
Hello everyone. I'm Irene Lyon. I think most of you know that. I just wanted to introduce myself, say hello. I know some of you have been with and around me for a while with this course, SmartBody SmartMind, and there's many who are new here today. So if you're new, raise your hand, say hello. If you are an alum, raise your hand, say hello. We will have the chat up and open today. And we always have the chat up and open, but I've asked folks to let us know where people are from. And I won't read all the countries because there's lots of them, but we have people all over the place currently on planet Earth, which is super cool. And we have newbies. We have alum. No doubt we have a lot of people here who started with the 21-day nervous system tuneup.

And so for those here live, you can just peruse the chat and see where everyone is coming from. I've seen lots of California, lots of European countries, the UK, our Aussies are here because it's a better time of day for them. So I'll let you all orient that as you want to during this call.

So first of all, welcome. I'm going to keep this first intro short, but sweet. And it's probably not going to be what you think I'm about to say. My alumni know what I'm about to say, so I'm going to leave you hanging here. A lot of you might be really excited. Maybe there's a little fear, a little like, "Wow, this is a big commitment, a big investment, a big choice, lifestyle choice." And what I've learned to start with each and every round is to say this, keep it as neutral as possible. In other words, don't get excited. I know I just said that, and that was intentional.

The reason I just said don't get excited isn't because I want you to be glad that you're here and eager, but sometimes excitement can fall into that camp of survival stress. And you're going to learn a lot about survival stress over the next, not only 12 weeks, but as we continue to learn as you come back as alum. And that's often the first question that people ask as alumni, "Can I come back?" And the answer is yes. So the newbies, you're new, you will become alum after this round and you get to come and hang out free of charge like all of our other alum do and take in the calls, take in the Q&A, take in the training calls, ask questions.

So when I say don't get super excited, I mean keep the excitement in a nice little chilled way. We want you to show up. We want you to pace yourself, I'll talk about that in a moment. But consider this work like brushing your teeth and picking something that I think most of us do every day. We drink a little water, I hope we brush our teeth, we might have a shower every now and again. Think of it like that. Because in working in the health world, the fitness world, the healing world, since 1997, which is when I started, I found that when there's a lot of

excitement and a lot of rev and we try to do everything perfectly at the beginning, it's hard to keep up that energy. Does that make sense? I'm seeing some nods.

So this is very different from school in a way, even though this is learning. We want you to continue this learning indefinitely and hopefully eventually you won't need the curriculum as much. You start to move away from the curriculum, it becomes integrative. And that's what we want. That's what I want. And I'm sure some of the alum here would be open and posting a quick note to say, "Yep, listen to that. Listen to this ability to come into this work and have it be less survival based and more just something you just do." Even simpler, you got shoes with laces. What do you do when you go out the door? You tie the laces. You always do that. And one of our alum, Kathy, says, "Yep." Another one, Rachel, "Yep." Pace, Pause. Process. Thank you.

All right, so today's going to be really simple. I want to just make sure everyone knows where things are found, so real housekeeping things. I want to make sure you know about all that is there for you to dig into today, tomorrow, Sunday and into our first week. And I want to make sure you know where to ask questions, how to get support if you need it even if it's something technical, and how to communicate with your peers. And then we'll end with a little guided neurosensory exercise. Real simple. Real simple because we're at the beginning. How's that sound? Good? Okay.

All right. And right now, again, if there is some question that's technical, feel free to put it in the chat. And Mara is here to answer those questions, and I'm sure others who know the answer might answer, but I'm going to try to cover as much as possible.

So first off, housekeeping. Oh, and by the way, as I talk, we'll start the neurosensory exercise right now. Are you connected to what you feel under you? Are you able to sense the ground and even just see the space around you? These are two very basic principles, basic exercises. They're not even really exercises. They're ways to pay attention to your body and the environment. So as I go through a lot of this kind of tactical stuff, just see if you can stay connected to the here and now and your body feeling the ground. And every now and again if you need to look away from the screen, obviously please do that.

Okay, Orienting page. So on the website, on the course site, which I hope most of you have gotten into, I know we sent out an email just with the Zoom link earlier today, but there is a tab at the very top. You can't miss it. "Orientation, Start Here." So that is what we want you to

move through over the next few days, even a handful of days. You can pace yourself. There's a checklist there that has all of the lessons, all of the labs, all of the training calls and how they come out over the next 12 weeks.

How to use the site. It's, I think, fairly easy to navigate. We've improved it and tried to make it as perfect as possible. But of course, nothing in life is perfect. So if you have any trouble navigating or seeing or finding anything, always ask for help. All right, so always, if you can't find anything, feel free to ask for help. And the best way to do that is to actually email us. So technical questions around finding things, trouble logging in, email support. And it's just really easy, support@irenelyon.com. And then of course that email is on the site too, easy to find.

There is some important information around commenting. So you can go through this course, this program, and never comment. You don't have to. But what you'll find when we start on Sunday is with each lesson, with each exercise, with each training video within the core curriculum, you're going to end up seeing a forum underneath. And so any lesson, you can type a question and then we will answer. Now, the most important thing is this, write down if you have a question. And this is all on the site, so you don't have to take notes, I'm just referring to this because it's important. If you do have a question for the team, for my pros, write the word "question." Write the word "question." And so what that allows us to see when we're scanning is that there's a question. Because you might not have a question. You might do one of the first lessons and you don't have a question, you just have something to share. So the forums under each lesson are for questions, but also sharing. It's a lovely way to just see where people are at.

And so if you want to see what's going on with people and orienting, which is one of the first lessons, you can just go in there. You don't have to write anything and you can just read. Read what's going on, read the answers that the team is providing for your peers. So that's one of the main things with commenting.

Of course, all the regular stuff, be kind. We don't like to get into politics or any of that kind of stuff. We keep it super dialed in with what we're learning. And that has proven to be a very nice way to think, keeps things safe, on track, this is what we're doing. So please read through that.

If for some reason you don't get an answer back, it's not because we're ignoring you, it's just that maybe it got missed. These things happen, especially when at the outset there's a lot

more questions. So if you are like, "Hey, I never got that question answered," just ask again, and someone... We will see it, okay? So that's one thing about commenting.

Going at your own pace. All right, so going at your own pace is something that you will learn. I can't tell you what going at your own pace means other than to say it's something you have to listen to within your system. And we will say this over and over again, over and over again and over and over again to really show we do mean it. And if that means you only do five minutes of something that's 50 minutes, you've won. There's no failing. There's no failing of the test because there are no tests. If you can't make a call that's live, no worries. Most people don't because people have jobs and kids and time zones are different, right? So just know that the content and the curriculum and the lessons and the training calls and the Q&A calls, everything is stored/recorded on the site for you to go back to.

So there is a special little thing, a little piece of information under the "Orientation, Start Here" around what going at your pace means. So be sure to check that out. What I will say for this, who are high achievers here? Who are our type As, "I am perfect and I will not drop any balls ever"? You ones have got your work cut out for you because you're going to have to listen to that part that wants to override and push. And for many of us who are living with, say, chronic fatigue, pain, autoimmune, this is very indicative of pushing and pushing and then the body just saying, "I can't do this anymore." So for you guys and gals, that will be something to really work with. If anything, it might be 99% of the learning, is learning how to pace yourself.

And then the flip side, some of us who have done less in our world and have really kept ourselves easy and not pushing, sometimes we have to get through a little. Sometimes the resistance is so strong that we actually don't get anything done. And this is a fine balance and you will learn and figure it out as your nervous system becomes more regulated. So I want to also mention that because not everybody's that type A, push push. Some of us are on the other end of the spectrum. And there's nothing wrong with either. For many, it's just how we were raised and what we had to do to survive, right?

Okay. I want to refer to my notes so I don't forget anything. There's an entire admin and support tab on the site. Again, just make sure you click through all these and see where things are. Questions. So I already mentioned if you have a question under the forums. When I say forum, I mean lessons. Each lesson has its own forum. There's also a general tab for questions. Under that general tab, if you have a question that doesn't really align with one of the lessons or one of the training calls or one of the information calls, and you don't know where to put it,

that's what the general question tab is for, okay? So you put your question in there, same thing. Even though it's the question tab, put the word question just so it's super clear, and that's where those questions get answered.

On that general question tab, you will find commonly asked questions. So this is where extra self-study can happen if you want to. Even if you don't have a question, reading some of those questions and reading the answers are a way to learn. It's a way for extra education. So that's another, we could say, a little benefit to that question area. So there's actually more education embedded within that question tab.

The other thing, and you'll find this when you log in on Sunday when Lab 1 comes out, is under each lesson, there's a frequently asked questions tab. And what that is, is over the years, again this is the 15th time we've run this curriculum, people have similar questions. And so what we did a few years ago or so is the team compiled these questions into commonly asked questions for each lesson. So again, if you have a question around orienting or the kidney adrenals or anger and healthy aggression or one of the biology of stress training videos, these are all things you'll eventually learn, you can refer to that and you might find that your question is answered there.

The other thing that some of my alum have done, which I think is cool, is they will just read the questions to learn even if they don't have a question. So that's another way. If you want to geek out and study a little more, you can go in and read those frequently asked questions.

Okay, a little water. How's everyone doing? Still connected to the ground, doing what you need to do? Okay, member communication. So again, on the side tab on the site, there will be three tabs within member communication. One is introductions. So if you want to introduce yourself, go for it. You don't have to. It can be as short as "my name is, and I live in," that's it. Or, "I'm new here. I'm an alumni here." But you don't have to. If you feel like you want to, there's an impulse to share your story, then please, by all means, share your story with as much or as little detail as you wish.

I have found that when you follow your impulse in these situations and you choose to share, you might notice that others have a similar story. Or maybe you say, "Oh, I'm in San Diego, or I'm in Glasgow, or somewhere in the world" and someone might see that and say, "Hey, I'm here too." And over the years, we've had people in different parts of the world connect either

in person or just over online or email. So that's the other benefit to introducing, is you might find people who are in your local area.

There's also a peer to peer thread. That is just for chatting, just for talking about stuff within the course. Maybe you want to share something. Maybe you realized, "Oh, I tried this one night and it really helped. I listened to the audio lessons while I was in the bath, and this is what I noticed." Anything goes there, obviously within the scope of the training and you're learning.

There's also an alumni tab in there. So for the alum, you're free to go in and talk with your alum. We've just designated them so there's these specific spaces. So that is the member communication tab. And then under that, you will eventually see Lab 1, Lab 2, all of the labs. There's 10 labs, our modules, and they release throughout the course of the 12 weeks. So if you go there now, nothing will show up for our newbies, but miraculously on Sunday, you will click on that and four lessons will pop up. How you move through those lessons, we suggest again to move through them in a way that is at your own pace. So over the course of any week, all of our weeks, there are only four lessons to do. And so you move through them at your own pace.

Sometimes people will ask, "Irene, I'm behind." So first of all, there's no behind. It's where you are. "But I'm on Lab 2, but we're already in the week of Lab 7. Should I attend the training call?" And I say, again, listen to your impulse. And you'll get better at that. But you can attend the training calls throughout the course of our live times, even if you haven't moved through all the labs, right? You can attend the training calls and the Q&A calls.

So speaking of calls, there are a fair number of live calls. I host training calls. And again, you'll familiarize yourself with that when you go to the live call area and you see training calls. This round, I'm doing a handful of calls live. And there's a few that are going to be recordings from the last session. Same material, same information. You'll just take it in as a recording.

Each training call has two handouts. One handout is fill in the blank, like old-fashioned you sit there with your pen and paper and you fill in the blanks as I go through. I find it's a really good way to engage people in the learning, yet your brain is thinking in a different way. But if you prefer not to do that, there's also a handout with the answers. So there's two options there.

The Q&A calls always happen on Thursdays. They're hosted by my husband, Seth Lyon. He is hosting those calls, and our moderators. There will be some calls where other mods are joining

him. The first one is on, I believe it is the 29th. And again, all this information is on the site, and that is with himself. I believe Jen Greer is doing that call with him, and it's all on early and developmental trauma. Okay, so that's a themed topic Q&A.

I will join my husband later in the season. It's gapping on when, I think it's in May. Maybe Bonnie can remind me in the chat and then I can just verify that with voice. We'll do a special Q&A later, and that one is going to be specializing around shock trauma and accidents because I'm an expert in shock trauma and accidents. It's not something I'm proud of, but it's something I've had to learn for my own healing. So we'll do that later in the course.

And of course, talking about shock trauma, talking about all these things will happen in the trainings, in the lessons, in the biology of stress videos. Thursday, May 9th at 3:00 PM. Thursday, May 9th at 3:00 PM is call number 9, Q&A called shock trauma topic. All right, thanks, Bonnie.

All right, I'll have a little more water. The other cool thing, you don't just get me, you get our moderators of course. And if you can, take some time to read through their biographies. So I am so proud and in full respect of all of our team and our professionals who help you with questions. They are trained, okay? They are trained in somatic experiencing. Many are trained in psychology, in psychotherapy. Many are trained in the Feldenkrais method. Many are trained with early developmental trauma somatic work. Many are trained in yoga. Many are trained in herbal remedies and all these things. So we have an amazing group of talent and professionalism and experience. So you don't want just me, you want all this really good... It's lifelong lived experience within our team. So take some time to see their faces on the site, their bios are there.

Some of them, if someone wants to do a little one-on-one work, a little extra support, some of them may still have room in their practices. And many of our alum will work with one of our team members. And we find it's nice because the team members, our moderators, they know the material. They've gone through the material themselves and they're trained and they're just wonderful to help coach and support if you need that little extra help.

Okay, extras. So another wonderful bonus. There's two movement lessons. So some of you may know Elia Mrak, some of you may not. I have been teaching with him since 2016-2017. He is an expert in Tai Chi, qigong, and dance. And our combined work is called the Up and Down Workshop, which we do live and in-person. He has created movement lessons that are on

video. And the first one releases on, I believe it is March 1st. They always go out on a Friday. They're gentle. They can be adapted to sitting. And they're a wonderful way to just get into your body from a different point of view, different perspective. Elia is also trained in the somatic healing arts. He has also worked with some of my mentors, so he understands the nervous system, titration, all that stuff. And he's a master movement teacher. So those lessons will release slowly over the course of our time together.

The other beautiful bonus is some original sound healing music. Some of you may know this, you may not. But my husband and colleague, Seth, before he was my husband and my colleague, he was a sound composer. So he studied percussion and music and composition and healing sounds. He was also in a metal band, so he also knows how to do the hardcore stuff. But he has produced these beautiful healing sounds that are there for you to listen to. They've really been cultivated and created to tap into parts of the body. So you can play it when you're around your house just cleaning up doing dishes. Or you can play them, play the music and sit and listen. They're meant to be used in the way that you wish to use them.

And then finally, at the very end of that tab on the left, there's a bunch of additional resources. Right now for the newbies, I can't remember exactly, but there's just over a handful, I believe. And those are for you. Again, similar to the orientation, a place to just take in as you go along to the course. I do recommend the healing trauma videos if you haven't watched those yet, especially the first video where I talk about my swimming pool and beach ball analogy. Has everybody heard of this weird example analogy? If you are like, "What is she talking about? Swimming pool, beach balls?" It's a wonderful analogy to explain building capacity and building nervous system health and taking traumas out of our body. So that's the Healing Trauma video series. And if anything, watch the first video.

There's also some goodies there for people who maybe live with others. Maybe you have a spouse, a partner, a roommate, whomever you live with, and you would like them to know that you're going through this process. Sometimes it's nice to let them know that there might be some changes in your system. We've created a letter for partners, friends, and family to read to explain a little bit about this process. The one thing I will say, if you want to keep this work private to yourself, then do that. Everyone's going to have a different trajectory on how and when they share this information with their peers, their family, their spouse, even their children. Their adult children sometimes get interested too.

That is the technical. So thank you for listening to me. Even though it's all there. I wanted to just go through a few things. What else do I want to say? I think that's it. If something comes up, I will note it. I see the chat is hopping. The other thing I did not mention, I just remembered, all our calls, so our training calls and our Q&A calls and all of the audio, anything audio where there's speaking, everything gets transcribed professionally and formatted so that you can read it properly. And so the set lessons that have been our curriculum for years have transcription. So why would you want that? Some people find that it is nice to read a lesson. It's one way to titrate and go slower. So that's why we have the transcription.

The live calls, obviously it takes a day or so for that transcription to occur, but usually within 24 to 36 hours, the transcription of the live Q&A call or training call is up on the site and there for you to read if you wish to print it out or read it online.

And then all lessons, whether video or audio, obviously are audio, we also provide audio if it's a video. I hope that makes sense. If you prefer to just listen to a Q&A call or a training call, you can just have it playing on audio and not have to look at a screen. I know for many of us, we're on screens way too much and it's nice to give your eyes a break.

Okay. And then the other thing too, and a question in the chat just alerted me to this, and the question was, "Can I jump into Feldenkrais Movement lessons first before taking the other lessons?" And the answer is no. So if you're an alumni, you have access to all the lessons. But as we've moved through as a new member, the work has been sequenced very deliberately in a very specific way. And Feldenkrais lessons are peppered throughout the 10 Labs, but they're heavier towards the end in Lab 9 and 10. But there are lessons, there are breath lessons, there are posture lessons, there are lessons of connecting the spine with the head and pelvis that are within the middle. So we have them spaced, but the more, I don't like to say intense, but the more advanced Feldenkraisian lessons are in Lab 9 and 10. And the reason is we want to build capacity, awareness, and regulation before we get into those higher brain lessons. And you'll learn about that as we go through.

All right. Okay, I want to guide everyone and myself through a neuroscience exercise. So again, if you are still wondering about something logistically, make a note of it. Feel free to pop it in the chat if you wish, and we can get to it. If we don't get to any questions that you might have, please send us an email to support.

All right. Oh, yes. And also all of our training calls and Q&A calls, I forgot to mention there's a handy calendar. So has anybody found the calendar? The calendar is obviously a calendar and it shows when the calls are. You can click on that area and that takes you to the training call page or the Q&A call page with the Zoom link.

21 days. I'll say this now because I just saw a question about it. The 21-day Nervous System Tune-up, if you are in that now, there's no need for you to continue that at this point. You can go back to that as a way to practice, but I created SBSM first. And so the way that things are sequenced and laid out in SmartBody SmartMind, again, like I said, it's done in that way for a reason. There is absolutely no need at all to move through the 21-day Nervous System Tune-up curriculum when you're in SmartBody SmartMind.

So what happens is, for the new members who haven't done 21 days, when we end in June, in June, which seems far away, but trust me, it'll come quickly, when we end in June, we will give you the things that you need to do to just click and start the 21 days. We have found that people have enough to work with with the SBSM material and you'll find that it is something that you just keep repeating. You keep going back to the first Labs, the second Labs. You move around a little bit as you move through. So often people will go through the labs sequentially and then they'll go back to Lab 1 five months later for example. Or they'll review the first training call a year later.

Okay. All right everyone, let's just reconnect to some of the basics. Now for some of you, this will be a review. For others, this will be the first time you've considered some of these things. The first thing that I will mention is, you don't need to look at the screen. You can if you wish, but what I might do if you're open to it, is to bring your eyes away from the screen if it's been glued on the screen for a little while and take your focus, your attention to somewhere else. It could be that glass of water that you want to take a drink from or that cup of tea or coffee or whatever might be there. It could be you just realize you're hungry, you need to go grab a banana. So follow the impulse of where your focus and attention wants to go. Maybe you want to stand up because you've been sitting for a little bit. Maybe there's an impulse to close your eyes, maybe not.

I think I just saw someone take their glasses off. If your glasses have been weighing on your face... I wear glasses at night and sometimes they just start to feel heavy. So maybe that's another thing to listen to. So just break the focus away from the lock on the screen and just shift it a little bit. And as you do that, also consider the surface you're on. My sense is,

everybody is on some kind of a surface. If there's someone in outer space right now floating in non gravity, then I'd love to know. If you're not in connection with gravity, that'd be cool. We've never had that before. But chances are, my sense is you're on terra firma and there is something pulling your body weight to a chair, to the ground, to a sofa.

Maybe you're driving, maybe you're laying down in bed. For some of you, it's late at night. Maybe you're fixing dinner and listening to this. So there's always something under us, something that we're in contact with. And as simple as it might seem, this ability to just allow the body to be really supported by that structure. Are you holding in your belly or your groin or your shoulders or are they up for no reason? We've been taught so often to hold our guts in for whatever reason. Tight belts, tight clothing. For women, often it's wearing bras that are just way too tight, right? So we tend to have tension in our body that we're not even aware of.

And this will be something that as you move through and as you learn and as you grow capacity, these noticings, these awarenesses come to you naturally. You begin to notice your surface under you way more, which not only can be soothing and relaxing, but it's also protective. You want to know if you're off balance on something, if the ground is a little slippery or wet or soft.

As you notice that sense of what is under you, have you noticed that there is a bit more of a shift in your ability to just settle and an ability to just let everything kind of sink in? Doesn't mean slouching necessarily. Although if you feel like slouching, by all means. Sometimes we sit too erect, too straight, and that actually brings a lot of work into our spine and into our hips and into our neck muscles.

And as you notice that contact, also notice your breathing. Have you noticed your breath at all during these few minutes? Is the breath just there? That's another guarantee. I know everyone is breathing in some way, shape, or form. It just depends on how deep is that breath going. And the first thing I'll say, don't change the breath unless there is a natural spontaneous desire to, "Oh, I haven't been breathing," right? So listen to that.

And then if we just circle back to that idea of your focus and your attention coming somewhere else. Now, orienting is one of the trickiest things at the beginning of this work. For some of us, it will be a pleasant break. And for others, it might feel a little shaky to actually let the eyes see what is around us. And again, this is very normal when our external world either growing up or historically has not been safe. So if orienting is not this, "Oh my goodness, this feels so good,"

that's okay. Just like if it's hard to just notice your breath and as soon as you notice your breath, you want to change it and change it, what's that about, right? That again, is just you getting familiar with your basic physiological processes.

And inevitably as we get more regulated and we build more capacity, we just breathe as we need to. We orient naturally as we need to. We go into fight, flight, or freeze when there's a real threat, but then we come out of it quicker, faster as opposed to staying trapped in that survival response, which for many of us, many of us here, I was one of these people, we were like that since in utero in some form of survival stress. So there's no shame in saying, "Yep, I've been dysregulated for a very long time." It's okay. So have probably everyone here. So we're in good company. And we also know we're here because we don't want to live like that into the future because it's just not good for us. It's not good for our health, it's not good for our creativity, our relationships, all the things.

I'm seeing some yawns. There's some maybe a little bit of healthy parasympathetic coming on board here. Some rest digest as we just sink into some of these basics. And so with that, I know if you're here live or listening to this immediately after the call on the recording, it's Friday and the first lessons will open up on Sunday. You will get an email to alert you to that on Sunday. And for those in Australia, it would be your Monday. That's why we open them up on Sunday, is for the people that are ahead of Pacific time.

But between now and then, your "homework," if you want to call it homework, is to move through the site, get familiar with all the things I've just mentioned and see if you can practice just this little bit of practice that we just moved through. If it helps, write it down on a Post-it note. Put it on your kitchen table to remember when you're eating your food, to feel the chair. Take your eyes away from watching your screen while you eat. Every now and again it's become a habit for many of us to look at something when we eat. Can you just look around? Can you just sense? Can you just be in the present moment?

And that's all for me today. Thank you for everyone who was able to come live. I know not everybody could, but thank you for those who could. If you're listening or watching the recording, thank you for coming in afterwards and taking in the recording in your own time. And welcome to SmartBody SmartMind, to another round. Again, welcome to the alum and to the new members. And like I said at the top of our call, just think of this as brushing your teeth, drinking water. It's just something you're going to do, just something you're going to engage with. And this is the secret to this becoming lifelong and moving through it at your own pace.



February 23, 2024

So thank you everyone. Thanks for all the thank-yous in the chat. I appreciate it. Thanks to my team who are able to come here and be live today. Bonnie, Mara, and Rebecca. You'll get to know more of these faces of our team because we'll always have helpers on our training calls and Q&A calls. And here's to our first Lab dropping on Sunday.

Bye everyone. Ciao. Ciao.