
Q&A Call #5 Curated Questions - April 4, 2024

Common Themes:

(00:01:12)

Common ways in which Sympathetic Energy shows up and what to do about it.

(00:22:53)

Situations in which some form of manual body work may be useful.

This section addresses the following questions:

(00:32:29)

Question: "I am stuck around the area of finances. I have had a couple of jobs here and there, but got so many rejections since I am an immigrant, many discriminations due to my accent and on top of that having a disorganized attachment style. I started my business during Covid but have not been able to monetize it the way I want. Can you help me understand why I am so afraid of being financially independent and constantly find myself in the same pattern around money, although I want to be successful."

(00:39:01)

Question: "Hi Seth, over the time that I have been doing SBSM I have learned/developed/noticed a sensitivity/discomfort/displeasure with bright overhead lighting. As might be obvious, I am in a place of curiosity as to how to conceptualize this and what to do/how to work with this. Thoughts?"

(00:43:04)

Question: "I have EDT & grew up with domestic abuse. I coped by going into freeze and bullying myself to work hard with periods of total collapse. I am focussing on building capacity but freeze quickly takes. Rest is hard to come by. I'm trying not to push myself (including being obsessed with SBSM) but if I don't I just lie on the sofa not wanting to do anything. I am also anxious about 'overdoing it'. I sense the freeze is telling me 'I can't cope anymore'. How do I reassure it without sinking further into it?"

(00:48:05)

Question: "What general guidance would you give from a somatic experiencing lens to those who are trying to heal from the trauma of a near-suicidal experience and suicidal thoughts?"

(00:53:35)

Question: "I get lost in a "no time state" and it's difficult to get myself out of there. I do all the basics to get a sense of the here and now again. I worked with the kidneys today. I later fell asleep and had a dream of that sensation. I know it is a younger self awareness of me that felt all the generational stuff as a kid and got so confused as there was no secure attachment. When I get sucked into this state I get confused mentally and feel like I can't do anything about myself. Any thoughts or ideas?"

(00:55:48)

Question: "When would one know they are ready to experiment with sober meditation? What is the point and how to learn to do it? What would be some red flags that starting a mediation practice is hindering/bypassing our healing or if it's really helping our journey towards healing. Thank you."

(01:00:17)

Question: "Hi Seth, could you please talk about how to process the experience of being bullied and not being able to stand up for yourself (school and at home). I try to feel into the memories, but can't connect to the emotions."

(01:03:33)

Question: "Often blocked by feelings of fear, shame & guilt. Experienced sexual traumatic events in adolescence & adopted a sense that something was 'bad' about me, and fear/feeling I had to hide away this part of myself and its energy. As I do this work, any impulse that feels like I'm exerting energy, there's shame/guilt/fear of letting out this 'bad' energy and that it would be harmful, specific to feelings of sexuality/aggression. Any insight appreciated. Navigating compassionately with SE practitioner. Thanks."

(01:08:41)

Question: "Is it sometimes okay to let yourself go into a freeze response? I have been working with some grief and I felt this pull towards freeze. I went down to the sea and connected to the environment, I felt into the activation and I ran and expressed healthy aggression through sound, I connected with friends and I allowed the tears when they came. I used my resources to avoid freeze but now I just really want to go floaty and spacy for a little bit."

(01:10:25)

Question: "This is hard to say. Since SBSM, I am spending hours during the day self pleasuring myself. I live on my own, single and isolated. It's the only thing that I can get life energy from. Otherwise, I'm tired and fatigued. What is the nervous system's relationship with sex and self pleasure?"

(01:13:36)

Question: "I've noticed team Lyon talks about pruning relationships, ridding yourself of toxic relationships, etc as you do this work. Do you have more stories and examples of times when by doing this work, relationships have gotten better, healed, grown deeper and/or better?"

(01:17:28)

Question: "I grew up in extreme neglect and abuse and didn't get out until 28 yrs. I feel I am completely debilitated with sabotaging myself however, I am in the best place I have ever been. I finally am safe. When I notice I am sabotaging I continue sabotaging. Doing the things I need to do seems too much. I feel I take a step forward then go back. I don't have executive functioning skills and basic self-care feels torturous. I don't know what to focus on. How do I move forward?"

(01:21:29)

Question: "Hello, I have a case of freeze starting in the womb, and I remember a pain that I was always afraid to feel. Now through Reiki and other stuff I connected more to me and there are still periods of time where I feel this subtle pain. Feeling like a raisin shrinking. Has to do with missing touch and connection I suppose. It never really goes away although I try to stay with it to integrate it. How do you suggest I handle those periods of pain and why are they still there?"

(01:23:53)

Question: "I have a question about memory. I was sitting in class about Child Development, and suddenly I was flooded with images from before I could walk and talk. I was underwater, and couldn't breathe. I was afraid of death, although I didn't have the word. Finally I was taken

out. A woman who didn't look at me picked me up. She was my mother. I knew I needed her to hug me, to look at me, but she never did. How can this memory be explained?"

(01:26:28)

Question: "I am an SBSM alumni with a history of early trauma and shock traumas. I have post-concussion syndrome and when I experience a flareup with concussion symptoms it seems to aggravate my entire nervous system, flaring up all my other conditions too. I prioritize rest and orienting which really help but since my most recent flareup three weeks ago, I can't seem to get out from under this dark depressive and irritable cloud that mysteriously came on suddenly with the flareup. Any suggestions? Thanks!"