
Training Call #6: Anger & Healthy Aggression – PART 2

Hey everyone. All right. We are on training call number six. I'm not sure how we got here, but here we are on the sixth training call, and it is anger and healthy aggression part two. So before we dive into this, there's a bit of reading that I'm going to get into in a second here. Actually, let's do the first piece and then I'm going to do a little pause and a little connection piece before we get in.

So, Anger As Medicine additional resources. So I have a note here; review the Anger As Medicine additional resources. So, there'll be resources on the site, and it's a Google search away if you just put in Anger As Medicine, this is an article I wrote a long, long time ago. It will also pop up on Google. And it is this concept that our anger, our healthy aggression, when we really utilize it in a healthy, contained way that has purpose and meaning, is incredibly medicinal. And we'll get into some really great paragraphs here from other people talking about that. And it's sort of this, not as much as it used to be, but very kind of, "What? Anger? Anger's a negative emotion." We often hear that; anger is a negative emotion, happiness is a positive emotion, et cetera, et cetera.

And as I like to say, emotions should be neutral, meaning we still feel the heat of anger or the collapse of sadness. We feel the somatic entity, but they're just our emotions. And we could say that regulation is being able to express the variety of emotions we have with neutrality, even though we might be screaming out a boundary or feeling joy, it's just what it's supposed to be. For those new here, this might be a little like, "What? How is that possible?" Trust me when I say, as you become more connected and less detached to the history of the emotions or the cultural norm of what an emotion is, these things start to just become a general sensation that you feel and you express.

So, first line here, "Why is working," this is a question, "Why is working with the emotion, anger, and developing healthy aggression," that's the first word, healthy aggression, "one of the toughest things to unwrap. Just throwing that out there as just an open-ended question. "My personal sense," next line, "is we are trying to teach and learn something that we rarely see modeled in a positive, powerful way." That's the word; powerful way. So, "My personal sense is we are trying to teach and learn something that we rarely see modeled in a positive, powerful way."

Chances are there's going to be two types of folk here. One, or a group of you, will have seen anger and health... And I'm going to repeat that, anger and aggression in a not so good way growing up. Who had that? Where there was violence, things were not contained. It was explosive, it was scary. There was probably some form of abuse, whether to yourself or to the pets around you or to your other parent or your siblings. That's one situation that some of us grow up with. But then there's this other where there's no emotion at all, where there's not even happiness or surprise or sadness. There's no tears. There's nothing. And that's just this very low, even keel. The classic saying is that stiff British upper lip where everything's fine, although you can tell inside the person they're seething with something, with anger.

Interestingly enough, one is not better than the other. They're both toxic, because one, everything is being held inside and that's brewing issues, as we know makes us sick. And the other of course, is explosive and it often harms everybody involved. And that's not good either. So this is why we rarely see positive ways of expressing aggression, healthy aggression, even rage, deep grief that's contained and isn't explosive towards someone else. So, this is why it's just so confusing sometimes to be a human. We are told that we have all these emotions that we're supposed to express, and for some people, maybe someone has never cried or doesn't remember ever crying. I know that's true. And then for some, they've never felt happiness or joy, or for others they don't even know what anger is, because again, it either was not modeled in a good way or it was never modeled at all. All right, thank you everyone. We'll close up that prompt in the chat.

So, before we get in, take a second, because this can be a heated topic, or sometimes a little uncertain. I know that when I started this work, I had no concept of what it meant to be angry, did not understand it. So, remain and connect to the ground. If you haven't done that yet, please do so. Connect to the surface that you're on. How about your environment? What's going on in the immediate space around you? How's your breath? How's your temperature? I'm tuning into mine and I need a little something on my arms. I'm trying to hold on to summer with my short sleeves. It's just not happening. There you go. That's better.

So how is your physiology? How is your temperature? Interesting, that word, I don't know the root of temperature. Temper. When you have a temper, it usually means you're hot and heated. One thing you might find as you get more regulation is you do notice your temperature. You notice when your face might get a little flushed, or you might notice when your hands are cold more often, or whatever it might be. That again is a basic sign of listening to your physiology. If you're speaking to someone, sometimes you can tell even where their

nervous system reactions are inside, because they get a little flushed, a little red. That's why when someone says, "I'm doing fine," and then you see them going beet red, it's a dead giveaway. Remember what I said a few calls ago about how physiological expression is more accurate than behavior or how we think we are? So, just remembering to keep connected to the body, environment, breath, all the things, as we move through the call.

All right. So, expression and containment versus explosion and violence, that's the next line here. Expression and containment, which basically means containment doesn't mean suppressing and holding it in, it means just keeping things there. You know it's there. You're not suppressing it. You're not hiding it, and you might express, but you might sense, "I need to do a little bit more, get a little bit more out, but the current circumstance isn't right, so I'm going to contain it a little bit." This would be, you just saw your child do something that maybe freaked you out and you got scared about it, but they're fine. That's where you want to contain your sense of shock and terror. If they really moved through something quite easily, but for you that was like, "Oh my god, they almost fell." Anybody remember that? You might not remember when you were a kid, but you're going to play and you keep getting that, "Be careful. You're going to hurt yourself. Stop doing that." If the child is really expressing and finding and in good physical okayness, that's their right to explore. And of course you're there to make sure that things stay contained and they don't run out on a highway or anything like that, but often they're just having a good time and it's our peace that is worried.

So that would be an example of where we want to contain that desire to catch them or protect them, unless of course it really does have to happen for safety. So I just wanted to give you that example as another form of containment that isn't just about anger and healthy aggression. So, expression and containment versus explosion and violence. I'm going to read this paragraph here. This is from a book called *The Essential Edgar Cayce* from 2004, someone that I've studied a great deal through books, and this is written by someone who writes a lot about this man who was a healer back in the late 1800s, early 1900s. So, Mark Thurston writes, this is regarding anger, this is something that Cayce spoke about in his talks and readings. So, "Anger is an emotion directly related to saying no. Of course, he isn't saying we need to run around blowing our stacks every day, but he emphasizes the need to express anger in the right way. Be angry, but sin not, for he that never is angry is worth little."

As you can tell... these are my words... He's speaking in a very different way, late 1800s, and just not the way we usually speak nowadays, but wanted to just note that. So, "Be angry, but sin not for he that is never angry is worth little." But then Cayce adds, "How important is it to

have a container for that anger, but he that is angry and control it not is worthless." Note here that the control does not mean suppression, but proper direction. It's a crucial distinction. So, I really loved that when I found this paragraph in this book, because it's exactly what we know. It's a little, one could say, harsh. It's like; if you can't, you're worth little. But we know, and he knew back then, before the science, that if we don't get that out, we're going to have toxicity inside. And that's exactly what Gabor Maté has really found and has really documented in his book *When the Body Says No*, that when anger is held in, it creates illness. Okay. And yes, someone said he's quoting biblical scripture. I believe that he was a Christian man and he read the Bible every year. So, that's probably where he got it from, but I can't verify that.

So, the next line. Now, this is some Peter Levine. So in the nervous system and somatic experiencing worlds, Peter Levine explains titration. So now I'm going to talk about titration. The reason why I'm bringing in titration is for us to get comfortable with our anger and healthy aggression and knowing how to contain it and not explode it, sometimes we need to titrate. We need to do little bits of experimental work to get comfortable with our anger and healthy aggression. That's what the voo and the voo-ah is. That's what the article that Seth wrote, how to unfrustrate frustration, where we talk about squeezing things, making mouth expressions, bearing our teeth, all that kind of stuff.

So even right now, if you, again you don't have to, if you play with me, if we all bare our teeth and grr, pretend we're showing our teeth like someone's getting close to our food. I remember I had a dog that if you tried to get close to her when she was eating, her lips would come up and she'd show her teeth. She never would bark. She never would bite, no sound even. She just would lift her lip to show, "You stay away from my kibble. This is mine." Now, I express this and mention this, because if it's hard for us to do these little titrated pieces, then that means that your system still needs to build up capacity and foundation, so that natural healthy aggression can come out without thinking about it. So that's why we demonstrate even looking sometimes at someone doing that can be enough. Even watching wildlife videos where animals are growling and roaring can be a good way to feel that healthy aggression in your system.

All right. All right. So, here's Peter's words. This is from, "In an Unspoken Voice." So, "We use titration to create increasing stability, resilience, and organization. Titration is about carefully touching into the smallest drop of survival-based arousal and other difficult sensations to prevent retraumatization. I use the term titration to denote the gradual, stepwise process of trauma renegotiation." So I'm going to reread that piece about it being, "the smallest drop of survival-based arousal." This would be the bearing of the teeth. This would be taking that

towel and squeezing it and maybe growling into the towel. Imagining clawing something, ripping something apart, making these voo sounds. All right, so we're going to go a bit more into titration here. So titration and practice, final sentence of the page. "When we're practicing, experimenting and living," living, "we want to navigate," that's the word, living. "We want to navigate our experiences, so that sensations and activations," that's the next word, activations. "Arousal, stimuli, stress settle on a case by case basis."

So, "When we're practicing, experimenting and living, we want to navigate our experiences, so that sensations and activations settle on a case by case basis." Next page, we continue. "In other words," page two. Page two, "Don't flood the system." That's the word, don't flood. So, a very simple example, I don't have two cups that are empty here, but if I wanted to pour this water into my cup of coffee here and I wanted to do it in a very little way, so that it doesn't overflow, I would just do a little drop and a little drop. But if I were to just dump it, which I'm not going to do, it would flood this system.

And so, part of our work, and it's very different than lots of cathartic practices that say; you just got to shake and you got to hit, and you've got to get all this out. Sometimes we think when we do those that we're actually making progress, but what's happening is we're feeling the adrenaline. We're feeling the blood vessels open up. It's like a good workout, so we feel better, "Ah, that feels so much better." But if it's not connecting to what I talked about, not last call, but the first anger and healthy aggression call, remember the phase one and the phase two, I'll get into this again in a second, where you connect to the inner urge, the feeling of, "Oh, I'm so angry." Or, "There's a heat in my belly. What is that?" If we don't connect to that inner sensation and we just take the thing and we hit it, all we're doing is experiencing the hitting, the movement.

Now, there's nothing wrong with movements. This is where people will say, "Well, Irene, if I do martial arts, or if I do boxing, will that help with my anger?" I might say, "Maybe, but the question is, are you connecting to what is making you angry?" In many ways, a boxing session is just a good physical activity session. There's nothing wrong with that. Same with martial arts, same with going for a run. Same with lifting weight. And we can use those exercises as a way to feel a building up of our strength, and that's very important. But if there is a piece of anger stored in us, let's say because of something that occurred to us that was really bad and we didn't get to fight, we didn't get to protect, we need to connect to that felt sense of helplessness, of the fear, of the attack, of the abuse, and then feel the mobilization of energy

to move out that protection, that don't do that, no, hitting, kicking, running, whatever it might be.

So this is where there can sometimes be confusion in the popular press world where people say, "Oh yeah, it's great. You box, you exercise, that's going to heal your trauma." It's not that simple. We want to exercise and all that, but we have to connect it to this inner procedural memories that haven't been, I know you guys know these words, so I can use them, that the stored traumatic procedural memories that didn't get to come out, we have to tap into those to fully release that big ball. If we go back to our good old swimming pool and beach ball analogy, to fully get those balls out, we have to connect to what put that in there in the first place. So that was a long way of saying don't flood the system. So we're still on bullet point one. Don't flood the system.

Next line down. When starting out, when our capacity... That's the word. When our capacity is smaller, we want to aim to not let out too much energy, that's the next word, all at once. So I'm going to say this again. When our capacity is smaller, remember smaller swimming pool, we want to aim to not let out too much energy all at once. Why would that be important? So if we just think of the swimming pool, if our system is used to all these balls being inside and we dump it out in one big expression, it might free up the tension around that event or that thing. But think about all your other physiological systems. Your immune system, your digestive system, your hormone system, your cardiovascular system. There's a lot of other systems.

All those systems are used to all those balls being in the system. So if we try to release it way too much, quickly, the other pieces, the other systems that are upkeeping our physiology, et cetera, they're going to go into a little bit of a, for lack of a more technical word, freak out. They're going to freak out a little bit. This is why we'll see - again, I'm just using a hypothetical, but I know this happens - people will do sessions that are very cathartic. They'll go to a weekend workshop or something like that and they'll get all this stuff out, and then they come home and they're in bed for a week, or their gut goes off, or they get sick. The system can't calibrate this big change.

Now, this is when our capacity is smaller. As our capacity grows, we can do more. We can release more. But the thing is, when our capacity is bigger, we won't notice it as much because our capacity is bigger. The pool is bigger, so there's more space. And when the capacity gets better, what else happens? The digestion's better, the immune system is better, the hormones are better. All these things are more in alignment and more resilient so they can bounce back

more. So, tempting as it may be to try to get everything all out in one go, it's advised to not do that.

Okay, next line. We want to titrate. We want to titrate our experiences and experiment as much as we can. And titrating can be really small. It might be five seconds, it might be two seconds of just feeling that growl. And if that's where your system is at, perfect. Nothing wrong with that, because you take that in, you metabolize the feeling that might come up when you express a little bit of that anger, a bit of that aggression. It's going to be so foreign that you want all the systems inside to recalibrate around that new experience. And the next day or the next couple of days, you do five seconds or 10 seconds. This is, again, why we always say go at your own pace. Listen to the impulse to stop.

Babies. I always like talking about the babies because they're smart. They know what they need and want. Babies have this innate capacity in them. So they might start to fuss, look away, or stop engaging when they've had enough. That's the word. Enough stimuli. They might start to fuss or look away or stop engaging when they've had enough stimuli. I'll explain what this means in a second. Another hallmark of attunement. That's the word. Attunement. Another hallmark of attunement is being able to recognize this as the caregiver and support their natural rhythm of approach and avoidance. So what this means, if you've, again, had the pleasure of raising a child or being around little ones, when you're holding them and connecting and they're just with you, there'll come a point where they look away. Does anybody remember this? They'll look away. And it's not because they're bored with you. They've had enough. They have to detach. They have to disconnect. They're actually looking to self-regulate, so they know when they've had enough. Just like it's very hard to force-feed a toddler.

They know when they're hungry. They know when they're full, even an infant, they won't take it in. So the adult's job is to notice, oh, she's looking away. Oh, she doesn't want that anymore. I better stop, or I better wait. This ability to listen to that and give them that space. And then inevitably, they'll come back. That is this dance, this back and forth, that teaches them someone's listening to me, they're acknowledging my needs. They're acknowledging when I've had enough, and then they're still there when I need to come back.

Actually, I'm going to tell a... It's not really a funny story, but has anybody here, this is where I bring in pop culture, watched the series, it's on Netflix, called Sex Education. Has anybody seen that with Gillian Anderson? It's quite funny. If you watch the final season, I'm going to spoil it if

you haven't, she has a baby. She has a baby at age, I'm not sure, 50. Does anybody remember when she's holding that baby, what is she always doing? She's constantly rocking it, padding it, dare I say, hitting it. She's always moving it, even when the baby is chilled. And this is an interesting thing that I've witnessed around some friend circles where we'll have someone's baby, it's their baby, and I then hold the baby and the baby's fine. Baby's just happy, chill, fed, and I'll just hold it. And I remember being given a baby, again, friends, and little baby was being passed around to all these women, and every woman was just bouncing it, bouncing it, and the baby was fine.

And then I went to hold it and I just held it. We just looked outside and looked at the trees. And what was so interesting to me is that the people I was with, it's like they had seen something weird happen, because there's this connection that when you have a baby, you have to rock it. You have to pat it. You don't have to do that. If it's fine, you just chill with it. And I thought that was a real interesting one, and they probably put that in the show because in the show she had quite a bit of anxiety around being a mother at age whatever she was. But I share that as another baby piece, that if an infant is just content, there's no need to activate it. In many ways, it's possible that it's just cultural. When you have a baby, you've got to constantly move it. You don't have to.

If it starts to fuss a little, then you might rock them a little bit, and maybe you pat if there's gas, but when they're hanging, you just let them be. And that's how they get to feel themselves in connection with another human without activation. So, a little tip there if you have a little one in the future or have one right now.

So we'll keep going here with anger and healthy aggression. So our birthright, anger, healthy aggression, and the energy of the emotion, anger. So this is an example. First line, it's in quotes. "That's mine." Mine is the word. So what I'm mimicking here is a toddler that can speak. They want something. "That's mine." They grab the toy from his brother and then mom or dad, "Please share." "No." This is a bit of a nuisance, I know, because then the other kid is upset, but that is the healthy aggression. That's autonomy. "I want that. Mine." So, as difficult as that might be, that's actually a really good sign that they're finding their autonomy, they're finding their "I want." "I want this, I want to do that. This is what I like."

And then, of course, then comes the dance of how could we share this? Okay, you're not going to share. And this is where you've got to work with the differences between, say, siblings. So that's a sign of healthy aggression. It isn't the taller one trying to be difficult. They're just

showing up with their energy. Another classic one. Baby with, say, mom, tugging on mother's hair while breastfeeding. If mama has long hair, it's a common thing you'll see. There's also, they'll scratch. They'll hit. They'll tussle you up. I'll stick with the baby one first here before we get into the dog's tail, but this is that little one actually finding their strength. More is coming online in their sensory motor capacities. They're finding their strength. You know when often you have a little one and we think, oh, they're so strong, they can hold? That's really more of a reflex at that young age. But as they get more differentiated, these are signs of little bits of healthy aggression. Pulling on the hair, pulling on the clothes. What that is, they're finding their power.

And these are not my words. This is what I remember Peter Levine lecturing to us when we were diving into this topic. He said very often when a mother has that occur, and this is what he shared. If the mom is not knowing what that means, she'll often think, my baby's hurting me. Why is it being so mean to me? And it's not. But what often occurs, I remember Peter saying, they'll look at this little thing like a monster and some will actually hit the baby back to stop or they'll put them down. And inevitably, I'm going to bet that that little one starts crying after that. But this is a true story. A friend of mine had her baby a while ago. He's much older now, and he started doing this. I think there was a hitting he was doing. And she Googled it, and the Google said, you should hit the baby back. Crazy, but that's what it said.

There's also other areas where they'll say flick the baby or pinch it. Give it a little bit of a shock when they do something like that. And that will work. It's a conditioned response. It's like Pavlov's dogs. The salivating bell experiments he did back in the day in Russia. That will work if you hit or pinch them. But what's happening is you're basically shutting them down. They're getting a pain response that says, "Don't do that," when really what they're doing is completely natural. And so she had the intelligence of a mama bear to say, "I'm not hitting my baby back. That's insane." And so she asked me and I said, "Well, the next time he does that, just take his little hands and start playing with him. Do a little tug of war."

And she did, and he never hit her ever again. He was just looking to be met with his power. So I share that story, and of course the stories I've heard with Peter talking about this, is there's a deep need for little ones to be met with their power and when their force comes in. And if we imagine it's possible for many of us that never happened, that maybe it just got missed. Maybe we were in daycare. Maybe we weren't really fed in the way where we were connected with. There's all sorts of reasons why this wouldn't have happened. But there can be a deep sadness,

a deep grief, this loss of I never got to express myself that little in my aggression and my power. It really is power. It's a strong, powerful expression.

And then I threw in this one here. Grabbing the dog's tail and pulling really hard. I only know this because I grew up seeing a lot of animals being pulled and poked by little people, and that dog will let you know if it doesn't like it. So again, there's also this fine balance of sometimes if a toddler is doing that and they get a little bit of a bite, that's actually a good lesson. Don't pull the dog's tail. This is where that healthy shame might come in. So again, there's this nuance depending on the age of the little one, the situation, and bottom line, we want to rekindle this ability to feel our power in the way that we probably wanted it when we were infants.

So, the next line. These are some examples of the beginning, energies of healthy aggression, and life force being felt and expressed. That's the other good word. Life force energy. Our spinal energy. It's very hard to have a good healthy aggression response when we're collapsed, when we're in a collapsed, sunken, sullen space. That's again why, again, within the SBSM curriculum, we're working with finding your pelvis. Remember the connecting the head, the pelvis lessons that I'm trying to remember if we've done those yet, but those will help connect that spine. The balancing of the back, the potent posture, breathing into the diaphragms. All of that is in service of opening up and getting us to feel more in our center in that spinal column.

All right, next line down. I've already mentioned this, but we'll finish up this piece about the mom and the baby. So this comes back to the mom not being able to meet. So if the mom doesn't know how to meet that energy, that's the word, meet that energy in a caring and inviting, attuned and encouraging way, the baby won't feel met and she'll sense unsafety. So again, the way we meet is when they bring their little boxing gloves to the feeding ring, it's like, okay, play with them. Play with those hands. Speak. Say, "Wow, look how strong you are. Let's have a little play. Show me how strong you are." And connect in that playful way. That's what they're looking for. They're looking for that acknowledgement.

But of course, if that is not met, the baby will sense unsafety. Something isn't right. She's not going to say this. The baby's not going to say this, but there will be a visceral feeling of, oh, did I do something wrong? Was there something that I didn't do right? And then that brings in confusion. Baby is trying to express that healthy aggression, that life force. It's not met. It's like the information isn't going through. So next line down, without consistent safety, you get the slow decline. Decline is the word. You get the slow decline of life force energy and expression, so this is where the shutdown starts to occur. So again, without consistent safety, and in this

case, the safety would be you're safe to express who you are as this infant wanting to connect in this more life force way with a bit of aggression. If you don't get that, there's a slow decline of life force energy and expression.

Page three. We'll keep going. This is the last two bullet points of this section. So the biological message that the baby gets, we've just added that in, but the biological message is that of no acceptance. Acceptance. And then in brackets, that smaller line under. And when a person doesn't accept you, especially your primary caregiver, you don't accept yourself. This is where we start to get the self-loathing. Although it's not that cognitively in a four-month-old or a three-month-old, she starts to feel something's not right. And then that little one starts to stop that connective piece. It's the same as the crying it out methods that a lot of people have used. I'm sure many of us had that used when we were young. If you just let the baby cry and cry itself to sleep, this is what they say. This is not accurate, but this is what they say. They will learn how to self-regulate.

No. They're learning how to shut down. No one's coming. I better just shut down. That's easier than going into the crying activation. I'll just go right to shut down. So when you hear the words, "Oh, she was such a good baby. She never cried," that's a problem. Babies are meant to cry, because that's how they communicate their needs. We don't want them to cry 24/7. That's also not right. That's often a sign that something is also not right, something is wrong, or some form of disconnection, not enough co-regulation, et cetera, or something might be physically wrong with the little one. So that's what could lead to constant, constant crying.

Final bullet point there at the top. That energy of non-acceptance turns inwards. That's the word. Turns inwards to low self-esteem, self-hate, shame. That's the final word there. Shame. And I have more on this soon because we'll do a specific training call on shame, healthy shame versus toxic shame. So stay tuned for that. So this is where that energy goes, internal. It's like, as an adult, we don't express the anger when it's there. It comes back inside. And that's what causes, as we know, the dysregulation in the system, the storing of that fight, flight energy. Therefore, I'm going to keep going, to re-access the true self, that's the word, true self, one must tap into their healthy aggression. That's the next word, healthy aggression, and wake up the life force energy that was shut down, and wake up the life force energy that was shut down due to basic survival, that's the next word, responses so long ago.

So to access the true self, one must tap into their healthy aggression and wake up the life force energy that was shut down due to basic survival responses so long ago. And that's the other

thing you have to remember. Your system, if this was you as the little one, it did what it had to do to survive. And it did because you're here. Not all babies get that. Some will die when they don't have that connection. And I mentioned that when I was talking about the... What would be the word? They weren't really studies, they were observations of infants. I think it was post World War II, who were in orphanages. They had shelter, they had food, they had warmth, but they still were not doing well and they were dying, that's because they had no connection. Nobody was picking them up, nobody was holding them. So it's not enough to just have the necessities of food, shelter, warmth. There needs to be that connection that's not there. We go into survival mode.

So the next three bullet points, these are ways that we can start to mobilize, start to move, start to rekindle this life force energy. So first bullet there, the lessons of making sound. So this is the voo, the voo ah. These sounds help to spark up life force energy in small titrated pieces. So sounds via the voo, voo ah is to help spark up life force energy in small titrated pieces. It, so these sounds, the voo and the voo ah help to mobilize, move, that's another way of saying it, mobilize, that's the word, that deep, visceral, biological, cellular knowing that you, I, matter, and that you deserve to be alive.

What will inevitably happen for many of you when you start the voo, and again, I'm just being more general here, for some of you it will be a lot easier. Others, it will feel almost scary and almost the sense of, "I can't do this. I want to hide when I do this. It's too much." If that pops up, that's okay. But what that shows is how deep this might go, back to infancy, right? This ability to let out sound, to let out aggression. And I have found it's hard to overdo this because the sound that comes out will be indicative of how much space you have in your diaphragms, how much lung capacity you have.

So again, I always don't love giving demos, but for the voo ah, we had to make the sound so you can hear it, but don't feel that you have to mimic how I sound, or Seth. I mean, Seth, he can belt out sound. He's got a lot of capacity in his lungs. So you don't need to mimic him or me. You go where your expression is. And this is, again, why we have the diaphragms, and the joint lessons, and the breath lessons before this. It's to help open up and build capacity in the core, in the viscera. So there's a little more availability for that vocalization. So yes, very important to know that the way to titrate this is to not push, to the sound. To do what comes out and then sense the feeling internally.

Did anybody find when they did this, that they felt a little bit of tingling in their gut, in their core? I see a few people nodding their heads. So it's more than just a sound to get out. It's also tapping into the vagus nerve. It's tapping into the viscera. It's getting that woken up. Someone said tingling all over actually. Okay.

So next line down. This is very different... So again, we're referencing the voo, the voo ah sounds. This is very different from acting out, acting out, or watching a movie for example, that might spark a produced aggressive reaction and feelings of adrenaline.

So if we think about the amount of action movies that are out there and video games that kiddos play where there's all sorts of violence and killing and guns and fights, those fight scenes that take forever to film, one might think we see so much of that, many people. So how is that not helping us process our aggression? And it's because it's out there. We can watch something like that and be numb to it, and just see a cool fight scene or something like that, but it's not connecting to our system. Also, sometimes if our healthy aggression isn't out, that stuff can be really hard to see because it's too much, it's too much violence. And so there's sort of this interesting world that we're in where cultures produce so much entertainment around violence and aggression, but it isn't actually teaching anybody how to be healthy in their aggression, how to be tempered in their aggression.

However, sometimes you will see some movies that do it quite well. I just watched a wonderful movie. It's older, I think. It's called 50/50. Did anybody see this? I'm terrible with actors. It was filmed in Vancouver. A young guy gets cancer. Spoiler alert, he survives. It's all good in the end. But he gets this diagnosis, it's pretty terminal. He goes through the chemotherapy, he keeps it all in. You never see him cry ever. Never see him process the grief. And then at the end, he lets out this anger and rage in a car by holding onto the steering wheel and just screaming and getting it out. And that is a great example where we sometimes see, in movies, that healthy aggression coming out in a contained way.

And the interesting part about that scene, again, the movie's called 50/50, quite a nice movie actually, is he almost hurt himself. He almost hurt himself and his friend, because he got into a car and he didn't know how to drive, and he wanted to get aggression out. So he took the car and he bashed into something. And then his friend said, "You've got to stop. You're going to hurt something." So his friend got out of the car, he locked the doors. And then in the comfort of his car, he expressed the aggression. So, just watch that the other night. And it was a great

example of, ah, here he's about to go a little over the top and hurt someone, and put him and his friend in danger. And then he stopped the process and he got it out.

The interesting thing is as soon as he did that, he then called his therapist, which he hadn't done the whole time, even though she said, "Whenever you need help, you call me." And he didn't. And he didn't. And in that moment of getting that aggression out, there was something open in him that then felt connected to, "I need to connect to someone." It's quite brilliant.

So I share that because there are some movies that show healthy aggression coming out in a really good way. And when I find them it's like, "Ah, that was perfect." So sharing that, if you want to watch that expression to see, because that is exactly how we would want aggression to come out when it's been stored for so long. And I won't demonstrate it because it'll blow the sound out of the mic, right? So watch it on a movie like that.

Okay, next one. Cathartic practices tend to tap into this kind of only outward expression. So I'll use this example from the movie again. So if this young man was in a therapist's office and she's like, "I can sense you've got a lot of anger. I want you to hold this stick and just shake it," it wouldn't have worked for him, in this case. Because it was contrived. So this idea of screaming, hitting, kicking, and it just being an outward expression isn't enough. It has to come internally. You've got to feel it internally and then it comes out.

So this line is, "We want to connect, connect to our internal sensation, emotion, and then move that energy and action out." That's the next word. We want to connect to our internal sensation, emotion, and then move that energy and action out. So internal, it's bubbling up. I feel the rage, I feel the anger. There might be pain, grief. In this case with this movie that I was talking about, I think it was all things. And then it came out through action, expression.

Okay. And I covered this in handout one, Healthy Aggression, Anger Part 1 handout. Yes, for the record, the movie is called 50/50. And you'll have to look and find it on your many streaming services. It's out there. Really good actor, really good acting.

So this tricky next line, the tricky sticky nature of anger and healthy aggression work. So the tricky and sticky nature of this anger and healthy aggression work. So I'm going to have a little sip of water here. Before we get into this next piece, I just thought of another show that has a great expression. You'll have your homework cut out for you. We'll see if we can pop these somewhere on the site for people so there's reference. I can't remember the season, so this is a little harder than a movie, but I'll try to find it and we'll make sure we post it. It was a series

called For All Mankind. For All Mankind. I think that's what it was. Joel Kinnaman, he's a Swedish actor. It's about the space race to the moon and Mars. It's obviously fictitious. And there's a wonderful scene. And there's wonderful scenes throughout that entire series that really show repression, emotional repression, because it was set in the '50s, '60s. But as they went through the '70s, '80s, '90s, there was more expression, there was more color in the clothing. It was really interesting how they did it.

But there was one scene where the main character was really pissed about something, and he was being a dick. Let's just face it. He was being a shut down man that didn't want to express. And his wife, I actually just got tingles thinking about this, she pushed him. She gave him a little like, "Wake the heck up." And then he just broke down. So he was in this shut down because he's an astronaut. You have to be shut down to be an astronaut by the way. That's my thought there. And he just wasn't expressing. And of course it was creating all sorts of troubles in the family life. And she just tugged him a little. And then all this emotion came out. They had lost a son, dah, dah, dah, all these things. And, again, it was a really lovely way to show how sometimes you have to match or provide that impetus for someone to then match and go, "Oh, I'm pissed," right?

That's where, saying, "Come on, honey. It's okay. Let's just sit down and talk." It's not going to work. She had to be a little aggressive with him, and then that allowed him to feel safe to express the pain that he was holding in. So, again, wonderful scenes in that series.

All right, so let's get on to the next page here. So we're still on page three, bottom of page three. The tricky sticky nature of this stuff, of anger and healthy aggression. So it can be tough to imagine a lifetime, that's the word, a lifetime of stored up anger and aggression coming out in a big bang. And I think this is where sometimes, we might not allow this to come out when we don't understand the process of titration. So we'll go to page four in a second. And this is the connection to violence and terrible crime. Well, all crime is terrible. But when things explode, it's often because there hasn't been an outlet, the steam hasn't been slowly let out of the system, and then the system just explodes. It cracks. And we want to prevent that. We want to move these pieces out slowly.

So page four, so a person will stop, that's the word, their aggressive impulses. And even just the feeling, that's the next word, feeling, of anger energy, as they feel, sense, think it might harm, that's the next word, others. Others. It might harm others. So a person will stop their

aggressive impulses and even just the feeling of the anger energy as they feel, sense, think, it might harm others.

I definitely had sessions with people in the past, and I saw this watching all the sessions I would've seen with other teachers, where they sense and feel the level of rage and anger, and they're like, "I can't. I don't want to hurt you. I don't want you to see how much is inside of me." And often, people will say, "I can't do that. I'm going to hurt you." And this is accurate. And that's where you would not say to someone, "Oh, no, you're not going to hurt me." You just go, "Okay. Okay, that's great. That's good information." Honor that. You cannot force. This is one of those ones that you just can't force someone to get their anger out if they fear it. If they fear it, it won't work.

So I share that because, to go back to what I asked at the very beginning, for those of us who grew up with lots of violence in our household and you saw a lot of it, this might be the case. It's like, I can't express any anger because when it was expressed it was dangerous. And I want to replace the word anger with violence. Healthy aggression is very different from violence, right? So healthy aggression is your birthright. Protecting yourself is your birthright. Versus violent acts that come out that are not contained and are basically explosive survival stress. We don't want that.

I also share this, again, because you might be in the comfort of your own home working with the voo and the ah. And something in you is like, "I can't do this. I'm going to hurt someone." Even though there might not be anybody in front of you, right? That's an honest thought that might come up. And that's where, okay, this isn't ready yet. Let's go back to the basics of orienting, grounding, working with the diaphragms, sticking with the body practices that aren't yet... That are, I should say, building up the foundation so there's more trust in the system.

Next line down. So a person might stop, this is the next line, and/or a person might stop and not allow themselves to feel it because it was unsafe. Unsafe to express it in the past or the expression of anger they knew from the family system was explosive, abusive, terrifying. So I already mentioned this. But this is, again, it could be that infant but also the toddler. Or even when you're a little older as a child and you feel a little, "I don't like this. I don't like what's happening. I don't want to go to this thing." We're going to express a boundary. And if that boundary or that expression is met with, "That's not okay, go to your room," inevitably, oddly, the human will sacrifice their emotions to stay connected to the family system. The human will

sacrifice their emotions and their health to stay connected to the family system, especially when we're young, because we are dependent on the family system for food and shelter.

And so that's again, where if that was you, this is where we want to be very titrated and opening up to these emotions in these energies because it came with, "I have to stay safe." So now as a 45-year-old, your system's like, "What are you doing? This expression, back in the day, got me into trouble. It brought me to not be connected. And now you're asking me to express this. This is crazy." So there's also this little bit of... It'll be a foreign language at the beginning.

Next line. There is often immense shame coupled with these powerful life force sensations and emotions. So what that means, this idea of there being shame, fear, we could say, coupled with these powerful life force sensations and emotions, if you're working with say these sounds, the voo, the voo ah, or whatever else it might be within the healthy aggression exercises, if you're battling with another part of you that's saying, "Stop it. Don't do this. Don't do this," that's the indication that your system is not ready yet, yet for these healthy aggression exercises. We want to work again with just coming back to baseline, coming back to the ground, the environment, building capacity with the other lessons because we don't want to force our body and our expression when it's not ready.

So again, listening to how these pieces might come up. And it might be that it isn't that long, it doesn't take long. It's like, "Oh, I'm feeling a little shame. I'm feeling a little sense of, I want to hide." That's where you might say, "What's that about?" And maybe you work with it and maybe it moves through pretty quickly. It really depends on your system history and where you are in your regulation journey right now.

All right. Next line down. This is again, just referencing ways in which we maybe were brought up with anger or not any expression of healthy aggression. So another commonality is having zero model for any kind of life force energy, meaning the environment was devoid of all emotion shut down and any sign of warmth or affection, so warmth or affection. So that was the rule. I've already mentioned that a little bit. If we had no emotion, this could even be a little trickier. "Like what? There's heat, there's energy that's meant to come through my voice, through my body?" And again, this is where we come back to building capacity. Hence, titration. Hence, titration. So again, I know I sound like a broken record. Titration, little drops, little bits, building capacity, all those things.

All right. Page five. So this is a bit of a lesson review from previous expressions of this lesson. So in Seth's article, How to Un-frustrate Frustration, again, that is within the course curriculum. We'll go through some of these things. And what I'll encourage as I move through some of these, if you feel a desire to express some of these, to join in, please do so, but you don't have to. You can just sense and feel and listen. I'll do a little movement as I go through some of these experiments.

So first thing here, anger is often associated with tension, tension in the body and it's a muscular system. So anger is often associated with tension in the body and it's a muscular system. So often, not always, but sometimes this jaw of ours when we're holding in a lot of stuff, can get really tight. Please know that jaw tension isn't just held anger. It could be other things like dental surgeries and braces and neck injuries and all that kind of stuff. It doesn't have to be held aggression, but often it is.

Sometimes, next line down, we need to create, create is the word, safe, aggressive experiments to help free up stored anger and healthy aggression. So sometimes we need to create safe, aggressive experiments to help free up stored anger and aggression. So these experiments, again, they're not that classic take the baseball bat and hit a bunch of things. And I always use that as an example because I know there was a time in the nineties and the 2000s where people were going to these workshops and letting out steam with plastic baseball bats, and I don't know if that did anything. I know a few people who went to these workshops and they met some people, but it was very clear it didn't get to the root of the troubles.

So when I say safe, aggressive experiments, these are little, tiny things that are much smaller in dosage. So first one here, accessing the jaw and facial muscles, accessing the jaw. There's not a lot of words on these last few bullet points, but jaw is one of them. So even if you take your hands and just come to your face and just touch that skin, the bone, up to the ears, even the back of the ears, just touching, is it really about manipulating or massaging? It could be. But if you think about the joint lesson that you did in lab three, there's joints all through here in your face, that TMJ joint. You've got all the little, they're called sutures where the bones of the skull come together, the sinuses, the back of the ear.

We haven't done so yet, but we'll start working with the brainstem in a lab or two. So even just taking one of the lessons like the joints lesson or the diaphragm lesson, pushing play, but then bringing your hands to your face so you can interchange. I won't be saying face or TMJ, but you just use the direction to have some focused time on this area. Even the forehead, all these

muscles, the scalp. In order for that expression and fullness to come out of the face, it's not just the mouth, the scalp, there's a lot of, often, tension in our fascia of the scalp of ours, back of the ears, under the jaw, even the throat, the nose. We want our nose to be free, the lips.

So there's really no rules other than how can you connect to these facial muscles in a way that's intentional using some of the lessons that you've already done superimposed to this area of the face. Voo, so this voo ah, voo ah. That, as you say, "Ah," I can't explain it while I do it, it's opening up that jaw, ah, voo ah. So those are ways to subtly come in to unlock held aggressions. Someone did mention, I caught in the chat earlier ago that when they did the voo, the voo ah, it helped calm them. Yeah. So this is where it's interesting. These lessons can stimulate some of those healthy aggression responses, but it can also help to bring the system into more regulation, because tapping into that vagus nerve.

But if you can recall from part one of the healthy aggression training call, I read something from a Gabor Mate book about how when you start to express aggression, anger, there's a decrease in tension in the body. Remember that? The jaw relaxes, the facial muscles, the eyes soften. So what's happening is this sound, this vibration, not only is it opening up this line, it's also engaging us with our sound. It's a form of engaging that ventral vagal of the parasympathetic because we're making a sound, we're expressing. I've done the voo ah many times on a plane. Believe it or not, nobody can hear you on a plane when you do this because the sound of the plane is so loud and it's a wonderful way to ground when you're on the plane. True story. So try it. It's something that you can use at any time.

The next line is a quote from Peter that I loved from one of our teachings. The jaw is the linchpin to anger. Linchpin is just a fancy word for the entry point to anger. The interesting thing too with the jaw is it connects to the hips in terms of osteopathic lines. So when the jaw is tight, the hips are going to be tight, and if the hips are tight, the jaw might be tight. And this is an important junction of having an open jaw and open hips.

Peter has a great story of his godson being born and it being difficult, and he showed up at the birthing space and the baby just wasn't coming out. And what he did is he actually went to mama's jaw and started working on her jaw and just opening it up and getting it to relax, and then boop, baby came out. So if we think about the need for at least in childbirth, got to express, got to scream, got to get that openness out. Because if this is clamped down and there's a fear of making sound, it's going to keep the hips really, really tight.

I have no doubt that a lot of the repression that many women have, as many men do as well, one of the reasons why there's so much difficulty with natural childbirth, is these diaphragms. These spaces are so locked down with so much tension. And then you ask a woman to give birth to this human that's quite big and it's difficult. When really, we've been doing this for a long time. And I think a lot of the difficulty, not all the difficulty, but some of it is the locked tension in our face, in our mouth, in our throat, in our heart space, in our gut. So again, for those here who might be still in the childbearing years, it is so important to get these diaphragms open, get the jaw open, get that healthy aggression out, so these channels are freely open.

Next line down, doing the voo ah and the voo with movements. So when you go into the voo and the voo ah and you repeat it, what would it be like to get your hands and move them or get your feet and move them? Stand up and move the pelvis so that it's not just happening in the mouth, it's connecting to the whole body.

Eyes. If a wild animal is protecting its boundaries, are its eyes closed? No. So this comes back to this world of, close your eyes and relax, and sometimes your eyes need to be open and seeing and orienting, because you are certainly not going to protect yourself in the world with your eyes closed. So there needs to be this eye open connection with the environment to move some of these aggressive pieces and boundaries out.

Snarling the lip. Not very good at it from one side, but some people have the ability to... Kind of looks funny when you do it. Baring the teeth. Yeah. And it might make you laugh, because it's like, "What? I've never done this before." So just again, feel that. Imagine someone's coming to get your food and you're like, "No. Stay away."

Biting. It's an odd one for us adult humans to think about, but biting is a very primal instinct. If someone's coming at you and you can't swat, you're going to bite at them, that ability to open the jaw and take a chomp out of something or someone. Again, I don't recommend you do this as a practice to get this aggression out. But just like squeezing something, you can take something that you can bite into as a way to experiment feeling the muscles of the jaw work.

This muscle here is, I think, the most strongest muscle in the entire human body, this masseter here. It's very, very, very strong. Our teeth are very strong. They're meant to rip through flesh. So getting that back is so important. There's actually a whole line of dentistry right now that is helping people reform their jaws with getting their biting better, chewing things that are

tougher. And so there is a thought that a lot of the braces that kids have to get is because we're not eating hard enough foods young in life. We're not chewing things in the way that we used to because everything's pulverized and smoothied for us. So this ability to chomp on crunchy things, that's another way that you can get the jaw, raw carrots, that kind of thing, biting into apples, lots of things.

Growling, hissing. Have you ever gone up to geese? I have. They hiss. If they've got their babies and you get too close, they have this hiss sound that comes out. So that's another thing that can be played with is hissing. How would you hiss?

Pushing with the hands. Doesn't really work when it's just the air. This is where the wall can be good. Another really good one is if you have one of those physio balls. Some people call them balance balls, those balls that people sit on and do exercises on. Those are wonderful for putting up against the wall, and then you push into it because then there's a little give. There's a little give.

Flailing the arms. That's a fun one. So I know when I've expressed some of my old procedural memories around, being held down as a kiddo during surgeries, I can tell you, your arms want to break free. They want to flail if there was something like that that occurred to you in the past. So again, it's not about hurting yourself, but what would it be like to imagine just your arms being a little less perfect in the yoga pose and more just expressive and organic in how they might be able to move?

Stomping the feet. I won't do it because it'll make a lot of sound right now, but really getting them into the ground. This is where the grass can be nice, because it's not as hard, or carpet, so you also don't want to hurt yourself. But just feeling how the feet can stop, express the say no, stop, stop that.

And then movements to hit, punch, and scratch. So of course someone might be saying, "But Irene, you just said boxing and that isn't enough." And yes. And we can still move and do these elements while feeling internally. The key is you just don't do them for the heck of doing them. It's not just, "Okay. I'm just going to punch my hands in the air and I'm done." And this is how you'll know. Again, we could say for people who work with others in the healing space, but also for those of you who are working with yourself, if you just do this and there's no connection to some grit, some essence, then it's possible that your system is still not ready for that level of expression and it's just not connecting.

So we've just been sitting for 90 minutes. It's possible for some of you, you want to get up and you want to stomp your feet after this or you want to get your arms moving and get some energy out. So when we end and you go off and do your things for the day or the night, see what it would be like to come out of this call and see, "What's my impulse? What does my body want to do? Does it want to shake? Does it want to stomp? Does it want to get my arms out? Does it want to yawn? Does it want to scream?" So see if you can tune into that because we've just discussed a lot around anger and healthy aggression.

That's all for me today. I think we've covered everything. Work through obviously your lessons and the pace that you're going. And if you live with others, kids, spouse, partners, roommates, just know that this is now in your field, this anger and healthy aggression. So remember, be kind to a degree or say, "Yeah. I'm working on this thing called anger and healthy aggression this week. So if I snap, it's not you, it's me." Unless of course, it might be them. But just be tempered in knowing that sometimes when this information comes out, there can be a desire to really just let it rip. So remember back to the principles of titration, containment, feeling, only going to what feels what your system can handle, and then pausing and going back to your basics.

All right, everyone. Thank you for hanging and we will see you next time. Bye.