

NERVOUS SYSTEM HEALING CALLS

June 25, 2024

TRANSCRIPT

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Abundance is energy close to me easily. Abundance is energy abundance, it flows to me. Abundance is energy flows to me easily. Abundance is energy flows to me easily. I was saying that I'm going to echo Vanessa's comment and say hello beautiful souls. It's really good to see you here. I am always so moved by anyone's commitment to take time to pause, to take time to tune in, to have a dedication to self.

To nervous system. Nervous system is a really sexy word these days and I personally like to just include in that phrase that is so often electrical and mechanical. For me, there is an element of embodiment of soul and spirit which you don't have to believe in. But for me, I need a little more juiciness and meaning to nervous system healing nervous system support. Here we are on June 25.

Thank you, Sarah Pack. June 25 and this is the second official nervous system call for relax money 4.0 and I am going through the program this time as well. Both for. Yeah, thank you. I'll take the claps. Yeah. For myself. And I thought it would also be helpful as I'm in this field with you, to really be in the field with you, and I'm really enjoying it. And I'm aware of how beautiful and full the information and the experience and the homework is.

And what I'd love to say about myself is that I love to teach. And so there's an effort here to contain, to guide more in meditation, to give, like, a small, doable piece of nervous system theory without jumping too much into theory or too much new information. Once the core 13 modules are over, I'm going to get together with Takeisha again and see if I can get my whiteboard working, and I'll do a little more theory, because I love it.

And I just think sometimes theory can give us more orientation to our lived, felt experience. So that will come after the 13 modules are over. And what you can expect, probably for all the months with me, is that it will be a little bit like what a child's show does, like a young children's show. My kids used to watch bubble guppies, and every show starts off with they're on their way to school, and they encounter something new, and then they go to morning circle, and they talk about it, and there's this progression that's the same with, like, a new twist on what is the lesson for the day.

And so every time we get together, oh, I'm also being told this is a final session for the 2.0 cohort. Congratulations for

being here all this time. And we'll have this as both. It's like a beginning. The beginning and an ending. And back to what I was saying is, for us, I will talk a little bit about I'm moving soul and purpose. You don't have to. This is a line that I picked up from Tel Darden.

Just a reminder I'm moving slow on purpose. You don't have to. And I'll go into an Osa meditation, which is orienting, stabilizing, and attuning. And there will be a stabilizing outside of us with something that's perceived as nonliving to stabilizing with nature or attuning to nature, and then with ourselves. And the lesson will be woven in. We'll take Q and a, and then at the very end, I will end us with kind of, like, opposite direction of a meditation beginning.

The word begin, it may not be unique, but if it is unique, I heard it from Therese Jordan. So just give the lineage there. She's an elder in our community. So last week we talked about working with the nervous system instead of going straight towards the trauma we might start with. Is there a place that is neutral? Is there a place that is healthy? And today, what we'll weave into the Osa is.

Is there room for pause, feeling, and choice? So as you take a moment, you can choose, there's no way I'm going to do this, Sarah. Right, so you're pausing and choosing. I refuse to do this exercise, or. Okay, I'll give it a try. And we're going to start by noticing the walls around us. So what we're looking for is neutral or slightly pleasurable as we perhaps look over the right shoulder if rotation is possible for your body.

Otherwise, you can imagine we might notice that the walls are there, and I've probably been there for some time. And you can begin to move again somewhat slowly and moving in the other direction. And what we're doing here, too, is just increasing, possibly increasing our capacity to be with things that might not be that exciting. And at any point, we're going to go back in the other direction.

I would invite you to pause as you turn and notice how you feel and choose if you want to rotate further or if you want to stay where you're at. And then again, you could pause and notice if there's anything that feels good. And you could choose to focus on it or not. I'm noticing a little crystal hanging from my mirror and a little statue a friend gave me.

And I noticed it feels good to pay attention to them. And I'm going to, again, invite you to rotate back in the other direction and notice this is again, tuning into yourself and pausing and feeling just how slow your body wants to go, or perhaps does not want to go. If you feel anxious doing this, like you have so much energy, your choice might be to actually get up and jump up and down or run in place.

You're not wrong. Your nervous system is not not advanced. It has a wise impulse. So this is less about having to follow the leader and begin to tune into your own wisdom. Your own leader, again, noticing if you want to twist further. I do. And if you want to notice anything neutral or pleasurable. And as you do, if you do, how does it feel? And do you want to put even more attention on that?

Let's just say I notice an unfinished part of my wall, and I'm going to choose to see the other thing that reminds me of my grandmother and notice how that affects my body, that choice. I know they're both there. And then slowly coming back towards center and taking your attention outside. If you have a window to gaze out. And if you don't have a window to gaze out, you can use your imagination or you could look at a plant, if you have one, in your room.

As I make note of nature, I am in, I'm in Maine and I'm looking out to the forest. And you may be in a city and you may be in a tropical environment. So we were tuning into what is stable around us, what is neutral. And a wall is often perceived as nonliving. And as we look outside and we see a tree or a flower, or we imagine one or we look at a plant, we might begin to notice how we feel when we pay attention to it with a tuning.

There's sometimes this request, hey, can I copy and paste that? It wouldn't take away from the tree, but we still ask. Like, a tree could say, no, please take your attention off of me. And we could ask somewhere else, can I, can I copy and paste that? Paste that stability you have, the way you just go with the seasons. And in some ways there's no way you could fail here or I could fail because as you notice, like, oh, I love this exercise, or I hate this exercise, or I'm curious about it, you just keep getting information by pausing and noticing and making a new choice for yourself in what could be considered a safe environment.

So at this point, I would invite you to take your attention into your body. And I put my hands on my heart and that might be like, oh, too fast, not right to the heart. And others may be like, this is the place I feel most comfortable. So you do not need to put your hands on your heart. There is theory that a hand on the heart helps to tone the vagus nerve that goes through the heart.

So I might then bring our attention down to our feet. And if you're a body that does not have feet or does not feel in your feet, you would pay attention, perhaps to the furthest point away from center and see if it's available to notice the contact that that point makes. Is there something supporting it? Something that you didn't necessarily have to do anything to earn its support?

That it's just there and solid and beneath you? And as you begin to sense, even just pausing to sense the texture of that support, we begin to attune to ourselves and our surroundings. For me, I often now come up into my breath. When I come up into my breath, it's just my choice here that I'm going to take my hands off my heart. And again you choose. So as I pay attention to my breath, I get curious where it wants to go, where it's already going.

And for me, this is so much like inner child work, where I'm not here to fix it. Later we could choose a pattern, but right now I just here to know it. When I'm presenting, when I'm here with you. Where is my breath? Where is your breath? As you start to do this practice of pausing, feeling, choosing, you begin to hear, possibly some whispers more of what your body wants.

And sometimes we think our desires are so big that it would disrupt everything. But we get to start today with even small desires. Where does your breath want to move? And as we are now more in touch with our bodies, possibly, I could not possibly know all of your experiences, but there's a possibility that many of you are have slowed down to the pace of nature, have attuned to your body.

I would ask you now, is there anything that your body would want for greater support? And that could be that you love sitting up nice and tall because it makes you so alert and attentive and you can take it all in. Or maybe you want to lay down and put a pillow over your eyes and be under a blanket. And I want to honor that. There are other times where maybe we have kids running around and we can't honor exactly what our body wants.

Like, for me at bedtime, like, I just want to rest and not do this two hour bedtime routine. And so within the truth of what is happening in the moment and what my body desires, I might be able to say, like, oh, but right now, what can I. I can hum. I could snuggle. So with what is available to you now, does your body need to use the bathroom?

Yeah. Vanessa, get a drink of water, comfy socks, and yes, holding myself, says Sarah back. And there are many people who aren't on camera and some people who are. And I won't speak out loud because it's on recording, but I just want to say that I'm appreciating all the variety of ways of which people are finding time to choose something that works specifically for them. And then we'll take a nice deep inhale.

And then exhale. Inhale, arms up. And again, you can say no, so you don't have to do what I'm doing. So much choice. Exhale. I'm going to twist to the right, and I'm going to include my eyes in the rotation and come back up towards center. Arms come back up. Everything's a suggestion. Exhale, twist. My teacher will always say, like the first answer is no. And then see what arises and back towards center.

And this is just the yoga teacher and me. I'm finding my hands are coming towards my chest and. Hmm. Thank you all for the little, for our OSA meditation, that woven pause, feel choice. I remember that acronym with the restaurant PF changes the p for pause, f for feel. And that's. And although that's linear, if you were to put it almost like the recycle sign where there are three points on it at any point in time, it could be that you start with choice in order to take that pause.

Like any point on that circle would feed the next part in the sequence. And so here is the small Osa. Thank you, Kayla, for asking. So the OSA is orientation or to orient. So I started by saying today is June 25 and saying that this was the second call for relax money 4.0 and the final call for the second cohort. And even orienting to our walls and our space is part of that, and then stabilization.

So we're looking for like, what is stable, the floor beneath us, we didn't do that today, but the floor beneath us, the walls around us, the stable trees. And as we begin to slow down, there is the a, which is for attuning. See, I can't help myself here. We attuning, which means we start to feel like we're syncing up at a pace that aligns with, in our example here, the pace of nature.

Yeah. And then pause, feel, choose is a PFCh. So when I told you I was going to get out the whiteboard, it's that part of what I'm going to say later is going to incorporate what I've, what we've practiced here and now. And the little piece of theory that I'm going to put here is that when we're working on the nervous system, at first, we're often working on taking the, like, releasing the lid on the teapot.

So the fire is on, there's water in the kettle and it's steaming and it's whistling. And then we have a practice that will release the lid so that more steam can come out. And then we're less reactive and we've kind of stabilized a little bit. There are a lot of stabilizing practices that are really helpful and can feel life saving and can help us change patterns over time.

And then there's this other idea of creating conditions which for me, I see this as like a long term, small baby steps process for our nervous system. And these conditions are, they include pausing, feeling choosing. So when I have a client who pauses and says, like, hey, actually, you know, I want to change rooms because it's getting kind of loud or I'm feeling kind of hot and I'm just going to quickly change, I will always take a moment to celebrate them so that when they're in a state where they feel disoriented and they feel like they are having a hard time making choices in life, just to notice, like, wow, you noticed something and in front of me you were able to speak what you noticed, ask for a pause from the session and go fulfill a need.

It's a really, in my opinion, it's a really big deal. And so when we practice it in safe containers, we start to create a condition and a skill that will help us within relationships. And so I may mention a few more conditions, but I'm not going to go into them on detail, in detail. So if you can imagine you're getting a quick run by of it, and then each session will have time to go into some of those conditions.

And so some have to do with boundary repair and right distance and relational repair, creating win win scenarios. Self care as a basis of community care. I love that. Brief, frequent attunement. We'll do a whole session on brief, frequent attunement another time. So I'm just putting them into the air so they've been heard once before and saying that today we're doing a micro practice of pausing and feeling and choosing.

I have done practices with people where for some, it's so relaxing to hear the pace of my voice and to look at something as simple as the wall. And for somebody else, it's like, get me the fuck out of here. And for that person, that's such good. That's such good information. You're not wrong for not wanting to hear my voice. You're not wrong for not wanting to go my pace.

You might find that if you go jog in the corner, you're like, now I can stand her pace. Or you might want to do sit ups, or you might want to push against the wall if you feel like you want to hear what I have to say. And of course, people will choose not to log in. So this is all really good, healthy responses, I tend to think.

Yeah. And so I will look over here at the questions. Thank you for the recap. Yes. Yeah. Thank you for asking your questions. It's so true. When we go into meditative places, it can be hard to remember, like tangible information. Someone literally just made tea. I love that. How do you habituate speaking so amazingly slow while guiding us really slows everything down so beautifully. Hmm. I used to be a sprinter because I was like, have I always been slow?

I used to be a sprinter. I was the captain of all my team. So I assume I, like, yelled a lot. And I just went mountain biking the other day, and I was like, yeah. So I know that that part of expanding our capacity for the nervous system is to find healthy slow and healthy fast. So it's not like, turn off the sympathetic and only parasympathetic. It's actually that there's room for both.

And so I do speak slower more than I am. Like, yeah, but I do have that too. And there are practices, actually, that I do and that we do in alchemical alignment that really helps with slowing down. And I notice that when I slow down, I notice more. And when I pause, like, you'll see me pause sometime, like, oh, do I want to give more information? Like, what is familiar?

What is optimal? So pausing helps me notice more often if it's optimal or familiar. So I would say it's a practice. And I have to get comfortable with the fact that my pace might really bother people. And the people pleaser in me is like, oh, okay. That's like part of growing with that skill too. People like to talk fast. Great. Yeah. Can you imagine if the whole world went this pace?

And I do think when we slow down, then we can go fast on purpose. Okay, so this is a great question. What's the difference between natural resistance to change and something you just don't want to do? I don't know if I'll get this right. I think this is a lifelong question that's to explore. But here's what I've come to so far. Like, if I am a person that believes my body has the answers, but I also have a body security system that wants to hold me.

In my old ways, those two things can sometimes conflict. What is resistance, which is holding you back from the next you? And what is an actual signal of this is unsafe? Please don't bypass me. And my experience is that inner wisdom tends to whisper. And the whisper of the knowing often sits right beside the body security system. And so often it will feel like, for friction. If there is something where your body knows that you shouldn't do it because it's not safe, generally the other voice is yelling, you should do this.

That makes sense. Like, there's one that's often yelling at you with shoulds, and there's another one that's sometimes whispering. And my advice for myself and for those I work with is to often see what is the smallest doable piece you can do so that your body security system that loves you and wants to take care of you can see like, you survive that small piece. Like sometimes when people win the lottery, it's followed with depression and like, oh, what is life for type things.

Because it wasn't a small doable piece. And it's not that it's wrong, but when we do small dual pieces of trying something new, like doing the stabilizing things that Kate has been teaching you and then looking at your bank account, and it's like these small dual pieces that come together with support. Now I'm going to do this thing and now I'm going to. I'm just going to look at my bank account.

Okay, I survived it. I survived it. There are little pieces that say, okay, we survived that little change and we can do it over time. And in our society, we often want the big wins fast to prove that it's working. And this is where it feels less sexy. If there's an approach that says little bitty pieces over time, which do open the door for quantum leaps, like when your system has done so many foundational pieces and then suddenly it feels like a portal opens and this big opportunity comes, but you're more ready for it.

I may have gotten off track just a little bit there. I want to say one more thing to tie this into relax money, which is that I loved, actually. So last week was module seven and it was an invitation to go back to our top three peak experiences and then see in detail what did it feel like? What did it smell like? I just want to tell you what my eyes just did.

I have a little dyslexia and I thought it said 253. I was like, oh, geez, we're almost at time. So what did it feel like? What did it smell like? What were your feelings that you had? Who were you with? What environment were you in? And so what's happening is you're going back to a time and place and you're pausing and you're feeling and you're sensing and you're collecting data.

And the next step then is to start choosing financial investments that align with those feelings. I thought it was brilliant. I thought it was a really brilliant exercise. And what a clarifying way to figure out if we're investing in spaces that are going to make us feel more alive. And for me, that very much lined up with the idea of pausing, feeling, choosing, and then with a very concrete where we take snapshots in time and space and say, oh, I want more of that, that feeling.

And now when I'm about to invest in something, even if it's at a clothing store, I'm going to pause. Feel. Is that feeling attuned with how I felt at that peak moment, or even when I feel great and make a choice? I was, like, really psyched that that was last week's module. All right. Okay. So the question is, what are your thoughts for practices in times of panic that trigger echoes of collective trauma?

Today I'm speaking publicly about corruption in my township, Trump on small town scale. As a queer female leader who has been targeted in the past, I'm feeling the threat today of speaking out. Tonight. My body has been shaking. I could be targeted. I'm so glad this call is today. Thank you. Yeah. And so, as Kate has said before, our nervous systems remember, generationally, they feel, societally, they see what happened to others and others in similar positions.

And then your lived experience, since there are four layers there. And so, as this is a group call, others could hear this question either like, yes, I have experienced the exact same thing, or it could be of another time where you're about to speak your truth and you're pausing and you're feeling. And what you're feeling is a real threat response. And I would be curious, because I also see the idea of shaking.

I would be curious at all points if there is anybody who you can reach out to, like, doesn't even have to be a professional, a friend who really is highly supportive, who could hold space while you shake, and to just sit there and allow your body to shake until it stops shaking. And that can sometimes take 45 minutes. I understand the science of emotions moving through in 90 seconds.

I don't have a lot of lived experiences of that I find sometimes takes longer. So having a place where you can fully shake in the presence of a stable other and looking for layers of comfort, and it may be in the socks you put on or a

cup of tea. I would not say that there's a quick fix or that I would be here to offer that a quick fix, but I would look for, when you're in an acute moment, as many layers of support and comfort, and that may be, even if possible, people coming with you who you love, trust, and feel safe with.

Okay, so I have Lee. You're welcome, Lee Ann. There are two questions here around quantum leaps. So I will take the question, and, yeah, I'm going to take the question. And I'm going to be. Try. Try to be mindful because I'm realizing how many questions I'm answering that may be layering on a lot of nervous system information. Yeah, Kayla, please. Thank you. Just seemed easier than typing. My question is, I definitely feel like I've gone through a quantum loop.

Leap. Loop or leap? I don't know, the last two weeks, and I'm looping, and it's like I have gotten used to putting nervous system practices into place when I was having anxiety, but now the anxiety is about good things, and it's like, I don't know what to do. So I was wondering, I think it's similar maybe to the other question, too, but, like, how to integrate a quantum leap and, like, if there's any particular context or way to stabilize when there's just a lot of expansion really fast.

And also, I guess I'll say it's like, it's a lot of expansion. And also, like, everything got shook up. Like, great things happening, but also my car got stolen. And also, like, it's just like, so many things happening at once. Yeah. Thank you so much. I remember last year somebody had a similar question. So I do think it's a question that shows up a lot in this community as you are all making most likely some, anywhere from minor to really big shifts in your life where you might make a big financial leap.

And then things happen that suddenly take away everything that you just got. Because there could still be a dissonance between what you're ready to receive and what you're receiving. So there's part of it that was ready and then like, ah. And it goes back to. I would say it goes back to the small, doable steps, but it also. I'm thinking about the story that Kate shared with you all on her very first call in this program.

She spoke about how this was the biggest launch ever for relax money. And I may get the story wrong, but the essence, I believe I'm right on where there were some people on social media who had some aggressive thoughts about the way she had handled the launch. And it felt like an attack and that there was a time of spiraling and then a remembrance of, okay, I'm going to reach out to a friend.

She may have done breathing first. I don't remember the order. For me, reaching out to somebody is actually the hardest thing I can do. All the self care, and it's actually the most potent thing to reach out to community, to reach out to others to share what's challenging about the advancement and to have anybody who's stable. I'm going to kind of keep saying this, that the relational health piece and the creating conditions is creating relationships where someone can be stable for you, with you, whether you're happy or sad, without trying to fix.

I also hear that there's a lot of containment, and I wonder, excuse me, expansion. And so I wonder if there are ways to bring containment into your life. And you'll see me like, you know, it could be literally like wrapping yourself up in blankets. It could be hugging yourself. It could be hot water bottles on your kidneys. It could be soup and tea. And I love one that Kate gave maybe years ago where she put aside a day or two after a launch just to fidget around the house and to honor that what you're going through is real.

People often think, because there was a big leap, that you should only be happy, but it can be really disorienting as well. So you're looking to support yourself with as many resources that are available. And I heard you say that you learned how to comfort yourself when things are challenging. I would use those same tools for when they appear to be, they're expansive, but people over couple expansive with joy.

Right. It can be expansive and hard. And so you get to still use your nervous system tools in the expansion your body, like, when things are getting all shaken up, your body could be like, just because it looks good, please don't leave me now. Don't leave me now just because it looks good. Stick with her, you know, keep treating her to those nervous system nourishment tools. Yeah, a lot.

This is the comforting contraction. This is so big. And I guess it's probably worth spending a little time on, is if you were to pause and feel and you're in a place of expansion, and we've been taught that expansion is good. Expansion is what we want, and then we might overcouple it with fear of losing it and then shame that it doesn't feel good. If we can pause in the expansion and notice that our body is feeling unsafe, and then we choose something for our body, so we get to take out all of the storylines and just feel and choose what it needs in that moment.

I want to go back to a response about the shaking, and somebody said they find that shaking is more triggering if they allow it to shake until it stops. Be cautious of this. If it doesn't feel good, stop. And I just love that that goes back to pause, feel, choose. And I think I've said before, and if I have it on here, that anything that is really good medicine for somebody is not good medicine for everybody.

And so that is a really great reminder. Yeah. Cool. I'm wondering, Takesha, for me, if you could take a snapshot of the comments that are under that. I'm just a pretty slow reader, so I'm going to go back to that when I have time. Is this call in the podcast area or replay? I don't know, but Takesha will. All right, somebody says, I don't yet understand how to create a practice with these tools.

This will be my last question, and that'll bring us back out through a meditation. Is it best to have an intention or a trauma response in mind and then do the tool? Or is it beneficial to just spend five minutes a day or more and just do random tools? In other words, do the tools benefit us even if we don't have a specific incident in mind? Yes, they do.

Think about it like feeding a garden. If you were to feed the garden every day, it's going to benefit your nervous system. It would be like having that kettle of water on, on the fire and turning the fire down so it comes to a simmer instead of having it on a boil all day. Right. You're like turning it down by nourishing it with other things throughout the day.

And there's a chance that your capacity goes up a little bit. And when your nervous system capacity goes up a little bit, there's a greater chance that when you start to feel triggered, you're going to notice. You'll be able to pause and choose to do a nervous system recalibration. So it's both helpful when you're starting to feel triggered, but when you do practices in the morning or you have them set throughout the day, it's going to build your capacity to even notice when you begin to get triggered instead of waiting until it's too late.

All right. Yeah. Someone says self soothing is the number one relationship skill. So we're going to go kind of out the way we came in. So first, thank you so much for your questions and your comments. Thank you for your participation. Thank you for your dedication to yourself. If we go out the way we came in, we would start with our body. We would start with a breath, could start with a nice full inhale and an exhale, and you could begin to notice your own breath pattern when you're not following a cue.

I would invite you to then bring your attention down to your seat and then the lowest part of your body that you can sense noticing, what supports it, what supports you. And even just feeling that surface contact with your feet on the ground, or your lowest point being supported by whatever it is supported by. We might then take our hands onto our hearts if that feels right to you.

You might notice how your body responds when your hand comes onto your heart. And if it's pleasurable, you might just take a mental note that it could be available to you at almost any point. And after you notice any bit of stability, it does not have to be 100% stability. It could be the most micro like 0.5% of stability, any bit of stability and life within yourself, the fact that you showed up, the fact that you're here.

We might then begin to look out to nature, or to a plant, or to your imagination of nature. Your imagination can be a resource. And if anybody doesn't have a view of nature, I will tell you that I can see many like the base of trees, something very stable, and evergreens. And we might take a nice deep inhale and reach your arms up towards the ceiling. And I'm just funny, I want to give like a little side stretch before I do any twist.

And after I'm at the top of an inhale, I'm going to exhale and twist to my right. And I'm feeling really grateful for the simplicity of my walls right now. And coming back up towards center and exhaling as we twist in the other direction. What is stable, what is predictable, and back up towards center and exhaling, taking your hands down. And I'll end with some. May I, may I.

May we recognize resources that are around us and within us. May we find safe community. May we honor the feelings that we feel even if they show up in paradox. Especially when they show up in paradox. May we give ourselves permission to do small doable pieces over time. And when we are called to do something really big and it scares the shit out of us. May we find the earth beneath us, the unseen forces around us that are in our favor to be of support.

And may we be on the lookout for every human that has our back. May we be gentle with ourselves. May we honor this journey that will be filled with seeming ups and downs that will bring us in spirals, reteaching us lessons that we thought we had already learned. And yet we are new and we are different and always the same. Lastly, thank you so much for the gift of a pause, for that wedge in time that helps us move from reaction to response to choose optimal over familiar.

And when we can't act on that new knowledge on the way we want to be. May we come to ourselves with so much grace, because life will give us another opportunity. I'm going to take a nice, deep inhale and a full exhale. Thank you. Well, hello. Hmm. Thank you all. It's so beautiful to see you and hear from you. And, takesha, I don't know if you could have any music for us to move our bodies at all.

If anybody is yearning for that, I wouldn't mind a minute of movement myself. Thank you. Thank you. Thank you all. Oh, and goodbye to the 2.0s. Is that Kai? Are you a 2.0? Oh, I think. You think they were. I came to every session. All right, I don't hear music, but. Oh, here we go. Oh, Maggie Rogers helped me unload the dishwasher. Hold on? I thought that I could take it from here?

Oh, I thought that I was coming clear? Now it's getting harder? Hold on? I thought that I was doing so well? Oh, like everything was under a spell? Now it's getting harder? I never loved you falling away? I could. I felt the current running just the way you would? And now I like falling water. I have to go pick up my kids. It's been such a pleasure. Thank you all.