

Okay. Welcome. I'm just watching folks arrive.

So great.

Hey, Kayla. Yeah. So glad to have you here. So great. All right. And it's July. So we've made it, we've made it this far. We've crossed the threshold of summer. We're in full swing, at least here in the Northern Hemisphere. You may be in a different place, but it's like full swing of summer. The grass is getting unruly.

It's, uh, like 7 a. m. Hikes are starting to get a little humid and it's like, you can't get out there early enough. All right.

Beautiful.

So you have all received so much information, so much information since we last saw each other. And it's the end of the modules. So I thought we would spend a little time together today in support of you.

What were the gems and on an embodied level, what feels like the most potent piece to really deepen into. So it's really in these integration times that I appreciate bringing awareness and recognition to choosing what's optimal. Over what's familiar. So it's a simple sentence that has the possibility of holding great complexity within it because you already know if you're here and you've been listening to Kate and tuned in that our nervous systems are really hard wired to support.

And repeat what's familiar because what's familiar is what has led to our survival. So then it makes good sense that there might be layers of emergency and that could be late. Big emergency or small emergency that would arise as we choose something more optimal, like a new way forward, something different than the way that it has been for you personally or for your lineage, right?

Or for the culture, you might be stepping outside of what's familiar. Today, we get to build in some support for what a more optimal way forward would be. And so in preparation for that, could you think of what's the piece of information or the practice or the system, um, that you're really ready to more fully embody that you're Ready to expand into the thing that's more optimal that you know is more optimal, but it's been feeling a little stuck, right?

There's been some resistance. It's been like hard to step into that piece, right? Because for each of you, it will be something a little bit different. But if you could just bring one of those today, it doesn't even have to be the most difficult one because you're going to have the recording and Okay. You will be able to apply this practice to any of the pieces.

Okay, great. Oh, yeah. And I love that in the chat, you already know, right? You're like, yep, it's this thing, right? This is the one that's really, really ready to shift. Yeah.

So that's what we're going to do today. We're going to try on little pieces of more optimal. We're going to bring in some support to more optimal so that on a nervous system level, you'll be able to shift out of a little bit of emergency. Okay, around that piece, and it'll be easier than to implement it.

So we're going to move into the meditation probably for 40 minutes or so. Um, and then you'll have a few minutes to pause some of your bodies after we're done. If you're here live, that's when we'll shift to sharing and Q and A time. Um, if you are listening to the recording when the meditation is done, that will be the completion of our time for today.

When we are visiting this, really, it's just so important that, especially if you're rewriting stories, especially if you know you have a lot of activation around what topic you're bringing, that you meet these places as your present day, present time self. So there can be old pieces of history that show up or earlier parts of you that really want to be heard and seen and held in this.

And. The request is, please bring your adult self today. Please bring your present time self today.

Yeah. And what else is important to remember? Image and sensation. So that's the language of the body. And so for some of you, the, the things that show up may be clear as day and image. And if the images don't come easily for you, if you're like, I hate guided meditations and that's never been my thing, then you get to stay with the sensations in the body.

Okay, so one or the other or both, but there's no wrong way. So really, you've got options on how, um, on how to work through our time together. There's also choice. So we'll begin today with stability. We practiced that last time. That was a whole practice. You can stay with that. You can stay with stability the whole time and it could just be enough like just being in the field and hearing the name optimal over familiar could be enough and that could be it and maybe you just want to stay and stabilize through that.

That's all. That's all you have to do you don't have to do anything more you don't have to do any of this. Okay, so choice is always included. I am going to be pretty slow. My voice is, you know, kind of a slower paced tempo. You don't have to be. You can move, you can walk, you can sway, right? You can sit, you can sleep, you can rest.

Is it possible for you to welcome your current state? Welcome and include your energy instead of overriding it.

You can fall asleep. It's totally fine. And also, is it possible to work with the doable piece? And I will mention this again, right? What is your capacity for today? If you're coming from a life where there's so much complexity going on, could you perhaps for this moment, choose something a little more simple?

to work with.

If you have great capacity, you might want to choose something a little more complex. We're not trying to offer an invitation for override. You don't have to meet the greatest difficulty. Again, you're going to have the recording here so you can practice this over and over again. So how would it be for today to not have to do it all and to just meet most doable piece.

At any point, because last time we stayed with health, we stayed with stability. Today, we're going to meet a little bit of a challenge. You can always shift your attention back to someplace that feels better. I'm going to name all of this again when we're in the practice, but it's just a preparation so that you get to hear it and then you get to hear it again.

If you feel like there's an impulse for movement at any point, please move your body, right? But what would be the beginnings of a movement, right? What would be just like the smallest bit so that your body gets to recognize that you are meeting it and engaging with that energy?

So this feels like a good place to transition. Um, I am going to hold the space. I am going to guide you through. I'm going to hold this blueprint of health and wholeness for the group. And then since you, most of you are here live, I'll see you on the other side to debrief a little bit. Okay, yes, you absolutely can lie down, you can sit up, you get to be comfortable.

It's actually how, um, we begin. Like, is there anything else? that you would need as we begin to settle in. Do you need a glass of water? Do you need a pillow under your knees or behind your back? What would you like? What would your body need? Would you like to be on camera? Would you like to be off camera?

What feels the most supportive for you right now?

And before we go any further, could you just take a moment to remember why you're here? Why did you show up for yourself in this way today?

The first thing that we might do would be to begin to find some stability.

And in our last session, I invited you, please, to find a word that works for you.

That might be stability, it might be something predictable, something grounded, something steady, something neutral.

Where does that stability feel accessible for you today? Last time we visited with four possible areas,

I'll just name them in case you weren't here, or you haven't listened to the recording, or you don't remember. It's just fine. Or you would like a reminder.

So maybe today there's something outside of you that feels the most stable, like a heavy piece of furniture or a tree that you like to visit,

and that could be close or far.

Maybe it's something above, like the roof of the building or the wood beams, or maybe it's further away. Maybe the moon or the sun is predictable enough and stable enough for you.

Or maybe there's something below, like the earth, bedrock or granite. Okay.

Or maybe it's something inside.

Maybe it's your own bones.

A bone that is strong and stable, that's just right there.

Or maybe it's your breath. It could be so simple. So please find what

works for you today. in this moment because it may be different than before. Is there any room to be surprised?

Is there any room for curiosity?

You're looking for something somewhere that is predictable and solid.

And if you're coming from a place where you had a lot going on before you came to this container today, you may have to have a little practice of noticing that thing over and over again.

Your attention might be tidal, right? It might come and go. And then with intention, on purpose, you would bring it back to the stability.

And is it possible to even imagine that within this time, within this container, that there would be enough support, enough protection on the outside of our container that you could notice this.

I always like to include a healthy dose of you don't have to. You have choice right now as an adult.

And at any moment should the need arise, you could shift your attention to something different.

This is a practice we're trying it on.

There's no wrong way.

So we take a little time here because there's no rushing. Our nervous systems, there's no rushing in nature,

we get to give it some time, we get to give it some space.

And since there's no wrong way and no right way to have this experience, it means there's no performing.

Your experience today could be just for you. You never have to tell another person anything about it,

unless you would like to.

Gathering information about your current state.

There may be nothing to notice. That's okay. You may have a thousand details. that show up and that's okay too.

Is it possible to meet what's arising with a curiosity, with a level of respect for your nervous system, for the security system,

fast or slow image or sensation, there's equal value in whatever is arising for you.

And then next thing that we would do after you've spent some time here and gotten to know yourself as a little more stable.

The next thing would be to bring to mind. What's the more optimal or the more expansive practice from any of the modules that you would like to deepen into?

Maybe it's earning more without spending more. Maybe it's finishing your financial picture.

Maybe it's aligning your values and your spending. Or raising your set point to receive or being open to receiving help. What is the more optimal practice

for you? And as you're calling it to mind and remembering it and trying it on, and you could choose something else tomorrow. Okay. This is not set in stone. Just noticing how your body response. Your mind might have a million things to say about it. But how is your body image or sensation, we're looking for a somatic recognition.

How does your body respond to that more optimal practice?

We're not going to rush here, just we get to spend a little time with it.

There can be a whole range from relief to dread to excitement.

What are the sensations? What are the images?

And as we give it time, there might be more details that begin to fill in.

If you were having a conversation with a dear friend

and proposing a new idea.

You might say something like, oh, I would like to try this on, right? I would like to try this out. Would you join me in this? How would that be for you?

Is it possible to have the same level of care and inclusion with your body as you would with a dear friend?

And then you get to wait for the response. Sometimes in the place between here where we're in the familiar and there where we are seeking the optimal, there can be a challenge or a difficulty that arises, there can be resistance. And could you spend a little time with that just now,

noticing again, an image and sensation. Just tracking the difficulty and please only staying with what feels tolerable. Okay, just noticing the most doable piece of the difficulty. We want to toe dip here, not deep dive today.

What's the sensation of that difficulty? Where does it begin to show up? Or what are the images that begin to arise?

As you feel into the stuck places, as you feel into the resistance, your mind may already have this story laid out and know logically each step of why it feels difficult. Can you be curious about what your body has to say.

We just hang out for a little bit of time.

We don't need to spend forever here just gathering information.

And then when you've received enough information, could you shift your attention back. To either what felt optimal or to the place of stability that you found earlier, whichever one felt better. You could be simple.

We're shifting our attention on purpose. Because it allows us to come away from some of the all or nothing dynamics that can exist within the difficulty. Thank you.

There's a challenge. And there's a place that feels better. Both can be true at the same time.

Just hanging out and noticing the place that feels better until there's some relief.

And it might be a moment to offer a very quiet and gentle congratulations. From meeting one round of difficulty and surviving.

Sometimes our logical mind, external pacing, uh, can want to go, go, go. There can be great momentum and great excitement towards something new. And we get to give our bodies a little time to catch up.

And now the next part. If you would like another part you don't have to. Could you check in and be curious with the difficulty again. So we moved from noticing what was optimal and stable shifting to the difficulty. Moving back to what was optimal or stable. Could you shift your attention back to the difficulty again, calling it to mind or just noticing that same place?

In your body or if you notice that it came from a direction like noticing that same direction and just be curious about what support

that difficulty would need doesn't have to make sense logically. Okay. It could be physical support. Like if you're noticing something sensation wise, maybe you need to place a hand on your belly, right? Maybe it needs extra contact or extra support, or maybe you need to shift your body to offer an area more space.

What support does that difficulty need?

It could also be metaphysical. There could be some layer of spiritual support that might show up for this part.

And again, just like you would have a conversation with a dear friend, where you may ask what do you need, instead of saying, I know what is needed here. I know what you need. It's this thing, right? You may frame it differently. You may ask like, Oh, how can I help? What do you need?

You might be surprised by the answer. Maybe the answer is totally logical,

but we offer the body. We offer the difficulty, its own level of respect.

Because it is a survival pattern. It's there for a good reason.

So we give that resistance lots and lots of respect and lots and lots of time.

Yeah, so if there is a need for

more space.

Could you shift your position?

What would be the need of the body?

How could the body receive any bit of support,

physical or metaphysical?

If you're noticing, Oh, when I think of this difficulty, there's a constriction in my throat. Could then you offer that a little more space or notice? The space around it, right? If it's not something that physically you can move or shift, there's a constriction or contraction. Is there any possibility that you could imagine or feel for the space around what feels constricted?

And so spaciousness would be a layer of support for constriction.

Or maybe the image is it of a younger version of you that's coming with layers of resistance? Well, what would that young one need?

Perhaps an adult to come in and say, I've got this. And so you could well come in your adult self as a layer of support.

And there's no rush.

And for some, you might hear nothing. Never could there be any support for this pattern that's giving you information,

giving you information about some of the original conditions of the difficulty.

And after you felt into receiving some support, could you shift your attention one last time back to what felt stable and grounded for you?

Spending just a little time, bones or breath or trees or the earth.

Finding your own way to taper towards the closed. You can hang out with stability for a while if you need to.

And so, this will be the completion of the practice for today. And we'll pause the recording.