there and start to resource yourself and your body to deactivate things.

So all the soothing techniques that you learn on a quick, like one-off call or on a YouTube or singing is great. They can be really great outlets like working out as a great outlet and they help maybe build our range, but then what conditions are we going to create for the specific injuries, trauma, injuries for the specific imprints that are causing the big reactions.

Does that make sense? Yeah, absolutely. And also it's just thinking of what Kate explained this with the hyper and hypo. So could also be that, you know, somebody just needs maybe to down regulate the nervous system and they're going in a super stressful dance class as in, you know, high activity, loud music, crazy movements or whatever. So it would maybe be counterproductive or something.

Yeah, Too That they actually, Yeah, yeah. This work is like both simple and very complex. Like the, I've been just like hundreds of hours of it every year for the last, well since I'm 19, but like very specifically this, this stuff that we're going over like five years and it's like it just can get so layered. Yeah.

Yeah. You're welcome. All right. So I'm noticing it's 3 0 1. I want to honor all of your time, the chart. I would have to ask

my teacher if it's okay for me to present it and or give you a copy emote, thank you so much. I appreciate all of your time. Welcome to Relax Money if you're new, congratulations for staying in this container.

If you've been here for six or nine months, it's incredible. It's really incredible. So thank you all so much for your time today. Thank you for being a part of this threshold with me. And yeah, may we move from familiar to optimal with as much support as we possibly can. Thank you all. And TaKisha, I don't know if you'd mind playing an outro song as everyone signs off Soul,

they know the way. Follow what feels good, those subtle little clues. Listen to your belly that is always speaking to you. They're so all with all at your fingertips. If you would only reach a little further in everything you're looking for, the pieces of your puzzle, all the love you seek, it is right there at your feet. She is calling for your light,

the Goddess on the rise. Strip away all your protection and open your eyes. Heaven is on earth in every breath you breathe and going a new vibration, a new way to be. There's a waterfall of wisdom at your fingertips if you would only reach a little further. Everything you are looking for, the pieces of your puzzle, all the love you seek it is right there at your feet and it's up to you.