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All right, everyone. Welcome. Welcome to training call numero nine, neuf. We are on our final training call today and just making sure all my systems are go here. Today we're going to get into Neuroplastic Healing Sequencing: Theory and Practice. I'm reading this right off of the training call pages, equals ... So theory and practice equals application and integration.

And before we get into this, just because we're getting close to that wrap up time of this live round, a reminder that all the information, the training calls, the Q&A calls, the lessons within the labs, everything stays alive and well on the site when we officially end our labs, which is this week. Next week, we'll have a wrap up call also on Tuesday. That'll be a little more light, a little more intention based, a little guided neurosensory exercise. And Seth will have his Q&A call this Saturday ... Saturday? Thursday. Ahead of myself. And then moderation within SBSM's forum. So all of the forums will stay alive and well for four weeks after we end officially this Saturday.

So from this Saturday, four weeks in, we will still be answering questions. The mod team, my colleagues will be answering questions there. And then we'll have a little pause for the summer, and then we'll go back into another round of SBSM early September, actually early September.

So all of you now, because you're alum, you'll be invited to come back, free of charge, to be in these calls, to be in the Q&A calls, to ask questions in the forum. So really use that resource that you get as part of being a member of SBSM.

So before I hit record, I asked in the chat, so this is for those live here, but also those on the recording, what are people learning this week? And I'm just going to read off some of the things that have been written here. And of course for those that are just hopping on the call, if you want to share what you're learning this week, if you're working on something from lab one, lab two, lab three, lab four, if you're re-listening to a training call or a Q&A call, let us know.

So one person said capacity. Another one, the layers lesson. Another one, a little longer here, "I've been noticing how often I use survival energy to force through even simple daily tasks. It's a revelation." I'm going to say that one more time because that's really important. I've been noticing how often I use survival energy to force through even the most simple daily tasks. It's a revelation.

Has anybody else picked up on that in their physiology? Even if you're just making a piece of toast and a cup of tea, there's an urgency, there's a forcing, there's a holding of your breath, there's a oh. Even though you're not in a stressed state, it comes with this residue from our past for whatever reason.

Next person, oh, "This is the first training call I've got to live." Wonderful. "Everything else has been a replay." Great. Another one, "Orienting and resourcing through a stressful move." So I'm assuming this person is moving house. So yes, this ability to stay present, orient, and resource.

Diaphragms. Remember those containers in the body? They're with you right now, your diaphragms. So even as I say that, can you tune in to your diaphragms? Do you know what they are? Maybe you haven't gotten to those labs and that's fine, but that's the area of your pelvis, the solar plexus, the lung, the shoulders, throat, head, the feet.

Learning to accept calm and boredom. Yes, this goes back to that survival stress comment. When we start to become more regulated, we might find that we don't have that adrenalized way of moving through life. And at the beginning it might feel a little dull, a little lackluster. And so that's where we want to replace that with the subtle sensations we might feel in our belly, what we notice in our mouth, how we notice our eyes, how we notice the movement of our limbs. Where are my feet? What can I see as I feel this more calm, often what people will say, boring, experience?

Pendulation. So this is this ability to go back and forth between something internal and something... It could be external or it could be something somewhere else in your body. So if you have a tightness, say in your chest and it's uncomfortable or a tightness anywhere and it's uncomfortable and you're not sure you want to keep your focus on that, it's too much, you might shift your focus. Pendulate comes from that swinging pendulum concept to maybe just feeling how your feet are.

That's where putting your feet in a warm bucket of water or putting some cozy socks on or even touching your feet. It doesn't have to be your feet. That's just the example I mentioned. It could be that your hands might help shift the focus.

Has anybody here ever caught someone...? Or maybe you've seen this. When someone is stressed, they might start to rub their hands, or they might rock a little bit, or they might move

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their hands down their thighs. That is an attempt to resource, to soothe, to settle, to reconnect. So we do a lot of this naturally.

Another person, I'm not going to get to all of them, but awareness of cycling, of activation. So feeling your activation, maybe your fight, flight, and then moving out of that activation into regulation. That's the juice right there. That's the ticket. When you can be aware of those shifts out of activation, that's the wiring. I'm going to really slow down on that one. That is the rewiring taking place. We get all hooked up on fancy brain terminology and this stuff, but it's like that ability to notice the shift in your physiology and watch it come into more self-regulation. That is the gold, the holy grail, the good stuff, because that is showing you, oh, I'm actually coming out of activation on my own with maybe a resource or a tool or something like that, like orienting or sensing the breath.

"I'm working on quitting the structured free time and listening to what I need instead." Anybody else finding that they're not pushing as much to structure, structure, structure? And maybe they're watching their old habits of trying to plan and plan and plan every free moment. And it's like, what if we just have some space?

Oh, I love this one. "Trying to enjoy chores." So for those that don't know that, that's doing your daily cleaning, laundry, scrubbing the toilet, taking out the trash, wiping your windows down, basic daily things to keep your house in order. I often like to say, this is a true story. When I was with my first husband, he was clearly a kid that didn't like doing his chores. And there was probably a consequence to that, if you don't do this, you won't get this. Because what happens is when you give that, there's stress and survival energy around taking care of your space.

And so I remember I wasn't so regulated back then. I got a little mad at him and I said, "They're not chores. They're taking care of our home." And it landed in him and he's like, "Oh." He had never considered it. "Oh." And this was an intelligent, very successful guy. He's like, "I never thought of it that way." And that's probably because his mother never taught him. "Now dear, we're taking care of our space. We need to keep it clean and we don't want dust because," dah, dah, dah, dah and all the things, "and we got to take out the garbage or else it stinks," as opposed to, "You've got to do this or else you won't get to play later." So for adults, I know many of us struggle to keep things clean and in good order, but this is again part of how we orient to our surroundings.

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All right, let's find one more. This goes into cleaning. "Decluttering like crazy and it feels freeing." So getting rid of stuff that you maybe don't need in our homes that are just this hoarding aspect that many of us still have from grandparents and parents who most likely grew up during some of the world wars where there were truly rations and uncertainty. And of course that still occurs in the world today. And if we live in a world where we have plentiful food and all these things, are we still living in that survival stress energy of having to keep everything, having to ration everything? It is something to look at because that brings survival stress as well.

Okay, thanks everyone. Cool. So I'm going to have a little water here. So as always, as we move through this training call, just stay connected, present to your physiology, all the things that you're noticing. What we're going to go through today are these stages of neuroplastic healing, which I've brought in bit by bit by bit, but today I'm going to kind of package it all together.

Just a reminder that this stage of neuroplastic healing, it comes from the book, *The Brain's Way of Healing* by Norman Doidge. And in that book he outlines these, it's five stages, but today we're going to go through four of them that we do within SBSM.

The first stage, and I mentioned this in last training call, is things like proper food, clean food, clean water, clean environment, making sure we don't have toxins, chemicals that we're putting into our body, making sure we're moving, making sure we're getting fresh air, sunlight, sleep. And of course I know all these connect to how regulated we are. Because as we become more regulated, we have more capacity and space to move into these. We could call them lifestyle practices. But those are also very, very important. Making sure we're fueling ourselves with really healthy stuff.

So power of neuroplastic healing, these five stages. There's also an ebook on the site under added resources. No. Oh, another thing, review. You might not remember these, but back at the very, very beginning we had these things called the pregame videos. I talked about sleep and food and rest and scheduling or not scheduling. So I think it's interesting that someone today said, "I'm noticing that I'm not scheduling myself to death."

So there's something to be said there, which is if our MO was as a kid, we were scheduled all the time, or in our work environment it was like 8:00 AM to 5 PM everything was booked, there was no space to even go to the bathroom. And I've talked to people who lived and worked in environments like that where they couldn't even go and have lunch. There might be

a swinging as you regulate your system to, I don't want to schedule anything for like a year. I don't want to make plans. I don't want to make commitments. I don't want to do anything that isn't on my terms and that I have control over.

That's a completely perfect biological, I think, trait of us getting our regulation back. It's like we're going back to being that toddler that's like, "I don't want to. I don't want to do that." Right? And if we were young and we were never given any freedom to actually choose some things. Not that of course, I mean we can't choose all the things. We had to have boundaries too when we were young. But if we had that, this could be a time where you just might be a little bit of a lone wolf for a while, solo person and just do your thing, get into your routine, listen and feel what you like to do.

And recently I was talking to someone who has never considered what they want to do because they were so controlled and manipulated by their mother growing up. And at age 30 something, there's no knowing of, how do I sense myself? I don't even know how to accept my sensations because I was always told, "No, that's not what you're feeling. This is what you're feeling." Or, "No, you can't listen to that music. You can't watch that show. You can't wear that makeup. You can't wear those earrings." So there's all this having to figure out, what do I like? And that can take some time.

Not to forget some other things. It's an older video training, but the three-part healing trauma video training, that's where I talk about the beach ball, swimming pool beach ball analogy. Just a reminder that there's still a lot of good information in that one. And Seth's music, his original healing music that is on the side tab. Again, if you haven't looked into that, listen to it, I do recommend when you've got some free time, when you're not planning yourself, pop that in and have a listen.

All right. Okay. I'm going to go through these first stages, going to outline them, and then I'm going to actually share a story of one of your peers. For the alumni, you've heard this story before. For the newbies, this will be a brand new story, so I'll get to that in a second. But neuroplastic healing. So onto the handout.

So four of those five stages. So remembering the first stage is food, clean water, all the things that are in the pregame videos. So the first one there, neuro stimulation, neuro stimulation, that's the word. Movement, touch, light, sound, visualization.

So if we are alive, awake, even if we're sleeping, we will be alert to things in our environment, sounds, light, sense, touch, visualization. When we're dreaming, we're seeing things, often very vivid. Stimulation is not a bad thing. It's just the nervous system, the brain, the body is being stimulated by something that could be internal but is often external. So that's something we would do. Exercise, movement, touch. So all of our lessons, bring that in.

Next one down, B, neuro modulation, modulation, also known as regulation. So we could say neuro regulation or self-regulation. Settling the noisy brain and nervous system. So noisy is just a very simplistic word for dysregulated brain and nervous system where there's a lot of this cycling between this sympathetic fight, flight and parasympathetic freeze and then into shutdown, collapse. So we want to modulate, we want to self-regulate, and of course we use neurostimulation to do that.

C, next one down, neuro relaxation. And then the brackets. So relaxation is the word, rest that restores and repairs. Sleep, being lazy and quiet. This is actually everything we were just talking about in terms of not scheduling. Remember one of your peers said, "I'm not. I'm keeping space open."

When we're in this process of gaining more self-regulation and we're wiring up these new things that have maybe never been wired before, often people say, "I'm rewiring my nervous system." And this is more semantics, but for some of us, we're wiring up for the first time ever these pathways. So if you think about a little baby, obviously all babies are little, a baby, they sleep so much, they need to rest so much because they are just ... They're creating pathways, new sounds, new senses, new smells, new people, new sounds, right, new movement, sensations. So we need that rest. We need that rejuvenation, that repair.

And this doesn't mean that we will be needing rest forever, but at the beginning of this journey, there's often a little bit more of that that we need.

Next one down, neuro differentiation. Neuro differentiation. This is refining skills, growing options and choices. So I went into a longer talk about differentiation, neuro differentiation, last training call, training call number eight, because we were doing more Feldenkraisian theory and learning. So I'm not going to go into all the specifics because it is in that last training call. But essentially this is just this ability to have diversity and the ability to separate thoughts, movements.

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The best example and the most, we could say, crude example is when a little person is starting to walk, they walk kind of like a little robot. It's like one foot forward, oh, another foot forward. They're trying to find their balance. They're not differentiated. And then as they start to walk, they get a nice swing. The arms can be free. But we'll see if someone has an accident or an injury or a spinal injury, when they come up onto their two feet, they don't just often start walking with nice fluidity. They've gone back. They've regressed to be less differentiated in how they use their spine and pelvis, how they sense, how they feel the freedom of their arms.

So part of our neuro differentiation path in SBSM is this movement differentiation. And you're getting more of that in the last two labs with more Feldenkraisian lessons. And this is important. When you work with the movement and you learn to differentiate your movement and have ease and this diversity in options, remember last week my homework was, did anybody try this, to try to put dishes away with the other arm, to open the door with the other arm, to go up or down the stairs with the other foot? Anybody try? Let me know if anyone tried that and what that was like.

So part of us working with our movement and learning how to differentiate is that shifts how we relate to our thinking and how we relate to our sensations, which is what then helps just again, serve the purpose of number B, neuro modulation. So all of it is in service to creating more self-regulation.

All right, let's go to page two. I'm going to have a little sip of some liquid here and then we'll get into the story which I love, and then we'll get into the rest of the training call.

Let's read some of these because they'll probably be fun. Let's see. Someone said, "Yes, I did and slowed down my movement too." So this is in reference to choosing a different limb or hand or option when doing daily domestic things.

"I printed with the left hand." Oh, good for you. "And it went so much better and was fun." That's a brave one.

"I spilled my tea picking up with my non-dominant hand." Yeah. So that shows that it's just not differentiated yet. You'll learn.

"It was good practice," someone said, "but a bit tricky at points." Great.

"I got an infection on my right index finger, so I managed to experience neuro differentiation. Hadn't noticed this finger was so used." Yes. Have you ever had a cut on your thumb and then you realize how much you need your thumbs for? Especially texting. So they're important.

"New pathways forming all slowing down." Yes. Wow. Someone played badminton with their left hand and laughed so much. Yep. I would probably be laughing if I tried to play badminton with my left hand.

"I found slow chores worked." Ah, nice. Just slow everything down. Yes, 100%. This is what's interesting is when we can bring in, back to the training call name, integration. So I'm just going to highlight those words, write them down, bold yellow, "Application and integration." This, the slowing down, noticing your body in daily domestic things, that is integrating this theory and practice into daily life. That is what makes this stuff stick much, much more. Oh, I like this one. "I flush the toilet with the non-dominant hand." I've never considered that. I'm going to do that later today. Yeah, you're right. I always flush it with my dominant hand. Isn't that funny? Good one there. Okay. Thank you everyone.

Okay, so I'm going to share a story that I believe was shared in one of our forums well over a year and a half ago. And one of our SBSM members, she allowed me to use her name because she wrote it in there. Her name is Samantha. And she has been doing this work for quite a while. Years, years, years, years, years, years. And she's also currently an SEP, a somatic experiencing practitioner. This was what she wrote during week nine, and it was during the joints lesson, and I've just realized my memory missed this. This wasn't in the forum, this was in another forum I was with. She was in one of our advanced training calls for my SED training for professionals, and that's why I remember now. I can't remember all these things. So this was a prompt because we were redoing and relearning the joint lessons.

So get comfy. It's a couple pages long. Couple pages long. She says, "I have practiced this exercise from SBSM quite a lot, this joints lesson. So I thought I would test myself and do it first for myself before listening to the exercise with Irene to see if I've got it. I was drawn to work with my feet as I'm experiencing so much intense pain with them this last week. It's been really bad. They are so tight and it's painful to walk. I held underneath my foot where I had the most pain and brought my breath into it and wow, what a huge release."

"Over the next four hours, I had many cycles of intensely crying out a lot of emotional pain, holding my foot and different toe joints," because we often don't think this, everyone, we have



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many, many joints in our feet, 26 I think. And our toes have multiple joints, so there's a lot that can get stored in our feet joints. So, "Holding my foot in different toe joints, 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 continued the cycles in this way."

So this is a great story of integrating to a different body part, the joints lesson. "I did this again the following day. There was not so much crying left, and when it came, it was interrupted quickly by a yawn and it passed. I had the feeling to say to myself," and she says in quotes, "'We're 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 and 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." Think back to the first training call, everyone, the flow between those circles. So I'm mapping this for you, joints lesson. She's integrating it in her own prerogative and we're getting that flow, because when she held those joints, she allowed this release, crying, the pain, and then she came back to it again, and then she felt more flow. Okay, where was I?

"Then I started playing and ..." Oh, I already said that, "And I noticed, I can even feel my toes touching the floor. Again, this is new." So it's what she's saying. She's never felt her feet touch the floor. What does that mean? It's quiz time. Someone can't feel their feet in connection with the floor. What F would that have been? Fight, flight? Freeze, a little freeze and shutdown, right? There's been a disconnection in her feet. So again, we can have body parts that are frozen when other body parts aren't. If there has been trauma to that lower part of the body, that area might be disconnected, not in relation to our awareness, to our central processing centers.

So, "And remarkably today, I can move my toes like never before, and the pain is so much better. I have started to work on the rolling like a baby exercise again." So again, that's another Feldenkraisian lesson, that's moving side to side. And what's happening in this case is there was early developmental trauma. So we're going back to infancy, rekindling that ability for her to feel just what it would be like to be a baby free with no harm, no insult, in the body, enjoying the floor. Back to that, "This is me. I'm doing this for me." Okay, onwards with the story. "When I started this work four and a half years ago, I was lucky to discover that my physical therapist is also a Feldenkrais practitioner. And so I've been practicing Feldenkrais alongside my trauma releasing these last 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 we can't

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make much more progress. Then I go away and release further trauma from my system. Then we can work with Feldenkrais again and make further connections."

"So I can't wait for my next session to see what I can do with my feet finally. We have tried to work with them before and I was able to do pushing, which felt great, but they've been quite stuck until now." So I'm going to pause and just say a bit more about this. This comes back to those things on page one, neuromodulation, neuro differentiation. Often we can't neuro differentiate if we're stuck in survival response in the whole system, or more so in an area that has had a shock to it or a trauma to it, because the system is bound. It is not in flow. It's, like, tight. It won't let anything in. So for many of us, we've gone to massage, chiro, acupuncture, movement classes and it just doesn't stick because there is often something in our survival base at the autonomic level that won't let that nuance and that differentiation in.

And I've talked to many body workers about this. They're like, "Yeah, it's like I'm trying to move my hands through frozen meat. Nothing's going through." And it's like you can tell the people want relief, but they don't understand that there is a survival response keeping their muscles tight. And this was my story, and I have no doubt that Rebecca, my colleague here today, who was also trained in Feldenkrais, we went into this trauma stuff because we realized there was only so much you could do at the body neuro differentiating level. You had to get under, into these regulatory systems. So again, it doesn't mean that one thing isn't good and bad, it's just that the person isn't ready for it yet. And then once the system is more ready, then you can bring this stuff in, which is exactly what Samantha was experiencing here.

So now the final bit of this story, which brings in a bit more alignment, a bit more connection with the universe, if you will. She says, "There was also something quite interesting that this last week I have sat with my feet in a bowl of hot water because they've been so painful. And this is how I began my trauma work." And this is all a true story. "I started with Irene's free resources, Four Steps to Calm Overwhelm." It's one of my audios, "But at the time, I couldn't feel my feet on the floor. So I would sit with them in a bowl of hot water while doing the exercise to help me feel them. 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. So after this release with my feet," and what I want to say with this, this shows that it's not a bad thing to go back to old resources.

There's no shame. You haven't fallen behind. If you're like, "Gosh, I need to have a bath every night tonight because I have so much pain in my shoulders or in my pelvis or my belly's upset, I

guess I have to go back and shift my diet again because these foods aren't working." That doesn't necessarily mean that you're going backwards. It means that this new level of regulation in your body needs some of that neuro relaxation. It needs it to not be poked with more newness, more wiring. It needs to settle. And so again, that's why I really like the share is she's bringing in this layer of, "I had to go back to what I did when I was," essentially at this point, I know she was living with complex PTSD, and all she could do was sit with her feet in a bowl of hot water and listen to that 15 minute lesson.

That's all she could do. But she went back to it and she felt the difference of that. Okay, final little bit. This is where the alignment comes in. "So after this release with my feet, I suddenly remembered a song I heard in French for the first time on the radio before. I had no idea why I wanted to listen to a song in a different language that I couldn't understand, but I was happy to find it on YouTube. It's called Sous Les Racines Dabu Fantastic. I sat and listened to it over and over again and enjoyed learning it. It felt so good singing along, even though I didn't get all the words right."

So I'll say it again in case someone wants to look up the song, Sous Les Racines Dabu Fantastic. "I sent it to the guy I 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, you will always find the light and continue to grow." So essentially she was pulled to a song about roots and feeling her feet on the earth. She then finally says, "I have some tears now. I'm just so touched. I can't believe my impulse led me to this beautiful song in a language I don't speak while working on my feet. And at a time when I'm feeling a bit nervous about next week, going back to my hometown for the first time in seven years."

So I wanted to share that. Thank you Samantha, for letting me share that. And what I like about that share, and I have no doubt that some of you might have these things that are starting to occur, and please share them in our forums under the peer-to-peer thread to just put that out there. Even if no one else sees it, put it out there. Share your own stories. But it just shows how it takes time to build these connections, but we also want to stay as she did with the beginner's mind. And sometimes the basic stuff can offer us another massive level of learning and healing. It doesn't always have to be fancy and flashy. And I say that because what will happen for some of you, and I'm just going to name it. I'm going to name it. We'll be finishing up with the official round of SBSM.

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And there's no way that in 12 weeks, every single piece of regulation that you are ever going to need is going to happen by next week. And that's okay. But if you can resist the urge to start something new, to start something shiny and go back to lab one and see what happens when you do that again, or you go back to a training call, or you go back to some of the basic lessons and just keep layering in with that beginner's mind. So I wanted to just recommend that awareness, because new stuff also feeds our survival impulse, fresh adrenaline. The shiny, flashy object concept that we often talk about.

Okay, page number two. Let's get into page number two. Okay, so neuro stimulation. A, so the first line, the word is all. Very simple, A-L-L. "All labs bring in this stage." I'm going to read this paragraph from a gentleman who is long passed. He was a Russian scientist named Nikolai Bernstein. He wrote a really interesting book called *Dexterity and Its Development*. He was Pavlov's competition. I've mentioned him before, I think. Some of you know of Pavlovian response, Ivan Pavlov and the whole bell, the dog salivates. It's about conditioned behavior. And unfortunately, when the government found out Nikolai Bernstein was doing research that was showing human potential, and as he called it dexterity development. Dexterity is a fancy word for differentiation. His lab was shut down, and they gave all the credit and all the focus to Pavlov around conditioning humans as opposed to having them develop their dexterity and differentiation. So I think we know why that is.

So he writes, I love this passage, "The learned movement," so this is in relation to repetition, which I talked about last week, repetition. Doing the same thing over and over again, but sensing it from inside and how that is different. So he writes, "The learned movement must actually be performed many times in order to actually experience all sensations which form the basis for its sensory corrections. It must be performed many times to allow the brain sensory areas to become acquainted with all the variety of deviations and modifications, and to combine a vocabulary for all future deciphering. Certainly the most sensible correction training would be organized in a way that combines a minimization of effort." Hello, Feldenkrais, and noticing if you're breathing and all these things, "With a large variety of well-designed sensations. And that creates optimal conditions for meaningfully absorbing and memorizing these sensations."

So this is a very, very rich paragraph and it touches into so many of the things that we've been working with. I'm going to bring you back to one of the training calls on anger and healthy aggression. Do you remember I referenced the researcher again, she's long passed, her name was Nina Bull. And she talked about how to work with the fight/flight threat responses. And

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you'd have to go back to the training call because I can't quote her exactly, but it was about working with the sensory feelings of that threat. And so he has here, sensory corrections.

So again, this comes back to someone that said earlier, "I'm starting to find that I am doing simple everyday things with survival stress." So that person is sensing their sensations because that's how we know if we're in survival stress, things are gripped, things are tight, we feel strained. And so that sensory awareness gives us feedback to let us know, "Oh, I'm in some survival stress." Or, "Oh, I don't feel anything. I think I'm moving into a little bit of freeze energy and maybe some shutdown energy." So this ability to sense these sensations is super important.

And then also I'll highlight a variety of deviations and modifications. So imagine if the only thing you learned in SBSM was orienting. Would you get very far? Probably not. It's a very good first step. We need it. We need to learn that orienting. We need to understand that there's a defensive orienting pattern and there's an exploratory orienting pattern. But there are so many different, he says, deviations, differentiating lessons. We're feeling the joints. We're feeling the diaphragms. We're feeling the breath. We're bringing our attention to the kidney adrenals, et cetera. So all of these deviations, variations are coloring in the picture, essentially of what it is to feel your sensations in your human body.

Okay, next line down. So again, this is just still in reference to neurostimulation. "To stimulate means to activate," activate is the word. "It's not a bad thing." And someone just wrote in the chat, it caught my eye. They said, "I hear practitioners say that something has to be done 300 times." I don't know where that comes from, but that's a nice idea. But what if that 300 times, you're completely devoid of feeling what it's like? So for those of us that learned how to regurgitate in school, which I think many of us had to, whether it was facts, data, the functions of the liver, all the things that you might learn in biology and chemistry and mathematics and history. You can regurgitate something and repeat it, but if you're not integrating it and understanding what it means and how it means to you, it's very hard for that learning to actually become a part of you.

I hope that makes sense. So this is why there can be people who go to fitness classes for 50 years and you ask them, "Where's your pelvis? Where are your hamstring muscles?" They might have no idea, even though they've been doing squats and lunges for 50 years. So again, it comes down to how can we integrate and listen to the sensations as we do that repetition. So first bullet here, back to neurostimulation. So this is anything that provides a stimulus to the

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nervous system. Nervous system. That's the two words there. Sound, movement, light, visualizing, visualization are all various kinds of stimuli into the human system. You can read these here. Walking, moving, dancing, of course, more could be in there. Tai Chi, yoga, gardening, being outside, listening to music, humming, singing, being in the sun, bath, cold showers. This is why a lot of this hydrotherapy stuff, exposure to cold and then warm, it's good, of course, but why are we doing it?

A lot of people are doing a lot of these new fads of say, going into a cold bath, but they don't really know why. And so the trouble that we're getting into with people is they're not listening to their bodies when they go into these drastic environments. That's where we find that people then get into trouble. Death can happen if we're not listening. If we're just saying to ourselves, "I have to stay in here for 10 minutes." But what if within the first two minutes your system's going into a shutdown or a freeze response, shutdown response? That's not good because you won't feel anymore, and then you can persist. So again, these activation pieces, it's again important to be able to sense, "Ah, that's enough. I have to shift focus and now get out of this stimulating thing that I'm doing, whether it's dancing, whatever, and settle and resource myself." Next line down. "The main purpose of stimulating the system is to challenge it and wake up." That's the word. "Wake up circuits in the system that have been asleep or have been simply taking a big long rest. Or maybe they've been numb or they've been disconnected, or they've been in a shutdown response, or a collapsed response." So we're stimulating the system to get it alive and vital again.

Final line: "Pretty much every single lesson and practical neurosensory exercise you did was a form of neurostimulation." Everything you did was a form of neurostimulation. Even the learning that we're doing here is a stimulation, right? The stories will spark up stuff. The theory will spark up stuff.

Page three, still on neurostimulation. So you moved, you touched, you learned by a constant synthesis of thinking and sensing. You visualized, you visualized your kidney adrenals, you visualized these diaphragms, your lungs, the joints. You made sound with the voo and the voo-ah, or maybe letting the expression come out differently.

So first line, "The Feldenkraisian way of learning", which I covered more in depth in the previous training call, "is more potent," that's the word: potent, "I believe, than many forms of neurostimulation because we're doing more than just 'following the leader', so to speak." This comes back to my example about an exercise class. A person will still get a benefit going to that

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exercise class. Their heart rate goes up, they're going to increase their muscle quality, strength, mass, they get social interaction, but they also might not even be knowing what they're doing, right? So they're still getting something, but they're not learning how to be with their body often in a functional way. And I can speak confidently to that because I used to teach those classes, and often you wouldn't see people improving their posture even though they were getting fit in the process.

So next one down. "You're pausing between your thoughts, the images." So images is, what you might visualize. "Memories, sensations, feelings, reflexes, reactions, all of it." So again, this is in reference to Feldenkrais. "So you're pausing between these ideas of the movement, of the imagined movement," so that's the next word: imagined movement, "because a part of that learning is can you visualize, sense how your body prepares for this movement. And the actual movement." That's the final word of that sentence, "and the actual movement."

So this pausing of the imagined movement and the actual movement, and I'm sure some of you found this when I would say a movement, and I would say, "Just imagine it. You might find that your breath holds, that you start to clench something. You might find that there is a thought process of confusion if you don't get it right away." And that can quickly trip us into survival energy if we're not aware of it. So this is how layered this is. We're really trying to unpack, how do we engage in learning? The moment we hear something that we're not familiar with, do we instantly assume that person is wrong or assume a posture of defense, or assume a posture of collapse because of our past conditioning around learning?

So again, this is how nuanced it is to do these movements. Listening, sensing, feeling, doing it, doing the movement, sensing it while you do it, as opposed to, oh, okay, I'm going to lift my head. Okay, I've done it. Now I'm going to stop. Now I'm going to feel. It's also sensing how that head, if I use the example of lifting the head, connecting the head and the pelvis, which was one of the earlier lessons, there's also a thing that people get into where they'll be really good at the beginning and at the end, but the moment they move, everything disappears. So that's the other level of differentiation to study within yourself is, am I still in my body and aware of my breath and my sensations during the movement as well as the beginning and the end?

And this is where integration to come back to the theme of the call today. When you can notice that movement in the movement or the sensations in the movement that will help you when you're out and about in your day. Maybe you have a practice of whenever you go to drive your car, you sit in your car, you collect yourself, you notice, you orient, but as soon as you turn the

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engine on, you're back in survival mode. And then you get to where you're going, okay, now I'm going to settle myself. Now I'm going to ground. But how can there be this continual noticing in that action of driving from point A to point B? Because where do the accidents happen typically? When you're going from point A to point B. So that's where we want to take these Feldenkraisian lessons and everything you do in the neurosensory exercises and be like, how can I stay with myself through the whole process?

All right, next line down. C, as I've just said, you're orchestrating a lot, a lot nervous system-wise during these neurosensory exercises. Someone just said, "This is kind of like calculus." Why, yes, it is. There's algorithms, there's variables. That's actually a really good example. I didn't really appreciate math. This is a true story. I still to this day have trouble counting, but I'm getting better, getting much better. But when I got to university, I really loved calculus because it was just more complex. But I really loved calculus when we were in second year calculus. And if you've ever done any of this stuff, you will be given one type of calculus. I can't remember the type, but you're given a formula to figure out, say the volume of a sphere or a cylinder, and I would know how to do that. But then the second year calculus, you're given a cylinder with dimensions, and then you do the calculus to figure out the formula. It's like it went backwards.

And I remember solving that equation, doing my homework one day, and my answer was the formula I had been using since grade 10 to solve for volume of cylinders. And I think I might've actually laughed out loud and gasped because I finally understood the importance of math in that moment when I reverse engineered the problem. So it is, thank you. This is differentiation in calculus. It's called differentiation, differential equations.

So I'm saying this because sometimes you have to keep going and going and going on a topic, and then one day you're like, "Oh, I get this now." This is like Samantha's story of the joints of the feet. She didn't get that epiphany the first round of SBSM. She kept going back and back and back to it, and then it all landed. So there is something very special about some of our other scientific arts, like math. There's a reason they're around. And we use that for building bridges and making sure things don't collapse, right? They're actual true sciences, those ones. And oddly, there is a true science I think in this adding differentiation to the human body.

Okay. Thanks everyone for listening to my math epiphany story. It's a fun one. So next one, B, neuromodulation. Neuromodulation. Oh, and by the way, the other thing, Moshé Feldenkrais was a mathematician. He had a math degree, an engineering degree, and an electrical



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engineering degree. He had that and all the other stuff with movement and helping people recover from stroke. But the science and that deep level of calculating problems was in him before he got into working with humans. So there's an interesting crossover at these pure science, physics, mathematical levels that actually I think are quite oddly spiritual in some ways because actually, in math, there is a real answer to things, so.

All right, neuromodulation. So, first line there, "This stage is all about helping the noisy brain and the autonomic nervous system become more regulated." That's the word, regulated. "And settled so it can have the chance to heal," that's the next word, "and grow." So this neuromodulation, it's all about more regulation, more settling so that there can be healing and growth. Without self-regulation, the system cannot fully repair and regenerate, or it will, but it'll be half-assed, it won't be complete regeneration, complete healing. It's like there's always this catch-up happening.

Next line down, "Depending on the person and their history, how to bring the system down and settle it." Obviously, regulate it. It will vary. It's going to vary. There's no, this is exactly how long it will take to heal this thing or that thing. Or this is how long it'll take before you feel comfortable doing this thing or that thing. This is where the human system is complex because we have not been raised the same. We come from a culture and society that is so varied and so diverse. And so we're trying to piece together, reverse engineer back to the math concept. We're reverse engineering back to our roots of what does it mean to have self-regulation? And what does it mean to be connected to ourselves with this intensely smart brain of ours that is so advanced? But that brain and system of ours is also what keeps us suppressed, and it also keeps us in patterns. This is where neuroplasticity goes both ways, right? Neuroplasticity is also what creates addictions and wiring issues that aren't good for us. And neuroplasticity is what allows us to heal and notice these things.

Someone asks, "What happens without self-regulation?" Well, that's why we're here. Without self-regulation, we get sick. That is dysregulation. If we get deep, deep dysregulation as an infant, we die. We know through orphans, babies that are left without proper connection and care, they will not survive. Even if they're given food and shelter, it's not enough. There needs to be this self-regulation. And then of course, many of you know, myself included, we've survived a lifetime living in dysregulation. And yet when you go back, you're like, "Oh yeah, things were a little off then. Things were a little off then. Oh, that's why I couldn't count properly. That's why I always had belly problems. That's why I didn't like this or that." When we start to come back to it, we really do see that dysregulation is the root of most of these

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troubles that many of us are living with and make it tough for us to live in the world and even live in the world when it's good.

Okay, page four. Page four. So again, we're on neuromodulation. So for our purposes, the first three labs were dedicated to this. Now, of course, there's going to be cross-over. But orienting, first word there. "Orienting, first lessons, first labs can be a powerful tool for settling the system as it sparks up the parasympathetic nervous system and the social engagement nervous system. By looking around with awareness and feeling the head and neck." Those are the two words, head and neck, "by feeling the head and neck move," so that's that neurostimulation, "it's allowing the system to know where it is to see cognitively, at least, that danger isn't actually present." So of course, I've added in there cognitively because we might and go, "Yep, there's no threats around me." But of course our cellular physiology is saying otherwise, which is for later labs.

Next one down, breathing exercises. So those were "the cultivate the inhale, and exhale," Those are two specific lessons, "are placing focus on the body, the breath." So again, this neurostimulation, "just this basic", that's the word: basic, "shift in attention can help to settle the system and bring it to rest. They also serve to increase awareness, capacity, and help to lessen the bracing." The word is bracing, so it's like brace for it, right? We're about to get hit, brace for it. "So these help to lessen the bracing that occurs in the true diaphragm due to historic traumatic experiences, toxic and chronic stress."

So again, breath work. And I don't call this breath work because the cultivating of the inhale is more of a Feldenkraisian lesson. And the cultivating the exhale is more of a, it's a hybrid of some stuff from my Feldenkrais days, and also a hybrid of some breath work where you pause at the end of the exhale and you wait. You remember that one? Where you wait until the system resets and you have to take a breath in.

So the awareness of feeling the ribs, feeling the belly, feeling the chest move, I do teach it lying on your back, but it can be done in a chair or on a couch. That feedback that you feel with the environment is also letting you sense the expansion and contraction of your lungs through your ribs and through your layers. And when we've had a lot of stored survival stress, what happens to those layers? What happens to the breath capacity? It gets tight, it gets braced. It can also be collapsed and lacking vitality. So again, these breathing exercises are in service of this.

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Next one down. "Potent posture." "Potent posture." Remember, that was in standing. Really simple, but also very informative. It can inform a lot about how we stand in our day-to-day. "So while more stimulating due to the standing upright position, it's challenging the body's balance organs," So this is mainly in the ear and brain, "and is demanding a focused," that's the word: focused, "attention to the body position and standing, which in turn," so again, this is a stimulation, "which in turn due to this focused intention, can settle the nervous system. Can settle the nervous system." I chose my word "can" very appropriately there, because for some this might settle just like orienting might settle. But for others, it actually might not. And this is where you have to experiment with yourself to be like, "Ah, okay. When I did that potent posture at the beginning, I didn't really get it. I'm going to go back and do it again and see if I have more sensory awareness of moving my posture off balance."

And maybe now, weeks down the road, you might try this again and actually have more sensitivity to your muscles contracting, to your breath being held when you throw yourself slightly off what we would call potent posture, where the system is using the least amount of muscle to hold yourself up.

Potent posture is also one to use when you might be finding yourself over activated and you're trying to be calm in a seated position. Sometimes we have to get up and have a little more activation in our big muscles. And if you're standing up, your muscles will be working, because they're keeping you from falling forward or back or to the side. So sometimes just moving, getting up can help settle the system a bit.

D, Next one down. "Diaphragms. Joints, kidneys, adrenals, brain stem, the gut brain, the mediastinum exercises." So these, again, a little later into the curriculum. "These are bringing more focused attention to even more specific parts and systems of the body." So again, focused attention is the word. Attention. So we're learning about these spaces, these joints, these organ systems. Brain stem up high here, where your brain connects to the spinal cord, the space around the heart that holds the heart in place. All these things can become frozen, stuck, not in our awareness. And again, we're bringing in the neuro-stimulation to these areas to serve self-regulation, to bring these things back online. More interoception.

Next one. "Plus, there's more visualization of the system opening up," That's the word: opening up, "more space." Space, that's the next word. Increasing. "And even in the case of the kidney adrenals, decrease of the body's stress chemicals." Decrease is the word. So more visualization of the systems opening up. So this is back to the flow, more space. Again, back to

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that swimming pool, getting bigger. And this decreasing of the body's stress chemicals. So that, again, is in service of how can we gain more self-regulation? If we are not even aware that our kidneys and adrenals are on fire and are pumping out stress hormones, we can try to calm down and all these things till the cows come home, but we're not going to the source of the system that is saying danger, danger, danger, right? So we're really trying to settle those organs.

Page five. So, bottom line, top of the page, "by bringing focus and attention to these key stress organs," stress organs: the kidneys, the adrenals, the brainstem, the gut, "and to the areas of the body that get tight and shut down, such as the joints," that's the word: shut down, "such as the joints, diaphragm, mediastinum, spaces, and a result of excess and toxic stress, we are facilitating a shift from survival." That's the next word: survival. "Sympathetic, fight flight flee energy, and parasympathetic freeze energy" that's the word: freeze energy "to the social engagement, mammalian" that's the word: mammalian "parasympathetic energy." So we're moving out of this stress, shut down, survival, freeze, and into more mammal, hello, let's have fun. Let's have a dance. Let's eat food. Let's chill out. Let's make babies. Right? What we're designed to do as human mammals, we're getting out of that stress response.

And by the way, the term, when I say stress organs, that's not a technical biological term. That's Irene's way of calling all those things: stress organs. So just the things that mount a stress response, a threat response, either due to an acute stress or they're on and they're on and on due to chronic long-term stored survival stress. All right, next line down, said another way, said another way. 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're in our high dorsal vagal. So dorsal is the word. We're coming back to the biology of stress videos here. We want to lessen the time we're in our high dorsal vagal, shut down, freeze, parasympathetic nervous system and/or the fight-flee, that's the word, fight-flee, sympathetic nervous system. We want to move out of that into a lot of ventral vagal, ventral vagal social engagement. Ventral is the word. Ventral vagal and low tone dorsal. Low tone dorsal, that's the word. This is the true rest digest of the parasympathetic nervous system. So back to some of our basics around our autonomic nervous system physiology here. Remember, you've got caught up in a lot of fancy things, anger, healthy shame, toxic shame, all the things, but at the end of the day, we're coming back to, how is the system relating to its autonomic nervous system physiology?

Is it stuck in survival or is it living in a little more social engagement and rest digest? We can get fancy and specific with all the different kinds of traumas that exist, but in the end, it all comes down to these things. And how are those parts of our physiology either helping us in how we

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repair our organ systems and rejuvenate and recover, and be social and good to people and helpful and take care of ourselves? Is it in service of that, or are we constantly throwing ourselves back into our survival patterns unconsciously? So next line down, we want to go from reptilian, so that reptilian part of our nervous system, that fight, flight, freeze that the reptiles live in, essentially they do not have a social engagement system the way we do, to mammalian.

So we want to go from reptilian to mammalian to human, regulated humans. Now, the difference between other mammals and us, and obviously there's crossover, is that we have this capacity to spit ourselves back into our reptile state, into our survival state willingly. We know we're doing it and we watch ourselves doing it, and we still do it, right? We know we shouldn't do that thing, and we watch ourselves do that thing that's not good for us. And so again, part of this journey, back to a couple of pages ago, can we pause? And we can. This is what free will is. We have this ability to teach ourselves with curiosity in that beginner's mind. What if I just step back a little and listen, and pause and wait?

Very hard for reptiles to do that, right? They act on their physiological impulses, and also mammals. You can befriend many mammals, but even if they're in a state of fear or protection, they don't care if you raise them. They will bite you if you do something to harm them, right? All right, final piece of this page, we're going to go into neuro relaxation. Very much what I've already said, rest, repair, recovery.

There is sometimes, before I get into these stages here, this fear that, oh my gosh, if I keep resting like this, I may never stop resting. And so there needs to be this, you got to find your intuitive sense of, no, I have to really chill out right now. I really need to nurture my body. But then there's a point, and my husband, Seth and I, we've talked a bit about this when I've interviewed him, where there's a point where you might have to sometimes push. So we talk about how he had to push himself a little bit to get more active physically. He didn't want to do it. He didn't want to take care of his body. He was very comfortable in the pattern of addiction and being a sloth and just, I don't want to do this stuff. It's uncomfortable.

And so there was a point where he knew, okay, I got to just do it. So there's also, and this is... Everybody's going to be different with this, and this is where you might need to assess, do some deep assessment or work with a coach or a somatic practitioner to find that edge, but there comes a point when you might have to start expanding your window and getting out of that neural relaxation because we can also say trapped in that too long. This is super cozy. I like being under my covers and just being inside and cocooning. And there's, again, time and a

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place, and then figuring out when is it okay to override in a healthy way, I have to do this, I have to get my body moving? Or when is it, I really do need to rest? I wish I could answer that for all of you, but I can't. You have to really do some self-assessment for that.

Sometimes what works is I'm going to just try this little bit. I'm just going to do a little extra today. I'm going to go a little extra on this walk, or I'm going to just do one extra thing in the house, or I'm going to do one extra phone call today for my work, or whatever it is. And then you do it, and then you assess, how am I the next day? How was my sleep that night? So you've got to kind of monitor your biology to see how did that little extra push affect me? It might have given you more energy. Or maybe the next day, I just feel like I've been slammed and I need to rest an extra week. Then that shows that it isn't time to push. I wish there was a clear way of saying this. I hope this is making sense, but it really comes down to trial and error.

So first line there, depending on where we are in our lives, our tasks, jobs, we might not always get what we need. And I really put this one out here to moms who are trying to raise their kids, trying to feed their kids, and dads, dads are in here too, and there is not going to be enough time for personal self-care and sleep, and it's just a given. So that is where this is a high stress point in my life, there's going to be a lot of overriding. This is where the little things during the day make a big difference, where you... Can you be with your kidney adrenals when you're in the midst of doing something? Can you feel your feet? Can you make sure you're breathing freely? All the things, so that these little bits, so our swimming pool can stay kind of a little big, not shrink in high stressful periods of life.

So back to this. But when we can sleep and rest, this comes back to continuing the neuromodulation process, so when we are resting, when we do have that time to sleep, we want it to, and this is a funny word I've chosen for this one, ooze. So we want it to ooze that low tone dorsal, that dorsal vagal branch, the parasympathetic. So if we only have 20 minutes to pause daily, that's it, then do that and only do that. Don't check your phone. Don't try to consume another podcast. Just chill and really let that low tone dorsal, the parasympathetic come in. I think I recall, and I can't quote exactly where this came from, it was from Kathy Kane in one of our trainings, but she said, "When you settle and you bring yourself out of threat, it takes about eight minutes for the kidneys and adrenals to down regulate, to reabsorb that adrenaline and cortisol." I can't give you a reference for that. She just blurted it out one day in class.

And so of course, if in that eight minutes, every one minute, you're looking at your phone or you're doing another thing, that's not going to work. It's like there needs to be a full settling to let that, essentially it would be the blood chemistry, because you pump out the chemicals into your blood, for them to redigest, come out through the kidneys and process. So eight minutes. Set your timer. If you can do more, that's even better. Next line down, personal assessment is a must. Personal assessment is a must, and you must change and prioritize to suit your needs, your needs.

This is where when we're starting in this work and we're figuring out our true capacity, our window of tolerance, something we've talked about in other calls, this is where it might feel a bit jagged, who we hang out with, our past social obligations where, oh yeah, Saturdays, it's all day with my whatever people. We do this, then we do this, then we do this. That's how our day is, or my evenings are this. And what one might find is, wow, I only can stay in my body truly with myself for about 90 minutes with a group of other people, and then I find myself starting to override. I find myself starting to shut down because I've reached my capacity for true, authentic connection with this new nervous system that I have that is fresh.

This doesn't mean one might not be able to then have in the future a day where you're with people and you're fully in your window of tolerance, feeling, sensing, but at the beginning, don't be afraid to say, "You know what, guys," or gals, "I am going to go home. Nothing personal. My system, it's had enough and I'm going to go home and just chill out." Right? But that is important, to be able to advocate for yourself, right? This comes back to, were you not able to say, "I don't want to do that today, mom," or "I don't want to do that today, dad. I don't want to go to another soccer game," or another this or another that, right? So again, this comes back to dancing with yourself a little bit and really being a little selfish, really being a little selfish and like, "Nope, this is what I need today," and expressing that.

The only caveat to that is if you are raising kiddos, I think I've said this before in other calls, if your kids are hungry and you don't feel like feeding them, you still have to feed them. I know that goes without saying, but this is where as parents and caretakers of others, especially the little ones, sometimes we have to voluntarily override our needs for those who are dependent on us, and that is just a given. And then that comes back to what I said before, making sure you have time at the end of the day to release, to de-stress, to take care of yourself, to do the things that you need to do to get those balls out of your swimming pool.

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All right. Page six, final page. Neuro differentiation. So we've kind of really gone over this in depth last training call, but because it is part of these five stages, I wanted to remind everybody of it. So back to Feldenkraisian learning is neuro differentiation. As a practice, the principles within it, when it's taught well, the way it's supposed to be taught, which I feel I do a good job at, you are learning to differentiate at the neurological level. It's not just the thoughts, it's not the sensations. It is the entire rubric of your human system in relation to the environment, I will add. That's another big difference between Feldenkrais and other, we could say, mind body practices, is we're asking you to feel how you move across the environment.

Because if you're not sensing that environment, it's not integrating in a deeper way, and that comes back to infancy. It all goes back to the baby. They learn how to find themselves and feel themselves because they feel the hard surface under them. You can't teach a baby how to walk if they're walking on a water bed, if you remember those things from the past, or if they're walking on really cushy, cushy, cushy cushions. They can't find their skeleton. There's no feedback. So it's the same with us as adults. As we're learning this, we need to feel that feedback from the environment.

Even shoes we wear will limit our ability to feel the ground under us, right? If we have really, really thick, thick soles, we're not going to feel the nuance of the texture of what's under our feet as one example. Next line down, how can we make the learning, so again, this neuro stimulation, more complex, that's the word, complex, and still keep up the neuromodulation? That is the secret sauce. We know that we are really upping our nervous system game when we can add more complexity to our movement patterns and how we think and how we act, and we still are in good regulation. Oh yeah, my kidneys are dropped, my breath is free, my head is free to orient and see the world. I can see all the people here. Hey, hey, that person's got a hat on. That person has glasses. There's this. Right? There's this ability to be very observational, move complex, but still stay regulated.

That is what we want. And then how can we have that when a stressful situation happens, feel the stress, have the stress in, still stay in our window of tolerance, and then come back to baseline. That's when we know that we're in good self regulation. Last sentence here, bit of a long one. So it all comes down to continually challenging and testing ourselves, testing is the word, in a good way, testing ourselves, and breaking out of our comfort zones. Comfort is the word. We have to break out of the cozy cocoon, just like our kids need to break out and fly away and do their things, right? That's how you learn. So you have to break out of our comfort zones while staying present, that's the word, present and oriented, that's the next word, to our



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cells and our environment. Continually recalibrating and lowering our stress chemistry, that's the word, stress chemistry, through our practices, working with the kidney, adrenals, all the things, and remembering to go back to the basics, that's the final word, basics, frequently. Write that one on a post-it note, basics.

Go back to the basics frequently. Because when you have those basics, sensing the ground, orienting, following impulse, potent posture, oh, there's my breath, you can enter into the most complex task and still have those on your awareness. You are then actively engaging with that complex task with more of your ventral vagal parasympathetic online. It is very hard to be in that awareness of all these nervous system basics if we're highly activated or very, very shut down, right? So again, back to the goal of this training call, application and integration theory and practice. We're taking all these lessons through SBSM, the learning, the theory, and we're distilling it into, how can you be in yourself, in complexity, in relationship, maybe in simplicity, and have this connection to these basics?

Because in the end, you're not constantly going to need to be noticing your diaphragms and noticing your joints and noticing your kidney adrenals. We're doing those lessons to build this interoception inside of you, and that's going to take time. We're building and building and building. Just like when you build a skyscraper or a big building, you have to lay the foundations, all the things, the rebar, the things. But once it's built, you're not constantly building it. Then the people are in the building doing their things, right? The building is being used. So all of the neurosensory exercises are in service to create more of this self regulation, neuro differentiation through neuro stimulation, bringing in and accepting the neuro relaxation so that you can build this foundation and capacity within your system, so that then you can just live in your body and in the world, but not have to keep coming back to these things over and over again. Doesn't mean you won't, but that's the goal.

Keep going. Thank you everyone. Thanks, Rebecca, for being on the call today, and all your chats and questions and comments. We covered a lot today, and a lot of it was a review. It was a review of what we've already done, but it's just collecting it, coalescing, condensing, curating it so that you see how this symphony of lessons is contributing to creating self regulation in the body. Back to that, we're reverse engineering. We're going back to what was that baby feeling? What did the baby get, not get? How can we create more connection, attunement, safety, connection with the environment so that we can find that self-regulation. All right, everybody. Thank you. We will do a wrap-up call next week, same time, same place. It won't be 90 minutes. It'll be, maybe, about 45 minutes. Please come and join. It'll be a bit more, less theory



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heavy, more relational, sensing into ourselves, into the environment, and just bringing this work out more into the world so that we can keep healing as humans in the world. All right, everybody. Thanks again. We'll see you next time. Bye.