
Training Call #9: Neuroplastic Healing Sequencing: Theory + Practice = Application + Integration

Irene:

Welcome everyone to the training call for SBSM. It is training call number nine today. It's the 16th of May, 2023. Today we're going to cover neuro-plastic healing sequencing, take my Post-It note off of that, theory practice application and integration. So if you've leafed through this handout, what you will see are all of these five stages, mainly the four stages of neuro-plastic healing sequencing that we focus on in SBSM. I'm going to break those down, and I'm going to break them down with some examples and some theory. But before we get started, I'm going to have a little sip of liquid here. Encourage everyone to do what you need to do.

And also, again, a reminder, as you take in this call, be it live or on the recording, if you need to pause, stand up, follow your impulse, do it. Feel. All right, can not overestimate that.

Now, before we get into this, I'm actually going to share a story and I'm going to read it. So it's story time. This is a share that I'm sharing with permission from one of your peers, an SBSM alumni. She is currently in what we are calling our beta module. Some of you might know what that is, some of you might have no clue, and I know that some of our beta members are here.

So just as a side note, one thing my team and I are working on is creating and doing research and development for a full-fledged professional training program. Not a little three-month certificate, not a weekend workshop, a three to four-year training to teach people how to do what I do and what our colleagues do at a much more, how shall I say, diversified way. So not just working with felt sense and trauma, but working with the body and working with movement and this connection to the environment. So taking us a little further, in my opinion, to a more holistic way of training people.

Every week, our students have homework and prompts, and this was a prompt share from Samantha where we are talking about the joints. Remember the joints that you did way back in I think it was lab three? And she gives me permission to share this. The reason I'm sharing it is it ties in not just the joints, but it ties in the Feldenkraisian learning, so the movement, it ties in following impulse, it ties in outside stuff that we are influenced by. It's about two pages, 14 point font, so it's a little longer, but I think it's a really good display of what we're going to talk

about today and this idea of theory practice equaling application and integration. So I'm going to have another drink of water here, that is not totally water if you're noticing the color.

So prompt for week nine, joints. This is within the beta module. So she writes, "I have practiced this exercise from SBSM quite a lot and I thought I would test myself and do it first by myself before listening to the exercise with Irene to see if I got it." And I actually encourage all of you to experiment with doing some of these lessons from memory. You don't have to have it memorized verbatim, but to just play. And I know most of you are bringing in orienting, for example, and following your impulse more organically now.

"I was drawn to work with my feet as I'm experiencing so much intense pain with them the last week. It's been really bad. They are so tight so it's been painful to walk. It's been painful to walk. I held underneath my foot where I had the most pain and brought breath into it. And wow, what a huge release. Over the next four hours, I had many cycles of intense crying out, a lot of emotional pain." So this is from her through memory, feeling the joints of her feet and just being with it.

"Holding my foot and different toe joints," because we have all those little joints in our little toes, "I had many cycles of intensely... Holding my foot and different toes in different places, feeling the physical pain, giving them support, intensely crying, letting that wave pass, taking a break, and then moving to another place on my foot-toe joints," and it continued and cycles this way.

So as I pause on that, again, if you look at your feet or even your fingers, these joints are so tiny. They're so little. And yet isn't that amazing that just by putting intention and focus, there is this release, there is this wave of emotion from the somatic system? It seems so simple and yet we hold in our body, and we don't just hold it in our gut, in our heart, in our throat. It's in our little pinkies and in our ears and all these places.

"I did this again the following day. There was not much crying left when it came. It was interrupted quickly by a yawn and then that passed. I had the feeling to say to myself, we are going to be okay, as I soothed my feet. I was talking to myself and myself as a baby. It was very moving. Then I started playing with moving my toes and my feet, curling and uncurling my toes, which I have never been able to do so well, but now they flowed."

So if I pause, that comes back to the very first training call where I had you draw those circles, I had you do the thing and you weren't sure if you were getting it right and it didn't matter, but

it's this idea of having flow within the circle. So let's say within the joint and then flow between the joints. And then if we connect it all, flow with what we feel emotionally when we connect with these joints. And then she of course talks to herself and said, everything's going to be okay.

"I noticed I can even feel all my toes touching the floor." Again, this is new. Think about how many places and spaces where someone's at a class, a yoga class, and someone might say, "Feel your feet on the floor, connect to the ground," and how many people actually don't know what that means or what that feels like because of this somatic disconnection of the joints and the tissue and the fascia and the bone, all these things.

So she felt her toes like she's never felt before her feet. "And remarkably, today, I can move my toes like never before and the pain is so much better, and I've started to work on the rolling like a baby exercise." So that neuro-sensory exercise where you're rolling back and forth, you're feeling the pelvis, the spine, the head, the eyes.

So who is new here? Some of you are new. Some of you aren't. "When I started this work four and a half years ago," so this person is not new this year. This has been something she's been working on for a while. "I was so lucky to discover that my physical therapist is also a Feldenkrais practitioner, and so I've been practicing Feldenkrais alongside my trauma releasing these past four years. But it is always so interesting to see that I can only make so much progress with the Feldenkrais work until we get stuck and can't make more progress." I talked about this in last week's training call, this sequencing of our neuro-plastic healing. This is what led me to do more work in the study in the fields of Peter Levine's work, is, I too was working with people in a more Feldenkrais physical setting, and some people were getting it and for some people it didn't sink in, and she's saying this right here.

"Then I go away and release further trauma from my system and then we can work with the Feldenkrais, the Feldenkraisian movements again, and make further connections. So I can't wait for my next Feldenkrais session on Wednesday to see what I can do with my feet, finally. We have tried to work with them before, but I was able to do pushing, which felt great, but they have been stuck in other areas until now."

So this, again, is for those of you whom, let's say you do work with people from a body work perspective, or maybe you see someone for a massage or osteo or acupuncture or whatever or Feldenkrais, just be very attentive to if you are getting benefit from those sessions or not. How

shall I say this? If we have an area that's tight and we keep seeing, say a massage therapist, and then it just pops back to being tight the next day and there's no change, and then you do this 5 times, 10 times, some people do this for years and they don't even realize it, if it just keeps popping back, then something is, as she said, is stuck and it's probably within this nervous system stuff that we're doing. And it's probably connected to some unresolved procedural memory, maybe something that you don't remember. This is where going back to the joints, going back to the... Remember the diaphragms? Back to basic movement, back to orienting can sometimes help unstuck things that we think we need a sledgehammer for, like hard tissue massage.

Now, there's nothing against and wrong with deep tissue when we have a bit more regulation to be with that deep tissue work and let the movements and the energy through when we're with a practitioner. Now, it depends on the practitioner. I won't go off on a tangent there, but let's get back to the story.

This is another interesting one. Two more. "There's also something quite interesting that this last week I have been sitting with my feet." So she's been sitting with a bowl of hot water because they've been so painful. So there's been these waves of pain so her impulse was to get a thing of water, a soup bowl of water with warm water, hot water. "And this is how I began all my trauma work. I started with Irene's free resources, Four Steps to Calm Overwhelm," this is one of my audios that you have in the resources of SBSM, "but at the time, I couldn't feel my feet on my floor." So now she's going back in history to what it used to be like. "So I would sit with them in a bowl of hot water while doing the exercise to try to help me feel them." So again, being creative, how can I do things to put a bit more stimulation into the system? "And this last week I found myself again with my feet in bowls of hot water, but this time it feels that I can now really finally feel them like never before." Smiley face.

"After this release with my feet, I suddenly remembered a song," so this goes into impulses. "I suddenly remembered a song I heard in French, and this woman is not French, she's English-speaking, "for the first time on the radio the day before. I had no idea why I wanted to listen to a song in a different language that I couldn't understand, but was really happy to find it on YouTube. It's called Sous Les Racines by Dabu Fantastic. I sat and listened to it over and over again, so I enjoyed learning it. It felt so good, singing along."

And you might be wondering how she can just sing it along in French? This woman lives in Switzerland. So in Switzerland, everyone speaks all sorts of languages or they know them.

"Even when I didn't get all the words right," so, she still sang along with it. Now, this is where it gets interesting. "Then I sent it to the guy I've started dating, there's another remarkable story," she says, "who speaks French, and I asked him what it was about. He said, the meaning is you can have roots everywhere. We are always growing our roots, no matter how difficult life is or how hard the ground is to you. You will always find the light and continue to grow." Isn't that interesting? She's working with her feet, put her feet in hot water, heard a song, that's cool, started singing it, now she has a French boyfriend that can translate it, and it's about roots and connection to the earth.

"I have some tears now. I am just so touched. I can't believe my impulse led me to this beautiful song in a language that I don't speak while working on my feet. And at the time when I'm feeling a bit nervous about next week going back home for the first time in seven years," so she's going back to her homeland for the first time in seven years. So she's more rooted, more grounded.

So I wanted to share that because I think it's such a lovely compilation and integration of how with time and commitment and listening and just being with the things, slowly connecting, we can have these sort of epiphanies. And what this to me is, this is the hero's journey story. Person has trauma, pain, troubles, sticks with it, sticks with it, it's not always nice, it's not always pleasant, keeps at it, keeps at it, and then the ending is this situation where there's deep meaning and a connection to the universal field that nobody could have predicted. There is that song on the radio about feet and growing. Well, not feet but roots. You get it.

So I encourage all of you to keep following your impulses, even when they might seem completely not making any sense, and this happens to me continually. I'm sure it happens to team members that I have. But another story, one of mine. I often try to go for walks in the evening, often, and usually I go to an area of our neighborhood where there's grass and beach. We're very lucky to live here. But for whatever reason, the other night I was pulled to do more of a pavement walk and walk to one of the local markets. Not that it was open, but just that it's also a nice path.

As I was walking back, and I get this sometimes, there was a young man on a bicycle who lit up when he saw me, and I usually know what that means. And he said, "Excuse me," and I was listening to something and I took out my ear thing, and he said, "You're Irene." I said, "Yes, I am." And he said, "My mom's doing your course." Maybe mom is here right now. I don't know. "My mom's doing your course," and he told me a little bit about that, and he apologized for

interrupting me. I'm like, "That's okay. It's okay. Thank you for saying hi." But again, that night I had an impulse to go a different route, and that had happened. Maybe he would've been at the beach if I had chosen to go to the beach. Who knows.

So these are the other things that occur. It's in addition to working with symptoms and chronic illness and mental anguish and our early traumas and developmental traumas and physical traumas, we have to also, I think, see this in the bigger picture of how we connect to the other people around us. And it's so important because when those little things happen, when these little "coincidences happen," they're not coincidences, in my opinion. You're meant to meet up with those people. But so often we don't listen to our impulse.

So I hope you're all really good at listening to your impulse to go to the bathroom, to drink water, to eat when you're hungry, to not eat when you're not hungry, all these things, but to also listen to these impulses. "Why do I keep thinking about this old friend?" Or, "Why do I have a desire to go to this different grocery store today? I never want to go there." Really listen to those things because there is this level of, we would call it quantum entanglement. It's very quantum physics, where when we're more tuned into ourselves, our biology and the environment and our natural impulses, the others that are also doing that find us. And I know that for many of us, many of us are isolated, we live alone, we don't have a lot of family or our family's toxic, and so we're not with a lot of people.

That happened on a day when Seth hadn't been around for five days and we don't really talk when he's away, and I was like, "Oh, that was so nice. I just had a nice little social engagement with a stranger, but not really a stranger." So that is my ask for everyone, is to see this more than just what we look at in terms of the body and healing, that it's that too, but it's also this grander connection to the bigger world. Brings a little more meaning to purpose and why we're here.

All right, synchronicities, yes, that's the word I was looking for, synchronicities.

Okay, so to the handout. Let's get to work. So the first thing here, reference materials. Again, I've mentioned this, there's an ebook that I've written that is also on the SBSM site under the additional resources, *The Power of Neuro-Plastic Healing. The 5 Stages Everyone Must Understand*. Just to know that that's there.

Review, who remembers those pre-game videos ages ago? I think there's five of them about eating and movement and scheduling and resistance. Does anybody find that they're having a

little less resistance? Even just a little less as they become more connected? Maybe a little bit. I'm seeing some nods. Again, this resistance is often quite old and quite deep, so just know that that's one that we want to keep working on, so that we don't stop this work even when there isn't a live training call, when there isn't a live Q&A call, all that kind of stuff, when there isn't a new thing coming out.

Pre-Part Healing Trauma video training. This is a much older video training of mine. Some of you found me through this. That's another good review of the basics.

And then also Seth's music. Has anybody listened to Seth's music that's also on the site? Such nice music. So if you haven't pressed play on his music, again, it's on all the resources. Pop that in. Pop that in when you're doing things or when you just want to sit down and chill out for a little bit.

Okay, neuro-plastic healing, so four of the five stages. So just to review, neuro-stimulation. That's the first word, neuro-stimulation. I'm not going to dive deep because we'll dive deep in the next few pages on these, so that's movement, touch, light, sound, visualization, all the things.

Neuro-modulation modulation, also known as regulations. So settling the noisy brain and the nervous system. Neuro-relaxation, so that repair, rest that repairs, sleep, being lazy, productive laziness where you're really letting yourself have a moment to be quiet and still.

Neuro-differentiation. I talked at length about this last week because that was more about neuro-differentiation. Refining skills, growing options and choices. The one thing I forgot to mention, and I remembered afterwards, neuro-differentiation is in our movement, in our ability to multitask and be dextrous, but it's also in relationships. So this ability to differentiate ourselves from other people. Good relationships are differentiated. Meaning, if I use myself as an example with Seth, I am Irene, Seth is Seth. We happen to like each other, we still like each other so we choose to be in connection and in relationship as husband and wife, but we're also separate. But I'm dependent on him. There's things that he does that I can't do and there's things that I do that he can't do. I hate putting together furniture, hate it. I hate reading instructions, you know? And so every now and again, I have a little early trauma thing, goes, "Oh my goodness, who am I going to have if he's gone?" Right? Like, "Who's going to come and help me?" It's a funny thing to think of, but it's also reality, so you know, this is where partnerships aren't just about always being equal with each other. It's like, "You're good at

those things. You're good at those things." That's how you have harmony when you live. It doesn't have to be a romantic partner. It could be a roommate. It could be if you're living with a sibling or a parent. It's like, "This is your job. This is my job." Doesn't mean there can't be overlap, but this... And then we're separate. We're not the same person.

And we get into trouble when we're still kind of seeped in a lot of early trauma, attachment stuff, where we didn't have that with our parents. They didn't differentiate from us, right? Of course, you need to be bonded and connected to your mother at the beginning. That's essential, right? It's essential, essential. But eventually, that's when a little person goes to school or kindergarten. It's like, "I can be okay without Mom." But we also see, when there hasn't been security and teaching, there's tons of anxiety around that, right? "I don't want to go. I don't want to leave."

And so part of our apprenticeship as humans, and maybe this is occurring for all of you as adults, is you're learning how to differentiate yourself, and then you also learn, "What do I need? Where do I need to ask for help?" That kind of thing. So there's something quite powerful, I think, and sovereign, if you will, when we have these key distinctions, "What do I need? Who do I need? What can I do by myself? This is me. That is them. How can we work together? When should we not work together?" Et cetera. All right, so I wanted to mention that in a kind of reference to last week's call, differentiation.

There's a great book, I think it's on the book list, maybe, Bonnie, you can check this. It's called *Passionate Marriage*, and you don't need to read it for being in a marriage. Robert something, S, I read it a long time ago, and I'll share a story around this. I read the book when I was with my first husband, and it wasn't going so well, and I started to read the book, and I had to stop, because it was actually so illuminating and triggering to go, "Oh, wow. I don't have this with my current person, and I don't see this changing, ever."

And so, relationships are important when we're healing ourselves, because if we're in one where we cannot differentiate with that other human, and we can't grow, we will never get to our potential. I'm going to be very clear with that, and it's painful and hard. Hardest thing I ever did was ending that marriage of eight years, the hardest thing ever, to this day. And so, it is a very good book, for those of you that are even in relationships that are good, you know? You can read that book and be like, "Oh, that's interesting," right? So it's a good one for anyone, I sense, but if you're finding yourself getting a little activated, then there might be something to pay attention to there.

Thank you, *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships*. Oops. It's all in there. David Schnarch. I don't know if I'm pronouncing that. Well, make sure that's on the book list if it isn't. And even for those of you who are so young, and you're like, "Yeah, I don't want anything to do with marriage right now," I encourage you to read this as a young person, because I wish I had had this when I was younger.

All right, page two, neurostimulation. Just a reminder, too, to everyone, to stay connected to their basics, their ground, their orienting, their breath, their posture, their impulses. So, first word there is, "All." All labs bring in this stage, so all the modules of SBSM bring in neurostimulation. Whether you're learning, whether you're doing movement, whether you're making sound, whether you're doing some kind of touch, all of it is some form of stimulation to the system. The system, the human system, needs stimulation. We need it.

This is a great quote, so I'm going to read this, from Nikolai Bernstein, "Dexterity in development." I've mentioned him before. He says, "The learned movement must actually be performed many times," so just a context. He's talking about learning, essentially. This book is about learning, and you can extrapolate that to, really, anything. So, "The learned movement must be actually performed many times, in order to actually experience all the sensations which form the basis for its sensory corrections."

If I just pause, what that means, a lot of the work that we do here is we're kind of course correcting. If I take my simple example of, I stub my toe on the coffee table, my habit is to just maybe keep going and going, but I stop, I pause, and I correct. I do a motor-sensory correction, so pain, ouch, heat. "I better choose a different path, and let myself orient and reestablish regulation." I just wanted to give you an example there.

"It must be performed many times to allow the brain's sensory areas to become acquainted with all the variety of deviations and modifications, and to combine a vocabulary for future deciphering." A little wordy, but again, all the options, all the ways that we might shift. So let's just say you hit your foot when you're grocery shopping. You're wearing sandals, and you run over your toe with the cart. Has anybody done that before? I have. It hurts.

Maybe you can't be in that aisle, but you can move over, walk a little bit, keep breathing, so that you can be somewhere more safe. So it's kind of like how can you deviate? How can you shift, as a mature adult? Now, we know kiddos, when they have tantrums, they're not thinking, "I'm going to wait until I'm home to let this out." Right? They have no filter. They feel the

overwhelm, it comes out, right? So, this is for those of us who can pause, who are adults, and know, "Let's deviate this. Let's modify it."

Next line, "Certainly, the most sensible correction training would be organized in a way that combines..." That should be, "combines a minimization of effort with a large variety of well designed sensations, and that created optimal conditions for meaningfully absorbing and memorizing these sensations." I know there's a lot of words there, but what that's basically saying, when we think of the stimulation, if we go back to SBSM, the joints, and maybe even take a second to do a little sensory action right now, or maybe you want to touch into a diaphragm, or maybe you want to move your head and your pelvis a little bit, or maybe a little hold, or something.

Sense that, and then shift it, but can you do it in a way that involves very easy breath, really feeling the sensation? Is the condition optimal? In other words, are you kind of uncomfortable? Would it be better if you shift how you're sitting? Is the buckle on your pants too tight, and you can't fully breathe into your belly? So how can you create more optimal conditions to meaningfully absorb and memorize these sensations?

Again, this paragraph is quite wordy, and it's from a movement on learning and dexterity and development of the human body, but this is what we're working with. We're working with the Smart Body Smart Mind, how to have this nuance. It's not just about, "What do you feel? What do you feel?" Right? "What do you feel in your body?" It's about becoming scholars, if you will, of how you move. Oh, these are my joints. These are my hands. I can squeeze this pen really hard, or I can just have it light, and when I squeeze this pen really hard, I instantly feel I can't breathe as deeply. It's true. Try it. If you were trying to teach me something with a squeezed hand, like if I kept... I wouldn't, but if I tried to teach the rest of this handout and training call, A, I would get a really tired arm, and I would get out of breath, even though I'm just holding, right? It's too much effort.

But again, back to this, how can we decipher and sense, "Oh my gosh, I'm always holding in my belly, everywhere I walk. I'm always clenching my toes when I'm standing. What's with that?" Right? So this is the level of detail that we really need to get to, so that we can shift these patterns, so that we don't fall back into these traps over and over again. So, "To stimulate means to activate." That's the next line.

"To stimulate means to activate. It's not a bad thing." So we often hear the word "stimulation," and it can be sometimes connected to things that aren't great, you know, stimulants, things like that, you know? Narcotics, drugs, not narcotics. That'd be the other way around. You know, caffeine and amphetamines, that's a stimulation, but it's true. It's stimulating the sympathetic nervous system. However, by learning, we also want to stimulate our brain. We want to stimulate muscles when we move. We want to stimulate our heart and blood flow when we move. So activation, in this reference, is not a bad thing.

So this is anything that provides stimulus to the nervous system. Bit of review there. That's the next line down. "Anything that provides stimulus to the nervous system, sound, movement, light, visualizations, or visualizing are all various stimuli into the human system." I'll just read the things, "Walking, moving, dancing," listening to music, right? Stimulates our eardrum. Humming, singing, being in the sun, warm bath, cold shower, being in the cold. That's a stimulation of the system, right? What happens when you're too cold? You shiver, right? Your hairs stand on edge to try to trap heat. These are all autonomic nervous system responses. The main purpose of stimulating the system is to challenge it and wake up. Those are the two words, wake up circuits in the system that have been asleep or have been simply taking a big, long rest.

So for those of us who have lived with dysregulation for a very long time, our dysregulation, or disconnection, or freeze response has occurred, in utero, or even before, you know? Our system might not be primed to feel activation. It might be primed to feel comfortable in the collapse, in the shutdown, in the disconnection. This is why, when we start to come out of our freezy responses, when we start to come out of these functional freeze states that I think is a bulk of Western society, at least, we can feel a little too much activation. It feels a little scary, like, "What? This is... What's going on? I'm feeling my heart rate." Well, that's because it's beating in the way it should, right?

And so it can be a little startling, if someone, say, starts moving and exercising, and I've talked about this in other places, and they get scared of moving, because the activation feels like what we would call anxiety. It feels like a threat, right? So, when you run away from that bear, or tiger, or a threat, your heart rate goes up. When we go for a walk or go up our stairs, our heart rate goes up. So we have to learn to, bring in the D word, differentiate between the two. Going upstairs is not a threat. It's just the body being stimulated.

But this is why so many folks stay really still, don't want to move, don't want to get off the couch, don't want to get into the movements, because it is terrifying, right? But we know that's not good. We know we don't do well when we don't move, as humans. And there's so many ways that you can titrate into that. That's where Elia's movement lessons are beautiful. They can be slow. They can be done on a chair, to titrate that upward increase in intensity. And then pause, and you feel it. Final one down, on the very, very last bullet point. In SBSM, pretty much every single lesson and practical neurosensory exercise you did was a form of neurostimulation. All right.

Page three. Yeah, and for those that haven't heard me speak about this, if maybe this is the first training call you've popped into, or maybe you've forgotten, and I talk about this as much as I can, when it's relevant. I hadn't felt what we would term anxiety until maybe a handful of years ago. I hadn't felt fear until a handful of years ago. True story. Never knew what it felt like to be afraid of something, until a few years ago, right?

And that's because I was so well functionally frozen, and so when those layers start to come off, it's like, "What's going on?" Right? And so I share that so that those of you who maybe were in that boat or in that boat right now, it doesn't mean you're going backwards, and the way you know is your other systems are getting better. Your digestion's okay. You're not chronically sick. You have energy, and it's like, "What's going..." Like, "Hello, heart." Like, "Hello. What's going on?" You know?

So these things would maybe seem symptomatic to something wrong, but as I've said before and I'll say again, I don't think we've had a generation or a cohort of people who have actively worked so darn hard at getting out of functional freeze to the degree that you are in this program, so we're sort of charting strange territory. I don't know if that makes sense, right? Whereas there are people in the world who might be coming out of this functional freeze, because they're doing other good self-care, and self-help, and therapy, but they don't have the knowledge that this fear is actually valid and good, because we need to have a survival response. We need to be able to mount a threat response when we need to. But we also don't want it to be on all the time, right? So, be slow with yourself. Be gentle with yourself.

Page three. This is still neurostimulation, so again, in reference to what you've done in SBSM, you've moved, you've touched, you've learned by a constant synthesis of thinking and sensing. This work would not work if you were not interested in learning the theory. It doesn't work, as far as I know. So, I think that's pretty factual. And it's because of our higher brain. Our higher

brain can keep the suppression of emotions, but it also can learn to come out of them. So this is this dual nature of neuroplasticity, right? Neuroplasticity isn't a positive or a negative. It's just a fact. It's a truth. Addictions are because of neuroplasticity, right? But so is knowing how to ride a bike, and so is learning how to ride a different kind of bike when you're used to one kind of bike, right? It goes both ways.

So, A, the first one down. The Feldenkraisian way of learning is more potent, that's the word, "potent," I believe, than many other forms of neurostimulation, because we're doing more than just following the leader, so to speak. For those of you that maybe had a strong upbringing in fitness or yoga, even things like palates, even some martial arts, you know? You can really watch and mimic. You can follow the leader, and not have a lot of embodiment. But with Feldenkrais, if you are not really sensing and tuning in, and the story I shared at the very beginning, you know, she said, "The Feldenkrais work would work, and then I'd get stuck." It's like that's because the system isn't differentiated enough to do the next level.

So then you've got to go back and work on some of the trauma stuff, some of the nervous system stuff, some of the survival stress stuff, "Oh, this part of the body is a little numbed out and disconnected because there was a bone broken at one point, so let's work on that story and trauma around that bone break." It's not her example. I'm just using that as an example. And then once we open that up, it then lends more space to then come back to more nuanced movement.

So, it is always very challenging when you're not used to doing a form of mind-body, where you're hearing the lesson and you're guiding it internally. If you were to watch me do Feldenkrais, imagine this, for those who have really gotten into some Feldenkraisian lessons. Imagine if I provided you with a video where I'm just showing you this, connecting the head of the pelvis. It wouldn't work. You'd think I was probably doing a crunch, to train my abdominals, but it's like you have to feel the ground. Are you holding your breath? How hard are the hands holding your head, right? Do you feel your feet? Do you need to take a break and orient? That is where the Feldenkraisian way of learning, it uses movement, but it's really how your brain and your guidance of intention guides it. So you have to be an active participant.

And, this is why I know, and many of my colleagues who are also trained in more somatic experiencing principles, we know why the Feldenkrais method, as brilliant as it is, has not catapulted into the world, and that's because most people cannot take in that level of detail, at the beginning, and people quit, and they think it's terrible work. But it's not terrible work. It's

very powerful, but you have to be more differentiated in your ability to notice things, and then it really has power to it.

Next one. So, in these neurostimulation elements exercises, you're pausing between your thoughts, your images, your sensations, your feelings, your reflexes, reactions, all of it, of the imagined movement, so again, this is a reference to Feldenkrais. "Imagined movement." That's the word. And from my instruction, from my instruction, and the actual movement, right? So you're pausing between the thought, all of the stuff of how you might imagine this, and the actual movement. We did this in drop-in class, which is a class I do for the public. It was a week or two ago, and we played with sensorimotor stuff. Some of you, I know, were in that class. It's a good class, because it really brought us into just this ability to imagine a movement, see how the body starts to actually activate, and we know this through brain imaging. If you just have someone think of something, the circuits in the body that connect to those muscles light up, the parts in the brain, even though you're not moving. This is what a lot of athletes do. They visualize their performance, right? They visualize it. And that's not just as you still have to do it, but it's powerful as a way to train and not break down the body.

Next one. "So you're orchestrating a lot during these narrow sensory exercises." A lot is the word. There's a reason why babies sleep so much, why they need to feed so often. They're in a constant neurosensory exercise from day one, right? Imagine if you could go back into your baby's self and feel breath for the first time, to feel light through your eyes for the first time, to feel cold or warmth or taste. There's these pictures, videos, I don't totally agree with them, of toddlers who are given, like, lemon for the first time or something sour and just the look on their face, it's like, "What is that?" Right? So there is an element when you're doing these lessons that will demand a lot of your attention.

And this is also why, who here finds that within a few minutes you might doze off or it's like if you're done, right? That is the system saying, "I've got to pause." It could also be that you're really tired, but it's also the system saying, "Okay, that's enough." So that will show us where our capacity is for tuning into all these things at the same time. You have to remember, and it's not to be discouraged if we've been disconnected, dissociated in collapse and freeze since in utero, since toddler, child, this is really new, right? The cool thing though is that when your intentions are there and you want to do the work, we build as humans quite robustly.

One of the best movies that depicted this was, I think it was the very first Matrix, for those of you that like the Matrix films. And Neo, who is Keanu Reeves, gets unplugged and he's there

and he opens his eyes and he says to Morpheus, "Why do my eyes hurt so much?" He goes, "Well, it's because it's the first time you've seen," right? It's very good in that respect. You see, "Oh wow." So think about this. If this is the first time you're feeling your breath at the same time that you feel your body and you're noticing the world around you and the sounds and the birds and the smells, that can be a little overwhelming at the beginning. And so you need to titrate this stuff.

All right, B, neuromodulation. Remember to keep connecting to your environment. Maybe let your eyes wander away from the screen. They've been locked on screen mode for almost an hour. Neuromodulation. So the first word there, the first line, "This stage is all about helping this noisy brain of ours and the autonomic nervous system become more regulated." Regulated is the first word. "And settled so it can have a chance to heal and grow." Heal. This is old news, right? You all know this now. We're here to get regulated, bring more regulation to the system through these neurostimulation events, practices. And we want regulations so that our system can repair. And then further to that so that it can grow, so we can grow new connections, so we can learn, so we can create, so we can have curiosity and have fun.

I can't stress that enough. This came up actually in our training call with our beta students the other day. Sometimes you really have to not focus on your nervous system and just disconnect a little bit. Have a laugh. Do something silly, give the system time to recalibrate in its new state. You really need to give that. Again, this is one of the words for today, integration. This is why we want you to go off on your own and play and work and practice without us here guiding you all the time. It wouldn't be useful if you needed me or needed the moderator all the time. We want you to fly out of the nest and find things on your own. So really important that we rest every now and again from this work.

All right, back to the final bullet point here regarding neuromodulation. "Depending on the person and their history, how to bring the system down and settle it, how to regulate it, it varies." I said at the very beginning that for some of us, it couldn't take two years. And I'm going to say it might take more. My husband, sorry, Seth, come seven years. He's still working on his stuff too, right? As am I. Anything. I'd say my system has taken longer to find regulation even though I've been more technically functional than he has because my stuff was so frozen. Seth never knew frozen. He never was functionally frozen. Ever. Right? So his system was a little more raw and feeling all the time, and I just buttoned it up really well. So it varies. Our journeys vary. You can't compare yourself to another person ever. Really don't do that.

Page 4. So again, this is in reference to neuromodulation. "So for our purposes, the first three labs of SBSM are dedicated to this." But I'll also say all the other labs are dedicated to this too, right? It's all kind of one big happy family of neurosensory exercises designed to help us grow capacity, which then creates regulation, differentiation, all these things. So first one, they're orienting. Our good old friend. Orienting can be a powerful tool for settling the system as it sparks up the parasympathetic nervous system and that social engagement nervous system, right? By looking around with awareness and feeling, the first word there is the head and the neck and the spine, move. So as we feel that, it's allowing the system to know where it is, to see cognitively at least that danger, actually that isn't actually present.

Now, of course, when we've had earlier traumas, developmental trauma, seeing is not enough to say "I'm safe and there's no danger," but at least it's a start. It's a start, right? And then that's where we get into the kidneys, the adrenals, where we're going more into the cellular structures and the organ systems. But this movement of the head and neck, and maybe even just remind yourself of that now, consciously moving the head, consciously looking in different ways, it serves to break that staticness of just being still, waiting for something to get us. We want to have that capacity to look and see.

Next one, breathing. "So the breathing exercise is, if you can recall, cultivate the inhale, cultivate the exhale, placing a focus on the body and the breath." Again, this is neurostimulation. "Just this basic," that's the word, "basic shift in attention can help to settle the system and bring it to rest." Now, I know this isn't always the case, but it's one of the purposes of working with the breath not in a way that's just, take a deep breath, breathe out really big. If you can remember, and I recommend going back to the cultivate, the inhale, it's about feeling the different expansion of the chest, the belly, all of it. Whereas the exhale is more feeling that end point of the ending of exhale and waiting for the inhale to come in naturally. The reason those connect so well with let's say shock trauma, really any trauma, what happens when we have a fright? "Huh." Right? Our breath gets held.

So we naturally hold our breath. We naturally pause our breath in survival instincts in moments when we're a bit stressed. So in these lessons, I'm actively guiding you to feel what it's like to actually not breathe. There's a very specific point where you pause and you wait for the natural inhale to come. And when we start to feel that shift of it being natural inhale as opposed to, "I need to breathe. I need to breathe. I'm out of breath. I'm freaking out," that can make it worse because an inhale actually increases the heart rate. And so again, I just want to

remind you of those lessons because they work at that deep physiological level where our breath does change under threat and under relaxation.

Next line on the breath, "These lessons, they also serve to increase awareness, capacity, and to help lessen the bracing." That's the word. Another word for bracing could be armoring, like you're putting your armor on, your tightness on. "That occurs in the true diaphragm due to stored traumatic experiences, toxic and chronic stress." So just again, a reminder of our anatomy. While we worked with these sort of invisible diaphragms all throughout the body that kind of also line up with the chakra systems, they also line up with our glands. The true diaphragm, if you look up on medical textbooks, is this dome that goes down and up. As we breathe in, it goes down so the lungs can fill. And as we exhale, it comes back up.

When we have a lot of stress and strain or shock or fright, the diaphragm can literally become stuck. It's a tissue structure. It can even hurt. And that in relationship to also our other spinal muscles, namely our hip flexor muscles, our psoas muscles, can create a very strong pattern of fear. And so this is why we also find people who go into breath work without knowing this capacity. They don't know how to feel this. They actually can be putting themselves more into stress because it's like they're trying to force the diaphragm to move. But if you try to force anything to move and it doesn't want to, what does it do? It says, "Screw off. I'm going to get more hard and more tight."

I was reminded of pilates earlier today in another conversation. It is a good practice for gaining core strength for various things. It is not recommended when you know you have a lot of dysregulation and fear locked in your body because it stimulates that psoas, that hip flexor, and I'm going to do a movement really quickly, that does this. Right? And if we train it and we train it incorrectly in these practices, which a lot of people do, you're overly managing and strengthening a muscle that really should be relaxing and chilling out. I've talked to colleagues who didn't know this at the time, and they would have this muscle going to spasm because it was already tight and then they're trying to tighten it more with the abdominal cavity. And then the system just gives a big FU and it's trying to release, but it doesn't know how.

So again, some of these practices are great for very structural reasons, but when you have a system that has dysregulation and tightness that a person might not be aware of, it can tip things over the edge. So this is where it's a very long way of saying the breath exercises in SBSM, don't overlook them. They actually have a lot of power because it helps to soften the

breath, how to soften the ribs, soften the belly. If our belly is tight, it is very hard to soften that stress response. It's actually impossible because it also then tightens the spine.

Next line down, potent posture. Who remembers potent posture? That's standing back and forth. Don't underestimate that either. It's a very important one. "While more stimulating because you're standing due to the upright position, it's challenging the body's balanced organs and is demanding a focused attention," that's the word, "focused attention to the body position and standing, which in turn," due to this focused attention, "can settle the nervous system." Strange, right? But if you get up to stand and a person has no idea that they live their life too far back on their feet or too far forward, they don't know that they're gripping that pen. Not literally. But if you're always even just a centimeter too far back on your heels, or if you're even a centimeter too far forward, and I taught this in the lesson, the brain won't let you fall. It won't. And so you become used to this off balance and your muscles help you from falling back or forward or too far over to one side or the other side.

So what can happen when you find that potent posture is the system settles because the diaphragm that I was just talking about can finally chill because it's not being held by the muscles of the spine and the back. Or if you're too far back, anatomy lesson, your abdominals and your hip flexors in the front of your muscles, thighs will be holding you up. If you're too far forward, the back muscles, also the butt muscles, the hamstring muscles, the calf muscles will also hold. And so it's finding that sweet spot where the system can be a little less on guard. And it's the same with sitting. You're too far forward, too far back, same thing.

"B, diaphragms joints, kidneys, adrenals, brainstem, rolling the head, gut-brain, mediastinum. So those are some of the lessons in later labs that bring more focused attention," attention, that's the word, "to even more specific parts and systems of the body." So I've already mentioned these a little bit. I already mentioned joints and diaphragms at the beginning of the call. Obviously, the kidney adrenals, those are those little guys that mount up a stress response. The kidneys are also essential for us to produce waste products of urine. It helps to balance the acid base, the chemistry of our body. We kind of know when someone's in kidney failure, that's not a good thing, right? So the kidneys, we need to give them some love. We need to let them know that they can chill, that they can be easy, that they can drop, and the adrenals on top of them.

Same with that brain stem. Say hello to your brainstem between the brain and the spinal cord. That's really where those primitive reflexes reside. The best example, if you think about a

turtle, what happens when it gets scared? It brings its head in. You got the same thing up here. The difference is that you can't see it in the same way, but that brainstem can tighten and get really, really... Like the pen again. It's like you're gripping and gripping. So these lessons, holding the head, rolling the head, even connecting the head in the pelvis, it's to help soften these tissues so that you have not only more awareness there, but there's more capacity and space for that area to soften.

Again, I'm not opposed to osteopathic adjustments, chiropractic adjustments, but if there's tightness up here and you're getting cracked all the time, but the underlying cause is this brainstem and this fear response that keeps... There's so many muscles, so many ligaments and tendons, the bone, the fascia, the vessels of the blood are going through these little spaces here. And so how can we give it more space first and then see, "Oh, do I still need that adjustment? Or is the adjustment needed because all these tissues are tensed? Right? So if you're not shifting, if you're not shifting the underlying nervous system physiology, the adjustment might give you relief for a little bit, but then it's just going to come back.

All right, next one. E, "Plus there's more visualization of the system opening up." So again, remember this is all this page, "All the purpose of these first few labs, more than a few, there's more visualization of the system opening up more space," that's the word, "space increasing. And even in the case of the kidney adrenals, decrease," decrease is that final word, "decrease of the body's stress chemicals." Don't underestimate the power of your mind to guide the body. We've known this for so long, right? The body can also influence the mind. And in this case of a lot of the visualization, it is using this human capacity to visualize and direct intention to these parts.

And the more you practice, the easier it gets, such that you can be driving, you feel a little stress response because someone just cut you off and, "Oh wow, I'm gripping my steering wheel. This is like Irene gripping her pen. Maybe I should soften my hands. Maybe I should soften my belly. Maybe I should feel how my breath can fill up into my ribs and into my belly, into my groin. Oh gosh, right. Kidney adrenals, maybe they're a little freaked out right now because I almost just got into an accident."

So let's bring those down. So everything I just said, when you are really within, you can have that occur in a matter of a split second. At the beginning, you're going to have to think about it a bit more. But just like anything that we become masters of like tying your shoelaces, you can do it with your eyes closed. So this is the same thing. You just have to practice it.

Page 5. Has anybody here found that they are getting a bit better at what I just said, where it's like you're not having to go through the basic steps anymore, you're having a more holographic experience of your body and you can direct it to regulate without actually having to think? This would be more if I see some people nodding, that's regulation that's being embodied. At the beginning, you're going to have to think, "Okay, right. Right. Feet. Orienting. Oh yeah, I'm not breathing. Okay, breathe." But as you do it more, it just happens. It just happens. So that's really that goal, if you want a goal, right? That's where you're moving towards, is to be able to just have that essence on demand, but not even having to ask for it to be there, it just starts to occur.

Thank you. Yes. Some people have said yes.

Page 5. So again, we're still on neuromodulation. So, bottom line, "by bringing the focus and attention to key stress organs," that's the word, "stress organs, kidney, adrenals, brainstem, the gut, and to the areas of the body that get tight and shut down. That's the word, shut down, such as the joints, the diaphragm, that heart mediastinum space. This is a run-on sentence. I apologize. As a result of the excess and toxic stress. So bringing attention to these organs, these stress organs that might be tight and shut down due to this excess and toxic stress, we are facilitating a shift from survival. That's the word, survival, sympathetic fight-flight energy and parasympathetic freeze energy. That's the word. So we're shifting from survival, all that stuff, to the social engagement, mammalian, that's the word, parasympathetic energy. In many ways. I'm going to jump down. I'm going to jump a paragraph to the words, we want to go from. I'll come back to the middle paragraph in a second. In other words, we want to go from what we might term reptilian, that reptilian, amphibian, the animals that are really living in fight, flight, freeze. That's their job, cold blooded, to mammalian, to human. That is regulated.

So if we look at this from an evolutionary point of view, us humans, we're working with a lot of animal systems in our body, and then we've got this thing up here, this human higher brain and this capacity to connect with people across the world through our psychic capacities. We've got a few other things working for us. So we have that animal physiology, but then we have this capacity to sit here with these devices and learn like this. Really think about that for a second. No other species has done this. That shows you how darn unique we are, at least on earth. So this ability to reprogram, relearn, rewire is quite monumental when you really think about it. That's what we want. We want to get out of these survival responses, but have them when we need them. So I've said this before, I'll say it again. We want to go into freeze if we have a

serious accident. There's a tragedy, we want to maybe disconnect a little bit. It's too much to feel the hurt, but we don't want to stay in it.

And this is where we've gotten into trouble. We've stayed in that reptilian, full mammal sense in a way because of this higher brain. Animals in the wild don't dwell on the things that occurred in the wild, typically. Said another way, so I'm going to go back up. In order to become more evolved humans when we're under duress or stress, that isn't life-threatening, we want to lessen the time we are in our high dorsal, vagal, shut down, freeze, parasympathetic nervous system. So that's the dorsal, that free response of the dorsal. We want to lessen the time. As I said here, it's not about not going into it. It's about lessening the time and/or the fight-flee. Those are the words. Fight-flee sympathetic nervous system. So again, we want to lessen the time we're in these survival-based mechanisms and shift it to a lot of ventral, vagal, that's the word, ventral social engagement. And that low tone dorsal, that's that rest digest of the parasympathetic nervous system.

You see why it's been so hard for humans to figure it out? It's not simple. And if we don't have the ability to differentiate and feel and make note of, oh, I am in a stress response right now. Maybe I shouldn't go on a date tonight and meet someone who's going to be toxic and then we're going to have babies, and then it's just going to be a disaster. Think about it. We've lived through this weird world of going into relationships with so much survival stress, but not having these differentiating factors in our awareness. So when we start to have these things in our awareness, things can shift quite quickly. But we have to make use of them. I know there are some people here, and this might be more so for the alum whom you have in a matter of a few years, if we think about my story from this, the individual Samantha here. You've shifted generations of trauma in a matter of a year or two. Isn't that cool? Really think about that.

You might know your ancestry back to maybe a great-grandfather or maybe just your grandparents and you know how much hurt, and pain, and repression, and trauma, and war. And now you're like, oh, noticing when you're in a survival response. I can guarantee you most of our ancestors never considered that, they just were in survival. But we can shift it really quickly and that's what I think is important to focus on when we feel overwhelmed with things that aren't maybe going as well as we hoped. You're doing more than anyone ever did usually I would say within our family systems in terms of healing this stuff, in terms of healing this stuff. All right, final piece. Neuro relaxation on page five. This one's a bit shorter because it's a bit simpler. Need I say more? We need to rest. This is again, back to the history of the industrialized human, the agriculturalized human, the domesticated human. We really have

been working our butts off since we domesticated plants and animals many, many tens of thousands of years ago. We've been working, working, working, trying to figure out how to survive in this world.

And so again, this comes back to, granted you have shelter and food and the things that you need, you've got to rest. But that history in us can be so strong. And when we start to rest, we might feel something isn't right. Because of our lineage, we worked, worked, worked, worked. Survive, survive, survive. War, war, war, war. Famine, famine, famine. And so how many here had grandparents or parents that had deep freezers filled with food and fruit sellers with food that you would never eat? That was one of my... My mother was like that, my grandmother was like that on one side. And I just talked to another friend whose mother to this day had four deep freezers of frozen food from 2015. She grew up in the war.

They got rid of it because it was all gone and old. But I've got to share this story. When my friend went to take all of this frozen food to the dump, you know what his mom said to him? "Can you bring back the zip locks?" You see that? You freeze food and plastic containers in zip locks. You can't do that. He'd have to wait for it to defrost. But that shows that mentality, scarcity. I have to keep everything, I have to hoard, I have to reserve, reserve, reserve. That's a survival response. And when we haven't worked on this stuff and really seen, actually, I can get food, it's not that hard. We get tripped into these old habits. So yeah, someone just said, yep, two chest freezers. Yeah. So anyway, I understand the desire to maybe save for a rainy day and have some supplies and all that. That's not, little bit is, but when it's excessive like that, you know that's old stuff driving that. So I had to share that story. I got a chuckle out of that.

So rest, that all comes back to rest. So depending on where we are in our lives, our demands, tasks, jobs, we might not always get what we need. I put that out there for the new mothers and fathers who have a newborn baby or toddlers. You're going to be tired. You're not going to get enough sleep. That's part of it. But the more regulated you are, the better you can be in that situation and know that there is an end, right? So again, it depends. I say that because sometimes you can't just have a rest for two weeks. You've got to feed your baby. You've got to play with your kids. But some of us, maybe we have a little more space. Let yourself take care. Let yourself rest. Don't compare yourself to another person. Don't bring in that I've got so much. Other people have nothing. I don't deserve to have a rest. Don't do that. You are you. Yes, there's other things that aren't good in the world, but take care of you, because that will help the rest of the world.

But when we can sleep and rest as I have here, when we can sleep and rest, we want it to, this is a funny word, ooze, O-O-Z-E, meaning just infiltrate. We want it to ooze that low tone dorsal branch of the parasympathetic nervous system. And some of you are still working on that. What that means is when you rest, you might feel a kick up of survival energy. Sometimes when people do the kidney adrenal lesson and they feel everything subtle, two seconds or two minutes later, poof, the system goes, "No way, Jose, we need to stay on guard." You just went under and relaxed and we've never known that ever in our lives, let alone family life, generational life. So this is in service of even when you are giving yourself permission to rest and feel regulated, more regulated.

Watch if there's a part of your physiology and watch if there's a part of your mind that says, oh no, you don't. You're not allowed to chill out because everyone else before you works their butts off so you could be here and have all of this goodness, you do not get to rest, you. We have to change that in our head and in our body, because that's the only way we'll get out of this loop that we keep getting into as a society of keeping ourselves in survival, keeping ourselves in wars and all these things, dramas. Next line. Personal. That's the word. Personal assessment is a must. You must change and prioritize to suit your needs. Again, don't compare yourselves to others. Group thinking can get very dangerous and tribal if we're not careful. So be individual, have connection to the world, but really listen to yourself and what your system needs.

Page six. We're a little over time, but we're almost there. Neuro differentiation. I really hit this hard last week, so I'm not going to go too deep into this. And we talked about differentiation at the beginning. So again, refining skills, growing options and choices. And that is not just with our own body, but it's in how we relate to the world, others. So Feldenkraisian learning, in the context of SBSM of course, is neuro differentiation. Everything that happens in a Feldenkraisian lesson, at least in how I teach it, you are practicing neuro differentiation. One could say that when you sit here and feel your butt on the chair and you notice your breath and you look around, there's a level of neuro differentiation going on that is, we could say more basic, but you're still differentiating these aspects of your awareness.

B, how can we make the learning so the neurostimulation is more complex? Complex and still keep up the neuromodulation? This is so important. And actually, again, the story I read at the beginning is perfect for this because what she was finding is that she could do a little bit of Feldenkrais, but then she had to work on it. She said another trauma piece, another release. Once that group capacity, back to the good old example of the balls in the swimming pool. It's

like her swimming pool got bigger, but as it got bigger, it had more room for the stuff to bubble up. And so then she had to go back and get another chunk out, to build up more capacity of the pool. And then once that chunk was out, then the next level of differentiation could occur. Then the next learning. But then, oh, there's more capacity, now we're going to give you the biggest ball.

And that's why I think this person who's been four years into this work had such intense pain in her feet. Imagine if someone who had never done this work had that level of pain in the first week, they would've thought they were going crazy. They would've gone to the ER, I want some narcotics, take the pain away. But she was able because of that capacity to be with the intensity and know how to contain it with the hot water, and the soothing, the emotions coming out. You see? But if you didn't know how to track those things, everything's just going to get compounded and you're going to keep those balls tightly in the pool, and the pool's going to shrink. All right, final bullet point of the season. It all comes down to continually challenging and testing ourselves. Testing ourselves, that's the word. And breaking out of our comfort zones while staying present. That's the word, present. And oriented, that's the next word, to ourselves in our environment. I will read this one more time in a second.

Continually recalibrating and lowering our stress chemistry back to the kidney adrenals, the gut, the brainstem, and remembering to go back to the basics, basics, final word, frequently. It all comes down to continually challenging and testing ourselves and breaking out of our comfort zones and staying present and oriented to ourselves and our environment. Continually recalibrating and lowering our stress chemistry and remembering to go back to the basics frequently. When I think about even the R&D training we're doing with this new cohort of people, we focused on orienting, following impulse, connecting to the ground, noticing breath and resources for 12 weeks. I didn't want to talk about anything more advanced than that. That was the practice for 12 weeks, along with of course teaching and lectures and all that. But you would be surprised what happens when you just keep going back to the basics in all sorts of different circumstances.

So that is my mission to all of you, no matter where you are in the labs over the next couple of months, until we meet again, until you come back in, to know that you have so much understanding, just with the first few weeks of SBSM's material, then most people on this planet. And so don't underestimate, for those of you that haven't gotten past, say, week two and you're feeling like giving up, do not give up. Keep going back to those basics. They really are powerful and potent. The key is that you initiate your attention and learning with them,

and you'll be surprised how just that alone builds capacity and gives you the capacity to take out those balls that are in the pool.

We're done for now. We'll have a wrap up call next Tuesday. Same time, same place. Seth has his Q&A call on Thursday. When we wrap with lab 10, we will have what we call a post SBSM tab that will magically appear for those newbies on the program site, with some added lessons and some suggestions for continuing your learning. Some of it is more thought based and intellectual, but make sure you look at that. So there's really important stuff there. For those of you that have not done, say, the 21-Day Nervous System Tune Up, say you didn't come in through that, that will be available for you as well to do at your own pace. Some of the learning there is not within SBSM now, so that's another way that you can continue to practice and keep up to speed with things.

I'm going to be doing two more drop in classes before we break for summer. And as I think we sent out in an email the other week, we'll run SBSM again in September. So as all of you here will be alum, you get to come back free of charge. You can attend these training calls, the Q&A calls, ask questions in the moderation site. I don't think anything's going to change in the curriculum. It's pretty set for now. So you're welcome to all join again and really give yourself permission to let this stuff integrate over the next few months and just keep going. Thanks everyone. Thanks Jen for being here in the chat. Thanks Bonnie. Thanks to everyone for doing their part to make this world a better place. It's working, I think. So keep going. Thank you everyone, and we'll see you later. Bye.