
Orientation & Welcome Call Transcript

Hey everyone, welcome to SmartBody SmartMind 14.0. I had to think. It's the year 2023, I think. We're in September. We're about to start a fresh new round. I know the chat is hopping because we have people saying hello and where they are from, so thank you. And you can all orient to that at your leisure if you wish to see where everybody is, and looks like Leah's here. I'm going to co-host with her. We'll get everybody to say hi in a second. Obviously, I'm Irene, and this call is going to be really basic, not too long. Orient you to a few things, and there are people here live. There are people here on the recording. For those on the recording, thank you for coming in after the fact. I just want to first of all say thank you and welcome and good to have you here. And we're going to do some learning. Who's ready for that? Yes, who's not sure? Maybe? Who's terrified? Maybe? They're all good. They're all good answers. We'll get started with some specifics in a second. I'm going to introduce some of the moderators that are here today.

Not everybody can make it due to time differences and jobs and all that kind of stuff. We'll do that. I will do a little guided neurosensory exercise. And while I won't formally get into that right now, what I will encourage everyone to do is to take a moment to just feel your butt on your chair or your feet on the ground. Say hello to those spots on your body and take a look around, see where you are. I know that it's compelling to look at the screen, but what would it be like to just pull your eyes away for a moment? It's possible you've been on a screen a lot all day, so give your eyes a break, see what they might need to do to rest a little bit, to reorient a little bit. Maybe check out who is here. I haven't seen any alumni yet. There's probably some alum here. I do see some names now that are familiar as I go through some of the gallery, and there's a lot of newbies. Welcome to all the newbies.

If you are here and you are an alum, let us know. Let us know how many times you've been hanging out with us. Loitering, in a good way, the SBSM hallways, and constantly, continually learning. Thank you, alumni. Second time, third time, fourth time, sixth time. Any seven timers? This is the 14th round, so we might have someone who's been here since the very beginning. Thanks everybody. 10th, 11th. All right, cool. What I'm going to do, because some of

our moderators are here and they can't stay the whole time, I'm going to get them to unmute one by one. Just say, Hey, hi, your names, if you care, where you are in the world, and just a few words, and then we'll get going. Jen, I see you at the top of my screen, so we will get you to unmute.

Jen:

Hi everyone. I am Jen, and I was thinking, Irene, I have to count, but this might be like 10 rounds for me. I'm thinking it's 10.

Irene:

It might be.

Jen:

But I am based outside of Philadelphia and that's where I am, in the woods by a river at the moment, and I'm just really happy to be here. I'm feeling excitement as I see everyone and hear you kick things off.

Irene:

Thank you. Your background looks really nice. All right, I see Rebecca across from Jen. Hey lady.

Rebecca Roman:

Hi everybody. I'm Rebecca Roman and I'm in the Detroit, Michigan area in the US, and I think this is my fourth or fifth round moderating being on Team Lyon. Happy to be here and see all you guys, and I hope you have a great experience.

Irene:

Thanks Rebecca. And then Leah, I think you can unmute yourself.

Leah:

Hello. Hi everyone.

Irene:

Hi.

Leah:

Hi, I'm Leah and I live in Sitka, Alaska where it's been raining for a week straight with no stopping on end, but that's okay. I'm staying cozy in my sweaters and making lots of soup, and I'm happy to be here and support you all on your journey. Thank you. Thanks for being here.

Irene:

Thanks Leah. Enjoy that soup. Seth?

Seth:

Hi everybody. I am Seth. I'm Irene's husband and colleague, and I'll be doing the Q&A calls with y'all, and just really excited to be kicking off another round. It's always just a great feeling when we get a new group of people who are really embracing this work and diving in and learning. I'm really happy you're all here and I'm really looking forward to supporting you, answering your questions, and just being together through the next 12 weeks and beyond. Welcome everybody.

Irene:

Thanks Seth. One other thing. As many of you know, I don't do everything behind the scenes. I used to, but I don't anymore. Thank goodness. I have an amazing team, so I want to thank the people that you never see because we have a very robust website, knock on wood, it usually works pretty darn good. And there's tech details that I can't understand, and I have great helpers that do that. I just want to give them an energetic thank you for doing such a great job, so that how you interact with the program is as easy as possible for an online space. Of course, if you have any trouble finding anything, there are areas on the site to help you troubleshoot, but if you just can't figure out something, please send us an email. Just support@irenelyon.com. And we do have folks in there pretty much all week, working business hours Monday to Friday, and our amazing staff will get to you. I will highlight Bonnie who is here. She is helping with a lot of the organization. And do you want to just say hello and where you are and what you do.

Bonnie:

Sure I will. Thank you. I'm Bonnie. I'm in Vancouver, British Columbia, and this is my third round being with the team for SBSM. And as Irene mentioned, not in moderation, but in management and administration. Welcome everybody. Nice to be here with you.

Irene:

And I think it's important to note as Jen and Rebecca and also Leah and obviously Seth, a lot of our team started doing this course. They found me via SmartBody SmartMind before they knew who I was personally. And so even our most senior practitioners have gone into and done SmartBody SmartMind, so you're in good company. Everyone really cherishes and works with this material, not just when they're working with you, but also personally. What I'll do to just go into how you do get support, so this is an important orientation piece. And by the way, on the site, obviously you have all found the site because you're here. Everything you need to know is there. Under the orientation tab, there's a lot of things to click on and work through. Work through those slowly over the next couple of days. Just getting to know, how do you ask a question? Where do you find things? I even made a note for myself so I don't forget. There's checklists there for the program materials, how to use the site, how to comment.

I'm going to mention this, and all of this information is written for you on the site. I'm just giving you the tiny little version, but there's places where you can ask questions of the moderation team of Leah, Rebecca, Jen, for example, and our other team. What you want to do is first read the guidelines for asking questions, for commenting. That is important. We do have some rules. They are rules. And rules are important when we have such a big online membership and we're in this online space. And we have found that these guidelines, these rules, whatever you want to call them, work really well at keeping things contained, safe and on track. We're here to learn about our nervous systems, work with the SBSM material and get our questions answered via the team. If you do have a question, what you want to make sure you do is you type in the word question. I know this is really basic, but the word question can be all caps, low caps, doesn't matter, before your question.

And what that does, it allows the team to see that there is a question there for them to answer. You can also comment under the lesson threads under the peer-to-peer threads without a question. If you just want to comment on how the first lesson was for lab one, you can comment and you don't need to ask a question. There's many people that just report, this is what I experienced doing this lesson, blah, blah, blah, blah, blah. And then there might be other people that feel the same way or want to add. There's no need to ask a question on our many threads within the program site. But if you do have a question, always write 'question' ahead of time or before your question. We try to get to your questions within a day or two. There are people on the site answering questions daily, often twice a day. So we have people from different time zones, different hemispheres, so we've kind of got it covered, which is great.

And the other thing to be really aware of is our moderators aren't here to provide what we would call therapeutic consultation. What that means is they can't give you specific health advice. They can't tell you what to do. It's not what we're doing in this forum, in this course, in this program. What they will do is they will guide you back to how you pay attention to yourself, how you might engage with the material. They know my library of stuff, whether it's within SBSM or some of our other videos that I've done. So they might guide you to something that is within our scope of practice in the online space, but they can't give you advice for how to help, say, your grandmother or your cousin or your child, or if you have a medical concern. We just can't do that.

So I just want to make that really, really clear. Obviously, many of these moderators do have private practices where they do offer consultation and one-on-one therapeutic somatic nervous system healing work. All of them have that scope from their private perspective. And many students will do a consult outside of SBSM or start doing private sessions with many of the team. It's not obviously necessary, but some people do that. So I wanted to just really make sure that was clear.

Oh, pre-game. Has anybody stumbled upon the pre-game videos that are under the orientation start here? So those are some videos I made to let you see that we're also interested in more

topics than just nervous system health and healing. For those of you who might not know my history, I have a background in exercise science, nutrition, applied nutrition, health science, too many sciences, and those videos kind of go through some of the things that I feel are still important for you to know when working within healing your nervous system. They're not very long. They're short, they're easy. One of them even has a fun joke from Star Wars in it. So I try to keep them light and easy. And just make sure, at your own time, of course, go through those before we start, or within the couple of weeks that we begin our labs.

Ah, the other thing, there are some other little nuggets on the site that are available right now under additional resources. So there's some other videos to teach you a little bit more about the theory of healing trauma. For those who maybe have family members, so if you live with someone, spouse, parents, kids, obviously not your little kids, this would be, say, adult children, if somebody is within your living space and they're interested in what you're doing, and they might want to know how to support you, if you are in a situation like that, there is kind of a letter, I guess you could call it, that we've crafted for those that you might be living with. So that when you are maybe making some funny sounds, or you're just staring out at the window and sensing yourself, that they know that you're not going crazy, you're doing the SBSM work.

I know that's sort of funny, but we'll find that as you work through some of this work, you will start to express and really follow what we call biological impulse. And it's important, if you are living with someone, it doesn't have to be a spouse, it could be a roommate, that they understand, "Oh, Seth's doing that thing, that course. I'll just leave him alone." We won't worry that there's a weird sound or a breath coming out from their bedroom. And that can just help make the space that you live in a bit safer to do this work. So I wanted to mention that.

Yeah. Oh, this is another important one. So first of all, before I get into the final thing I want to share, and then we'll do a little guided neurosensory exercise, and maybe set some intentions. Who here is really excited? And I'm not going to see all your answers, but there might be some excitement. This is new, right? That's good. But I'm also going to say this, and I say this every round at the beginning. Oh yeah, you guys can do little hearts and raise your hands to say that

on your screen. I forgot about that. Don't get too excited. So the reason I say that is we want to enter into this work with as little survival stress as possible.

What that means is what can often occur is when you get into something new, and we know this through people doing New Year's resolutions and starting something new, there can be a lot of energy, and a lot of it is sometimes adrenalized energy. And I'm going to go into this with a bang and I'm going to get all my pencils and colored papers and notes, and that kind of back to school feeling. Some of that is okay. But what I have found in my 25 years guiding people through health and wellness is if we get a little too excited, we burn out. And then when we don't have that excitement, what do you think happens? We stop, right? So I often say, "How can you treat going into the program site, showing up for my training calls, showing up for Seth's Q&A calls, showing up for yourself, kind of like brushing your teeth every day?" It's just something you do, right? It's just something you do. Just like putting away the dishes. It's just something that you kind of have to do every day.

So I know that's kind of a weird way to start our time together, but trust me when I say, after having done this work for so long, that we want to have an interest and know that we are excited, but to not have it be survival stress excited.

Another example would be that Goldilocks scenario. We don't want it to be too hot or too cold. Somewhere right in the middle so that we can sustain that learning and that interest, not just for the next 12 weeks, but into the next year and the next year and the next year. And that's what essentially builds regulation. That's what builds learning. That's what builds capacity, which then, of course, is what allows us to dip into our nervous system and heal the traumas that we're here to work with.

Another thing, there's an introduction thread. Who has introduced themselves? If you have, wonderful. If you're not ready to do that, that's fine. But there is an introduction thread under

member communication on the program site. You can say as little or as much as you would like that fits into that little area.

And know that one of the things about this work is we don't need to know what your traumas are. It's not important for this relationship that we have. Of course, if you were to work with a practitioner one on one, that might be different. But there were many people that I worked with in my private practice wherein we didn't go through a history because it was too overwhelming to line up all the things that have occurred, and all the surgeries, and all the traumas. And so share from your gut, share what you want to share, whatever it might be, so that you can introduce yourself, if you wish to do that. So that's on the member communication tab.

And I think that's all I want to say. We're going to start with lab one on Sunday. So all our new modules come out on Sunday to kind of start the week off because some of our folks are down under, in another hemisphere, and your day starts before ours here in the Pacific. So on Sundays when each lab, those are our modules, release a lot of the stuff you've already read over email, we give you two emails a week to introduce the new lab. And then there's always an email on Friday, which is our Weekend Wisdom email.

Again, I've said this on paper, but save your emails. So if you don't have time to read an email right when it comes in, figure out how to send that email to a folder in your inbox so that you can keep them.

And then the other thing, which I'll remind everybody of, now that you are part of the program, you can download the audio lessons, you can download the video trainings. So if you wish to kind of safekeep the material or have access to it when you don't have internet, you can do that. So you're totally permitted to download the audios and the video trainings so that they are yours to have when you wish.

All right. Let's play a little neurosensory exercise and play with some of the basics that we're going to start with. Just as you hear all this information come in through your brain, just notice if it's coming in smoothly, if it's coming in a little too fast, is it coming in a little too slow. Just right. Back to that Goldilocks concept.

One thing I will note, as we dip into our body and our environment a bit more, this is more environment based, the chat, which is always up and running when we're on Zoom, is busy right now. But when we're on training calls and Q&A calls with Seth, we try to keep the chat to a minimum just because it throws the energy off. And so when I'm teaching live this session, the chat is sort of just for prompts. If I ask a question of those live, I'll get you to maybe use the chat so I can get feedback or examples, experiences, sensations. But it isn't a place, I'm going to be very clear, it's not a place to have conversations back and forth with your peers. Liken it to, if we were in an auditorium with 400 people, if there were little chats going on through all of the aisles, it would be very distracting not just for the teacher or the person facilitating, but for other students. So if you want to have a chat, that's what the peer to peer thread is for on the program site. So, we like to keep the chat nice and specific to our needs and not for chatting, even though it's called chat. So, just an FYI. So as all that information comes in, just take a second to come back to that ground under you, and that ground under you that I mentioned about 20 minutes ago now, did you lose track of the ground under you as I went into more talking, did it float away?

Someone said in the chat, "Yes." So that could be a question, why did it float away? Even though we know it's still there, it's obviously there if we're still sitting up. So this process of being able to bring ourselves back to our body, even when we're learning, even when we're listening, is part of growing what we would call somatic capacity. We want to be able to have that sensory awareness, that attention there. It helps us stay in the present moment. It helps us stay connected to not just the ground, but where we are. It becomes really important when we begin processing and feeling bigger sensations, emotions.

One of the first things I would say if I was working with someone one-on-one, if they start to sense something and I can see they're getting a little more activated, maybe red in the face, I

won't ask them about necessarily in that moment their feeling or the sensation, I will say, "Hey, can you still feel the seat under you? Where are your feet?", and it's not to distract them from their sensation, they'll feel that just fine, but it's to stay present. And when we've had bad, scary things occur to us and we disconnect or we get overly-activated, it's because we're losing the present moment.

So, even when you're on the theory calls with me, or on the Q&As with Seth, or you're listening to something that's more theory-based, how can you continue to stay connected to that ground, to the feet? And then, the next question I might ask is, "How is your breathing?" I know all of you are breathing, that's a given, so how do you just notice it? Can you notice it without shifting it? Who here found that the moment I mentioned breath or breathing, it got changed, or you realized that maybe you were a little tight in your throat, and then you shifted something to breathe a little differently?

So again, it's not to change what happened. At this point, it's learning how to notice what occurs. And we will work with the breath, but in a very different way than what most people do with breathing out there in the somatic worlds. So, breathing is important, but we want to allow it to do what it naturally wants to do. How are your eyes? So, have your eyes been fixated on the screen? Have you allowed them to roam a little bit? So, maybe let them go where they feel like they want to go, and it could be to stay connected to the screen, or maybe there's an urge to close them, only if that feels right, or is there an impulse to shift the focus somewhere else? Let's try that.

Basics, these are basics, and we'll clearly do more than basics over the next 12 weeks, over the next 10 modules, labs, but these are pivotal to us maintaining our focus on the here and now. We could say they're like a little mini-nervous system meditation, but it's not meditation. And then, coming back to that ground, to the seat that you're on, to the feet that you might feel, does it help to move a little bit, to find that pressure? I know for me, I sit maybe too much and it's important to keep feeling that pressure because we have habits, right? We might fall back onto one side all the time, or we might find that we're tightening our belly all the time, which will allow us to breathe easily. So, the awareness of this sensation can also lead us to shift

ourselves so that we're not asymmetrical in a way that might cause our muscles to get too tight, too strained.

And then, just meander in your own awareness and attention to these three things, so this idea of orienting a little bit, this idea of sensing how you breathe, the ground under you, and also tune into those who are here. I know it's silence because it's too much noise if we have everyone on muted, but if you haven't looked at the gallery, for those that are here live, obviously if you're listening to the recording, you have both gallery and just me, so let's say you can see the gallery of people, you can scroll through the pages for those who are live here, and just see who's here, see the other humans from all around the world.

It's fun to just sometimes look and check out who's hanging out. There's faces that you'll get familiar with, people that have the timing such that they can join the live calls at the same time as us, but to just loosely take in the humanity that's here, and appreciate how every single person here has their own unique, diverse history, which is true. And isn't it interesting that we're all here for the same common purpose and goal, which is to learn, which is to gain more capacity and regulation in your systems, in your nervous system? At the end of the day, what you'll find is that the benefits, the changes, the shifts will be very diverse amongst your peers.

But there'll also be familiarity: you'll see familiar things. When you read through the introductions, you might find that some people have actually the similar story as you do, and maybe let them know, "Hey, I see you. This is exactly why I'm here," or you might read a story of someone, an introduction and go, "Wow, that is so not how I grew up," but to have that empathy of that diverse nature of us humans, which is diverse, and why we need to learn this stuff is because it's just not part of our rubric, at least in the Western world. So, we're all in good company. If we think about our team, our moderators, our practitioners who help answer your questions, I of course know their stories. You can read their bios, all of their information is on the course site, program site.

Everyone here who is working and with team Lyon, we all have had shifts and changes in layers and difficulties, and yet we still are here. We still come back and we still want to do this work. And I think that is an important thing. You have some really great folks holding the container, and as you learn and as you grow and as you regulate, that ripples out into the greater whole of human space. So you're doing your work, but you're also helping the planet heal. It's very important for me to say that that is helping not just us, but everything around us, the Earth, all that really important stuff. So come back to your feet, come back to your seat, come back to your breath, come back to your senses, of your eyes, and come back to why you are here. So you know why you're here. Just remind yourself of your intention, of the purpose for investing and being here and wanting to learn. Just go inwards a little bit and remind yourself of that intention. It might be a new intention. This might be brand new to you, this stuff, or it might be old stuff. You've known that this is something you've needed to work on for a long time and you're finally here. So again, there will be a spectrum of why everyone is here in this exact moment.

And sense your accountability to yourself. I'm going to say that one more time. Feel into, tap into your accountability for yourself and what that might mean. I can't answer that question for you, but come back to what it is that you wish to enhance, improve, shift, change, heal, learn. Make it really simple but feel those feet. Feel that pelvis on the chair. Sense your breath. For those listening to the recording, just to give you an idea, there are currently 419 people here. It's a lot of human energy. Think about an auditorium with 419 people. My biggest lecture in college university was 500 people. That was a lot of people in an auditorium. Feel that energy, even though you're not sitting next to that person, we're all around the world, and just notice and visualize the planet, which is round, and imagine lights all around the planet where we all are.

Sense, the brain chemistry, the nervous system wires that are interested in learning about how to evolve and how to shift the human condition, human consciousness, human healing, getting us out of this silly survival cycle that we've been on for millennia. So just see that planet and just see it lighting up, beaming, not just here on planet earth, but into the ether and into the stars and into other planets. And then just know that what you do makes a very huge difference. But to make that difference, we've got to get into the thick, heavy stuff of our

bodies, and our emotions and the memories and the feelings, and this 3D heavy gravity filled world.

And when we do work on this stuff, we do feel lighter, we do feel more expansive. We start to understand a bit better why we're here. And the thing that alumni say over and over again is when they get more biological, when they get more regulated, they not only feel more human, but they start to have empathy for things that they see in the world that just don't make sense. It all starts to make sense.

So with all that, come back to your feet, come back to your pelvis, that seat, come back to your spine, your head, your eyes, your lungs, and just come back to that purpose for why you're here. And if you feel like writing that down on a piece of paper or post-it note or just to remind you of this moment, this is why I'm doing this. This is why I'm here. This is exactly why I'm here. So that when things get a little tough and you start to feel like you might want to procrastinate, which will happen, let's just be really honest, or we're pushing too hard, remember that simplicity of why you're here and just brushing your teeth. Just come back to that over and over and over again. You're in good company. Many of us have been through this path. The alumni have been through this path. They're here for a reason. They come back for a reason. That's all I want to say today. I'll be saying more. You'll get sick of hearing me over the next little while.

So one note, that there is a Q&A call. Our first Q&A call is next Thursday. That date is escaping me. I think it might be the 28th. All this information is on the live training call and live call page. Every single call we have scheduled is already up. With Zoom links and all the things, all the handouts for the training calls are there, locked and loaded if you want to print them and download them. But Jen Greer, who's here today, and Seth will be doing a special Q&A call on early and developmental trauma. And just speaking specifically to that, this is something that many of us have lived with and lived through, and we're here to work on those pieces.

Yeah. And the way that you submit questions, everything is written on the site. So what I will say, the final thing is, when you do go into the site, really make it a process of awareness. Feel your butt. Sense your feet. Try not to speed read. Read slowly so that you really do understand how things work, how to ask questions, where to find things. And then that'll also start the process of helping you relearn how you learn and how you engage with materials in the world.

So thank you everyone. Thanks to my teammates who are here and were able to attend live. And thanks to all my teachers who taught me over the last 25 years. If it wasn't for them, we wouldn't be here. So it's not just me, it's all these others that have taught me. That's everything. Keep practicing those basics. They get you far. Believe it or not, but the basics are very important. Bye everyone. To all those that were able to make it live, good to see you and sense your energy. I always have to say to those on the recording, thank you for taking the time to come in after the fact and press play and listen, of course, you can always come back and listen to this at any time. All calls are always transcribed and you get audio, video and gallery versions, every single call. Thanks everyone. Welcome to SmartBody SmartMind. We'll see you all later. Bye.