

NERVOUS SYSTEM HEALING CALLS

September 26, 2023

TRANSCRIPT

Hmm An afternoon or morning or evening. I'm aware that people are most likely coming in from different time zones. For me, it's 2:00 PM My hail from Maine. I am just waiting for a few more people to arrive. So good to see these faces. Well, I am just gonna begin for the idea of beginning on time and ending on time. Something that you can count on,

something that you, your nervous system doesn't have to guess about. And so I'll begin with a welcome, a welcome to everyone arriving. Welcome as you are. My name is Sarah Tacy Reti, and I am here to offer a little nervous system support. You'll notice as I speak that there are times that I'll take a pause, and that is just so,

Even just for me, that it's more digestible that I can take in the field and the people I, you'll notice that I speak slowly and that is on purpose. Hi Kayla. So happy that you're happy to be here. And the purpose of speaking slow touches upon something that we spoke about last month, which is when we are switching our pace, or I should say when we are wanting to switch patterns from familiar to optimal,

it's often momentum that keeps us in the familiar. And so as we slow down our pace, we might begin to perceive that we have a preference. We might be able to perceive that what we generally choose isn't what we actually want. And that slow can also feel super uncomfortable for the same reason. And you may be arriving here today with a lot of momentum.

And so as always, at the beginning of every call, I will remind you that you have choice. And so, although I am choosing slow, you can choose to like put your EarPods on and run a marathon while we're doing this. You can like dance it out. And the other thing, this is going along with like welcome as you are,

and I mentioned this last time and I'll mention it every time that some people find it the most useful to have their screen on or they find it the most useful to be upright so that their body is more attentive. Other people are arriving here today and they're like, when you pause, you might go, oh my God, I want nothing more than to lay down.

And so I invite you to move or lay down or be upright. But to really start this time together by coming as you are and honoring that, what I'll add to that is I can tell that many of you already know this. You can have screens on or screens off. And if you are taking care of yourself by laying down or dancing while I'm talking,

you are more than welcome to show your health and show the way you take care of yourself with your screen on if you want or off. And I say that just because some people feel like they can only have their screens on if they're sitting like this and really like listening. So I'm just saying come as you are Beautiful. Hmm. I am. I am assuming when somebody writes something in the chat that it's okay that I read it out loud,

but I'm, I'm a little nervous. I like don't necessarily wanna make an assumption. So I'll just say there are comments in the chat that people can read as we go along. And if it's okay for me to read out loud, maybe you could just write like, okay at the end of the comment and then I'll know that I can also read it out loud.

Oh, Okay. Thank you Kai. So Kai says, I am recovering from Covid and I feel slower, but I'm not feeling present. So this session is exactly what I think I need. Mm, Thank you Kai. So after last session, something that I thought would be maybe a good idea going forward would be to break down the ideas behind nervous system healing and nervous system support.

I kind of prefer the word support so that there's some theory behind it so that there's some things that we can grab a hold of. I'm aware that some people here may be super experienced somatic experiencing practitioners, coaches, and for others it's like the first time hearing of nervous system support. And so for those who have heard it a million times,

I just think about repetitions of basics never being a bad thing.

Like I've taught breathwork for years and if someone said like, let's take a collective inhale and an exhale, I would never be like, I already know that I put thanks for reminding me. So we're gonna, we're gonna start with the basics. I went into relaxed money this month and read some of the comments and saw that there were a few people who had a few nervous system questions.

And I'll first say like, it's not my job to go in there and respond. And sometimes I love doing it. And so I did. And so maybe I'll make note of what I picked up on from the two questions, and then we'll go into the session somewhat based off of those two questions. So maybe I'll ask for a show of hands,

how many of you have ever hit a threshold? And when you hit that threshold, you have so much excitement, like maybe you get like a new launch or you're like putting out a new price point, or you have a new amount in your bank account and you get so excited and then there's a crash and you revert back to maybe an old pattern.

Has anyone ever had that? Or like excitement? Excitement and then like, yeah. Yes, yes, yes. Me, me. Yes, yes, yes. Yeah, totally. Me too, by the way. So I'll speak to that briefly, which is I like to say, yeah, okay. There's tons of yeses and hands up. Yeah,

I like to say that excitement shows us that we're moving in the right direction, right? Excitement is our body being like yes, right direction. But it's also saying something like, and this is new, right? And this is unknown and very good chance, it's the body security system often on an unconscious level is gonna show up and go, Ooh,

unsafe, we don't know that. And so we revert back to an old pattern. And so just speaking on that one question, in that one point would be like, let your excitement show you the way, and if there's a crash that you can be like, oh, that's just my body security system and I believe body security system is coined by Bridgette Vance,

that's just my body security system. It doesn't know this new way, it doesn't know this new level of abundance. And then I would say the next thing is like, what is the most, like the smallest doable piece of stepping into that pattern? So if it's going from, you can't break even. It's like, can I have \$1 in the black,

right? Can I have \$1 meaning like above neutral? And then can my body regulate to that? So that's just like, oh yeah, that's so normal. So sometimes I would say in these courses, it's like you wanna celebrate your wins and it's like you wanna celebrate the big things and it doesn't count if it's not big. But if we're doing this in alignment with our nervous system,

small doable pieces over time, another Bridgette vixen phrase, small doable pieces over time and just normalizing your body to that over and over. Right now I have \$10 above neutral. Oh, that, you know, that wasn't that scary. I, now I can go 70, now I can go a thousand, right? It doesn't always have to jump by \$1,

but each time it's like Bridget. Yeah. Bridget Vixen. Sorry, somebody in the chat was asking for me to last name. V-I-K-E-N-I-N-S. I'm not great at spelling out loud. TaKisha could probably put that in the chat. Yeah, so you can do, go up these incremental amounts because there are so many studies that show when people win the lottery and it's so much more than what they're used to,

that they also then it's not unusual to spiral into a depression. And so, so much of what this program is about and what Kate is really wanting people to take away is if we can learn to be with our nervous system and grow our capacity from

the level of our nervous system, small dual pieces, at a time where the work is from the inside out,

then when the outside starts to meet our inner world, we're like, yeah, cool. I kind of expect that. I kind of expect, oh, I made a million dollars this year. Like of course I did, of course. And I have systems in place because it grew slowly over time. And then with those small doable pieces, quantum leaps are,

you know, are also available. But wanting to just answer that one question that was in the thread, this idea of small doable pieces over time, quantum leaps are available. I am gonna take questions at the end. So Sarah, I'm not sure if your hand was raised as like, yeah, that's me. Or if you have a question, I'm gonna take questions at the end and the same as last time.

I'll do questions that are being recorded and then I'll give a few minutes for those who wanna ask questions and have it recorded. So the next thing that I saw in the chat was a woman who was sharing with this group. So again, I, I feel like because this is the relaxed money group, and it was live for all to see in the relaxed money.

That's why I'm pulling from it. And there were a lot of details of like, what, what do I do next? How do I heal my nervous system? Does any, has anyone had that feeling of like, there are a million ways to heal my nervous system. How do I heal my nervous system? Should I, should I go back to my childhood trauma?

Should I relive my birth? Should I, anybody, anyone had to like, where do I start? And you start noticing almost like you start noticing all the trauma and all the patterns that aren't working. Yeah. Yes. Yep. Me? Yes. So relate. Mm. Yeah. I'm just reading some of the comments here. Yeah. So again,

with the nervous system work, there's this idea that we start with health and we start with stability. And that does not mean that we bypass the trauma. That does not mean that we bypass the dysregulation. That does not mean that we bypass what is hard. But again, if we want our outer world to meet our inner world, then we wanna find,

you've probably heard tell say layers of support resources. So we look for, hmm, like stability first. So if you are feeling like you have a hiccup and you start going down all the things that could be wrong with you and everything that could be wrong with your history, my suggestion, and this is what we're gonna go to in the meditation,

is we're gonna go to finding stability, which I offered in her first meditation to this group. And we're gonna offer a pause. That's where we're going today. So when you start kind of looping what's like I've got, I'm never gonna be able to make money because I have too much trauma to heal that we could just pause and choose stability, we stabilize and being,

having some stability then offers us a resource as we decide what we're gonna do next in terms of money, in terms of business decisions, the decisions we make from a well-resourced body, from a stable body are gonna be way more useful and magnetize more of what we want. And then we can look at the challenge, right? So we're gonna penetrate from like health in stability to tapping into a little piece of challenge back to health instability.

So the challenge is will be met, but it will be met by like your adult stable one and back. Because if you think about a child, the last thing a child wants is like a dysregulated adult trying to save them, right? You want, like as a child, you're like, oh my god, could a healthy present time adult hold the space for me?

Well, I have my challenge. And so if you are finding yourself in any looping, we can just say, let's start with finding my present time eyes, my present time breath, my present time, adult capacity resources. And this is part of stability. I'm

wondering, I'm gonna put it out there. I'm gonna attempt to remember that at the end of this.

I'd love to give you one of my favorite definitions, but I feel like I've said enough for now. Like enough Mm. Theory and would love to just go into practicing some stability. The idea of a pause. Yeah. Katie says, love this stability first. Colleen says So true. Collie says so relate. Jacqueline says, this explains why I got so depressed after getting an unexpected \$2,500 in the mail last week.

Thank you. Hmm. All right, so in the process of finding stability, we might begin to orient to present time. If you're here live, it's September 26th in the northern hemisphere. We are just beginning our fall season. If, if you're listening at another time, you can just say to yourself the date, the time of day. I like to include my age.

And if your eyes are open, you might, you know, before going inward just to know like, okay, I am safe to go inward. You might notice your surroundings. I'm kind of in a smallish room, which is fine for me. And so I might even like put my hand on the wall and just notice I have four solid walls,

actually five, I have five walls. Notice the walls around you. And you may also notice if you're seated or laying down that there's something beneath you that is stable, that in the present moment is not going to change. And if you're like me with your feet on the ground, you might notice how hard the ground is. Or perhaps you're outside and you notice the texture of the grass or the sand,

there's earth beneath you. And you may also notice, again, this could be eyes closed or you could imagine, or it could be eyes open and seeing in real time that there's nature. So today I don't have a window in front of me. So I can imagine the forest, and this can help me kind of widen my view. You could imagine your favorite view in nature,

sunset at the beach lake. Maybe you live in a city and it's just the setting of the sun or a single tree. All of these things remain predictable. And especially if they're of the earth like a tree. It also has life. It's drinking water, it's breathing air, and taking in the sun. And its changes tend to be slower. The unfurling of a flower takes the time that it takes,

the time it takes for a leaf to change color and fall again. We're purposely slowing ourselves down to the pace of nature. And at any point, if it's too slow for you, you can imagine something else or move your body while you're imagining the slow thing. And I'll make some suggestions, which you can always take or leave. And the first is that we might take a collective inhale and hold at the top and a collective exhale and hold at the bottom.

As you inhale, I might suggest that inhales have some activation to them. Our pulse tends to speed up. It's more sympathetic in nature. And then the pause at the top, go ahead, pause, pause, pause, pause, pause leaves room for choice as you exhale and begin to let it all out. And then again we pause at the bottom.

The pause at the bottom is just like, can we stay empty before we go back to the familiar activation? Go ahead and inhale. Inhale, inhale, inhale, inhale. Pause. I like to say that a pause is where all other resources become available. And then a nice slow exhale, exhale, exhale, exhale, exhale. Pause. Stay empty if it's available to you.

I'll do a few more of these. Inhale, pause. Pause. Allowing us to live life at a digestible pace so things don't stack. Exhale, letting it all out. Exhale, exhale, exhale, exhale, pause. And last one, inhale. Inhale, inhale, inhale, inhale and pause. And exhale, exhale, exhale, exhale, exhale.

Staying empty if it's available to you. And then coming back to your normal breath and noticing how you feel after paying attention to your breath. After 30 minutes of going at a slower pace, some of you are gonna feel amazing,

some of you are gonna feel antsy, some of you are gonna be neutral. How does your body feel now? And instead of trying to find a word like,

my body feels good or my body feels bad, perhaps as you pause, you can just notice where your body is feeling anything at all. And you could notice that oftentimes as you notice where you're feeling something, that the sensation may begin to move or change texture or color. And my definition of stability is when we have more perceived resources than perceived demands.

So I would say that showing up possibly to a nervous system regulation, nervous system support, or a nervous system healing is adding a resource and learning how to pause, I would say is one of the biggest resources that we can give ourselves. So again, if we can all take a collective inhale and this time just exhale through the mouth. If it feels good,

maybe shake out the arms a little bit and be like, inhale and an exhale. Hmm. And one more time. A big inhale and an exhale. Hmm. Once again, just noticing if possible the room you're in. Maybe say your name to yourself or in your body. Like you can imagine saying your name to the center of your body and your current age to the center of your body or perhaps the limbs.

And part of doing this, I can imagine that for some it may be really hard and for some really nice, but part of moving slow too is that you just get to get information. Like, it's like you get to be a scientist of your own life. And it may be like, you know, I need more speed or, or when I slow down I really notice my feelings in my body.

Yeah. My definition of stability. Mm. So I wanna say where I got my definition from first. So I work with a man named Jerry Mulder and I don't think he's like publicly easy to find, but I just wanna say, this is where I first heard the definition of stress being. Stress is when you have more demands than resources. And it's so simple.

Stress is when you have more demands than resources. It's so simple and it just makes, life makes so much sense. Like when I feel totally overwhelmed, it's like, wow, I have more perceived. So I might add the word perceived. I have more perceived demands than resources that I'm aware of or utilizing or tapped into. And so for me,

when I think about stability being the first step of this work, then I would say stability is when you have more perceived resources than demands. Stability is when you have more perceived resources than demands. And I would actually love for some people to, you know, enter into the chat what some of your resources are like, what are some things that help you feel better when you're feeling,

we use the word looping sometimes, which means like you're in a, you're caught in a story and you just can't seem to get out of that story. Or you're not feeling great and you don't know how to shake that feeling. There are a million different things that could be resources and I'm wondering if some people might type in the chat and if you type in the chat on this,

I'm gonna read them out loud. So type a few are okay with reading out loud, energy, time, open schedule, space, sleep, journaling, community support, breath, an open door to nature, whether physically or in my imagination. I love that. Last, last time somebody mentioned imagination as a resource. Yoga, prayer coming back into my body in some way where my feet are or my back.

Yes, my resource is my faith in God. And I just wanna say like people who can sense into angels or that the universe has your back or God, it's like such a huge resource making art sitting under my favorite tree. Stress is more perceived demands than resources. Yeah. Stresses when you have, so the original thing was when you have more demands than

resources.

And I would just add the word perceived demands than perceived resources. Music, tapping, breathing, yoga, journaling, friends, nature walks, candles, time alone, meditation, lying on the floor. Oh my God, that's my favorite. My faith in God. Like my felt faith in God. Yeah. Changing the environment and going for a walk or breathing.

Yeah. So then you're changing your state and breath and nature. Just being huge nervous system regulators too. Walking outside, deep breathing, singing. We just started at Ritual, the place that I run Song Circle for that reason. Singing, connecting to spirit, breath. Beautiful. For some people it's cooking, for some people it's dancing. There are all of these tools that help to regulate us,

to stabilize us. And wouldn't it be awesome if one of the ways to work on your nervous system, instead of going just straight for the trauma, was actually to do things that feel good. Like when, isn't that amazing that that gets to be included? Like yes, we'll talk yes. Like especially in one-on-one sessions or with a friend or in,

in a trusted place that you might go into the trauma, but you're gonna start with like, also, where are my resources before I dive in to the hard stuff? Let me be well resourced that may, yeah, again, be God. It may be that I do my session out in nature, maybe that I walk while I have a hard conversation.

This idea that we're gonna resource ourselves really well. First off the hook practice extending grace to myself for being human. Thank you Colleen. Beautiful self acupuncture, nurturing communities and believing in the bigger picture, present moment awareness via my senses. I'm gonna say that one again. Present moment awareness via my senses. The power of now, like right now I'm okay.

Yeah. Right now, like right now where you can stabilize together right now we can take a pause. This whole hour could be considered a pause. Scheduling and fun lunches, massages, get away. So yes, weight training. Oh my god, I have so much I wanna say, I'm like, I wanna say it anyway. So weight training.

Many of some of these things have been like slow health, some of them have been medium health and weight training or say like surfing or that it can be, if you start to think about the activities you do each day that you might have, or maybe it's like each month you kind of notice what you need, how much fight, how much flight,

like healthy fight and flight can I purposely add into my schedule. So weightlifting you can think about like you're clenching your fists, which physiologically changes us into a little bit of a more stimulated place. Like to hold the weights. And grip strength is really important for overall health as we get older too. So we're, we're gripping and then we're, oh we're like grabbing a healthy push,

right? And then we're like maybe leaning on something. There are so many great things about weightlifting, but also say like going for a run or traveling where it's like a healthy flight response. So we can imagine during the pandemic when people had to stay in a one place that a daily healthy flight might not have been there. And so also as we look at these things,

you can start to look in your life, what is a healthy fight? What is a healthy flight response that I purposely put into my day? Yeah. Going like, I'm just gonna add like going out with friends and I, I'm thinking like in my mind, like going out with girlfriends and dancing would like really do it for me. Yeah. And Joe Dispenza says something like changing this is not exactly it,

but it's this idea that you change the reality on your inside ahead of the reality, on your outside. And so this is this idea that as we decide to stabilize now, we're not pretending that the challenge isn't there. We're saying the challenge is there and I'm gonna choose stability first, or I'm gonna choose pleasure or even neutral so that when I touch into that challenge,

I come with my adult self so that from the inside, like we're already changing our inner reality to grateful, which brings healing. We're changing our inner reality to abundant. Or if it's like small doable pieces, can I change my inner reality to neutral? That could be huge. You know, getting in the car for a road trip, even if it's a small one,

can totally change my state. A hundred percent. I'm with you. I, yeah, I see that as like a, that's a flight, like a chosen flight. And oftentimes people will say, oh, that's a flight response. And there's can be shame with that, but just think like, our bodies naturally are gonna have these desires to like move towards freeze.

But it could just be like cocooning with a blanket. And so it's like a healthy cocooning, it's choice. So when you have choice with it, it's no longer outside of regulation because you're choosing to have that fight. Like someone could be doing jiu-jitsu and it's not a dysregulated fight, it's a regulated fight. They've been training for it, they are doing it on purpose.

They show up at a specific time, right? They're activated for that reason. Body scan, noticing tension and breathing into it. Finally realizing a healthy nervous system is not one that is always in a calm, relaxed state. Thank you so much. Rather one that is responsive, one that can adapt and return to neutral. Set point and baseline. No shame.

Yes, no shame. I love this. Does this say hormesis? Am I saying that right? I think my husband literally just showed me that word like just yesterday and I read it and I was like, oh my god, I love this. Okay, I'm getting a thumbs up. Would you mind saying a thing about hormesis? Sure, yeah,

absolutely. Hormesis is the, I mean I can, I could pull up a slide so I can say it verbatim, but it's like, it's the act of stepping into a stressor by choice by, so then our body is more adept, number one to handle the stress that comes at you that you're not expecting. And our body improves functionality as we do it.

So it's beneficial in two ways. It helps you be able to, to adapt to the stress that comes at you. And then your body actually functions at a better capacity because you're practicing hormesis. Beautiful. Thank you so much. Yeah, I was, I was describing something just last night, my husband's like, oh, like hormesis. I was like,

wait, what? And I saw the definition, I was like, oh yeah, that's a hundred percent what we're talking about. Hmm. Exposure therapy. Hmm. I wanna say, I don't know. I mean I, I have the general idea about exposure therapy. I'm feeling like a little pit in my stomach. So I'm gonna say there's similarity and difference.

I'm just gonna say that when we're doing it on purpose, which I understand exposure therapy is, is that in the realm of nervous system support, the idea of like small doable pieces is a big deal. And I get that, I get that that can be part of exposure therapy too, but like really being in your body, really being well resourced and actually oftentimes like being accompanied as you're going through something is another beautiful part of that.

So this session took like a slightly different turn than where I was hoping to go, which was just the resource of pause. Maybe we'll do that next month because I love that all of us, I think through this we can realize like, oh you're, you already have health, like you already have resources. And just if we can start bringing blueprints to be as important if not more important than the imprints and that when we hold onto that blueprint,

when we tune into the blueprint of ourselves, of our environment, then we can begin to touch into those imprints. And the blueprint, like when you come into health, health wants to unweave what doesn't serve it. Tava did you have a, so actually maybe what I'll say now is it's 2 47, so we can officially go into a little q and a and this is recorded still.

And if it seems like there's a pause and momentum, then I'll unrecord or stop recording and take another question. Okay. Tova, Am I Tova? Is it Tova? It's tova, yeah. Thank you. I was gonna speak to exposure therapy just 'cause that that's that actually an expertise area of mine. So I love that when you said there was a pit in your stomach,

because I was like, yeah, no, no, no. And it's not the same, hormesis is not the same as exposure therapy. Hmm. But if I can quickly, I am capable of concisely explaining the difference. Great. Beautiful. Thank you. Exposure therapy, there's two ways that it can go. You can, it can result in flooding.

Flooding is when the stimulus too is overwhelming to the nervous system. If you have nervous system regulation tools that you are, you know, can utilize, then exposure therapy could result in hormesis, right? Which is your body's biomechanical mechanisms are becoming more efficient because of this exposure, right? But you can also, by exposure and exposure therapy, if done correctly results in desensitization,

that can be a positive or a negative thing. If it's done in a very controlled manner, it can end up again resulting in hormesis, sorry, where we get like a growth aspect from it. But it can also be done like you can get desensitized to things that you become numb. Like you can become numb to things you want to be able to feel.

Yeah. Yeah. So it's, it kind of, it wraps me around to like not decide like the tau concept of not deciding that things are good or bad. Because Especially therapy can, can be great. It can also result in things that you know, have downsides, Right? Same as desensitization. There's, there can be desensitization that you would aim for and there can be,

you know, things like dissociation, which most people have the goal to kind of, not to disassociate, at least not outside of choice, Right? Yeah, I hear you. Hopefully that helps. Thank you. So yeah, thank you so much. It's so great. We have so many well-versed people in here who can pop on and help us out.

Thank you. I'm glad I listened to my gut. Kylie, I'm still in bed. I am curious because I've noticed that when I do that stability of closing eyes sometimes to imagine a picture That I feel a bit of nervousness come up and I can try and find a story to that. Like am I gonna be doing the right picture? Am I,

I'm not sure what the story is, but it's an interesting thing and I'm just curious if you've come across that before. I have a thought. First I have a question. How do you feel when your eyes are open? Then it's like, then I know I'm seeing what's real and it does, it feels different. It feels like there isn't nervousness if I'm looking outside the window to a tree.

But when I close my eyes to picture even like a beautiful beach that I know well, something comes up. So I would first say stick with what feels good to begin with. Like do more of that and then you can touch into a moment with your eyes closed or a moment of imagination. I don't know you and we haven't worked together so I'm only taking a guess and you can say yes or no.

Is it okay if I take a guess publicly here? Absolutely. So my guess would be that imagination has felt unsafe at times. That things that you don't prefer show up And, and it may bring things from past into present or projections of an unsafe future. And so to close eyes that might feel like, some people feel like they have a ton of choice as to what they're imagining and sometimes it can feel like there's not a ton of choice and that's okay.

Isn't it beautiful that you can do something with your eyes open and then you could choose, this would just be my, you know, first like baby step would be like, I'm gonna try for one breath to close my eyes and imagine my favorite beach and notice how my favorite beach feels in my body. And I also wonder if you included scanning sensation.

So like, okay, my favorite beach, I'm just gonna say something out loud. My favorite beach for me, maybe Nora Costa Rica sunset. And I notice, and I could even speak out loud, you could notice like if you speak out loud, does it help to keep you focused on the image that you wanna stay focused on? I notice that the sun is setting and I notice that everybody,

like people seem to be happy and they're coming out for sunset and I feel safe and I feel the sand on my feet. I'm sitting on a log, there's a dog that comes up to me. It's friendly. And sometimes also just speaking out loud so you can stay in two reality is one of the imagination and one that is definitely present time, which is your voice here.

And now that was more than a breath. But you can do one breath and imagine it, and I'm curious, you can play with it, is if you vocalize anything and or notice sensation in your body, like one breath of being at the beach and then open my eyes like one breath, I'm at the beach and I notice that my shoulder is dropped,

it feels good and now I'm back present time. And so if I am leading a meditation and I'm guiding you through something and suggest closing your eyes and imagining something, you can be like, no. Or I'll do it for one breath and you can do something totally different. And it's so like your body will be so thankful that you listened to yourself and that you didn't just do it because you've always done what people suggested you should do.

Yeah. You know, you like in this space, you get to practice health. Yeah. Beautiful. I, I noticed even as you were talking, like saying, vocalizing it out loud, I could feel my nerve. Like I just felt calmer at the idea of having my eyes shut and picturing that, but vocalizing it out loud. So thank you so much.

You're welcome. You're welcome. All right. We have five minutes left, which is most likely time for one more question. Stephanie? Hi. Hi Sarah. Hi. I have a question about how to stay in relationship with the tension in our bodies, even when we're regulating the nervous system. You know, like I can move in and out of a,

like a visualization or like a present moment, but I can still feel like, like a tension like in my stomach and usually it's in my stomach that I feel the most. And I find myself trying to stay curious like, what is this? But then there's this other part of me that's like, what if there's just tension? Hmm. And so I'm just curious about any,

just any other reactions people have to as you're breathing, as you're connecting to yourself. Like how we relate to the tension that's just present without it having to mean anything or represent anything in particular. Yeah. I have a podcast that came out today called The Tension Field. Interesting. I, the podcast is called Threshold Moments, but the podcast is about the tension field and the space between familiar and optimal and what's happening as we're shifting a pattern and how often when we're shifting a pattern,

it's, it's uncomfortable. And my conclusion on this is that actually on a cellular level, that the receptor sites on our cells actually start to vibrate differently. And then there's like sometimes the sense of abandonment, like literally at the cellular level of like, I'm not meeting up with anything, I don't know what to do here. And until there's a resonance again and you get those feel good receptors and ligands meeting again,

that there's just often this time of tension. So that's one thing. And again, we haven't worked together and we're not,

you know, I don't know your history and there are other times where You know, there's something in the stomach and that could just be like body security system being like, man, when we slow down, something might come up.

And the third thing, which doesn't answer how to sit with it, but just that it is super normal. Yeah. Is that the idea of emotions can also be to emote. So sometimes as we're practicing practices of slowing down and meditation, sometimes what the body is asking for is like, actually can I have a push? Can I like go run?

And so, you know, on Zoom, you and I can't like have a push or go for a run in a group field. I mean we could we'll experiment with that maybe. So there's, there's also that thing of like, have we given our body time to emote? To like let something out to shake to like, I'm gonna turn my body just this way so it doesn't feel like it's coming at you all,

but just be like, oh, like maybe it doesn't want calm first. Maybe it wants like an outlet. So it's possible that you could play when you have it coming up of like what is it like when I just sit with it? What is it like when I try different ways of emoting? Oftentimes there's a lot of wisdom and being able to like sit in the tension field and other times just like that idea of like helping our body feel good too without it being escapism.

Although escapism is fine sometimes too. I would play with like the emoting aspect when it shows up and just see, I'm just curious, you know, see what happens. Thank you. Appreciate That. Yeah, you're welcome. Alright, it's three o'clock when my time. So it's a full hour from when we started. Let's see. This has been amazing.

Thank you so much. Oh, thank you Collie. Yeah, I will check into the community that you guys have online and I'll look at questions. This was a different setup than you guys have done before. I shouldn't say you guys, you people have done before with tell. And so you know, I'll also be interested to see if this, this version worked where there's a little bit more lecture,

a little more q and a with a small meditation in the middle. I'm learning as you are to see what fits in what works for this community. So again, I'm just for myself, I'm gonna take one more opportunity to pause and to notice the end of this sequence and to give myself a little bit of time to transition on my own end. And thank you all so much for showing up.

Thank you for being here. I really appreciate it and I enjoy this time with y'all. Thank you. Bye.