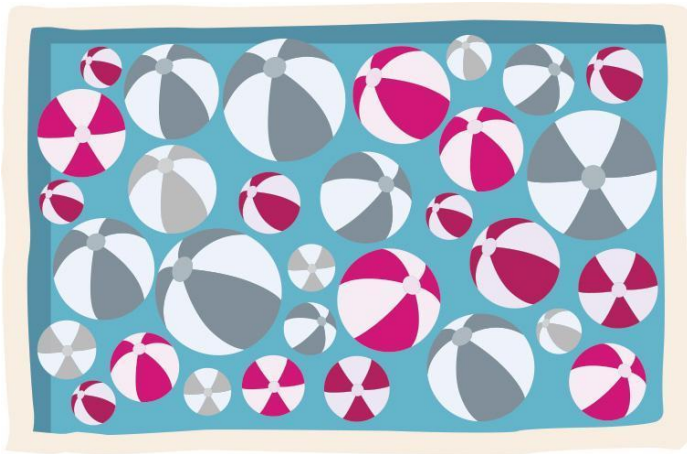


Let's Practice The Nervous System Basics

SWIMMING POOL & BEACH BALL ANALOGY

a) The swimming pool is your:



b) The balls are your _____ & _____.

c) It's ALL about _____ & _____ & _____.

d) (Flow is a simple word for _____.)

Flow/Coherence Explained

DRAW 4 CIRCLES THAT AREN'T TOUCHING EACH OTHER:

Having good FLOW means good _____!

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

What is Containment?

Containment IS staying _____ and connected to the _____ and your _____ 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. _____
2. _____
3. _____
4. _____
5. _____
6. _____

1. Orienting

Sparks up the social engagement nervous system, which is the _____ of the parasympathetic nervous system.

2. Awareness

With the _____ & your _____.

3. Self-Awareness

With _____ and your _____ (A.K.A: Your _____)

4. Follow Your Impulses

Listening to your body's organic _____

5. Joints/Diaphragms

Little containers and spaces that need to be _____ & _____

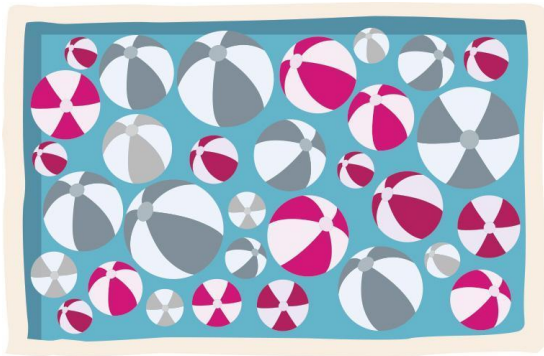
6. Kidney/Adrenal Interface

Primary organ system that goes on _____ and reacts severely in a _____ situation. We work the kidney/adrenal interface so that we stop the system from _____ itself.

It can take up to _____ years to recover and repair this circuitry, even after the _____ is gone.

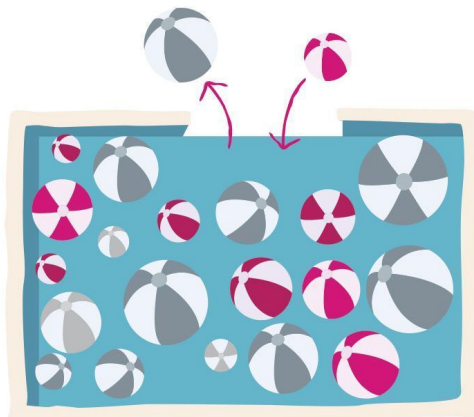
Back to the Swimming Pool & Beach Ball Analogy

a) The many balls packed into this pool represents the _____ stored within the body. This is nervous system _____.

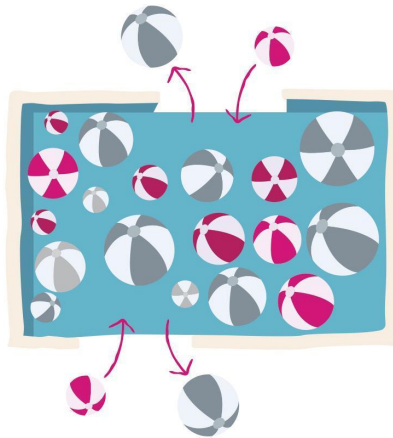


Many "balls" means:

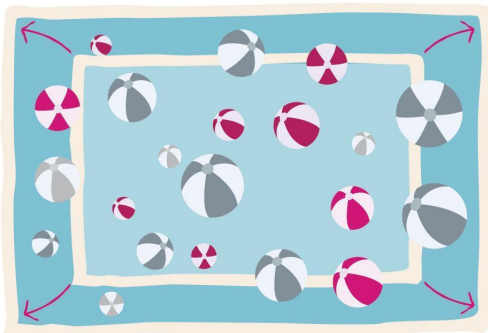
b) The goal is to _____ those "balls."



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

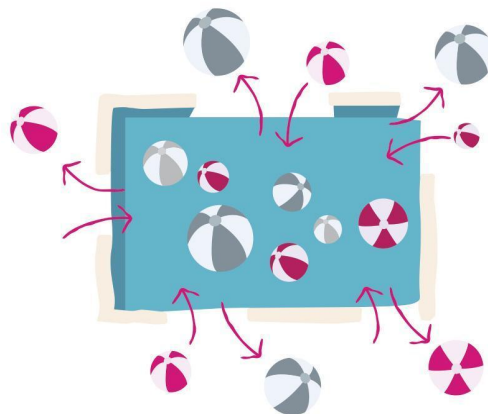


d) We also want to make more _____ in general.



"Space" means _____ to:

e) The _____ scenario is continual _____ and lots of _____.





Handout For Training Call #1

COHERENCE/FLOW & CONTAINMENT/CAPACITY

Personal Notes: