

NERVOUS SYSTEM HEALING CALLS

May 28, 2024

TRANSCRIPT

Flowers, The music stopped. I think that means I'm on. Can everyone hear me okay? Yeah. I'm gonna wait just a little bit longer. I know that there was a call before this. I also gonna open up my chat. Yeah. So we have some first time. Maybe I can take a little pull of our gathering space today. I think that most people are new to being in session space with me through relaxed money here.

I believe this is the first call of the new module. I do know that to be true. Yeah. New, new, new, new, new. Yay. Thanks for showing up. Ugh. Hi. Hi. Hi. Hi. I'm just really feeling into the power of communing with others who say my state matters. This is an effective way for me to bring my medicine to this earth to be here.

And then are there any people who are returning? I think there's some. I'm already co. I'm already co-regulating Me too. Returning. Hi Hillary. Mary. Hello. Wow. All right. Hi. Oh, that's so nice. Oh, that's so nice. So I just want to offer that in alchemical alignment, which is part of my lineage.

Oh hi Callie. That every training will have a larger number of new participants, but there's always a good number of re-takes. And then we have assistants and then we have the head teachers. And what's so beautiful about this is that we have layers of support. So you have the people who are here for the first time and maybe excited, but maybe scared,

maybe somewhere in between. And then we have those who have said like, I've showed up before and I'm choosing to come again. And it just adds layers of support to the room, to the field. Hello, all the returners. Oh, thank you Vanessa. So since many some of you have been here before, you know that I'll share what my general layout is.

My general layout is that we will do a little grounding opening, which is more considered OSA, we orient to present time place, we stabilize, we attune, and it turns out I love to teach. And so often I'll put a little nugget of nervous system orientation into the center. We may do a meditation with it or experience and then we head out the way that we came in.

And then I'll leave time for questions at the end. Generally 15 minutes today. The one thing that will be a little different is that I thought I might actually tell you a tiny bit about who I am. I realize I have not really ever introduced myself. I just get on and do my thing and, and sometimes like how far back do I go?

So when I came out of the womb, let's see. I think it would be helpful to say that I was an athlete. Looking back, I'm like how? I don't know how I just, but there was an energy in me of competition. There was a mind over matter. There was my body is here to perform and when I'm injured, it's just getting in my way through a pretty severe back injury.

As a teenager, I came into a really deep understanding that when my body is hurt, the places my mind goes drastically changes, my emotions change, my capacity changes, my energy level changes. So thus began a pretty deep dive at the age of 18 or 19 into mind body soul practices. Yeah, I see some people saying I can so relate.

If we took a poll of when I tell my story, I'm like, oh, this is possibly that some people can find themselves in it. Has anybody ever used their body as as just something to get their head to the next place or their accolade to the next place and then had life say like, wait a second. And you start to realize the wisdom of your body and how helpful it is to trust in attune to your body.

Yeah, former dancer and even people who aren't athletes or didn't identify as such, we can use it by how hard we push and work all the ways we try to say I'm worthy, love me, see me. And so let's see. I was a college athlete. I had a short period of my life where my hands did some spontaneous healing and I didn't know what was happening.

But I'll say the lesson that I learned from that, it doesn't happen like that anymore, was that energy is real and that there is something, this is my experience. You do not have to believe my experience energy is real, that there is a consciousness and a wisdom beyond what my brain can comprehend or know how to do. I moved into working with professional athletes and training people and working with a nervous system at age 22.

And I learned so much, but in the way of like upregulating nervous system and pattern breaking and forming. And again all of this played one of one man was in the NHL for 19 years and won the Stanley Cup that year as the captain of the penguins. And he said to me, these young guys, they come in and they just run through a wall,

but they last four years. And so what I learned from him about sustainability was that caring for his energy was a top priority and this is what helped him to last. What I learned from Upregulating, the nervous system was this sentence, you can't learn a new positive pattern in a state of fatigue. And that is not to shame fatigue. It's more to honor it.

I've spent years in fatigue after motherhood. So to honor it and not push if possible, I, Hmm. What else do I want to say? The last couple years, last five years I've been with L Chemical alignment. I worked with many people, one-on-one I taught yoga, anatomy and therapeutics. And maybe again, one more takeaway would be my biggest takeaway of working with people who had been told there's no getting better from this condition that you're feeling is that when we give space and support and leave room for inner wisdom,

so much can change. So I'll say that's where I'm coming from. That's some of where I'm coming from and I'm aware that so many wise people are here and take what works for you, leave what doesn't and thank you for your time. I'll get into it now. Blessings Emma. So we start today with orientation and stabilization to today is right in between week three and four of relaxed money.

There was a q and a call before this, which may or may not have made it into your schedule. There was some journaling from this week. And I say all this knowing that you don't have to do any of the things I've named, but just to kind of say where we may be landing that things are completed or not completed or thought about.

And we find ourselves here in our first nervous system support call together. You'll find that as I speak I tend to speak slow and that is on purpose. And if my speaking slow is hard for you, you can get up and move. You can turn music on and turn me down. I speak slow because as we slow down there's a possibility to feel the things that maybe have been frozen.

And so momentum can sometimes be really wise protector of the parts we're not ready to feel. So you can send into your capacity how you want to interact with my pacing, if your neck is capable of moving. And if not, you could use your eyes, if not your eyes, your imagination. You can begin to look around at the walls in your room or if you're outside the container around you.

Hmm. And the purpose of looking at the walls is just to notice that possibly there is something neutral. I'm looking all the way to the right first and in front of me and all the way to my left could even notice that there is a behind whether you can, you know, be like an owl and rotate or if you just see through your screen that there is a behind that,

you might notice that there are these things in your life that may be pretty stable. And we're gonna do that one more time. This time I'm gonna invite you, and again I don't know every person on this call, but please modify as works for your body. So for me, I'm going to inhale and take my arms up and I'm just going to exhale and twist so that I can get some rotation into my body.

And as I twist, I'm gonna change my inquiry into is there anything that is even slightly pleasurable? And sometimes I actually, if I'm being honest, I really have to, it's not always obvious to me right away. So I have to sit and really find something. Got it. And when I'm ready and whenever you are ready, I am finding myself as an inhale in the center.

Arms up and then I'm going to exhale and twist. And again, is there anything we can start neutral, but you might even just open up the reticular activating system in your brainstem to be curious of tiny pleasures, something you may appreciate that's already here, inhaling back up towards center. And then exhaling. I like to bring my hands to my heart.

You can choose where you'd love to pause with your hands. The element in nervous system care is building in pauses. So before I go from what is neutral and somewhat un alive, if people could totally argue that walls are alive, I'm gonna take a pause and then I'm going to invite you to look to nature. So if you have a window that you can look out or if you have a plant in your room or if those aren't available,

it might be that you can use your imagination. And as you look out to nature or you imagine nature, we are now going to something that is stable and alive. I live in New England, so something that is stable and alive and has seasons. And so for me, I look out at a forest of trees and I'm aware that they have water running where I can't even see.

And I'm aware that they don't need me and order for them to do exactly what they're here to do. And I'm appreciative of their stability of their life. And I wonder if as I appreciate them, if their effects appreciate I, again, I pause, but you are so welcome to get up and move around. Your space one is not healthier than the other,

listening to what you need. It's a really beautiful step. So now I'm going to invite us to 22 here on the east coast. Now I'm going to invite us to possibly find some level of stability within our own bodies. So what does that even mean? Let me start even simpler than that. Let's first start with surface. Let's notice if you can feel your feet on the ground.

And if you're laying down, then maybe you just feel them resting on the floor on a cushion. You may notice that you exist because you have a felt sense of your body. And moving up to notice if you have a felt sense of your seat below you. And now I would invite you to bring your attention all the way up the spine and to possibly sense that you have a breath that is so intelligent that does not need you to do a three part breath right now.

And imagine like your breath is possibly a child that just wants to be witnessed and not changed so that you witnessing it and appreciating it could be the biggest gift of the moment. So as you have begun to attune to your space and to nature and to your body, which is also nature, I would ask you if you could scan your body and notice if there's anything stable in your body.

It could be a bone, a toe, the breath itself. And we're in a pretty big beautiful group field here. And so we might not say out loud the sensations, but if you were to say to yourself or even out loud to yourself to begin to name the sensations of that place in your body or the colors or the feelings or the vibrations of that place in your body that is already well yeah,

I love it. Even possibly neutral if well feels like it's pushing it in the field. We have someone say grounded, rooted brown. I. And when you begin to feel a down wave, which again, what does that even mean? When you begin to feel a sense that this exploration of a stable place in your body is complete, you can take a nice deep inhale and an exhale and if it feels good to you,

you can open your eyes. If you wanna stay in the place that you are, you can stay in the place that you are. This is the part of the hour where I just add in a little bit of theory so that those who have brains that say, why are we doing this?

Why? Why are we looking for pleasure? Michelle, if you could gimme a thumbs up if it's okay to read what's in the chat too.

So today, some of the bases that we start with in nervous system support, I know Kate gave you a ton of tools. My heart is strong, flexible, clear, I am more, I'm at work and this is freeing. I love that. So the work we're doing here are some of the core foundations in something called creating conditions. And these are conditions that help us when our nervous system gets activated,

that we'll be able to stay with the activation. And possibly someday, or maybe in this moment, even as we build our conditions, as we build these things of orienting, stabilizing, pause choice, we have greater capacity to come to completion with certain patterns that don't service anymore. So sometimes we can do little tools that help us get through it. And other times as we build these conditions over time,

we can possibly come to the other side of the activation so that when it happens again the next time we're like, oh, that used to bother me. And one of the core foundations that I work with that I learned through Bridget Vixen about chemical alignment is to start with health. And if we think about that within the money realm where last week we wrote about,

we were invited to write about a really challenging time and then, and to stabilize on either end and then eventually to write about our new story that we would author for ourselves. This invitation to start with health means that as we approach a challenge, as we approach something that activates us, we're not bypassing the thing that doesn't feel good and saying, I'll only look at the things that bring me pleasure.

I won't look at this or saying I can hold both and that my pleasure and my health and that part in my body that is stable gets to also exist if I'm feeling shame spiral that there is a part in my body or a part in my being or a part of my personality that may be experiencing this. And here's a resource. And so what we're looking to do is to build resources that are with us as we pendulate into something that might be disorienting,

might be dysregulating. And we can come back to hopefully, you know, and it may be through co-regulation or through these meditations or through pausing or through being in nature that we can begin to be with more of the things that we'd otherwise freeze or run away from or fight. So today looking for pleasure has nothing to do with bypassing what is not pleasurable,

but to be an ally. And you can almost, I like to imagine many of this in like the scenario of parenting. If my child is having a big feeling, I'm not gonna just, you know, pretend it's not there. But the greatest gift I could give to her is to first find my health and find some stability in myself so that I can bear witness to all that is happening there without needing to fix or change.

Which is why there's always a time to fix and like to change our breath pattern. Well it's why it's also sometimes nice just to be able to notice ourselves without immediately trying to fix, to see the health in the pattern that's there. Almost every pattern that looks dysfunctional also has health. It has a reason, it has some, some way that it's been lifesaving for us.

Mm. I'm reading a comment, I'm just, because we're recording, I'm always unsure if I should read the comments out loud or just notice them. So right now I'm just noticing the comments and appreciating them. Hmm. Yeah. So I just wanted to put in a little piece of a lesson, not a big piece because I'm aware as you go through these 13 mo modules that there's a lot for your nervous system to,

and emotions to navigate. And so I want today to be a really easy digestible piece or perhaps just to be what it is. But my intention is to not give too much. Yeah. Vanessa, if I share in the chat, you have every right to share. Okay, Vanessa. So what I like to do on the other side of the lesson is to kind of go back out.

So if you imagine we went in with the walls, the nature, then our body and possibly a digestible lesson, then we come back out and then I'll take questions. Okay. It looks like most people are okay with me sharing out loud. So if you, you know, choice is one of those conditions we build. So I am going to make suggestions and you can choose to say like F no or no thank you,

or I'll give it a try or heck yeah, all your choice. So I'm gonna make the suggestion, I'm going to practice myself. I'm gonna take a big inhale and an exhale for me. This Marks transition, going to inhale my arms up and exhale my arms down. And I inhale my hands towards my heart and I'm gonna exhale and begin to bring my attention back to my body.

I'm gonna notice that I have a breath and in this moment I'm also noticing how grateful I am that I have a breath, I, I have a spine. And noticing if you can feel your seat or your bed. Mm. I'm gonna share this comment because I think it's fitting for just being here. Now. The message that everything I want is right here.

I do not need to run away. This may or may not resonate. It does not have to resonate. When something doesn't resonate, you actually just learn more about yourself. And perhaps you could notice that you have feet if you do have feet. And notice the contact they make. If you do not have feet, you may notice the last piece of your body,

the lowest piece of your body that is touching. And I'm gonna go from stability and presence in myself to again, opening my eyes and noticing outside that in present time there is nature. I am in this moment aware that I'm facing east. I'm aware that it is spring, so you might notice if you have seasons. And that spring is often we almost summer,

just showing all these things of flowers, then things to behold, smells to enjoy. And for me it's the middle of the day. So you can notice the time of day. This brings you really from like chiros time into Kronos from being like really moved from presents to, okay, I'm here now. For me it's May 28th and it's 2:38 PM and I'm aware that people in Australia are actually a day ahead.

How wild is that? And yeah, so you notice your time, your day, and again just the walls around you. And then noticing how you feel as we are present time. And if you have felt any shift of before and after. It's all great information. And now I will begin to open it up for questions. And I'll just let you know that I'm not a fast reader,

I won't catch everything. So I will do my best. And I'm gonna start with Amanda because I just saw your hand pop up. Thank you. I got a lot of wisdom from that. And so asking me to find neutral felt terrifying. Mm. Like terrifying. And what my question is, I have, I've gone through a lot of loss in my life and most recently the loss of my son,

it's been four years, but I, so I wrote down I'm, I'm curious what I'm so afraid of. But my question for you is, do you have guidance on navigating grief and its relationship to neutral or practices that I can maybe expand myself a little bit in that I have some conscious awareness, but I'd love with all your your expertise if you have any nuggets of wisdom there.

Yeah, I have a question. So neutral feels terrifying. How did pleasure feel? Hmm? Warm. Warm. Yeah. Yeah. It's interesting. Yeah. Yeah. So this is my personal experience more than my expertise. And so you can take it or leave it with grief and neutral is that sometimes I would over couple neutral with really losing somebody.

If I'm not grieving, have I really lost a memory? Have I lost something? Whereas grieving sometimes gave me a sense of connecting. And so there's a process of the possibility if this resonates with you, of noticing if it's possible to have both. So the questions that I would ask if it were me, and for the reticular activating system and for the universe and perhaps for your son,

if you believe that there's a connection that can be had between the veils is how else can I feel connected that the grief gets to have a place and how else can I feel connected? Show me other ways that we can be in communion and then when possible your pendulation might not be to neutral. Right now your pendulation might be two small doable pieces of pleasure and you don't have to force neutral.

Oh that's so beautiful. Thank you. Can I add one more thing? Yeah, absolutely. When I was going through my grief, I sometimes felt that I like, haven't I grieved enough? This might not be your experience and that there should be like a timeline that I should have completed it in. And so I only say that because there's no rush to get to neutral.

Okay, that's interesting. 'cause we just, we just hit four years and it's the opposite. What if I get to not grieving and then that ties with what else you said. So it's a fear. It's a fear of I have to be rushed through it. Yeah. Thank you. Yeah. Fortunately or unfortunately it takes the time it takes and my teacher would say to me,

I'm sorry and congratulations and not congratulations on the loss, but on your ability to let it take the time it takes. Yeah. I think there's a cognitive knowing, but then there's a fear that others will rush me. That can only be a fear if I allow it also. So there's gotta be some belief in there that I, others will rush you.

So your body is not wrong in feeling that because others might not have the capacity to be with the pain that long either. And so just also trust your body and that. And so there's a building of who can I be with? I'll just add this one more piece to our conversations. Who can I be with who will understand that the process takes the time it takes.

I know there's this like a loaded thing that could continue, but here's like a small piece for now. I love it. I appreciate it and I hope I, I have a feeling that it's helpful to many types of grief that probably resonate within the room. Yeah. Can anybody else? Maybe a show of hands like yeah, thank you so much to say like,

yeah, me too. Thank you. Mm. Yeah, you have a lot of support in in the comments here. Yeah. I don't know why this is popping up. I asked Ake should have played that in and through the body song to open this up, which is by Trevor Hall. And there's another song that I think is also Trevor Hall that is you can't rush your healing.

And it's a really beautiful mantra that I sometimes love to play. Nicole Brown. Nicole, I saw two hands up. Oops, sorry, I thought I was talking. I actually just had my hand raised to her. Oh, Solidarity. Got it. This is great. Thank you. Okay, so here's a question. So the question is, what do you mean by pendulating?

Thank you for asking the question. Yeah, so Pendulating is when we go from one experience to another experience and then we go back to, so one, this can look like a lot of things, I'll give some examples, but before I do, I maybe wanna say that you may have heard the word titration. Titration is often that you're going between things that seem opposite and you're moving slowly like small doable pieces towards something.

So if you had an acid in a base, if, and you put them both together, you might get an explosion. But if you had an acid and you put just a little bit of a base in and you let it settle, like that pause and you let it integrate and you do a little bit more, then over time that solution moves to a neutral.

So you do it in small doable pieces over time. And that would be titration. And pendulation to me has a little bit less to do with moving in a direction, but it has a similarity of going from things that might not seem similar. So I'm trying to think of the example I used for pendulation. Oh, from going from something that feels like health to going to something like seems like a challenge.

If you think of a pendulum going back and forth, that's the visual of it. So I am starting with something that feels healthy and stable and now I'm gonna touch into that experience that seems really challenging. And in many therapies we might go straight for the cathartic, but on the other side it may be really hard to stabilize and integrate. And so we touch into maybe like a really small piece.

And it may not seem like you got as much done in the session, but the purpose is a small piece. And then back to the sensation, fullness and stability. Does that answer the question? Thank you. Awesome. Yeah, so Alison is making a comment about how chronic pain can often sometimes, or illness can sometimes be rushed to, and just that permission of we're not taking too long,

we're not a burden, we're just living. And I would say that when people go through really hard things and it feels like you're too much for somebody, it, it has more to do with their capacity. And that's not making them wrong, it's just that a lot of people have so many things. The way our society is set up is that it leaves most of us feeling like we have so many stacked things that it's hard to add another stressor and then our stamina for somebody else's stress or strain may not be there.

And we over couple that with, they don't care for us when often it has to do with their nervous system capacity. And so also, I just don't wanna bypass it to say that there isn't a burden, but to just acknowledge that sometimes people don't have the capacity to hold it all, which is why it's so powerful to broaden our base of support as much as possible.

Yeah. So Bentley asked, can you reshare or explain your earlier statement? You cannot learn or start a new positive pattern from a place of fatigue. I try not to do all or nothing thinking, but this is something in the athletic world that I love learning because it was so different than the way I was taught as a yoga teacher when the yoga teacher,

and there's a place for this where it's like, let it burn. And the tapas and your brain is more power like can override the pain in your body. And there is something for that. So I'm not saying that that's not also right, but what I learned is that people often go into faulty patterns and that is where their like knees are gonna drop in.

Their ankles are gonna roll in when they're fatigued. And if I'm teaching them a new pattern, imagine, I dunno if you have ever seen the ladders that they put down for athletes and they do these fancy footwork patterns in a state of fatigue, it's very hard to learn a new pattern. So what we would do with the athletes is they would have six seconds on and like three minutes off.

Or if they're on the sprinting treadmill, which is like 28 degree incline, 12 miles per hour assisted with immediate feedback, the faster you get the feedback, the more your nervous system can change it. So if you get feedback in the moment, I might be teaching too much right now. We would do six seconds, like a six second sprint followed by waiting until their heart rate got down to 120,

how this could be useful for us. This stage of life talking about money is just noticing how activated we are. And just like the ice bath analogy that there is time to be challenged and activated. How much recovery can we build in so that we can integrate it and possibly also learn new patterns. Does that, I mean I think it's so cool.

I think it's so cool that some things that I learned very early on really work so well into this work as well. Let me just see. Beautiful space. Sarah, somebody has to go, somebody else has to go goodbye to anyone who has to go. Okay, I'll answer this one more from over here. I may take one more on the screen and then I'll close out with a reticular activating prayer.

Do you have any tips for replacing a weird, it's funny, I'm picking one that I don't know that I know the answer to. Do you have any tips for replacing a weird damaging habit for a pleasurable one when stressed and anxious like picking nails and I am, you know, I'm following up on that because I'm like, oh, right underneath someone says great question.

And the answer I have, I'm sure there are habit people like this is like their line of work is to retrain habits. But for me, I talked about, and I haven't shown you the graph, and I will show you three or four months into this training that this idea of creating conditions over time is what is going to change the nail biting.

So we can do the nail biting right now. Now is, I don't wanna say it's lifesaving, but it falls at the beginning of that graph. It falls into something called soothing and distracting and soothing and distracting is something that we can say like, thank you for, because it's helping us to regulate instead of spiraling on something that is going to be energy draining.

And so although it may not feel optimal to bite your nails and you may wish that instead that you were soothing or distracting via meditation or yoga or a breath prac practice, I would from here offer some over time with continuous care. It may disappear on its own. And you could also use a show me statement of like, show me something that feels equally as stabilizing that I love the effects of after,

you know, you could work on a show me statement that works for you. Great. Okay. Just to follow up six seconds on, three minutes off. It's really just waiting for your nervous system to come down. So we, we did a lot of it by heart rate. Where do we start with nervous system healing? I say orienting present time and place and taking a pause.

Finding healthy co-regulation is a, like anybody healthy or a tree to co-regulate with is a really beautiful place. And I know Kate has a very full toolkit. Truth. Yeah. Isabelle. Hi. Hi Beth. I was wondering if I'm feeling a sense of like overwhelm and kind of verging on burnout. How, like, how do I kind of get started?

How do I kind of get myself kind of into a state where I can do everything or at least, or you know, everything that I need to do and, and benefit from this work and, and, and not let it impact everyone around me? Which it feels like it kind of, Is it the burnout that is impacting everyone around you? Yeah,

I think I'm kind of like looking at, my anxiety is kind of rubbing off and I can feel, I can see it. I mean, certainly my husband, it doesn't deal with it well. And also my kid, I feel like it's affecting my kids. I feel like they're dysregulated and I think it's kind of, I feel like it's coming from me.

Mm Of Have you tried the tools in Kate's toolkit? Yeah. Yeah, I have. And they, yeah, I guess I'm thinking in the moment, like is there some, you know, kind of just before I kind of lose the plot a little bit, kind of a way to kind of stop yourself from Mm. Yeah. What do you do now?

Well, I, I mean like as in what do I do? Yeah. Either to stop yourself or if it doesn't stop, is it that, does it come out as like yelling? Does it come out as collapsing? Yeah, it's kind of more, yeah, maybe not yelling, but like I, I might kind like blame. I'll, I'll tell my hus I'll be blaming my husband for something or,

you know, or blaming my, my my mom for something. Just, it's that judgment thing coming in, I think. But just So I am curious, this is not, I don't have all the answers and my curiosity is around the idea that we all have a certain amount of fight or flights that we need to discharge every day. And that for people who are socialized as females,

it is not unusual that our fight has been suppressed and often frozen. So it's interesting we think of like freeze is as different, like what would come if we couldn't fight, but that our fight is often frozen and then it comes out sideways when we can't, when we don't have the capacity to suppress it anymore. Yeah. And my curiosity would be if there's any fight outlet that isn't exhausting,

you know, if it's, you know, running or maybe it's that you love to sing or play music and there's a way that you can do it where there is like, you get to be angry and you get to express in a way that isn't necessarily like beautiful or perfect, that you find a way that like you can do it, that like let it come out there some something that doesn't feel like extra effort,

like it's something you already do, but like put some fight into it and see if that helps discharge it a little bit. Because sometimes with nervous system work, we are like, try to get back to calm, try to calm, calm, calm, calm, calm. And your body's like, I wanna fucking fight. I have something to say.

My boundary has been crossed. Sorry. That might be a big way to end this session. And so finding an outlet for the body to have that, because that gives you a little bit more choice as well. Yeah, that's awesome. Thank you. Yeah. All right, so it's 3 0 1. I'm just gonna take a nice big inhale and an exhale and we could even just like for that fight or that flight thing,

he'd be like, ah, I'm closing with a may I statement. May I honor my right timing? May I honor my body and notice its impulses and in the smallest doable ways, may I be curious about how I can follow through with those impulses? May I have such gentleness with myself and look for others and or nature that shows that same gentleness,

that same care, that same capacity for change, for cycles, for right timing, taking an inhale and an exhale. Thank you so much. Blessings. Mm, thank you Wendy. And Wendy, I can check in with you about your question too. I'm sorry I didn't get to it yet. Mm. And then TaKisha, I'm wondering if you could give us some music.

And again, to Keisha, always thank you so much for holding space and preparing us all. I so appreciate you. So beautiful to see your face with you. Thank you all for being here. I just want go back, Welcome What rain is falling along it. It, There are days when living seems harder than it should, when it's hard to see the good and what is Happened.

And on those days, I tell myself, and nothing last forever, pain will come and go, but I'll be standing. Don't let.