



TRANSCRIPT

21 Day Tune-Up: Bonus Q&A with Irene

Okay. Thanks for laughing. Okay, so it is, what day is it? Oh, my goodness, it's April 1st. It's April Fool's Day, if you have that in the country that you live in, wherever that weird concept came from.

It's Irene here, Irene Lyon. And I wanna record this the way we are now. So, we have a small group of people, because this is a small bonus that you all got for signing up for, I almost said SmartBody SmartMind, the 21-Day Nervous System Tune Up in a short period of time. Normally when I have a lot of people, I just record my video, but I actually like really seeing some faces here, so, if you're not shy and you wanna have your video on, it's lovely to see faces 'cause then I can see the nods, or the confusions, that kinda thing.

I have a bit of scratch in my throat, I'm fine, but I think it's the cherry blossoms that are going crazy right now in Vancouver. So, everything's sprouting. I just went for a little walk, and I started having a sneeze attack. So, I'm sucking on Ricola candy, so, apologies for the saliva extra, and the tea I'm gonna be drinking. So, with that said, if you ever need to, during our call today, grab water, stand up, move, you can, if you start doing lots of big movements, like just having a glass of tea or something, nothing wrong with that. Then turn off your video, so that, we don't all get dizzy, 'cause that will happen, trust me. I get seasick.

So, welcome to everyone here. Obviously, we're recording this, it's April 1st, 2020. This is for the 21 dayers, and not everyone's here. So, we will be sending out the recording. So, if you're here live and you can't stay to the end, or you need to take a break and you just need to pause, you can always come back to the recording, right? So, I'll send that to you.

I've got questions here. And we might have some time for some extras in the chat, but we'll see how we go. I've got a good chunk of questions, that I think will cover a lot of stuff.

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I wanna start with one from, here we go, from Caroline, I hope I'm saying this right, Caroline, let me just unmute you 'cause I can. How do you pronounce it?



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"It's Caroline, in Dutch." Carolien? "Yes." Got it. Thank you. Okay, and you're in the Netherlands. Good to meet you.

I stayed in Amersfoort for three weeks, in like. Yeah. Okay, there you go, somewhat close. Yeah, it was an interesting time. We were there. Yeah, me and my first boyfriend, we traveled for six months, and we were in that area for a while. So, it was good to meet you. Thank you for telling me your name.

Now I will pause the volume and get to your question. Okay, it's nice having a small group. Okay, so, dear here is your question, I feel the nourishment that the orienting and the multitasking awareness exercise brings to the body.

So again, orienting is one of the first lessons, taking in the environment, exploring, and for the sake of practice, I would even encourage everyone here right now and those on the recording, to give that a try right now. So, to let, actually try the practice of gently orienting to where you are. And even for myself, it gives me a chance to have a breath. As I suck on my cough drop.

So, there's these concepts that we're learning, like orienting and multitasking awareness. And as you said, "I also understand that my nervous system is learning how to regulate itself." So, yes.

"How come these neurosensory exercises," so, this is your question, "have this healing effect on my body?" So, the main answer is, because what we're doing is, we're connecting the body, the environment, and also bits of our thinking, right?

So, when you're listening to me on the recording, you're having to process higher level knowledge. If you were a three-year-old that couldn't understand language, you wouldn't be able to do the audio lesson. Three-year-olds, what do they do? For those of us that have kiddos. They just naturally look, right? They orient naturally.

So, what's happening is that in these exercises, I'm not just saying, okay, look around left to right 10 times and then stop, right. There's this guided slow, methodical pausing, where hopefully you're also staying connected to the, and again, everyone can feel this the ground under us, that got ground under you.

And it's bringing us back to just the natural organic nature of the human system. Multitasking awareness is bringing in kinda what it says, multiple pieces around us, right? And so, let's just say, and again, I don't know your history, and that's fine, I'll speak generally.

When we've had trauma in the past adversity, things where we've had to disconnect from the environment, or disconnect from our body. When that occurs, we lose disconnection, and we lower our capacity to be in the present moment. And so, the exercises are bringing ourselves to open our capacity, so that, we can experience more that is around us. And also, what is in our system, right?

And so, by doing that, we're basically turning the dials back on to having more aliveness. Being in the present moment, and not necessarily in the past, in the old patterns, or in the future. Thinking about things that might occur or not occur, you know that, going into the mind loops, we call it here in North America, overthinking, a ruminating, awfulizing, even daydreaming can put us into kind of a land that isn't grounded in the here and now.

So, the main, well, not the one main reason, but one of the main reasons is, exercises have a healing effect is where, I like to sometimes think of a coloring book, you know, child's coloring book where you color things. When we've had a lot of trauma and stress and adversity, the colors of our body, they kind of fade, or they all become one color, or it's very black or very white. It's very rigid. As we bring this system back online, we're bringing color, and we're bringing new odds to the system. So, that's one thing.

The other thing, I wrote some notes, I was reading my notes that I remind myself of what I wanted to say. But it's interesting a lot, I've had many of my students go into this program, and also SmartBody SmartMind and say, I didn't think anything was gonna happen. I didn't think this was actually gonna work, 'cause everything I've tried, has never worked. They're very honest.

And when the lessons are followed, and the pacing goes at your own pace, we're really just bringing back the intelligence of the human system, but in a way that isn't forced, in a way that isn't contrived. And in a way that isn't just based on the thinking, or just the body, 'cause there's a lot of great body practices, yoga, dance.



TRANSCRIPT

A lot of good mind practices, mindfulness meditation, and they're all great, but they're not put together. We still need to exercise; I think it's very important. We still need to be physical with our body, we still need to be mental with our brain, and read and solve problems and connect. But it's the blending of all of it, Caroline, that brings it all together.

So, that's why this works. And so, the final thing is that it's bringing our capacity online, and it's connecting us to ourselves in the environment. Does that answer your question? Can I unmute you? "Yes. Yes."

Okay, was that what you were thinking? Did you have a hunch? "It's not that--- What really happens is your explanation of the combination of the mind work and the body work and integrating it." Yeah. "And yes. And it's right what you're saying. It draws me right back into the present moment, which is healing on its own. Yeah." Yes. "Yeah"

Great, perfect. And the connection with the environment. That's the other piece that often gets left out, 'cause there's a really, I have very, you know, beautiful friends who are yoga teachers, and they teach Mind Body Work. So, they're getting into the mind, they're getting into the body.

But rarely do they ask their students, can you feel the ground under? What can you see around you, while you're in that pose? while you're thinking about what you're thinking? And so, the moment we bring our eyes to the environment, we actually, we reconnect to it.

And one of the reasons humans have had such troubles not future in the past, is we've disconnected from the environment. And that's why we don't take care of it typically, we don't see what surround it. And so, it's the same for our own personal internal biology. When we pay attention to it. We're better able to take care of it.

Yeah, cool. Well, awesome. Thank you for such a great question. It was such a simple question and yet, I think it really shows a lot of honesty. And that how does this work? Why is this working? So, thank you, for that question.

Thank you. Was that helpful? Helpful for other people and on my, thanks Serena, awesome, cool. Okay, I'm gonna go back to the top of the list here.

00:11:26

So, Serena, this was your question. So, next. So, you have a question about the current pandemic, the corona pandemic. And you say "it feels like they're making up a collective trauma. What would you suggest we do, to process in real time personally, and globally to avoid dysregulation and psychological impact?" So, this is a good question, it's obviously on people's minds.

Number one, gonna give you kind of a list. The first thing, everything that we're doing in this course is exactly what I would say we should be doing right now. Just like now, versus two months ago, versus last year. So, all the principles, like I just talked to, with Caroline, I kinda get that wrong.

We're connecting to the ground, connecting to the environment you are in, that is safe. So, it's important to know that if we are following the advice, the real advice of the officials who understand, we should be okay in our environment, right? And so, when you are in your home, to know I'm here, and this is safe, I've taken the precautions, but I've also taken the precautions in a way that is to help me, not harm me more in my psyche, 'cause we can do that really quickly.

So, practices are the same, feeling the sensations, feeling the emotions, allowing ourselves to feel the fear that might be there, but not getting wrapped in it and having it become this prophecy, right? Because we don't know it will happen, my hunch and the feelings I've gotten from a lot of elders, and people who understand the earth, and the way the earth works, from a very deep level. We're all saying, we're going to be okay.

And yes, there are people who aren't, and many have also succumbed to this, just as people die every year of flu and disease, and accidents, and war, and violence, and suicide, right? So, I wanna also, it's important to put the perspective in the arena, if you will, and go, why is this so feeling so big?

And it's because everyone's being impacted. So, one thing is to try to limit the media, that you're taking in. I still look at the media, but I'm very neutral when I look at it. I go in with mindfulness, and I listen to when, in other lesson you guys have been learning follow your impulse.



T R A N S C R I P T

Some of you may have gotten to it yet, some of you might not have, but to really be so body full and mindful, and aware of your nervous system, if you are going to turn on a television or the internet. And the moment you feel some little jiggle of panic or fear, shut that shit off. Just shut it off. Because if you know what's happening, right? And it's important to be like, I'm just gonna do this once a day, right? Et cetera, et cetera.

So, you no longer have to use your own ways of how you deal with looking at news, but on any given day I limit my media consumption anyway, 'cause no one really reports on good stuff that occurs in the world. So, if you can find things that show good things that are happening in the world, I think that can be healing, I'm turning to nature, shows, turning to animals. There's a reason why most of the things I follow on say, Instagram and Facebook are animals, videos, wildlife, nature.

The other thing too is this doesn't have to become something that is a collective trauma. And the reason why, is because we already are in, we were in the collective trauma before this occurred. The level of dysregulation in humanity is pretty big. And that's what's caused the sickness that we have before this, though, I'm gonna cite some research.

Some of you heard of the ACE study, the adverse childhood experiences study, I talk about this in a lot of my videos. But that study really showed us without a doubt, it's so conclusive, 'cause it's been replicated multiple countries all around the world, since the early 90s. When we have got unresolved trauma, when we have dysregulation in our nervous system, if that is not healed directly through the nervous system, the way you guys are doing here.

And I don't mean this to be a downer, but we will most likely get sick of something that we're predisposed to. My history in my family is lots of heart disease, lots of stroke, right? My husband's is more mental illness, right? So, we know, and we've accepted that if we don't work on the store traumas, the dysregulations, the pains that we held in our bodies when we were really young.

Even the pains that we feel now in current day, we don't move that out and take those balls out of our system, will succumb to not being well, with or without the situation that we're in right now. So, when I look at some of my students, 'cause we're in the middle of my 12-week program, SmartBody SmartMind right now. Some of our alumni, and I know they'll be okay with me sharing just the general theme. They can't believe how well they're doing, considering the situation they're in right now.

One person said, if this was occurring, she said three years ago, I'd be a mess, but because I know how to ground, and stay I connected to who I am, to where I am, to recognize safe, unsafe, there's more differentiation, and so, they're not getting stuck to all the panic that's happening. I also have heard through many that this virus is a virus of fear. In other words, it's triggering all the old fears that we have not healed. That makes sense?

So, it is going to poke, it's going to test, even my husband, Seth and I, if you're in our Facebook group, you might know my husband, Seth, he moderates in our Facebook group. We were talking before this even started to happen, that we were feeling a panic that we're not used to feeling, it was really weird for us, and I'm like, what's going on? He said, I think it's this beginning of feeling, the virus is like the messenger from what we feel, and it's waking us all up.

And some people, again, I speak generally, are gonna recognize this and realize, wow, this is a lot of old stuff I'm feeling. Those that have the education will have the knowledge to check into that, and tune into that, those who don't, or who wanna ignore it, will get trapped into this. And here's the thing, when we are trapped in more survival, our immune system declines, our healing capacities decline, our flow declines.

And we know through somatic experiencing, the work I've studied, part of the work I've studied, when we can have engagement with ourselves, engagement with others, even in this way. When we can be curious and playful, it inoculates us from trauma. It's the reason why when you have a car, and I hate to use these examples, but I use these examples.

When we have a car accident. And Peter talks about this in his book, in the "Unspoken," he was hit by a car quite badly near his house many years ago. And he is certain that if it wasn't for the lovely woman, that came by in the road and helped him, and stayed with him, and held his hand, and talked to him calmly, the way a really good doctor or nurse would, or mother or father or friend. Because he was talked to kindly, because she stayed with him, kept him safe, dealt with all this stuff. He knows that, that's why he didn't get PTSD from that accident.

And we know that, we know that we do not have to become traumatized from this. We have a choice. Will it be easy? No. Will it test us? Yes. Will it challenge all the old fears we've buried in our system? Yes. But you guys have the tools or you're learning the tools to stay with them, ground yourself, stay with the environment, have your environment safe, and get the emotion, the sensation out. I'm just gonna look at your question again.

So, I think that we actually, I wrote about this a little while ago, just last week, that this is the first time, from what I know, in history, that we have the science, the research, and these practices, when there is a global thing going on. I can guarantee you, my parents didn't have this during the Vietnam War. They didn't have it. My mom didn't have it in the Second World War when she was growing up. And my grandparents didn't have it in the First World War.

We think of big global events. They had no clue about neuroplasticity. They didn't know about being with their bodies, unless they were kind of hippies and weird, right? So, there's this thing right now that, we actually have massive opportunity for this not to become a mass crisis afterwards. Will there be a lot of people who struggle and suffer? Yes. But I think we have a lot of opportunity to shift the way we deal. Does that help?

Can I unmute you for a sec, just 'cause you're here, is that okay? Hey, Serena.

"Hey, hi. Hi Irene." Hi.

"Yeah, thank you for answering that so thoroughly, because I have been feeling really strong through this. I am a Reiki energy healer, I do meditation and yoga and all those things, and I've been facilitating for people. So, a lot on my mind has been, I feel strong, but sort of more concern about people who maybe don't have these tools, necessarily. So, I want to get your perspective because I trust and respect your opinion. I feel like, 'cause you're very grounded, obviously, with all the science and everything."



T R A N S C R I P T

"So, I wanted to bring some of that esoteric perspective, which I have, and sort of feel that it's healing, and all of these other things are always going on in the world. But I love what you said of, this is just bringing everything to the surface and then away and it's allowing, it's a really big opportunity for more healing, and if obviously, not everyone is going to make it through, but that's happening all the time. And so, now we have more tools than we've ever had before."

"So, just serving validated my own self perspective, and hearing your insight into it, is really helpful." Good. "And made me feel more calm." Good. "But yeah, it's interesting time right now."

It is so good. Thank you for the work that you do. So, keep doing it. And everyone here, live and listening to the recording. You're right, not everyone is going to get out of this, just like everyone at some point from what we know at least, we're all going to leave this physical body at some point. If you believe in the soul, I do, that we'll carry on, but our physical body, we haven't figured out how to become immortal as human bodies.

So, you know, when we know that there are people who don't have these tools, be very neutral with it. And it's important to preserve our own energy right now. And again, that's why, limit the media, because we can get trapped into how horrible it is for many, and we have to have empathy. But we also have to protect the energy, and the empathy, and have boundaries.

So, if anything, have a global knowing that those who are meant to do this work will, and those who aren't, that's not your responsibility. I've had to work with this myself a lot. And I'll share this with all of you 'cause it's a smaller group. It's very tough when the messages come in, the please, the begging, please work with me, I will need help. We get lots of those messages. And there needs to be a very strong boundary of I can't, and here are the resources we recommend, right?

And so, if we're healthy in our own system, if we know we have something to offer others, give what you can so that you stay healthy and well, and say no to the rest, and that is an act of kindness, kindness for yourself, it really is. 'Cause when you take care of yourself, you do take care of the planet. When we burn ourselves out, we burn out the planet.

And I think the other thing, which I didn't mention is that, this is really showing us as humans how tired we are. And there are a lot of people that are enjoying the slow pace, the need to not keep showing up and doing all these things. There's even people who are feeling guilty, because they're wanting to say no to even talking on the phone to all these friends who want to talk to them. And it's actually a really important time to listen to how often in the past have we said yes to things when really, we didn't want to do any of it, right?

And so, there is a mode of selfishness, that can be very healing. It's not about being obtuse or mean, but taking care of ourselves, especially if we have families and being like, this is my number one priority right now. And I'm gonna take care of it, because I've just been given a hall pass, if you know that saying, to do that, right? So, I hope that offers a little bit more as a person who works with people because those who are desperate, and want to be helped and healed, will find us and want it. And by that I say, I've never considered myself a healer. I do not like that term. Because I am not laying my hands on you and magically changing your insides. You're doing that yourselves.

To me, the real healers are the surgeons, who go in and actually fix things, right? But to me when we're working with energy, and we're working with the nervous system, we're the messenger, and then you, you folks, or our students have to do the work. It's like you can't help someone learn a second language, they have to do it themselves, right?

We can, what's the saying, you can lead the horse to the water, but you can't make them drink. So, keep up your work. And this is for everyone here, even if you're not working with people, this is an opportunity.

And I've talked to some of my colleagues who are finding that a lot of the relational trauma with their parents and family structures, is being healed right now. Because all those times they didn't wanna go to Sunday dinner, and they said, yes, and now there's a real excuse, I actually can't. And they're feeling liberated because they're being helped by being able to say, no.

The real test will be when this is over. See where I'm going here? Will we be able to continue setting boundaries that are healthy for us? So, it's a real opportunity to know how much do we need? How much do we need to say no to, et cetera, et cetera. All right, thank you for your question. Thanks for everyone's attention while we go through that.

"One quick question, I don't know maybe for after, but I noticed as you were speaking and like, I sort of noticed my nervous system getting more like, activating me from like nerves. And so, I was trying to do orienting, and maybe this is more general. Like, would you recommend other practices for in that space, when you do notice it rising, and you're like engaging with someone? 'Cause I guess that would be your ventral vagal. Like, if that's something you could answer maybe later on or now?"

No, it's a fairly easy. So, when we're feeling our activation rise, it's the sympathetic energy, the fight flight starting to come up, I get it too sometimes, right? And so, it might be orienting, it might be feeling your butt on the chair, it might be a little bit of an exhale, it might be holding something, it might be in the 21 days, there's these things I call the self-hold. It might be squeezing, it's anything to bring the system back to containment, so, that it can lower its activation. It might be that you have to get up and move a little bit.

So again, you've gotta listen to that impulse and feel it, and trial and error it. There's no right or wrong, there's no one thing. It comes down to practice, in different situations and really just testing your system, and seeing what it needs in those times.

"Okay, thank you so much, Irene." You're welcome.

Okay, next question. Let me just make sure everything's going, hello, hello, I think you have a few more people. So, hi to those who popped on live, into about the half hour mark. So, we're just getting into more questions.

00:29:36

So, this is from Ariana. And I think, yes, right there. So, this is in regarding the dorsal vagus nerve, and getting sleepy during the lesson. So, this is really common. "So, how can I distinguish when my need for rest is the one I really need for digestion and rest?" So, I read that wrong, it was in your writing.

"So, how can I distinguish when my need for rest is the one I really need for rest and digest?" So, the low tone dorsal. This was covered in the biology of stress videos. "And when my need for rest is in reality free?" So high tone, and "when my body actually needs it?" So, I see what you're saying. This is very common. So, in other words, how does going into real rest without going into freeze work?

So, you feel that your defect, your default and protective response regarding my childhood is to go into freeze. So yeah, this is an interesting one, because I alluded to it a second ago with Serena's question. For many of us, we're overworked, and we're sleep deprived, typically. So, when we get into some of these lessons, the neurosensory lessons, it can be very common for us to just fall asleep, because we're being asked to feel very basic things, it's taking us out of the monkey mind, out of the thoughts.

And we're focusing on gentle movements. We're focusing on our breath, on containment, on orienting, things that are very much what the system wants for nourishment. And so, when we go into a lesson, and we find that we're drifting off to sleep, I often say, experiment with letting that happen. And when you wake up, that will tell you typically, if it's been restful, or what we would call high tone dorsal shut down.

Because when we wake up, if it has been the low tone dorsal, and it has been really regenerative, we'll feel rested, we'll feel a little bit more energy. If it's the freezie high tone dorsal, typically it has a feeling, like, we're being a little drugged. I've experienced a lot of anesthesia through my medical surgeries.

So, I have a good memory of how it feels to be taken under, right. To be drugged with anesthetic and pass out that way. If you've never had that happen, the feeling is kind of like everything kind of just closes in. It's almost like the room and the feelings lose color. The system is going into what we would call this freeze, this dorsal high dorsal tone. And so, it comes down to being able to differentiate, and practice.

So, number one, let the sleep happen, and just see how that is. And for some, it might be that we just need to sleep more and rest more, this is part of, I call it the five stages of neuroplastic healing, and one of the stages is neuro relaxation, which is the body's need to recover and rest, especially when we have grown up with a lot of stress, a lot of trauma.

If our adrenals have been fatigued, if we're living with chronic illness, there will be this need for the system to like rest, in an abnormally large way at the beginning of this work, and it can sometimes scare some people who are used to being very productive. But trust me when I say the tanks of your body, like the fuel tanks, need to be filled up, they need to get more energy into them. And when we replenish it, that system will have more robustness, more life force energy.

So, play with it and see. And sometimes it's possible that it is the freeze. So, if you differentiate and you're like, oh, yeah, this is me shutting down, because I'm feeling overwhelmed, for example, I'm using my hands here to describe. So, let's just say, this moment is that moment where you start to feel, I'm about to pass out. I'm starting to shut down, I'm feeling overwhelmed.

So, let's just say this moment here is that, so, I'm using my hands for those that might be listening to the audio of this. So, I've got my hands on one side. I'm gonna bring them to the other side, say to the left. Can we, can you, before that intense, druggie feeling of being into going to shut down before that occurs, can you sense what's happening? Before, before, before, before that happens, before, before, before is not a technical term.

In the world of trauma, we would call it the pre prodromal, for those who understand migraine headaches, and how epileptic seizures happen. Someone that has a migraine or someone that has a seizure, they can tell when that's about to happen. There's an aura, there's a smell, they can sense that their system is going into activation.

And when we work with people that have seizures and migraine headaches, these kinds of somatic attacks, we work on getting them to feel what happened before, before, before, before you felt the aura, before you had the migraine, or before you had the seizure. So, in some strange way, it's the same thing when tracking how we go into shutdown. So, usually we go into shutdown 'cause there's something that we're not aware of, that is overwhelming us, that is super small.

So, this is where learning to follow the biological impulses, and really connect to the internal physiology, is important because when we get really good at this, when we become skilled, and become an apprentice of our system, we can tell, I'm just making this up by the way, "holy cow, like, I'm noticing I'm doing something in my throat that's clenching". "Oh, and now I'm noticing that thing, and oh God, and now I feel like I'm gonna pass out." Or, "oh my god, I'm doing that thing with my foot, when I curl my toes, and I didn't even realize it." And it's the start of a stress responses, start of an activation spike.

And if we think of how the freeze response works, it hits, when we've had fight, fight, flight, flight, all the fight, fight, flight fight, all that's coming up, and we don't notice that, the system goes shut down. You haven't been taking care of the fight flight, the fight flight, and now we're going to shut it down. Kinda like, when Serena was saying you were feeling some of the activation.

And again, this is just a hypothetical. Let's just say she didn't know how to work with that, and she ignored it 'cause she was disconnected from her body. Some people get to that point and then they pass out, they faint, because the blood pressure gets too high. And the system, the brain is smart. It's like this, this person isn't doing anything to bring this down, we're gonna do it for them and shut them off.

So, that is a large way of saying, you have to practice, you have to get good at feeling the sensations, and play with letting yourself go to sleep, and seeing how you feel. And then just see how that plays out. So, did that answer the question? You're in the dark, which is fine, but let me know, maybe in the chat, I can't see your facial expressions. So, let me know and I can follow up. I don't wanna unmute you if you don't want me to unmute you. Thumbs up, thumbs down. Thumbs up. Okay, I'm just gonna unmute you.

Hey, did that make sense? "Yeah, it did. I mean, yeah, like you said, I have to practice." Yes. "Yeah, it's this thing with sleepiness is cool. It's, hard to say." It's a big thing. "It's a big thing, yeah." Yeah.

"Because three years ago I experienced the survival fear. It was activated. And I also went out of the body and flee from the body. And from that time, I couldn't fall normally asleep. Asleep, yes. And so, this when I'm doing lesson, it's new now, because my body, look, when I hear your voice."

Yes.

"It's very calming."

Yes.

" And, yeah. And it's just relaxing me in a way. And yes, my body just wants to go to sleep then."

Then maybe let that happen, maybe let yourself, you know, it's always possible that your system needs a little bit of that rest and rejuvenation. And so, you know, maybe set up the lesson, so that, you know, you know that you could sleep for an hour after. And just let that happen, and let its sort of like, you know, again, if I always go back to babies, when babies are young, well, babies are always young. When a baby is a baby, they sleep a lot, a lot, right? Because they are processing, processing, like their nerves are on fire, in a good way.

They're learning so much, and they need to sleep a lot. It's kinda like teenagers, teenagers sleep, not 'cause they're lazy, it's 'cause they are growing like crazy. And though, and if we have a stressful event occur, and I'll share something, I had a stressful event happened about a week and a half ago. It was pretty traumatic, I'm okay, everyone's okay.

But it shocked me a little bit, I slept crazy for about five days after that, and I'm still feeling like I'm recovering a little bit. So, when we know that we had a big shock, a big trauma or maybe lots of them throughout our lives. And we've been pushing and pushing, and overriding the reality of what we're feeling, it can take some time.

And when I say time, I mean weeks and months, to recover that system, but it will recover, but this is where we have to really honor, that need for rest. So, I would say let yourself sleep, set it up, so that maybe you can always have a nap. One way to kind of play with, it is you can do some of the lessons standing up. If you're feeling like, I'm going into some shutdown, or I wanna try to dislodge this, maybe do the orienting standing up, go to a park, some of the lessons, and be in a bit more air, and see if you get the same, I wanna nod off effect, 'cause if you're moving, the system will be less likely to go into real sleep.

But if it's shut down energy, you'll still feel that, it's like, like I said, it's like a drug has been put into your system. So, that's another way that you can experiment with that, is to go outside, or stand up, or sit up, and see if it's the same impact. That makes sense?

"Yes, yes. Awesome." Cool. Thank you. "Thank you." Hello, and say hello to Slovenia. I know a few people there. So, it's good. Yeah. "Yes," all right, I'm gonna mute you. Thank you, Ariana.

00:42:01

Okay, next one is from Eva, and it looks like she's gonna watch the recording. "So, when I was practicing day 13, every time I was noticing sensations in my upper body began to shake and move in different directions." I'm just gonna do one thing here. I see, okay.

So, day 13 is what's called, Mini Balance Your Back. It's more Feldenkrais lesson, where there's movements, and gentle movements of the spine and pelvis in the head. It's a really beautiful lesson if you haven't done it yet.

So, you noticed when you were doing day 13, "there were sensations in my upper body, and it began to shake and move in different directions. I could always voluntarily stop the movement. But it would start again once I paid attention to my sensations again. What is that?"

So, it could be a few things. And again, I don't know your history either. So, I'm gonna speak generally. I know from experience that the Feldenkrais lessons, especially when you do them well, I know that sounds odd, that you take your time, you're slow. You're not using it as a way to stretch, and get an exercise out of it, but it's very slow and very methodical. It can resurface and release patterns of trauma stuck in our spine and motor systems, from when we were really like, again, babies.

'Cause when we're babies and infants, rolling on the ground and exploring, is really part of our development. It's what teaches us how to find our spinal curves. Rolling on the ground and rolling over teaches us an orientation, and being able to use our inner ear, or the stabila. It gives us strength, when we get start to push up, when we get to our side and on to our belly.

So, the balancing the back lesson on day 13, is very sneaky in a way to get into some of those old early patterns. So, it's possible and many of us don't know, our early few years, especially if our parents have passed, and many parents I find don't even remember what was going on then, which is, and I find interesting, but it's possible that the shaking is some old stress and strain, that is coming out, because the system is finally reconnecting.

This comes back to the first question I answered, about why do these movement lessons work? Why do the neurosensory exercises help? And it's because we're being asked in a very general but also specific way to feel connect, to attend to the environment. Our movement, our spine, which is moving our brain and our central nervous system or our spinal cord. But we're also using our mind and we're also feeling.

So, it's like a big, what am I trying to say? It's like a good bomb, if you will, of everything poof, coming together, like the wires are coming together. And so, if we had limits, if we were limited, and how we were allowed to move when we were young, and I know there's some kids that are put in and again, I don't know if this is you, but are put in braces and cast, if their legs are deformed when they're born. It is very common, when kids are born with pigeon, I forget the actual name of it, but they're born such there's a defect in the legs, and they're forced to open the legs by being put in a brace or a cast.



T R A N S C R I P T

And what happens is when a baby's limited, even if a baby is put in a crib, or is always put in some kind of chair or device where they can't move. It's limiting their natural development as a human animal, right? You would not put a puppy, or a kitten, or baby cub, in a crib, or in a device, and let make them stay there, you wouldn't. They would go crazy.

So, we have to think, well, humans are like that baby animal. We are baby animals, when we're babies. And we need to move and crawl and roll and explore. So, sometimes when we get back into these movements as adults, it will resurface old patterns that we're not allowed to express, that's one example.

There could be many, so, the question is, at any point in time Eva, were you in an accident? Where your movements were not able to happen. where you had to be, what's the word I'm looking for? Restricted in your movement. Were you ever needing to stay still, and you didn't want to stay still? Were you ever in a surgery where you were pinned down? Was there ever abuse, whether physical or sexual, where you were not allowed to move, where you had to shut down, where you had to freeze? Did you have to be somewhere that you never wanted to be? Could be something as simple as going to church every Sunday, and it brought huge fear and you hated it.

And all these things went around, and you had to sit very still. So, I'm just giving all these examples 'cause it isn't always physical, sexual abuse, surgical trauma. It could be being in our environment and not wanting to be somewhere. Wanting to flee and get out there, but we can't, and then we start to bring these movements in, the system lets out that sympathetic survival energy, in the form of something like a shaking.

So, you said, "you notice sensations in your upper body, and you begin to shake and move in different directions." If you can, and you say you can stop the movement, which shows that you have control of it, which is good. Can you allow the shape to occur, and have witness to it occurring? Stay with the body, stay with the environment, stay in the present moment, all the tools you're learning, and watch it with curiosity.

And if you feel an emotion come up, pain, not pain that would be sensation, sadness, grief, anger, it could even be joy, right? If you were that little baby that wasn't allowed to play, all of a sudden there might be this sympathetic energy that's coming out that actually is about feeling joy and freedom, right?



TRANSCRIPT

So, we have to also not attach, shaking and moving in different directions, as necessarily a bad thing. Keep it neutral and then follow the impulse as to what that shaking wants to lead to. Now the reason I say that, is because, there can be trouble sometimes when a shaking response doesn't have completion, doesn't have integration.

And what occurs is that we can get into the shaking room, and we just go to it by default and it never ends. This I see a lot of the time when people get into more cathartic practices. I've seen this a lot with people who've done a lot of something called TRE, which is called trauma release exercise by David or Sally. It's not to knock David's work. But if people are not careful, they can stay in a loop of shaking that never ends.

The moment people sit down and feel their body, they just start to shake. Shaking for the sake of shaking isn't gonna heal a damn thing, if it doesn't have some form of meaning, or completion, or connection to something. Otherwise, it's just shaking. So, again, this is not just for Eva, this is for all of you, to really follow the impulses in the body, but there has to be a connection to them. It's like, I can't say to someone, I want you to take, use my pen sometimes as an example of a baseball bat, 'cause anger is a big emotion that a lot of us need to work in process. But it's not enough for me to say, I need you to take this baseball bat and just hit the counter to get your anger out, like this.

Like I'm kind of acting, but if there's no life force energy aspect coming out with that, if it hasn't been sparked internally, like a match, it's like trying to make a fire without heat, right? So, there needs to be the emotion, the sensation, the impulse, the behavior, the action, all these pieces have to all kind of coalesce like an orchestra, to make the sound that is, and I say sound metaphorically, but to make that release happen.

And, again, I use the pen and the baseball example, just to give another example, that it isn't just in the case of shaking, it can be in the case of releasing emotions. For instance, crying for some people is very therapeutic and very needed, and other people, they cry without the crying having any connection or meaning to anything.



TRANSCRIPT

And this is where we get folks who end up in really big spiraling bouts of depression, or there's just this horrific sadness that never ends, it doesn't lead to anything. It doesn't lead to something that completes, if that makes sense. So, I know some of you are early on this journey, which is fine, but I say this kind as a grand generalization, that shaking can lead us to shifting into healing but it has to end, it has to complete, it has to stop, and not by us willing it to stop, but by allowing that wave to actually come to shore and then sink back into the sand and go back out to the ocean. That's an analogy I sometimes use.

We don't wanna just stay in the wave forever. 'Cause it can, it'll drive us crazy, if we don't find a way to complete that, right? And I say that was humor and seriousness as well. So, that's, that question. Okay, all good, someone had to leave, all fine. Yeah, we're recording all of this. So, if you have to check out, or if you have to leave, or if you wanna just take a break, know that you can. I'm gonna have a little more to drink here. It's cool on me, okay.

00:52:50

This is from Teresa, and she's watching the recording. "So, in the video on toxic and accumulated stress," so, this is the biology of stress videos. "As you say that regulation requires two things that we get back into the body, and we work at the level of the stress organs." Yes, I do say that.

"I understand what the first bit involves. So, getting into the body, but could you speak more about the second part. What does it mean to work at the level of the stress organs, and are there any books you recommend for me to educate myself on the topic?" So, the stress organs give you a little history, the 21-Day Tune Up, that you guys are all doing, it was pulled and curated from SmartBody SmartMind. So, you're getting a small portion of SmartBody SmartMind like an eighth of the course.

And so, part of that is the biology of stress video. So, there are some things in those biology and stress videos, that connect to SBSM. And one of the things is working with the stress organs. So, by definition, they are the brainstem which is, and if you want, you can play with me and touch your brainstem.

So, it's where the brain meets the spinal cord. There's basically this little thing called the brainstem. And it is basically the bridge between your brain and your spinal cord. It's not really something that you can feel, like you can feel your muscle, because it's protected by the vertebra, right. By the spinal bones, but it is there, I can guarantee you it, it is there.



T R A N S C R I P T

And when we are under a lot of threat and stress, often terror, when we have had a lot of terror growing up, which is very common with early trauma, the brainstem gets tight, and it gets contracted, and it kinda sneaks up into the skull, kinda like, if a turtle gets scared what does it do? It brings its head in. So, we have that same kind of physiology. So, that's one of the stress organs.

The other ones I should say, are the kidneys and the adrenal. So, there's two kidneys that sit at the back of your back, kinda mid back. And the kidneys produce urine. So, they help us with hydration and acid base balance in the body. But on top of each kidney, is a little gland called an adrenal gland that pumps out adrenaline, and cortisol, which in our main two stress chemicals. So, I'll explain what working with those mean in a second.

So, those are the other stress organs. And then the gut, this viscera of ours, the digestive system, the spleen, the liver, I mean, all of our good goodness in here. That is also an organ, and it's not one organ, it's an entire collection of organs, that obviously do important things for digestion, et cetera. And it feels strain and stress. If you think about a kid, when they're nervous, what do they often say, I have a tummy ache, right? They feel it in their gut.

And so, the working with the stress organs is work that I specifically learned through Kathy Kain. And I mentioned her sometimes when I do my videos and articles. She is also somatic experiencing practitioner. She also does her own form of training, specifically working with the body, the stress organs, and helping the nervous system regulate, and regulate, and regulate. Her work is less about releasing trauma. It's more about restoring regulation to the nervous system in the system. When there has been a lot of early trauma and early adversity.

And so, her work beautifully complements Peter's work, and we do get into it in more depth in SBSM. But to give you some tips about how to work with it, it's very similar to working with a lot of the lessons you're learning in the 21-Days, especially the containment lessons, especially multitasking awareness, even orienting to the body, versus the environment.



T R A N S C R I P T

So, here's the main thing with working with the stress organs. We have to recognize, let's just say hypothetically, there was a lot of trauma, a lot of stress, a lot of adversity. And the system has the script, it has the blueprint of the world is a dangerous place and we're all gonna die. Typically, when someone has a lot of early trauma, that is the way in which their cells see the world. Everything's dangerous, nothing's to be trusted, I gotta do it all myself, and no one come touch me, right. That's typically how that happens.

And when that occurs, these stress organs I just mentioned, they go on guard. It's like they become these little soldiers that protect everything. And they secrete chemicals, and they get brace, they get contracted. And this is why a lot of folks again who haven't healed their early trauma, will be very tight. They'll be very rigid. And of course, when that occurs, the physiology internally suffers, right? We suffer in that respect.

So, working with the stress organs is actually ridiculously easy. It's about putting intention to them. Very strong, powerful, healing, nurturing, safe intention. And it's so strange as humans, I have to often use examples of animals to make this point. If you had a rescue animal, like a rescue dog, that was badly abused and was mistreated. How would you take care of that dog? You would talk to it softly. You wouldn't make any abrupt movements. You wouldn't hold them tightly. You'd be very patient. You'd take time with them.

So, in many ways, we want to work with these organs by visualizing them, seeing them in our mind's eye. Sometimes we can take our hands into those areas, like here, belly, kidneys, or put like warm, hot water bottles or towels, or even get into a bath. And a warm bath is a beautiful way to work with the kidneys. And imagine them just being held. Imagine them floating. Imagine really good healing juju and juice going to them. There's no need to say it out loud. If you say it in your mind, it's enough.

And so, when I used to work with clients, one on one, we would do what we call, Touch Work. And it's the work of Kathy Kain. Thank you for putting that in there. And we would touch somewhere in the area, but of course we can't actually touch the organs. So, it's going through the skin, it's going through the layers, but it's very much like Star Wars Obi-Wan Kenobi energy. I always use Yoda and Luke Skywalker, like their ability to move things with their mind. We have that capacity with our intention.

And so, it's showing up daily, talking to our kidney adrenals, maybe talking to our brainstem, with this gentle quality of just so much goodness, so much care, the way you would care for an animal that's been harmed. And really the way we would wanna care for anyone, really, babies, children, teenagers and adults, and ourselves. So, we're basically turning the intention to us. With this, it's very much a mindfulness exercise, but seeing the physiology and imagining it softening. Imagining the armor coming off.

Once, one of our students in SBSM did some drawing, like they used expressive art as a way to visualize their kidneys and adrenals. And they found a picture, and they drew them as pineapples on a tropical vacation. And they had like little umbrellas. And they just imagine that the kidneys were like on this tropical vacation, like in the sand chilling out.

And so, you've got to use your creativity with this, 'cause there's no right or wrong way. It might be that you're like, I just wanna imagine them wrapped up in a really warm blanket, so that they can settle. So, there's no books, unfortunately on this. Kathy has a book called, Nurturing Resilience, Nurturing Resilience. I'll write that down. So, I'll send that in the email.

But the book is very much geared to practitioners, and there's no practical tools. And it's because the reason why it's tough to teach this stuff in book format, is there needs to a lot of prep, and a lot of education, before you go into these more delicate exercises, 'cause we can't trust that someone won't just go to that lesson and try it without any context.

So, you guys already have a lot of context. So, I trust that you would be able to go into this, and just imagine that these organs can heal and chill and relax and take a holiday on a beach. So, someone said, I had an image of my nervous system on a beach drinking a coconut when I started the course. Cool. So, and then someone said, can it also be the gut, or does it have to be, it can be everything.

So, this is where we could spend five hours, literally, talking about this, because in the more specific work, if you were to go work with someone who is trained in Kathy's work, which is hard to find, 'cause there's not many of us in the world right now. We've learned to work with the skin, the fascia, the muscle, the organ, the bone, the hypothalamus, the pituitary, the amygdala, all of the glands, the thymus, all of it, the gut, and the actual viscera of the stomach, the immune system, the lymphatic system, the fluid system.

So, these are all the systems that we learn, kinda like we're going to medical school, to learn how to know how to work with the entire human system. But the thing is, is that you can take the main ways in which you connect to your body and are gentle with it, into imagining these other systems of your body. And the important thing to know is that the trauma that we've had in the past, yes, it is in the nervous system, but the nervous system impacts all the tissues, from bone, to fluid, to viscera, to fascia, to the immune system, the hormonal system.

So, everyone's gonna be different, and you know, the parts of your body that might need a little more love and attention. And so, it's important to focus on those areas, and be creative with what you're learning in the 21-Days, to put good intention into those parts. So, thank you for that question, Teresa, you're watching the recording.

01:04:25

Okay, let me get to another one from Tina. And she was here live maybe, but she might not be here anymore, okay. "So, I've been noticing more and more after making my way, part way through this program, that I've had some pain in my knees, and lower back at the end of my evening walk. It's quite possible that I've experienced this before without noticing it."

So, that is possible Tina, it's possible that you weren't aware of your lower spine, of your knees, and now that you're bringing more focus and attention onto your body, you're noticing the aches and the pains, due to perhaps a postural thing that's a little off, or maybe strain in your knees due to some old injuries that you never paid attention to.

'Cause we have to remember, when we've had injuries, when we've had funny things occur to us, that might be considered a shock, trauma or traumatic. If we are very conscious and deliberate, and most of us haven't been in our lifetime. I know, I wasn't in my 20s and early 30s, will cover up injuries, through freezing, through dissociating, 'cause dissociation isn't just in the mind, and it isn't just again, the nervous system, as I just said about Kathy's work, and the work we do.

It can be an arm that becomes dissociated from our body. We might not even know that this arm is here, even though it's with us every day. There might not be any feeling to it. I mean, I don't mean numb, but it's kind of like dead. It's not really alive, and I'll see this often. I saw this a lot with folks who had, let's say, a broken bone, or they had to have a surgery, or they had a really bad fall, or something got hurt. And in a recovery process, that I'll use my arm as an example, because I've broken both of mine twice, through my sports, right?

So, you get a cast on something, the whole tissue goes a little kinda dies, right? Like you lose your muscle, the skin gets funny. And then when you get that cast off, it's very important to bring life back to that limb, and not just the function but the skin, the muscle, you know, and this is where a lot of Western medicine doesn't acknowledge the need for a massage, and getting the skin pliability back if there were scars, working with the scar tissue, in the scar, scar tissue, right? There's fascial pieces get stuck.

So, I'm kind of answering this broadly, Tina, just in case there's other people here that have had injuries of those sorts. And that, if we're not nurturing that entire limb back, and how that limb, or that body part works with the body, it might stay a little frozen in our nervous system map. So, it is very possible that it's something old that you're now feeling.

And then, the next part of your question is, is it a common issue? So yes, it can be a common issue, and could it be explained by the fact that as a baby and toddler I never crawled. I just went from sitting to walking. It's very possible.

And here's what's interesting. It's very rare, that an infant will go from sitting to walking, on their own volition, unless they're given something to help them. And we'll see babies, if there's, I'm looking at my coffee table, which is over there, right? Our tables that sit by our couches and sofas, if an infant has something like that, they could pull themselves up and start to walk around it. And there's nothing wrong with that.

But we also wanna make sure that the little ones are finding their way to their feet on their own through a crawl. And usually, it's hard for an infant to go from sitting straight up to their two feet. It's very difficult. So, for whatever reason, and I don't know if you know your history, some parents will hold, will pull their kids up, and hold them with their hands and do that with them. That is a no, no in terms of structural development, because it's forcing that child upright into a balanced position before they've gotten there on their own.

So, this is where the process of crawling and crouching and coming and sitting and squatting and falling back down. Crawling again is really important. So, it's possible that, that transition didn't happen, because maybe the adults helped too much. And again, it's not the adult's fault. They just don't know, you know, from what I've seen a lot of parents, they want to see their kids walk as fast as possible. It's kind of a weird prize thing, like to say, my baby was walking by eight months, so, mine was until.

And the thing is, it's absolute ridiculousness, because it all depends on the size of their head, compared to their body, right? It's a center of mass issue. So, it's very possible that when this occurs, the lower back and the knees typically, when I've seen kids that have been helped, their knees collapse. They go on their tippy toes because they're being pulled up by their hands, and they can't find their grounding with their heels, and with their full foot.

And so, when this occurs, the spinal structure doesn't get solidly built. It's being pulled excessively prematurely. The child is seeing the fact that they need to walk 'cause they're being walked. And they lose all structure to their spinal column, and our spinal curbs are developed by rolling. They're developed by pushing ourselves up on our own when we're ready. They're developed by all the things that we do, and we crawl.

So, what you could experience or experiment with, Tina, I should say, is to crawl actually, to get onto the ground, to crawl a bit, to play with crouching, squatting, crawling, rolling, the baby live videos that I have, that come in the potent posture lesson. If you guys can remember those, shows a little one, doing the natural movements to roll over to the side slowly. And when you watch those videos, it looks like it happens like that. We filmed those over like eight months, right? So, all of that takes time.

So, if you're to watch the baby live videos, Tina, and anyone actually, and see if you can mimic her, mimic what she's doing, mimic the small gentle movement. The balance your back lesson, that I already mentioned on day 13, the mini balance your back, that is a lovely way to feel the rolling, the gentleness of movement. And then can you take that into coming up onto your hands, crawling, feeling how your pelvis can extend and flex kind, of like that cat cow thing that we'll see in yoga, where you're on all fours and you hunt your body, and you arch a little bit, and you let the head go with that. So, you're connecting the head with the pelvis. So, play with some of the movements, play, play, play.

Someone says, is it possible that the death of the muscle comes from PTSD? It definitely can. Because, and again the muscle, like it's there, right? But it's the technical word is atrophied, it's atrophied. The muscle has lost its bulk. But post-traumatic stress, by definition, is happening because we're overwhelmed with what's happening in the body. And so, often there is a disconnection, there is a shutdown of freeze of the tissues. So yes, it's very possible.

And really, dysregulation of the nervous system, in its truest sense, is in some ways, what is occurring when post-traumatic stress is occurring. The difference is, and this is where it gets a little more complex. And I talk about this in the biology of stress videos. But when we had really solid regulation, when we had secure attachment growing up, when we know that we had a nervous system that was wired well enough. We can get PTSD, but it usually won't stick. It'll shift, or we'll know that something isn't right, and we'll work to figure out how to heal it.

Whereas when we've had early dysregulation, early trauma and that hasn't been healed, and then we have, and I spoke about this at the beginning, at the very, very beginning, we were talking about our current situation with the global pandemic, is if we have dysregulation to begin with, we're more likely to experience post-traumatic stress, 'cause we have a shaky foundation to begin with.

So, I'm just kinda saying that as I think we'll probably see as life goes on, we'll start to redefine what post-traumatic stress is. Now that we understand a bit more about the body, how it's not just in the brain, we get it in our tissues. When you talk to a lot of people who have been diagnosed with PTSD. Typically, they'll also say that, you know, they have pain, they have digestive problems, their immune system isn't good. They would even be classified by some as having fibromyalgia.

Just because you can't usually have one without the other, very rarely does someone just have, you know, flashbacks and shakes and of memories. It's usually about lots of other things in there too.

01:14:42

Okay, there's a final question here from Aniko, and it's pretty much something that I've already answered in a roundabout way, but I will get into it just a tiny bit. I'm gonna make sure that there weren't any other questions. So, this is a little bit of a revolving around our current life situation now. And it's also a question around early trauma.

So, it's a longer question, but the main gist of it is that, Aniko sounds like there was a lot of early trauma. Your mom and dad were very young. This was in the Soviet Union. Both your parents were university students and hungry. You were born, not well, it says you were born half dead. So, you had a lot of probably trauma in utero. Your system was probably we would call this failure to thrive. So, there was just stress going on in your system as a result of your young mother. Looks like she was really quite young.

And then sadly, it looks like your mother committed suicide when you were 20. So, there was a lot of disconnection. And then you say, the most challenging thing I'm facing now is the effect of the environment on my whole being. So, I'm assuming you mean our current environment.

So, there's a lot of postural changes, a lot of internal resistance, the resistance, it's very visceral from top to toe. And you say when I meet people on a walk. Catsie, you're in Scotland, I feel panic is my initial response and resistance. So, you say I'm trying to work on melting it, so, to not take it on myself. So, I'll speak to that, 'cause I've even noticed. So, thank you for sharing your bit of your history.

So, because of your history, there's a lot of stress that was already in your system. There was a lot of fear. There was a lot of, you know, the world not being safe. Parents not knowing what they were doing as you said, you know, your dad was pretty much a boy, and still is a boy. So, when we see people right now, and I am, at where I live, we are allowed to go outside. I know some countries have really locked down things, which is unfortunate.

But if you can go outside and you see people, listen to the reaction, feel what's in your system. But I'm even noticing, 'cause I can sense energy really big. I can tell as people are walking towards me, that they're starting to hold their breath. It's very fascinating. They're not breathing 'cause they don't wanna breathe in the air, as they pass, say, me and my husband, if we're going for a walk, even if we're five meters apart. And so, knowing that you're far enough away, and you're keeping the physical distance, that we've been told.

Really listen to how you can keep breathing, as you pass those folks. Because the resistance and the panic, the holding back, will feel worse, if we hold our breath, 'cause it's putting us into a bracing pattern in our diaphragm. I'll say that one more time, it's putting us in a bracing pattern in our diaphragm. And because of your history, chances are you were born with your diaphragm braced, and in fight, flight and fear.

And so, it's very important to work with that pattern of panic, that if you track it, can you track it carefully and see. And there's a very high probability that, that panic is in the diaphragm. It's in how you're breathing. It's the system getting you know to just hit my desk, it's the system going, trying to protect. So, when you pass folks, can you ease into that passing? Can you ease into your body?

You said here, the initial reaction is to hold back as if I was bad. And so, that is a very early, to me that's a very early pattern of somatic memory. And, you know, and you know that, that's not true, and that, you know that it's connected to my mother. So, you're right, see that is her stuff, like that's her stuff. Let her hold that, let her process that. Even though she's passed, you know, let that energy go to her, or let it go back into the ground, back into Mother Earth, she can hold it for us.

But know that, that is the quality that you're feeling. And then ask yourself, is that accurate? And can you allow yourself to keep breathing, when you feel that coming up? Just that on its own, could be very, very, very beneficial.

When I was talking about the stress organs, a few minutes ago, those lessons, even though you don't have them in 21 days, find a way to put that intention and focus on your kidneys, on your adrenals. When you're maybe passing those people, or when you're in the comfort of your own home, because again, because of the history that you have, just the lack of connection and security that you experienced growing up, love the heck out of those kidneys and adrenals, and just give them a lot of love, a lot of nurture, a lot of soft talking, because that's probably what your system needed and wanted ages ago, when you were an infant that you never got it, right? You never got it, as many people didn't get when they had early trauma like that.

And then your final question which I sort of already answered in the beginning, was tips about being not affected by the environmental panic without dissociating from it? Think, you're really smart in how you said that, we do need to be aware of the energy, but we do not wanna disconnect from it. Because what happens is when we disconnect from it, what else do you think we did not disconnect from? We disconnect from ourselves.

This is why I said, be mindful of the media, go in, see what you need to see, stay connected to it, 'cause we don't wanna be ignorant. We don't wanna harm ourselves and our actions but be connected to it and then come back to yourself quickly, stay in the body, see where you are. If there's fear, if there's panic, if there's feelings of emotions, feel those but stay connected to the hearing now. It's very important that we don't disconnect, from what's going on, 'cause we do that and then we disconnect from everything else. So, thank you for that question.



T R A N S C R I P T

Just make sure I think I got through everyone's. Yep. Yep. Cool. That was fun. You got the nine people that are still here. Thank you for listening, I'm gonna unmute us again, know that the recording will come to you, it will take us a little time to process, that we will transcribe it to, for those that like to read.

Thank you so much for joining when you did. Those of you that joined a few weeks ago in March, you had a spidey sense that this was important. And so, know that you have a really important piece of education in the 21-Days. Put your focus on that, put your focus on learning about your nervous systems, being with the practices, staying safe, not just in your environment, but in your physiology.

There is no need to come out of the current situation we're in, more stressed, we have the tools to stay healthy, to stay connected, focus on what we would call, that which is pleasurable, that which is good, that which we resource to, which gives us goodness and joy.

Also be aware of what's happening, but do not let it consume you 'cause it can, if we're not careful. And when we've had early trauma patterns, there can be a very alluring desire to stick with that, that which we know which could be fear, it could be panic, and we wanna, this is an opportunity to come away from it, and have a different path.

So, with that all said, I will unmute us, we just have about nine people. So, might be less loud, but I am gonna unmute us all, so we can all say goodbye. Thank you, everyone. Don't be shy. Talk to you all later. We'll see you in the Facebook group.

- Bye.

- Bye bye.

- Thanks so much.

- Bye.

- Bye bye.

You're welcome. It's good to meet all of you. All right, I'm gonna end the meeting in three, two, one.

01:24:16

Hey there Nat, it's Irene and anyone else who might be watching this. This is a question from our 21-Day Q&A call today. And I missed it. And it's my mistake, because I didn't go in order, when I was answering these questions on my papers.

So, I'm just popping in with this one question that you had. And so, there was one part of the question that I was a little unsure, but I'll read the gist of it. So, you've said that, "I'm aware of my own disorganized system." So, I'm assuming you mean dysregulated. "And I find it hard to get my afferent line on board." And I'm not sure what you mean by that. But I'll keep going with it.

"So, especially in the presence of my also disorganized partner, who is over coupled with afferent." So, it sounds like there's kind of dual dysregulation happening in your relationship. You said, "when she over couples, I under couple." So, for those of you listening to this, over and under couple our terms specifically used in the field of somatic experiencing, you don't need to understand exactly what these mean to do the 21-Day Program, or course I should say, but I'm just stating that, that was the question.

So, basically, over coupling is a sense of when we kind of get more stuck in a loop. And in many ways over coupling is connected with a lot of rigidity, a lot of rigidity basically, where there's just a lot of, there's a lack of flow, and things are very tight and very rigid. Whereas under coupling, which it sounds like you go into that is, when the system kind of disconnects, when it goes into pieces.

And it's almost as if there's a dissociation from the present moment from the body. So, the next part is "we don't have the capacity, we don't have the capacity to co-regulate each other." So, co-regulation again, just as a definition is when two beings, mammals 'cause it can be with us humans and say, a dog or a cat, we can gain co-regulation that way.

But it looks like the capacity for both of you is an onboard to have co-regulation together. You also say, that your partner doesn't believe in SE, and I'm a body worker who's currently studying it. So, your main question, so, that must be really frustrating, very frustrating.

I just wanna empathize there, how can I hold space for my process, and healing and stay present, and regulated, the best I can for my two kids and allow space for her to? So, there's a few back questions to this.

So, I don't wanna make an assumption that the kids that you're talking about are both of yours, but maybe they are. And the thing to understand here is that, there's few pieces. One, is if you and your partner are not able to co-regulate and connect, that's gonna have an impact on the children, mainly because the kids will see what essentially is a dysfunctional relationship.

We want to have our main partner be the person we can be with, that we can co-regulate with. Otherwise, and I'm being very honest here. The children won't learn modeling of what healthy relationship is.

So, this is where you need to talk with your partner, have maybe a therapist come in and again, I do recommend, I highly recommend really good couples therapy, if you can find the one that is somatic. And of course, if your partner doesn't believe in SE, this might be tough.

So, I will admit you're in a hard spot, because if this is the career you wish to go into, this is gonna become your life. This is gonna become what you live and breathe. And I have no doubt that you'll want that for your kids. You gonna want your kids to stay somatically in their body, and process emotion, and process trauma when it comes up, 'cause it will come up.

And so, I guess the number one question I have for you is, do you want to continue with this relationship? Will it be possible considering the line of work, and the really when we do this work, it isn't just our work. And I found personally that, those of us who are in the SE world as practitioners, if our immediate family that we live with, and I don't mean our aunts and uncles and parents who we don't live with, but our immediate, significant other. If they cannot at least be understanding, and agree with portions of it, it's gonna be tough.

And I'm saying that from personal experience, because I was true story. I was married for eight years before, the person I'm with now, Seth, who is one of my colleagues and the moderator for the 21-Day Facebook group. So, I had to end my primary, my first real long relationship, because we weren't matching, it was too much clashing of how my mind and body wanted to work, and needed to work and be emotional, and be in my nervous system and all these things.

So, wasn't that the person I was with was horrible or abusive or anything, it was just that we didn't with there was clashing lines. Now, we didn't have kids. And it's important when we do have kids that we're on the same line, and when we look in the same direction, or else they will get very confused, and that will harm their ability to be functioning adults, in loving, caring, co-regulating relationships, when they are older, when they have children, if they don't experience co-regulation, with their primary caregivers, it will be hard for them to understand how to move that to their own kids, if and when they have them.

So, that's kind of a piece of itself that you'll have to work with on your own, with your partner, with maybe someone that you can consult with, who is a therapist, and maybe another SE practitioner. And in terms of working on your own system, through this, this is where boundaries are really important.

So, if you know that you want to maintain relationship, you'll have to be very stringent with boundaries. When you're doing your work, when you're doing the practices in the 21 days. But the priority really, for me at least, and I know I'm not your therapist, but this is just from in some ways, one professional to another, is what will you be okay with? What will you not be okay with? Will you be okay with continuing to be in a relationship where there isn't the ability to co-regulate?

And it's also important to understand that, if our partner isn't able to co-regulate, that's not bad. And if you being the partner wants to co-regulate, and they have no interest in learning about what this means, and how to help their own system come out of the dysregulation, it is gonna be tough.

Two people are both in agreement that, yeah, we got this stuff we have to figure out, and oh my goodness, when you over a couple, I under couple, and I shut down or I go into activation, and if that kinda dialogue can happen, then that can work. You can work together on healing dysregulation moving forward. But if one person doesn't want to, it's tough, it's really tough.

So, this comes down to communication, being honest, having boundaries, looking out for what's most important, and of course, your system, your safety, and the safety of your children are important, and also the safety of your partner.



TRANSCRIPT

'Cause we can't force people to do something that they don't want to do. Usually with this work, if a significant other doesn't want to, it's typically not because they're trying to be malicious or mean. It's usually because they're in their own fear. They're in their own past trauma.

So again, it comes back to, do you two want to stay together? Do you like the other person? Do you really wanna make this work? And does the other person also wanna make it work? That in some ways, for me, at least, is the primary question, to figure out and to ask. And again, I say that on my personal experience level, but also working with individuals, who have partners and seeing those who flourish, and those who do not.

Those who flourish, there has to be equal interest on both parties. Doesn't mean that both parties are healed and regulated. We can be in our dysregulation and screwed up in our systems because of our past traumas. But when we're both working on them, and we realize the messiness and stickiness of it, we can move forward and make that occur.

So, thank you for the question. And like I said, I forgot to get this, when I was on the Zoom. So, I apologize, but I wanted to shoot a video to get you this answer. All right take very good care, and good luck with your healing. Good luck with your training. And if you are in our Facebook group, keep us updated with your progress. Alright, bye for now.