

Okay, welcome. There are so many of you. This is fantastic. So good to see you all. I cannot name all of you because there are so many. So I'll just say welcome to our first of many nervous system healing sessions. Um, I will be here with you. every month, right, just to offer a little bit of stability, a little bit of presencing, um, a little bit of support for you all as you go through the work with Kate.

So there are some new faces here and some familiar faces, so I'll just introduce myself very, very briefly. I'm Tell Darden. And my approach to nervous system healing and embody network tends to be pretty multi dimensional. Okay, so I really like to honor the inherent intelligence of the nervous system in these images.

The many, many roles that it plays for us and for our bodies, right? So as our body security system, letting us know what's safe and what's not, um, as the time machine, which keeps track of your history and also of your lineage as the foundation of your intuition, and also the intersection of both. Your most animal nature and your most divine possibility.

So I like to really include all of those aspects of nervous system healing in the work that we do, and that can look many ways over over some time so welcome so glad that you are here and that we're here together. So I will also name because this is our first session that there are so many different approaches.

for nervous system work, right? And so you may be familiar with other approaches. What we do here is slow on purpose. My experience has really shown me that it's It's an incredibly effective way to meet and also to metabolize some of the outdated history, which really gives your system time, especially when it comes to money, right, especially when it comes to money imprints, when topics can have a lot of complexity, a lot of layers, a lot of stacking.

I really like to take it slowly and build capacity over time. And so something that you may hear me say over and over again is there's no rush. And so here we are in our first session together, and there's no rush. And I name all of that to say, I'm going to be pretty slow in these sessions, but you don't have to be slow.

Okay. You can find your own right pace. You can move, you can sway, you can walk, you can rest, you can sit, you can sleep. Okay, whatever energy you're bringing, we actually begin by welcoming it. Okay, by welcoming your pace and your right timing. There are no shoulds here, there are no musts here. What I would invite and welcome you to find consistently regardless of your pace is just to find present time, right?

Your present time age today's date. I'm going to mention that again later.

So we're going to begin this first session today, just by practicing stability. It may seem really boring. It may seem like a relief. But Kate is going to share a lot of new information over the next month. She's already shared some information. And so I like to begin when things again are complex by going really, really simple.

So this is a practice really so that if at any point with any of the information that gets shared or your own personal work that you're doing. If at any point you begin to feel overwhelmed, if at any point you begin to feel confused or resistant, right, these are normal responses to complex topics. If you notice yourself, if you have more of a nervous system, uh, oriented language, if you notice yourself in fight or flight or freeze or collapse, right, any of these very common words, you can come back to this practice of stability.

as a foundational practice to help you find a little more resonance. And we may even visit this practice over time again because my experience again has shown me that this is really one of the most powerful practices for nervous system regulation, nervous system resonance, nervous system healing. We're going to move into the practice or the meditation for around 40 to 45 minutes.

And then if you're here live, then we'll pause the recording. Okay. And then we'll have time for some Q and a, or some sharing at the end for like the last 15 or 10 to 15 minutes or so. And that's only going to happen live. So if you are listening to the recording, the end of the practice will be the end of the recording.

We do that to set kind of a more intimate container with a little more confidentiality in the live sessions.

So as I guide you through the practice, the idea, again, to bring your adult self in present time, today's date, Your current age, and it's a practice of listening to your body through the language of image and sensation. That's our scope here today. And what we're doing really is gathering information.

Okay. There's choice. You may want to do none of this. You may want to do a part of it, right? It's all just fine. You may want to fall asleep. I've been hosting these kind of sessions in, um, in the origin membership for a couple of years and people, some people need really need to rest. So that's okay.

There's a lot of potency and power that comes from just being present in the group field. So there's nothing that you have to do. Okay. Please work with a doable piece. We do not have to, in this moment, meet the biggest difficulty or override ourselves. Money stuff can come with a lot of momentum and a lot of urgency to like get it done.

Now, there can be some life or death imprints here right that feel very, very big and feel very urgent. And so my invitation to you is to work with the pieces that feel doable. Right. What's the smallest doable piece. There's always a choice to go back to noticing something that feels better.

So my role is to be your guide, to hold the space, to remember that there's a blueprint of health and wholeness for the whole group.

So that's all my talking. That's my intro. You'll hear parts of that over and over again each month because I really like to be predictable. I really like to be boring. Our nervous systems really like predictable and boring. So I will be that over time. So today is the first day. And then what we get to do now is head into the practice.

So, what do you need to be comfortable? How would you like to settle in today?

You can keep your camera on, you can have your camera off. Whatever feels like the most resonant way for you to show up is exactly right.

And so we take a little time, we settle in, we arrive together.

And as we're arriving together, Could you take a moment to remember why you're here.

And when you feel ready. The next thing that we would do would be to begin to find some stability. You are going to hear me mention this. over and over again at the beginning of each session. And so right now feels like a good time to also mention if stability doesn't make sense to you, doesn't feel accessible to you, doesn't work for you, please find another word that works for you.

It could be something like neutral or predictable. Or steady. Or grounded.

We're looking for some word to represent some kind of neutrality, some kind of stability. Something that helps to slow down any momentum that may have come into this time with you.

That feels appropriate to shift out of. When we find a place of neutral, it's a way to, again, help us to find our present moment.

Because right here, right now, in this container, there's really nothing else to do. There were things that came before, there are things to do after, and right now, there's nothing else to do.

Which can be challenging in the face of urgency, right? Which says, there's so much to do, I need to receive it all, I need to figure it all out, I must change this. And the practice for the body is to say, and now we pause.

Could I possibly bring any presence to a pause?

And there can be a voice that says, this will never work. How could we begin with nothing when there is so much? Totally hear you, totally hear that voice, right?

And I have seen evidence that over and over time and time again, this is the way to begin to find more resonance with self. This is the way to begin to help our systems come out of emergency.

We're going to visit. With our attention and imagination, four areas of stability.

Maybe all four are available to you as we move through. Maybe you really enjoy staying with one or really can't stand another. Again, we're gathering information here.

And you don't have to stay with anything that isn't working for you.

Maybe beginning by noticing something outside of you. Like a heavy piece of furniture. Something in the room that's stable or even something in nature, like a tree that you like to visit or a mountain that you like to visit.

Just noticing something somewhere outside of you that you could recognize as being stable.

We have plenty of time. There is no rush. You may want to try on a few places or a few objects, something that has weight, something that has density, gravity.

As we begin to notice or imagine or pay attention to things that are stable and weighted. Our bodies begin to become more stable,

and if you've had a lot happening in your life before you arrived here, you may have to come back to noticing over and over again.

This is a practice. It is not a rigid dogma. We get to try this on. How is it to notice something stable that exists outside of you?

And if you've chosen something in the living world, could you maybe ask Could you lend me some of your stability? Like maybe you befriend that tree or that mountain or that stone and just make a request.

Would you share some of your stability with me? It can seem perhaps like a silly request and we again get to honour That the living stability out there also exists within us somewhere.

And so as we honor, with great respect, what is out there, we are also honoring what is within us.

Could it be easy? Could it be simple?

And then? When you feel ready, maybe you are really just loving hanging out with that tree. Great. Please stay there. Or it feels really great to notice the solid wood of your desk. Great. Please stay with that. If you would like to move to the next thing to notice,

you could begin to visit something above. So we noticed outside anywhere, and now is there anything above?

Maybe you turn your attention relatively close to you and notice like the wood beams in the ceiling or the roof. Maybe that's enough.

Or maybe you would like to notice something a little further away, like. The moon, or the sun, which is predictable in the rising and the setting.

No matter what happens here on Earth, the sun's going to be okay. The moon is going to be okay. They will continue in their own rhythm and in their own path.

Maybe there's another planet like Jupiter or Saturn that you have an affinity with that you would like to notice.

Again, please find what works for you.

Spending a little time visiting someplace above that could be stable.

And again, could it be low effort? Thank you. If it starts to feel like a lot of work to notice something above, then please come back to noticing something outside.

Can you allow for any of this to be easy?

If there was no right way to do it.

And when it feels right.

If you wouldn't mind shifting your attention to something stable below.

Maybe it's something as simple as, great, this chair that I am sitting on is below my body. I can notice how steady it is. Or the floor.

Maybe you would like to notice some place in the earth, bedrock or granite.

Maybe it's a deep cavern in the ocean. Where would you find stability below?

The only thing to you?

How is it to notice? How is it to shift your attention there? Would that place lend you any of its stability or is it enough to just notice?

And if you've chosen some place in nature or some place in the earth, it's helpful to just mention that it's living stability.

And it has its own rhythms, even if they last over eons.

Rivers change shape, mountains move.

Slowly, slowly over time.

And the last place we'll visit, if you would like, is inside.

Maybe you could welcome your bones. Maybe even touching an arm bone, or a leg bone, or a finger. Choosing a bone that feels relatively well, one that doesn't have any injury,

or just noticing the bones of your skull, or your spine,

which bones would show up to be noticed that are well.

How is it to feel into something tangible and right there with you that feels strong and stable?

And just like the earth has its own rhythms, our bones are living tissue. They are the living earth within us. And they also have their own rhythm.

They have their own blood supply. They have their own innervation.

They respond to life.

So there's wisdom and intelligence there.

And that is their inherent nature. You don't have to ask or make demands. on your bones to be stable, they are.

And if bones don't work for you, maybe there's another place inside that feels better. So maybe you would choose to notice your breath, maybe placing hands on your chest or your belly and feeling the rise and fall Of your breath that is steady and predictable. And again, there's nothing you have to do.

Your body knows the exact right timing.

And if you would say to me, I will not have a body at all. I would say okay. Please go back and notice some place that feels better.

So we're just visiting something inside right now, if that works for you. Bones or breath or some other place inside that feels stable. That feels solid, that feels predictable.

Now you have four different options. Four different places that you could visit.

Taking a moment just to remember which one was your favorite. Which place felt the easiest to access?

Which place did you have the most resonance with?

Which place... This could then become the foundation of your stability as you continue to do this work and unlayer

pieces of your history and welcoming in new practices,

which place would be A layer of support for you for that. And for the work ahead.

What we get to do is build relationship. With nature, with our bodies. Over time.

So as we take our time here to come back. Maybe moving your body. Maybe taking some time for water again. No rush.

If you are listening to the recording, could you give yourself a little buffer zone? We have a buffer here live before we have to go back to the real world. Could you give yourself a little bit of a buffer zone before you go back to regular life?

We're going to pause the recording here.