

## Let's Practice The Nervous System Basics

### SWIMMING POOL & BEACH BALL ANALOGY

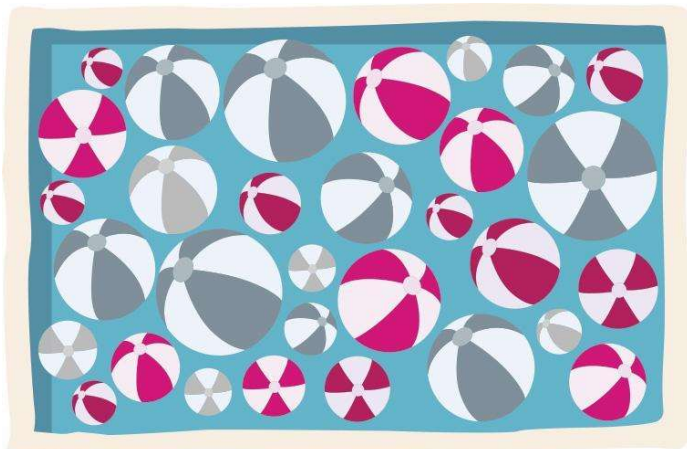
a) The swimming pool is your:

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_ !



b) The balls are your \_\_\_\_\_ & \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_, ETC...

c) It's ALL about \_\_\_\_\_ & \_\_\_\_\_ & \_\_\_\_\_.

d) Flow is a simple word for \_\_\_\_\_.



### Flow/Coherence Explained

**DRAW 4 CIRCLES THAT AREN'T TOUCHING EACH OTHER:**

Having good FLOW means good \_\_\_\_\_!

*We want Flow WITHIN each circle & Flow BETWEEN each circle.*

### What is Containment?

Containment IS staying \_\_\_\_\_ and connected to the \_\_\_\_\_ and your \_\_\_\_\_ while experiencing bodily experiences (sensations, feelings, images, thoughts, actions, behaviours, etc...), no matter how intense or activating.

**TO INCREASE THIS FLOW, SPACE, CONTAINMENT AND CAPACITY, AND HAVE MORE CHANCE FOR RELEASE, WE WANT TO WORK ON AND PRACTICE THESE 6 THINGS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_ - \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_ / \_\_\_\_\_
6. \_\_\_\_\_ / \_\_\_\_\_

## 1. Orienting

Sparks up the social engagement nervous system, which is the \_\_\_\_\_ of the parasympathetic nervous system.

## 2. Awareness

With the \_\_\_\_\_ & your \_\_\_\_\_.

## 3. Self-Awareness

With \_\_\_\_\_ and your \_\_\_\_\_ (aka: Your \_\_\_\_\_).

## 4. Follow Your Impulses

Listening to your body's organic \_\_\_\_\_.

## 5. Joints/Diaphragms

Little containers and spaces that need to be \_\_\_\_\_ & \_\_\_\_\_.

## 6. Kidney/Adrenal Interface

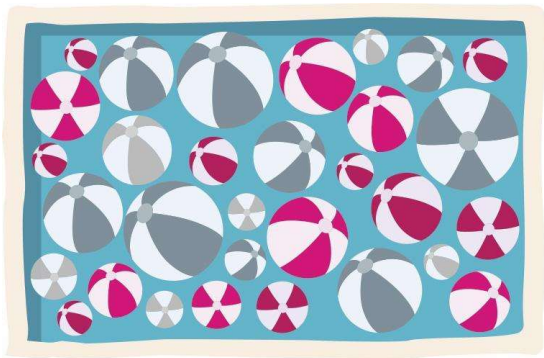
Primary organ system that goes on \_\_\_\_\_ and reacts severely in a \_\_\_\_\_ situation.

We work the kidney/adrenal interface so that we stop the system from \_\_\_\_\_ & \_\_\_\_\_ itself.

It can take up to \_\_\_\_\_ years to recover and repair this circuitry, even after the \_\_\_\_\_ / \_\_\_\_\_ is gone.

## Back to the Swimming Pool & Beach Ball Analogy

a) The many balls packed into this pool represents the \_\_\_\_\_ / \_\_\_\_\_ stored within the body. This is nervous system \_\_\_\_\_.



Many "balls" means:

1. \_\_\_\_\_

(AKA: \_\_\_\_\_)

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

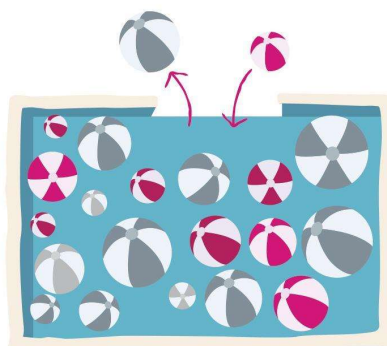
4. \_\_\_\_\_ \*

5. \_\_\_\_\_

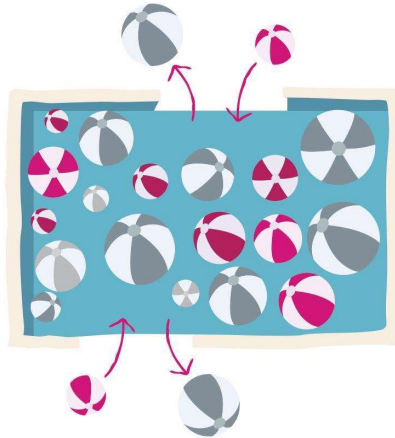
\_\_\_\_\_ \*

*\*This is deliberately, or unconsciously.*

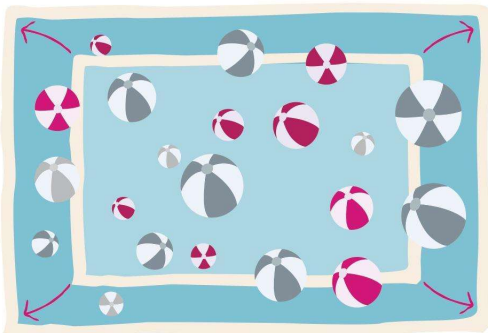
b) The goal is to \_\_\_\_\_ those "balls."



c) We want to create more \_\_\_\_\_ paths to release those "balls."



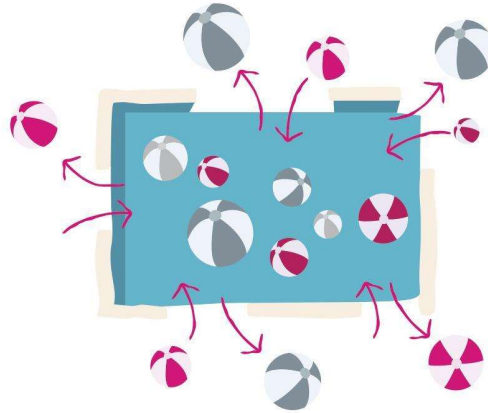
d) We also want to make more \_\_\_\_\_ in general.



"Space" means \_\_\_\_\_ to:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_

e) The \_\_\_\_\_ scenario is continual \_\_\_\_\_ and lots of \_\_\_\_\_.



Personal Notes: