

NERVOUS SYSTEM HEALING CALLS

November 21, 2023

TRANSCRIPT

Hello. I see people continually coming into the room and so I wanna honor the beginning and also just giving a little wiggle room for everyone to enter. And Keisha, I might also just ask if you got my text for the songs for today. I can look at my phone too just to see if there's a thumbs up. And I imagine you're also busy letting people in the room.

Got it. Hmm. So every month the nervous system healing, the nervous system support will generally start the same. It will be predictable. There will be an element for landing and also just I'm, as I'm saying that, I'm noticing who's landing in the chat. Cas, Sandra, Camilla, Esther, Kayla. There we go. Cool. So we generally go at a pace that is probably a little slower than your normal day.

And going slow is very much on purpose. Going slow is generally a pace in which we begin to feel more of what is present and what is presenting itself, including feelings and emotions. And therefore I also want to honor and take out of the shadow momentum. I wanna say that if anyone is feeling momentum or feeling like slowing down is too hard, that momentum has a place.

And when it says like not now, I don't want that wound to show up. I don't wanna open that thing. And every day each one of our bodies is gonna have a different need to have our own fight flight and even like a dorsal vagal freeze response. So as I slow down, it doesn't necessarily mean that you need to attune with me.

We can be polyrhythmic, you can have a faster pace, you could get up and run in like run around in space. You could, I think as Kayla just mentioned, like you could sleep on your couch and just assume that what is taken in energetically or you know subconsciously will make a difference or be what it's meant to be. I like to say that nervous system healing is generally not a one and done.

I'd like to think it's a little bit like brushing our teeth. It's something that we might do or be aware of a little bit on a daily basis. It might be like going to the gym where it's useful to get some reps in. And while we're here together, together and as we go on, I would love for you to consider that you would be an explorer or a scientist of your own experience.

So you would be making choices in relationship to what's coming up. You would be noticing your sensation and how that changes day to day, month to month, you are welcome as you are. I see one with a baby, I see one laying down. I see some people with their screens off. And so that to me is helping everyone to see that we get self-care and that our self-care gets to be seen.

So even if your camera is off, the scene in that is that this is my self-care, having my camera off. This is my self-care, having my camera on and seen eating, dancing. It was and is truly an honor. One moment I'm gonna say throughout this and even the theme for this one is going to be choice. And to say that what is optimal for one nervous system is going to be possibly triggering for another.

So there is no one size fits all. Today I will do about 10 minutes of theory, a little bit of movement and breath, and then we'll do a meditation and time for q and a about the nervous system or about anything that came up. I'm trying to read comments as I'm doing this as well. Thank you for your patience. Mm. So today's theme is around choice.

I was kind of wavering between going with like the very maybe stereotypical thought of going with gratitude this time of year in the northern hemisphere, we are at the end of the harvest season. Our days are dark and gratitude becomes an incredible tool to begin to shift our nervous system and shift our way of being. And I also think that choice, which is where I landed choice is choosing gratitude.

Choice is choosing what to tune into choice is noticing that we have a preference. So in the realm of trauma physiology, it's not generally the event that happens that causes the prolonged trauma physiology to stay. It's how we perceive the event. It's whether or not we felt like we were helpless or we had choice if we're stuck or we have choice, if we can use our momentum,

if we can move our way out of something or not. And so choice is one of the first steps of self liberation. And in earlier session we talked about pausing. I talked about pf Chang, pause, feel, choose pause. I notice that I have a reaction coming up. I might notice that I have a preference and that I'm going to choose my response in a way that is updated and upgraded and aligned instead of what is familiar.

Choice can also can, let's see, there can be the hyper choice, which means like I must have choice over everything. I must control every element of my life. And there is the hypo choice, which is I'm too overwhelmed by everything. I don't know I exist and therefore I can't make a choice. So today, we'll to tune more and more into that middle ground of being able to make choices.

This could be choices around your money, choices around your relationships, choices around the holidays that are in alignment with what is right for you, the people most immediate to you, but first for you, for your body and for your nervous system. I see a com, I see a comment, love that. On today's relaxing life call, I decided that one thing I can do for my money is to see everything as a choice.

I get to choose all of it. I love that. I recently did a podcast on choice that I think will be out in the next month and then I went out and I was doing a meditation outside and they fallen except for the maple trees. And the maple trees have all of these yellow leaves that are left. And I sat there looking to nature to give me hints and give me insights about choice.

And as all the leaves slowly fell from the tree, the trees, I realized and I thought about the serenity prayer, that there are elements in our lives that are out also outside of our choice. And so that the health and choice is the empowerment we can get to make more and more empowered choices, more and more things that are in alignment with us.

And then also the choice that let go of the things that we don't have power over. There is a map in the last recording that I made reference to, it's called the Three Directions Map. It originated in somatic experiencing with Peter Levine and it was updated by Bridget Vixens through chemical alignment. And the three directions map says that we have a starting point. I like to think of it as this rainbow at the end of the rainbow is completion.

At the beginning we're in a stable place and then we have activation. And so as that rainbow starts to go up, that's the activation. And then before we go, the part Bridget added in was the looping. Like when you start to get activated and then you get in your mind and you can't think of how you could change anything and you feel very victimy and you're pointing fingers everywhere that before that or even to get out of that,

we could do things that soothe and distract, which would bring us back down to our starting point. And a lot of the soothe and distract might actually be a lot of the nervous system tools that you've learned, right? It might be the like rubbing your arms, shaking out some of the breathing techniques. It could be watching Netflix, it could be going to your phone.

Some of them, a lot of us would judge as like, those are really great things to do. And other things would be like, oh, you shouldn't do that. But a lot of them are lifesaving. They keep us from looping. And today when we go into choice, this is one of the things that's considered a condition. Creating conditions that would help allow us to get activated

and move through the activation.

Not to numb, distract or soothe, but to help us actually meet the activation and make it all the way through to the other side. And some of those have to do with relational health, pausing, mutual sup, support, incorporation and choice is amongst them, which is why choice today. I'm just like, I'm gonna say the word choice over and over again to say that even though we're not doing a trick right now,

we are talking about the possibility of noticing more choice in our lives, more preferences and standing up for them as a way to liberate ourselves and empower ourselves and to move into abundance before the money is there. But also as Kate has said, that when we move into internal abundance, our outer life starts to match that there's a possibility of that. And yes,

it was asked last time, is it possible to get access to the three directions map? And I told you I was gonna ask and I did not ask Bridgett. I will ask her if it's okay for me to share. I'm gonna write that down and I would love if I can, if I'm allowed to share it, I would love to draw it out for you all next,

next month if, if that is available. And okay, someone says, I watched the movie Zoe last night, which was oddly regulating for me. Yeah. And we've spoken in different modules when I've had people write in the chat like, what are the things that when you start to get overwhelmed or you start to numb out, what are the things that bring you back to life?

And we start to build those to build our resources. And then there are some core things that start to create conditions for us to actually stay with activation all the way through till completion. So what we're gonna do now is last week I had you all last month had you all, all march in place. And the marching in place was to include the body.

It was to do something rhythmic. It was to do something predictable. It was just to get our bodies involved. As we sit here for an hour and this time I'm gonna ask TaKisha to play the same exact song and I'm gonna invoke or invite more choice. So maybe before we even start that, you could take a moment to either write down in a journal or a notebook,

an intention around including more choice in your life. So an intention of including more choice for your nervous system. And if you wanna do a secondary one, which would no matter what, feed into the money situation and for money. Because as we're in a group together, we get to amplify intentions. And once you've written your intention down around choice, when TaKisha plays the song,

knowing that some of you are gonna choose to lay down, some of you might be in an office, some of you might be in a car, some people may not have two feet to stand on. So when I say stand up to really just change this to something that works for you. So when the music starts playing, instead of marching in place this time I'm gonna ask you to tune into your body and notice what it wants to do.

It may want to sleep, it may want to shake, it may want to dance. So again, listening to your body and choosing moment by moment what it wants to do as the music plays. All right, TaKisha, when you're ready. Does anybody else hear the music you do? Oh, I don't hear music. Come Weavers a story, art song let us gather.

Keisha, would you be able to turn it up? I can't hear it at all. I wonder if all I wonder if To weave a new vision for those yet to come for we are the ancestors of our great-granddaughters and sons. Bring your voice, your hands, your heart or your drum, whatever it is that you make your art from. But If we don't,

we may well choke on all the words. We never spoke on all the songs and poems we never wrote. And the fires within we let turn to smoke through a vision, a dream channel through a brush stroke, a song or a scene can be the spark that lights the dark. We find ourselves in Our Ears and always has been a way for spirit to be seen.

So come way, show us weavers or spirits. Inform let's us gather together around their style and small sing. So come weavers of story, art and song let's us gather together now for the time has come To weave And envision for those yet to come. But We're the ancestors of our great granddaughters and sons. So Fall And taking a moment to notice how you feel after listening to your body and moving your body in in a way that honored you,

whether it was to be still or shake or dance or move. And we'll take a moment to move from incorporating our body to then including our breath. So last month we did a two times breath, which I think we'll start there again and then possibly add in a few more patterns. So last month, and I might repeat this again. Last month I had you just feel your pulse to begin with.

There are some things that forever seem cool to me and taking a nice deep inhale and noticing the pace of your pulse and on your exhale, noticing the pace of the pulse and a really healthy body is going to have quite a difference in which on the inhale you can feel the sympathetic, you can feel the increase of the pulse, the speed. And on the exhale you can feel the decrease of the pulse.

So that in our body we constantly have this river of life of up and down from breath to breath, from inhale to exhale. So as we do the two times breath, what we're doing is we're elongating the time of being in that parasympathetic of that slowing down. So we're gonna count as two for the inhale and four for the exhale. So when you're ready,

take a cleansing breath, which just means an easy inhale and an easy exhale. And then inhaling for one, two, exhaling for 1, 2, 3, 4. Inhaling, one, two, exhaling. 1, 2, 3, 4. 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. We'll do four more of these. Inhaling. One, two, exhaling. 1, 2, 3, 4. Inhaling, one, two, exhaling. 1, 2, 3, 4. Inhaling, one, two, exhaling. 1, 2, 3, 4. And last time inhaling, one, two, exhaling. 1, 2, 3, 4. Because today's topic is choice, I'd love to give you another breath practice so that you can be a scientist of your own experience and try another breath,

breath practice so that you can choose between various breath practices. You can choose to breathe exactly how you're already breathing. A two x breath. And then we're gonna do a combination of Kabbalah bti with a box breath. So anyone who's new to Kati, it's just a forced exhale that's coming from the navel coming in. So it sounds like this. And a box breath means that we're gonna inhale four,

hold four, exhale four, hold four. So this combination tends to wake up the nervous system so that if you're feeling sleepy, the cabal bati will help to create a little fire and focus. And the box breath will then kind of contain it, right? So instead of having like a flame that goes outta control, the box breath can help to focus it back down.

Okay, we'll do about 30 with cabal bati. I will, after we're done with that, just say let's take a cleansing breath and then I'll guide you through the counted box breath and we'll do one or two rounds of that. So you could take an easy breath in, an easy breath out. And then you're gonna inhale three quarters of the way in and then exhale,

which is fast and sharp. Go ahead. Cabal, bti, all through the nose. If you're stuffed up, you can breathe through the mouth and I would say just slower. Exhale, easy. Inhale, easy exhale. Then we're gonna box for a count of four. Inhale,

1, 2, 3, 4. Hold. 1, 2, 3, 4. Exhale. 1, 2, 3, 4. Hold, 2, 3, 4.

Inhale, 1, 2, 3, 4. Hold, 2, 3, 4. Exhale, 2, 3, 4. Hold, 2, 3, 4. Again inhale, 2, 3, 4. Hold, 2, 3, 4. Exhale, 2, 3, 4. Hold, 2, 3, 4. Last time. Inhale, 2, 3, 4. Hold, 2, 3, 4. Exhale, 2, 3, 4. Hold, 2, 3, 4. Take an easy inhale and an easy exhale. And again, just noticing how you feel. Generally that pattern could be done two to five times,

times and you could take a little note and write down how you feel after doing that breath pattern. So that again later when you're trying to work with regulating the nervous system, you begin to have breathing tools that you can choose from. And you can start to know what works well for you at what time of day, for what purpose, for stimulation,

for focus, for relaxation. I am a horrendous speller so I'm wondering if TaKisha could put in the notes how to spell kapai. It's from the yogic tradition. It's one of many pranayams And someone said my nose is stuffed up. Any suggestions? And so I wasn't planning on going into a full breath thing here. But I will say that in general,

the nose is where we have thousands of parasympathetic nerve endings. It's where we heat the air coming in. It's where we filter the air coming in. So when it is possible to breathe through the nose, it's optimal. It signals to the body that we are not in fact in danger. So switching to nose breathing, some people you'll probably see online who taped their mouths at night or during exercise,

it helps us to be more tolerant of stressors including CO two, which helps oxygen get to more parts of our body. So there are a ton of benefits of breathing through the nose. And if it's stuffed up then you have to breathe through the mouth. And I wouldn't probably choose cabal bti, I would probably then choose like the two x breath. If I had to breathe through the mouth,

go, yeah, this is funny. I really wasn't planning on looking this direction. But Kai, I would say just maybe one more thing on the kabati is that this is a practice that maybe even going into a yoga studio where they're practicing it. So you can see. But I will maybe stand up for a second and just show from here when I exhale that might that it's coming in right around solar plexus and na.

So that my core is actually quite steady and stable. But the exhale is the core pulling into itself even more. So it's a forced exhale and then the inhale happens with ease. It's just natural that then the lungs begin to expand and the air gets pulled in. So the focus is on the exhale, not the inhale on that. Does that make a little more sense?

So cabal, bti for the nervous system, I love this. I love when plans change cabal, bti for the nervous system. I'm gonna say. So every breath has an intended purpose, but it doesn't always work out that way for each person. Which is why it's important to say that you are the scientists of your own body and your own experience.

The breath is intended to be a fiery breath. So it is intended to build heat. It is intended like third chakra. That sound of rom it's intended to. Third chakra is like I can I will. So when we're feeling maybe weak or we're feeling unfocused or like we can't do something sometimes having a breath that's actually going to stimulate us in the nervous system world,

we'd call it healthy fast. 'cause oftentimes we think like fast and fast is bad and we wanna move to slow, but there's healthy fast and healthy focus. So abbasi should begin to actually increase energy, increase focus, increase fire, and then the box breath in my experience tends to contain it a bit. So that then we have time to slow the breath down.

And there's actually great benefit to those pauses in between. I just, I also see there's, we're doing a lot of spelling over

here. For some reason the sound of the exhale does not come through. Oh that's so good to know. Zoom is really good at blocking out sounds and sometimes that's helpful and sometimes it's not. So I apologize, I didn't know that you couldn't hear my exhale.

That must be interesting to be like listen to me, do it like this and no sound comes out. Yeah. So why don't we take, I'm aware that we're close to q and a time. I would love to do a really short meditation to maybe integrate some of these pieces of breath and choice and then we'll go into q and a and then either in the chat over here or in the relaxed money hangout spot,

if there are specific things that you all wanna know about, like theory or practices, whether it's breath movement, emotional anatomy, or straight up nervous system stuff. I'm so open to sharing what feels most useful. So in a somatic session, it's very normal that a session would start off by orienting taking a moment to orient. And what that would mean is that we would notice that here where I am on the east coast of the US it's November 21st,

it's almost three o'clock. And so you might notice your own date of when you're listening to this participating, what time it is, you might notice your own age. And the beautiful thing about this, it's not like something that you necessarily choose, it's something that's already chosen, something that's already happened. And then often we would suggest in sessions that the inside person,

the person noticing might notice the four walls around them. And the purpose of this is to notice that there's something that's rather unchanging that you can count on that's solid. Sometimes people like to feel the desk beneath their hands or the ground beneath their feet to feel like there's something stable for some nervous systems. That's really restorative. And as we tune into choice,

you might notice in the room that you're in and the location you're in, what you have choice over, for instance, the color of the wall you may be renting, you may have no choice over it. And I am such a big practitioner of daydreaming. So you may not have choice, but you could dream into what would I love it to look like?

Because your body actually begins to sense and feel that and you actually begin to receive that. And if you have choice, noticing how it feels that you chose something you love or noticing that you'd like to update. It's not unusual when we become very familiar with a space that we start to numb to our preferences. Same thing in relationships. So often when we move into a new space,

we see all the little nicks and dings and things that we would change. So in this moment, maybe even noticing the arts or the lack thereof. And as I said, for some people this will really ignite your nervous system in a positive way or soothe it. And for others you might be like, I fucking hate having to think about choice. And that's really good information.

Yeah. What blankets, pillows, you might be in office without blankets or pillows. What pictures? Friends, family plants. And you could look at a plant in your room or you could look outside or you could imagine if you don't have anything green or alive in your space, the plant is in your room. It could be that you chose to have that plant,

whether or not you choose to water it. And then relaxing around the part that you can't choose that by watering and carrying. For my hibiscus, I can't choose that. It might someday become a pine tree. So that's something I can let go of and going inside of your own body. And you could think about any one of the money calls that you've had with Kate,

you could take this time to remember the patterns, the ones that you perhaps now see that you didn't see before that are familiar. And remind yourself of an update, an updated choice that you've made and notice how that feels in your

body. Now would be a great time to amplify or remind yourself of your intention around choice. Taking a nice big inhale and a full exhale.

Easy inhale, easy exhale. If your eyes are closed, good. Notice that they would be willing to open again. And once more just orienting to your room, to your car, to where you are in the woods. If you're listening on a walk before we go into q and a, once again, just noticing how you feel in your body.

So for the q and a, I am seeing that there's a question around the three direction maps and I love it, it's from Kayla. Can you talk more about the completion side of the rainbow of the three directions map, what would you recommend we do when we're present to so many choices that it's overwhelming? I wish we had another hour. Let me,

let me answer the first question. This for me is all about a lifetime of practice and small dual pieces here and now. So the completion side of the rainbow, an example of that might be, can somebody write something in the chat or something that like irritates them every time it happens? See if it came up. Alright, I can think of something auto correct,

my kids talking back. Okay, so the kids talking back. There we go. A lot of people have them now. Okay, so the kids talking back, every time the kids talk back, the nervous system starts going up. And if we were talking about a money thing, it's like every time a bill comes in you might feel like nervous system getting deregulated.

And so the idea of completion is that over time, through doing tiny bits of relational repair, of nervous system work, of tuning into choice of learning how to pause of small doable pieces over time there becomes a time when the kids talk back and you don't even have to soothe and distract. That's what it looks like on the other side. On the other side of doing practices over time is that something happens and you don't even have to go,

okay now I have to breathe now I'm gonna jump up and down and shake it out. Like you don't have to talk yourself through and you don't have to figure out how to soothe and distract because when the pattern is complete it just doesn't bother you, right? There are some people who are so bothered by certain things in life and the person next to them,

it doesn't affect them at all. And that often has to do with early patterning in our system. An example for me would be, I used to be so afraid to send a newsletter out. I have a bit of dyslexia, I could read something a million times through and not see the mistake until it gets sent out. And when I'd have a mistake,

my heart would start. Like I would think that somehow this reflects on how much I care about the people I'm sending the letter to or the quality of who I am or what I offer. And then being in a setting enough times in which I could come exactly as I am imperfect making mistakes and that my presence was still so wanted and desired. I got a lived experience of my imperfection,

not at all affecting like my experience of of being whole human and worthy of being there. And then I got to have an experience of sending out some newsletters where there were typos and I didn't have to soothe and distract. I had hit completion on that. It didn't bother me at all. So that's kind of what the other side of the rainbow would look like is that you don't have to soothe,

distract, you don't have to use nervous system tools to come down. Because once you've worked through enough times of lived healthy rewiring, then it doesn't affect you the same way. And sometimes you'd be like, oh I don't even know what you're talking about. You can almost like not remember it's extinct. You know, a lot of people came up with things that that could aggravate you at first.

Yeah. So the completion of a trigger, correct. Can you share some techniques to calm down to focus a bit? So Kai was sharing that through certain challenges it would be useful to be able to refocus and calm. And I think that the breathing techniques we did today would be one of them. And I think that Kate I've seen in her nervous system section has a whole list of different nervous system techniques to calm down.

I also find that a lot of bodies need a healthy amount of fast and a healthy amount of fight and flight outlets. And in our society we mostly use fight and flight in our minds, meaning we fight with our words, we fight relationally, but do we have outlets like kids might have outlets through athletics or being in the woods where they could have healthy fight and flight outlets.

And so some adults, I would think most adults also need some variety or be useful to have variety in the speed both mentally, physically, energetically, so that we're not relying only on mental tools to calm us and focus us. Does that make sense to kind of like use the spectrum of mind, body, soul, relational. And then this is the last one I think I'll take and I also see Kali ba also let me,

I'm gonna answer since I have answered one from Kayla so far. And then Kayla, I can answer in relaxed money area if I don't get to it now. Collie, would you like to come off mute and ask your question? Hi Sarah. Hi. Good To see you. Hey. Yeah, you too. The choice thing is I've got it on like in my system at the moment 'cause I've made a choice to go and see someone where there's still just a little bit of discomfort.

Mm. And so if I were a hundred percent listening to myself, I wouldn't go. But I also know that it's important for me to stretch myself a bit. Mm. And so I'm just wondering what you have to say to that. 'cause I can feel things coming up and I imagine, you know, like calming myself. But is there something I can,

like I, I want my body to know that I'm listening but also that I'm stretching, if that makes sense. Yeah. I'm thinking of two things I'm thinking of right distance and boundary repair and the amount of time. So I'm thinking, gosh, I'm thinking of a bunch of things like as you go to meet this person, if you're feeling resistance,

checking in with your body first, what could I do to resource myself so that my body feels centered and my body feels good? And then noticing in your body as you get closer to this person, how it feels. Because sometimes in society we've been told to stretch ourselves and we're not stretching ourselves into our truth, we're stretching ourselves into people pleasing. And so actually beginning to notice,

am I stretching towards my truth or am I stretching to people please, there's a hyper social tendency in which we might have a phrase or an experience of I am okay when you are. Okay. I can tell you like that really is something that I am current. Like I don't know if it'll be a lifetime before I get completion, but it's just something that when I saw that on the nervous system map as hyper social,

I'm like, wait, that's not just truth, that's okay. I'm okay. Like I just thought I'm okay when you're okay, that makes a lot of sense. But actually I'm okay when I'm Okay. So as you first attune to yourself of I'm okay when, when I'm okay. And then you start to move into this scenario just paying attention to your body.

Does this feel like it's upgrading to a truer you or does it feel like you're doing it to people please. And that's something that I think you're gonna probably know as you're there and you can then kind of boundary repair of how close, how often will I see them and what context so that it's not an all or nothing, but that there is more choice and nuance within the like the interactions and when they happen.

Mm. That's super helpful and really resonate. Thank you. Awesome. Thank you. Good to see you. You sure? Okay, so it's exactly three o'clock. I just wanna see one more question that I feel like I, okay. So really briefly on the so many choices thing on the 21 days of support that I offer, day 14 is on choice and I talk about like the overwhelm of choice and then there might be choice to make less choices.

There are two things here. You know, Steve Jobs only wore black so that he wouldn't have to use any energy on choosing what he was gonna wear. So there could be some areas where it's like, I will not make any choices. If I eat out, I'm gonna eat out at a place where I go with a friend who I love their taste in food.

I'll let them choose for me. You know, some people might love to choose their own food and other times it's like please not another choice. And another thing is noticing if there's a control element of it. Am I making so many choices because I'm not delegating my life anywhere That that would be a question that I would check into. Thank you so much.

I think to Keisha, there's a song that I really love for this is The Western season. Yeah, there we go. It's called The Winds of the West. I will check in on the Relax money website if you have any more questions. It was such an honor. Thank you so much for your time. I do not need into the darkness of the sunset.

I release, receive. Getting ready for the silence. I feel the winds of the west outbreath letting go of my leaves. All a doom. Not need into the darkness of the fall. Sunset I release, receive. Getting ready for the silence. I feel the winds of the west out breath letting go of my all do not need into the darkness of the fall.

Sunset I really receive. Getting ready for the silence. Thank you. Be next month.