

NERVOUS SYSTEM HEALING CALLS

August 16, 2023

TRANSCRIPT

I am gonna give a few more minutes before we start, but maybe what I should or could start by saying is that my name is Sarah Tacy and I am here to guide the nervous system support and generally you are most likely used to seeing Tell Darden who is near and dear to my heart. I will say this again so that as more people come on there's not too much confusion of who is this woman speaking to us right now.

And again, I'm just gonna pause as people enter the room. So I'll introduce myself one more time and since it is 2023 I'm going to start and maybe another time or two I will just say throughout who I am in case there's any confusion. So my name is Sarah Tacy and I will be holding the space for the nervous system support, nervous system healing.

Tell Darden is a dear friend of mine. We both have been through the school and teach and or assist, I'm assisting right now chemical alignment. So what you can anticipate in this transition or where you can find some stability and consistency is that both of us believe in small doable pieces. We believe in choice, we believe in stability as being a really beautiful foundational piece of this nervous system work.

And then maybe I'd say a thing or two about where our backgrounds might be a little different. So before I entered alchemical alignment, the head teacher being Bridget Vons, I once upon a time worked with professional athletes and I did yoga therapeutics with them. We certainly did nervous system re-patterning. I worked with entrepreneurs and people coming into and out of surgery in my early twenties.

I had, I had an experience in which people were having unexplained healings when I put my hands on them and I didn't understand it. But what I could take from it for sure is that there seemed to be an intelligent energy that runs through all of us that has the possibility to reorganize towards health. And that is largely what I love about nervous system recalibration,

is that there's an idea that there is an intelligence that wants to reorganize towards health. The other part of that is that I became slightly obsessed with anatomy and physiology. And so there may be points and maybe more in the q and a where I might geek out a little bit about what science says behind certain things. Even though I don't take that as,

you know, the the final word, I do find it to be interesting and orienting This morning as I was preparing, I decided I would listen to the last two months that tell is offered and I giggled a little bit. First, the first month was stability, which we could listen to. I'll speak for myself. I could listen to over and over again.

One due to tell's genius in her presentation, but also just coming back again and again to what is stable, what is predictable, even like the fluid breath could be what is stable. And then the second month was moving from familiar to optimal. And this is why, why I giggled was because I was like, oh I, this is what I was preparing to do with this group today and would it be too much to represent?

And I just have to think that any time that we get an opportunity to have a positive lived experience of a pattern that moves us closer to health, that it's a beneficial thing. And on top of that, you're gonna be hearing it from a different human who may present it slightly differently. I have really been leaning into, this will be kind of my,

my last part of the intro. This idea that as we move to being people with choice, right? A lot of trauma physiology happens when we feel helpless and without choice. So as we begin to pause and have choice, we begin to unwind old patterns. So we've taught people along the way, we've even taught maybe money along the way, what to expect from us and how to interact with us.

So as we begin to unwind patterns and move from what is familiar to what is optimal, there tends to be a withdrawal

in the landscape between the two. Even on a cellular level, our cells are expecting a certain response and when we choose a new pattern, even our cells on a cellular level can feel, ooh, but I wanted that dopamine hit.

I wanted that connection through the people pleasing. I wanted the or The fear makes me feel safe because I know we'll take the action. So as we move little pieces at a time from familiar to optimal and we're in that tension field where alchemy happens, it's nice to begin to bring in layers of support to bring in resources. And that's what we're gonna play with today.

So something that will be a little different than what you did last time. And this is all choice. So you can say No thank you Sarah. I want no part of this. I'd rather lay back and take a nap and say Thank you so much for listening to yourself. Please do that. I would give an option right now to look around your space and see if you can find four little representatives.

So a representative could be my candle, it could be a pen matches, it could be something from my altar. It doesn't have to have high significance just yet. We're gonna have the possibility if it works for you to place a role or place significance on it as we go. I generally wanna say any questions so far, but I think for the sake of the number of people,

we'll hold the questions until the end. So we'll begin just by perhaps coming to our breath. If your breath doesn't feel good as a first place of stability and pace, you can choose anything from the previous meditations or anything from your life before this that you know helps you to come into a pace that feels good to you. And so you'll hear via the pace of my voice that I am being purposefully slow.

I've experienced that here in the slow. I have more access to hearing and tuning into what wants to be heard. When I can purposefully go slow, I have more choice. And when I purposefully go slow, more can be digested. I wanna honor anyone that's on this call right now who does not want to go slow. And I wanna tell you that you don't have to.

This is the pace that I will be keeping. But you are free to go for a walk, run around the room, dance shake, maybe take a nap. It's my role really to hold a pace and to hold an intention of a digestible field where small doable pieces can be met and where health will be present as well. As we begin to down regulate and possibly come into greater contact with ourselves.

Now might be an optimal time to ask yourself, why am I here? Should be saying is there an intention you want to bring into the field, into the group? Intentions are often thought to amplify the outcome when you bring it into a group field. And so if your eyes are closed, you may just wanna say it to yourself sometimes saying it out loud even if no one is around or writing it down.

And I'll remind you as we go into this terrain of noticing the body that it can be really beneficial to remember your adult self. So you might say out loud or in your head, my name is and complete the sentence, today's date is, I would generally say this, but there will be people listening to the recording. So today's date is, mm.

And then just noticing the time of year. And I guess I will say this out loud because it feels important that we are at a place moving from Leo energy, which I find can be just like this deep relaxation mixed with I will move for play or pray and then I would like to relax deeply again and transitioning more into a a time of year the Virgo for some of us the school year where a lot of planning and organization starts to come in.

So we offer a bridge with this work from what is to what is about to be In this moment. I would love for you again, I am unsure who has been here in the previous modules for the stability. So I will offer some options to begin to tune to, to

stability. Some people are resting with their back up against something that is soft but predictable.

Some people may have a hard chair beneath them or the earth. Some people might like to imagine or maybe you could possibly even see out the window to a piece of nature, a large tree with a root structure that goes deep into the earth that grows slowly over time. That is not in a rush. And in many places that will show us the seasons as they change.

So again, remembering that there's choice here. If you would like to take a physical representative, so I might take my matchbox and put it down on my desk, you can do this in your mind as well. So if you're laying down and you don't want to sit up, please continue to lay down, be comfortable. And you can either imagine a representative of optimal and this optimal can be your optimal transition into September or your optimal money mindset.

It could be relaxed money. That does sound optimal, doesn't it? And if you have a physical representative and it feels like it's calling to you to do this, that I say it and you're like, yeah, I wanna do that, there's an invitation to place your hand on that representative and begin to notice if anything becomes apparent to your body. It could be that you start getting visions of a certain archetype where this optimal pattern would be living who they might be hanging out with their business favorite food boundaries.

And there's a possibility that nothing is coming through. And that's just information too. What happens in our system when we're looking for information to come through and it's not. And you can keep this in a meditation or you can take time to write down on a piece of paper what message this optimal patterning has for you and what that feels like in your body.

And we return to stability sometimes when we start dreaming into optimal momentum can take us away, all the things we might need to do or change to become. And that we might just say, oh, and I'm here now it's Tuesday, August 15th or whatever day you're listening to this. The floor is still beneath me. I'm so aware that we're moving slow.

And as we are in this pace and space, we might begin to notice another representative. Another one of the four things you may have put aside for me, it's gonna be this pink pen. And this representative is representative of a resource. So one of my favorite definitions is that stability is when we have more resources than demands. I created that definition simply by switching around the one that says stress is when we have more demands than resources.

So we begin to tune into what is a resource for us. I'll name a few resources and then you can put your hand onto your resource, your representative for resource. So this resource would be one that would stand near you, would stand near your optimal so that when you start to feel shaky in this new pattern that you would have a resource. So it might be a mantra,

the universe has my back, slow is safe, I am a magnet for money. I see. And celebrate wins small and large. Your resource may be a place, a glass of water, this relaxed money group or a certain friend. So as you place your hand onto this representative for a resource, a layer of support around this optimal pattern, what message does it have for you?

Be an ancestor, your adult self. And what does it feel like in your body to have an added layer of support and beginning to come back to present time. The same stability markers as perhaps you started with. Maybe something different if you need it. Your breath, peace of nature. Hmm, just thinking how the nervous system really can help recalibrate with boring and how sometimes we wanna run so far away from boring repeat to come back to the same thing.

And now that we've touched into optimal and a resource for optimal, we are going to touch, this is what we, Intel has

talked about the small doable piece. This is the idea of titration, that you wouldn't put an acid in a base together. There would be an explosion. It might be called cathartic in therapy. But here we go. Health resource.

Health resource, small dual piece of challenge, back to resource stability, health. So we look at the third representative, mine will be my flame. And this representative for me is an old outdated pattern. Hmm. And I'm just so curious for myself and maybe it shows up for you. Is there an age that lives in this outdated pattern? Is there a place in the body as you put your hand near this representative that it lives?

Is there a feeling in your body when this younger pattern is active? There may be a place, there may be a color, there may be a sensation. And if it has a message, perhaps you write it down or you say it out loud just as a feeling of gathering information like where anthropologists gathering information and then we begin to move back towards my name is blank and you take your hand off the representative.

I am my adult self. I would generally put in my age there are four walls around me and a floor beneath me. And if it's true, I am safe here. Now there's actually nowhere else I have to be. There's nothing to do. This might be my favorite one. I'm just really noticing that between each representative, the transition is to find stability,

present time. So my last representative is a resource for what I'm gonna call my young one. It's a resource for a pattern that's waiting to be unwoven. A pattern that once served us that does not serve anymore. And you have an option to not participate at all at every point along the way as I speak to do it in your head or to physically put your hand on a representative and tune in the idea that there could be a resource.

Again, it could be a tree, water, an ancestor, your adult self coming to sit next to your young self and noticing when you have a resource, when you have support, when your old pattern isn't left alone, when it's not ignored, when it's not bypassed to get to the next thing, when it gets to have company, what does that feel like in your body?

That no part of you has to be left behind. That every part of you might be worthy of support and being seen. If you feel called to write anything down or say anything out loud about where this lives in you, what the resource is or if it has a message for you, you are welcome to do that now or later or never. Hmm.

And once again, we returns to what feels stable. We return to present time, present age, your breath. I haven't mentioned it yet, but yet it could be your bones as what could be stable, could represent earth, your body. And as we begin to taper, there's an invitation from me to you to take a moment to thank the representatives,

which may sound crazy, to thank little objects. So you get to try it on or not try it on to thank them for the messages, for any information, for any clarity, for any practice, pendulating between realities and possibilities. And then we release them. So again, the invitation is then we release the representatives so that the matchbook is just a matchbook now.

And my candle is a candle and my pink pen is a pink pen. My oracle deck is an oracle deck. We have a few more minutes here in which we can be with our breath and we can be in this field and we can possibly let our nervous system have a safe experience of slow and or that it's safe to choose. Otherwise get nice deep breath in and full breath out.

Another breath in and out. I might go on mute for this one or I'll just turn my head to the side, which is an invitation to breath in through the nose. And then an audible, I'll do it inhale and an audible ha And Maybe let the arms shake out a little bit if it feels good. So we can have contrast of slow but also like ugh.

And We can move If we Thank you so much for joining today. This session continues for another 15 minutes if you choose and I will repeat 'cause I see that people are kind of coming in and leaving the room. Many of you are used to seeing Tell Darden and instead you see me. My name is Sarah Tacy Tell is a dear friend of mine tell has asked if I would like to step in to this role.

I'm also a dear friend of Kate's and so this feels both familiar and optimal to be here with you. And as we taper to an end, I was thinking I would take some live questions and then I know tell generally turns off the recording. What we're gonna do is take a few questions while the recording is going, maybe one question and then stop the recording for any questions that feel a little more intimate.

'cause it's not unusual that a question that seems individual is actually quite universal and that people listening to the recording may benefit from your question. Thank you all for being here today. It was, I really felt the power of your presence. So I feel very grateful. Thank you. You're welcome. Kayla and Sheila For us today. Joe, thank you.

You welcome everyone. I might say a thing about sleeping on calls. This is a just a little story. This is not a scientific thing. A book I read about 10 or 15 years ago is called Walking Through Walls. And a son is telling a, a real life story of his father who really had these incredible capabilities with energy and manifesting. And his father used to go to a meditation every week and he would fall asleep every single week and everybody else is fully engaged and really trying for the meditation.

And after a year or two of showing up for this meditation every week and falling asleep at it, his father comes out one day and just has like this full moment of enlightenment and energy going through his hands. And just say that when we show up and listen to our bodies, that often we're getting what we need. And that something, the idea of a field might be new for some people,

but that something is in the field and we're receiving what we need to receive. So I just, I, I think it can be such a beautiful thing and it can also be an incredible sign that the nervous system is saying, oh I'm safe to rest in front of others. Even if your camera's off right. Like whoa, it's a really big deal.

Yeah. Hmm. Jessica, I had trouble connecting to the representatives. I sometimes do too. Sometimes I'm like whoa my God, I'm getting all these messages I don't normally get. And other times it's too many moving pieces for me to skip from one thing to the next to the next. So I find even for myself that that shifts time to time where sometimes it can be so powerful and other times I find myself a little lost in the movement from one to another And Jessica and maybe anyone else out there.

I think this is such a beautiful practice that I'm gonna offer up that nobody has to do. Which is the same thing can happen with journaling where you could, where you could like write to your optimal patterning and then it could write back to you and then you write back to it. And then witness consciousness could like say, oh this is the overall picture I'm getting.

So you can do this through journaling. Some people do it to, you know, if they have a sickness that they're dealing or that they're working with or a hard relationship that they might not get to speak to the person themselves. You could do something similar to what we did today, but do it through writing. And some people make contact with the idea of a representative better when they're doing it through writing,

which is just a different way than the way that we did it today. Yes. That altered state, I know that's so well where you don't think you're sleeping, but then maybe you wake up and you're not quite sure if you were like, wait, I thought I

heard everything and now I have no idea what's going on. All of this is so normal.

Does it mean anything about your nervous system when you find yourself lost in it? What is lost in what? I mean I'm unsure if I should call out names as I'm doing this or if this helps kind of like Anna with like keeping a name out of there for their recording. You said right now regarding the representatives. I wouldn't answer that question in any type of authoritative way.

I would say that would be yours to find out. Some of it can have to do with pacing. So it could just be that I brought up four different representatives and we stabilized in between each one and it may have been too slow, it could have been too fast. So I would say if you'd like, you can play with it yourself and see what works right for you.

So instead of making an assumption that your, you know, nervous system is working well or it's not working well, really just figuring out what does work well for you now as you begin to learn more about your body through the process of in inquiring, excited to watch the replay. Yay. Can you explain a bit more on who the representative is? I purposely wasn't trying to say who the representative was because if I go back to the definition of stability is when we have more resources than demands,

one of the greatest things that we can do for ourselves is to begin to tap into resources that are around us and within us that we didn't know we had. If we're waiting for the resource to be money, then that might feel really anxiety provoking. So if we can find that a resource is hugging a tree or putting our feet on the ground or drinking a glass of water or maybe moving our body or I work with a lot of people one-on-one.

And it's so interesting that people who generally don't have a relationship with the ancestral realm might say, okay, I call in, oh my great aunt is here and she is. And then you know, if it's one-on-one work, I might say, oh where are they? They're standing behind me to the left. And so we might do this as preparation work where we would say what resources could be there before the event,

right? So I didn't want to name the representative or the resource because then you could start to say, you know what's such a good resource is, is I have this mantra that really works for me and that's my resource. And when I feel into this resource, I notice that my heartbeat slows down. I notice that I feel more grounded. Yeah.

So this is, this is a resource for me and I want, I wanna keep this one. Does that make sense? So it's like this is something you could totally just keep playing with. Like if someone says, you know, the best mantra for you is I am safe. I am safe. And you put your hand on that or you like tune into it and you're like,

ugh. And your body security system is like, fuck that. I don't feel safe. It's not safe to have a body, it's not safe, whatever it is. Then we say, okay, that's not the right resource for you yet or now or ever, right? It's like you get to start having more and more choice of like, what is a good resource for me?

What is a good resource for my young one, for my old patterns to like, I imagine. So for me, when I tapped into that young one who people pleases, I imagine my adult self, like sometimes I say out loud I'm 41 and then whatever insecurity I had just kind of vanishes. 'cause I'm like, oh, that whole feeling I had was is with you this young.

So I can imagine that my present time adult could go down and meet that one instead of bypass that one 'cause so, so many times I feel like in the world of getting it all right mentally or like the right mind frame is that we can bypass parts of ourself that still exist that could really use some tending to. Hmm. Thank you. That was lovely off the journal about the messages I received.

So beautiful. Did you share why the hell is no longer with us? Yes, yes and no. I meant to actually spend an extra moment or two on that at the beginning when I mentioned, here's a transition I talked to tell a little bit and she was just feeling like it was the right time and she didn't give too many more details beyond that,

that she's been doing this for a couple years now. And so sometimes when we just, we sit with something and we notice like these natural impulses. So I believe that I was gonna step in just for August and then when she heard that she reached out and said this, this just feels like such a great fit for you and I'm just feeling this natural impulse to pass the baton to you.

And so that's what happened because I was also curious and beyond that if, if she had, which she didn't share more personal things in that, I probably wouldn't say them here, but that is really I think the general feel for it. And in that transition, I love the idea and would really support the idea of like talking to somebody about it.

Like I really get that if somebody has showed up on a monthly basis for you as a source of stability and checking in that they're just suddenly not there. And this other woman's there could feel really destabilizing and could feel really sad. And I love her presence so I really get why not having her presence would be like such a bummer. And so yeah,

whether, whether you find someone to talk to about that or journal about it or just like go and sit with that part of yourself that's sad and you know, this is just me that I would wanna pull in some resources, even if it was like a soft blanket and a cup of tea or you know, resources that work for you to actually spend time with that instead of bypassing.

It is such a gorgeous practice and I'm so glad you said that and I'm pretty sure you're not the only one feeling that way. Yeah, yeah. I'm going to turn off the recording and I will open it up for another question. If there are actually I'm not going to, Keisha is going to.