

☑ Let's Practice The Nervous System Basics

SWIMMING POOL & BEACH BALL ANALOGY

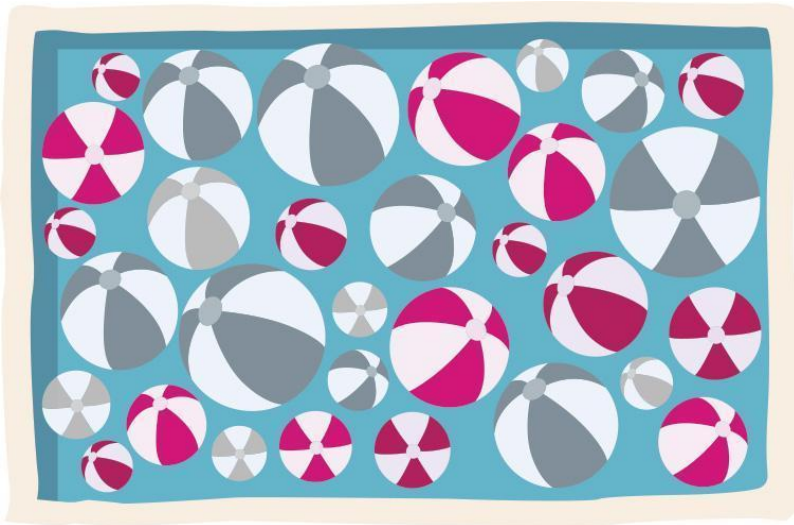
a) The swimming pool is your:

BODY, BRAIN, NERVOUS SYSTEMS

ORGANS, TISSUES

SENSATIONS, EMOTIONS

EVERYTHING INSIDE OF YOUR BODY!



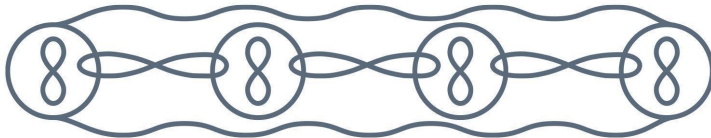
b) The balls are your **STRESS & PAST TRAUMAS/ADVERSE EVENTS/SHOCK TRAUMAS, ETC...**

c) It's ALL about **MORE SPACE & RELEASE & FLOW**

d) (Flow is a simple word for **COHERENCE** .)

Flow/Coherence Explained

DRAW 4 CIRCLES THAT AREN'T TOUCHING EACH OTHER:



Having good FLOW means good **COHERENCE!**

We want flow WITHIN each circle & Flow BETWEEN each circle.

What is Containment?

Containment IS staying **EMBODIED** and connected to the **ENVIRONMENT** and your **INTERNAL STATE** while experiencing bodily experiences (sensations, feelings, images, thoughts, actions, behaviours, etc...), no matter how intense or activating.

TO INCREASE THIS FLOW, SPACE, CONTAINMENT AND CAPACITY AND HAVE MORE CHANCE FOR RELEASE, WE WANT TO WORK ON AND PRACTICE THESE 6 THINGS:

1. **ORIENTING**
2. **AWARENESS**
3. **SELF-AWARENESS**
4. **FOLLOW YOUR IMPULSES**
5. **JOINTS/DIAPHRAGMS**
6. **KIDNEY/ADRENAL INTERFACE**

1. Orienting

Sparks up the social engagement nervous system, which is the **VENTRAL VAGAL PORTION** of the parasympathetic nervous system.

2. Awareness

With the **WORLD** & your **ENVIRONMENT**

3. Self-Awareness

With **YOURSELF** and your **INSIDES** (A.K.A: Your **INTEROCEPTION**)

4. Follow Your Impulses

Listening to your body's organic **NEEDS**

5. Joints/Diaphragms

Little containers and spaces that need to be **OPEN** & **RESILIENT AND IN FLOW**

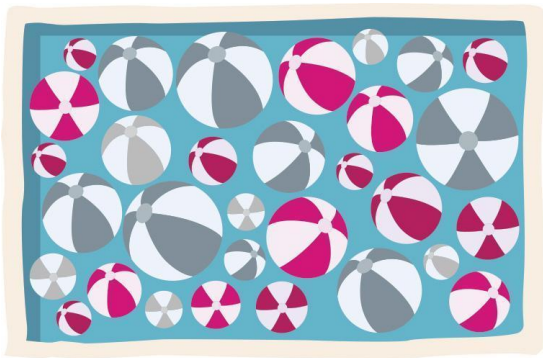
6. Kidney/Adrenal Interface

Primary organ system that goes on **ALERT** and reacts severely in a **STRESSFUL** situation. We work the kidney/adrenal interface so that we stop the system from **HURTING & SCARING** itself.

It can take up to **TWO +** years to recover and repair this circuitry, even after the **STRESS/STIMULUS** is gone.

Back to the Swimming Pool & Beach Ball Analogy

a) The many balls packed into this pool represents the **STRESSORS/TOXICITIES** stored within the body. This is nervous system **DYSREGULATION**.

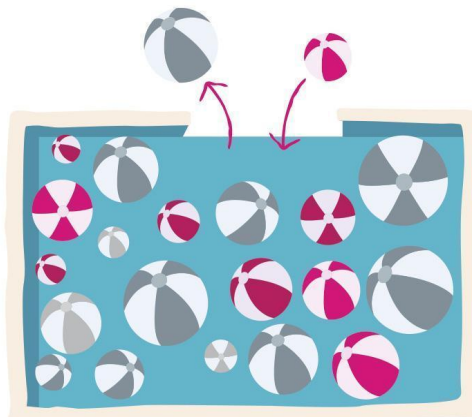


Many "balls" means:

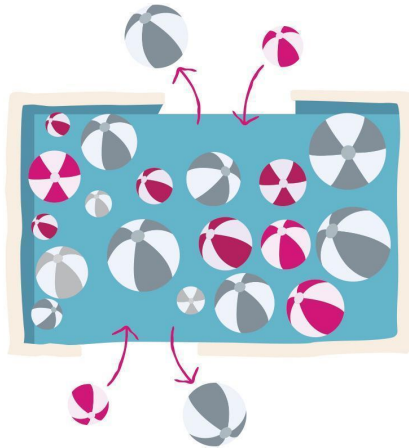
- 1. OLD SURVIVAL STRESS (AKA: TRAPPED TRAUMA)**
- 2. CHRONIC DAILY STRESS**
- 3. BIOLOGICAL IMPULSES THAT AREN'T FOLLOWED**
- 4. NOT LETTING EMOTIONS OUT***
- 5. SENSATIONS THAT AREN'T FELT***

**This is deliberately, or unconsciously.*

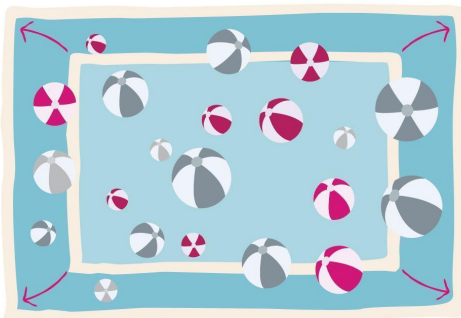
b) The goal is to **RELEASE** those "balls."



c) We want to create more **EXIT** paths to release those "balls."



d) We also want to make more **SPACE** in general.



"Space" means **CAPACITY** to:

- 1. SENSE AND BE WITH BODY SENSATIONS**
- 2. EXPERIENCE AND EMOTE EMOTIONS**
- 3. NOTICE WHAT IS HAPPENING ON THE INSIDE**
- 4. BE WITH A STRESS OUTSIDE OF YOU WHILE ALSO FEELING THE INTERNAL EXPERIENCES**
- 5. THINK CLEARLY, COMMUNICATE, SOCIALLY ENGAGE**

e) The **BEST** scenario is continual **EXITS** and lots of **SPACE**.

