
Curated Q&A #3 with Seth

(00:02)

All right, welcome everyone. This is the third Q and A call for SBSM, Round 18.0, and thanks for being here. So today we're starting to get sort of more of the normal number of questions, which is a lot. So way more than I can answer on the call. So I have responded to a bunch of you via email, some with answers, some with asking that you direct your questions to the general questions thread or other places that may be useful for other people to see as well. So on the call itself, I'll be answering a whole bunch of individual questions and also there's many questions that tend to come in with a common theme as we get going into this program, and that has certainly happened today. So there's a couple little sections at the beginning that are more kind of like lecture sections where I'm addressing a bunch of questions that all had a similar theme.

(01:00)

So we will start with that. Alright, so the first one theme is relationships that bring up high activation. And this may express either in the freezy kind of way where we kind of feel numb or check out or we don't know what to say, we feel stuck, we may feel frozen literally in our body, or we may feel spacey, or it may bring up relationships, can bring up high activation in the sympathetic territory where our heart is racing, we feel really tense, the blood pressure elevates, that kind of stuff. So there were a couple questions about this. One wrote in saying that they get triggered when they feel safe, that when they feel safe in a relationship then their body goes into freeze, and they had said, I let my legs run to try to get the sympathetic going, but nothing really shifts. The other person said that when they sense separation, when they sense the connection going away in a relationship, they go into activation.

(02:10)

Now I just want to clarify on this submission, they asked if this was freeze, and they said I get high blood pressure, insomnia and muscular tension when I feel disconnection in the relationship, that's actually not freeze. That's sympathetic. Sympathetic that the blood pressure is going to go up, your pulse is going to go up. That tension comes in because sympathetic wants to act. That's a really simple way of thinking about sympathetic activation, fight flight. It wants to do something, and so what does our body need to do? If we're going to do something, it needs to get the blood moving, it gets the muscles ready to go, but if then we're all that happening and we're not actually doing, what does that feel like? It feels like

panic. It feels like anxiety, right? Because the system's ready to fight or flee and yet we're not maybe doing those things.

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So this can happen on either side of the coin, freeze, fight, flight. These are just different expressions of activation, and I love that there were two opposite triggers here. One, the trigger is safety, actually feeling connected and safe. The other is feeling disconnected, like the connections going away, and it makes a lot of sense that both of those could be triggers. So the disconnection is kind of more obvious like, oh, I feel like my safe connection is getting threatened, so now I'm getting triggered into my survival patterns. Now why does this happen in adult life? It's because our relationships, our romantic relationships, our primary people, those are our primary attachment figures in adult life. When we were kids, our primary attachment figures were our parents. And so patterns that happen with our primary attachment person, those can play out later in life. Even though it's not our parent, we may find ourselves relating to them or reacting to them as if they were our parent because it's our primary attachment person or our source of connection.

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So when we're feeling disconnection or feeling like that's going to get taken away, like, Oh my gosh, this person isn't responding to me the way maybe I think they should, or I feel like they're really distant, and then it gets can trigger us right back into being a baby and our mama's not coming for us. Our dad is not coming for us when we're crying, and that same level of urgency can get triggered in our system as an adult. So it's almost like we get made into a kid again in the way that we respond and react, and that's when we tend to fight. We tend to go into conflict, we go into reactivity, right? That's just a very normal thing. If we're living with unresolved traumas, especially that includes attachment wounds. So why might this happen if we feel safe? Well, lots of us may have developed protective patterns that sort of help us get through.

(05:05)

This is often bracing, armoring maybe in the chest or in the stomach, that sort of keeps our emotions a little bit at bay. We tend to protect ourselves from maybe our more tender bits where there may be hurt and other stuff waiting, and then we get into a relationship and we start to feel safe. And what happens? Those guards start to come down, those bracing patterns, those protective patterns tend to soften and come down and then whoops. Oh, there's all these feelings. There's all this survival energy that we've been keeping at bay

because we didn't feel safe. So it can happen either way. What's really important to note is that relationships, when this happens, they can be a very powerful vessel for transformation as long as both people are on, and that's really the key. Both people have to be willing to see the relationship as a crucible for self-development, as a vessel that's going to bring up their stuff.

(06:09)

And this is something that happens a lot in this work. Maybe one person gets into it but the other person doesn't, and sometimes that can lead to relationships splitting. It's just something that we see a lot because say there's unresolved trauma in the picture, which almost always there is, that's almost always going to be present in both parties, but if only one person is acknowledging it and working on it and the other person is like, oh, that's all your stuff. That can sometimes create difficulty in the relationship and make it unsustainable. So that's just something to be aware of. It happens. There can be a pruning process as we go into this work if we've made lots of connections and relationships that had their foundation in a trauma bond or a trauma dynamic, and then we start changing and working on ourselves, and this isn't just romantic relationships.

(07:05)

This is all relationships, friendships, work relationships, our trauma patterns can express and play out in all of these different kinds of relationships. We start to change ourselves and get better and realize, you know what? I don't really want to do that, but the other people aren't working on themselves and they don't want to change. What can happen is you start to be like, actually I don't want to do that. And they might get angry, they might try to rope you back in. There may be gaslighting, there may be manipulation. This is all really common because they're like, no, I like the way things were where I could just keep my trauma going in this dynamic. I don't ever have to work with it because we're just playing it out and recycling it all the time. That's much more comfortable for maybe somebody who doesn't want to actually go in and work on this stuff.

(07:52)

So this happens. Now, if both people can be on board, that can be really powerful because then the relationship is bound to bring up this stuff and that's just what happens. Relationships bring up our stuff and the closer our relationship, the more closer it is to that primary attachment figure within our consciousness and our physiology. Well, the deeper the triggers and those deep triggers are massive opportunities for healing if we can support each other. So if both this may sometimes look like, maybe one partner is doing the work and the other, no, I

don't really feel like I need to do that, but I support you in doing it. That can be enough if they are game for processing, and that might then lead to their discovery, and well maybe I do have some stuff going on here. Hopefully that's what happens. Ideally both people are on board and are like, yeah, let's do this.

(08:55)

All right. Yeah, I'm really triggered by what you just said. So this was how Irene and I made it through because we both had stuff to work through. When we got together, my stuff basically came up early. It was all about being in the world and having to make money and living the society, which I had rejected, living in the mainstream, living in the city, having to work all this stuff, brought up a ton of stuff, and when my son lived with us for a couple years, I brought up a ton of stuff and then her stuff came up later. It was much more, she had a lot more freeze in the picture than I did, so it took longer. But both of us really embraced the relationship as an opportunity to be like, Hey, let's do this. Let's use these triggers as opportunities to work with the stuff that's coming up, our stuff. That's what we need to heal. So I'm not going to go too much into how to do that. One of just the basics.

(09:59)

I could spend an hour talking just about relationships. The real important thing if both people want to use the relationship as a vessel for healing is that both people recognize when they're triggered and you have an agreement that you talk about when you're not triggered that says like, Hey, let's agree that as soon as we notice that we are going into survival mode, that we're no longer present, that we're basically starting to relate as children and react first. You've got to learn to notice that. Then we have an agreement when either one of us notices that we stop talking and we take space and we work with our stuff, and then we come back together. If you can just start with that, that can do wonders for improving your relationship and increasing intimacy and making it a very powerful way to heal, because then it's like you're learning to respond instead of just being a reaction.

(11:00)

So hope that all makes sense. It's a powerful opportunity. Relationships, yeah, they're going to bring up all your stuff. The second common theme was a lot about living with unresolved aggression, unresolved fight flight energy in the system, different ways that shows up, how it plays out, how to respond. First, there's someone asking about symptoms. So constipation is a common expression of unresolved sympathetic energy in the system. Everything is in constriction essentially. And then this question they asked, they said, I feel incredibly frustrated

because I feel like I'm doing all the right things for digestion and I struggle to be with the frustration and then when I'm constipated, it's hard to think well therefore hard to work my business, which leads to more frustration. So frustration three times in the question about constipation, and it's like, yeah, I understand, the constipation can cause frustration, but it actually starts the other way around.

(12:07)

That frustrated energy, that anger, that aggression in the system is the root of the constipation. So you can do all the right things dietary wise, but if your system is running a high sympathetic charge that's unresolved it is not going to really do much, because that nervous system information is much stronger than the nutrients and the stuff that you're taking in your guts. So that's the first point. Then the other one was a question about elevated pulse. That's another really common expression of a stuck sympathetic charge because remember, like I said earlier, the sympathetic system wants to act, it wants to mobilize, so it's going to be getting ready to do that as if there's a threat. That means your pulse is going to go up. So having a consistently elevated pulse is another really common indication that there's a lot of unresolved survival stress in the system.

(13:04)

And that person had said that, I've been to cardiology, which is great, good to get this stuff checked out medically, usually, as is the case here. Yeah, they don't know what to do. It's because there's nothing physically wrong that they can detect, because the nervous system is a complex system and quite refined and we don't really currently have medical instruments that can really measure it directly. You can see in the neurochemistry, and you can see in some of the electrical activity in the brain, you can see indications of different nervous system states, but it's very hard to measure the nervous system directly right now. So yeah, you may go in, what's going on, doc? I've got this pulse that's racing all day. I can't find anything. It's like, yeah, learning to meditate is a common one. Do some breath work, and this is what they said.

(13:54)

I've been to cardiology, so I've been doing meditation, reiki breath work. I can't resolve it. That's generally because, I mean it's good to work to soothe the system, but what really needs to happen is to work with that sympathetic energy directly. So that means getting into discovering what are you mad at? Essentially that's one of the first things to sort of examine within yourself. What am I really mad at? Who am I really mad at? Who scared me? Who terrified me as a kid? Why am I still scared? Drilling into where did this come from? We will get

much more into working directly with sympathetic energy as we progress into this work, and I'll cover some of that in the various points in this section. So someone asked, how do I access aggression or this life energy that's in there if I'm feeling really frozen, if I'm feeling like I'm in a fawning state, where I'm really subservient and I'm just people pleasing, or I'm feeling stuck or frozen, how do I access that energy?

(15:07)

So there's a few things you can do that are really simple. One is mobilization of the muscles associated with the sympathetic response. So remember the sympathetic, it wants to fight, it wants to run, so what might it be like if you're feeling really frozen, or you're checking out, or you're just fawning, to tap into your ability just to squeeze your fists a bit, like you just sort of squeeze and let go, and squeeze and really feel that, and let go and just notice what happens. You maybe get a little hot, does some warmth start to come into the system? Does something shift? Does your breath change? Just sort of notice, or maybe you use your jaw like, ah, and we will get more into this again later, but start mobilizing the jaw a little bit. Maybe you squeeze and you let that go. See what happens.

(16:02)

Maybe you use your eyes. How do the eyes want to look? If, say, you're like a predator who's hunting or stalking its prey, the eyes might get real narrow and you get this angry. How can you channel that energy through the eyes in a way that is aggressive? These are all pretty subtle ways to start mobilizing this stuff that you can do kind of invisibly, pressing with the legs. Then maybe some less invisible things. You can use some sounds, right, maybe you just let some sound happen on your exhale. There's a huge repression in our society around allowing sounds to come out that aren't like civilized speech. There's other cultures where there's a lot more of this direct expression celebrated - in western culture, not so much. So there can be a great deal of power, and just, and maybe again you squeeze and you press a little bit, and you feel that life energy start to maybe build a little bit, maybe your breath changes or you get a little warm, et cetera, there. There's various simple ways you can start to warm up that sympathetic system.

(17:25)

And then someone else asked how to resolve aggression towards a system that we can't change. So this may be a system of government or the justice system or the medical system, and there's plenty of reason to be pissed at all sorts of systems of power in our world. So yeah, what do we do about that? Because one person can't necessarily take down an entire system.

So we do cover this in what's called the annihilation work. Again, this is in lab six, but this is essentially where you combine your mobilization of physicality like I was just talking about with your imagination, and you essentially see yourself destroying the person who had hurt you. And now this is really advanced work, which is why we wait till lab six. If anyone does feel like, well, I've got to check that out, you can check it out on my website.

(18:25)

There is the article is open source, so you don't have to wait for lab six if you're really feeling drawn, but just know the annihilation work is super advanced, because you have to stay connected to the feelings in yourself while you stay connected to the movements you're making and the imagination while feeling your butt in the chair. You have to stay connected to all these things happening at once in order for it to really work. If you just go into big cathartic action, which is what we often see when we're talking about working with anger. There's these smash this with a baseball bat or get this big foam thing and beat the hell out of this. That stuff can feel good in the moment, but it does very little to resolve anything. It's too explosive. In order to change something, we have to stay connected to ourselves and the environment, and it's easy to get lost in cathartic movement.

(19:20)

So annihilation work, we generally slow stuff down. It's like you're imagining I've done this many times, my dad right in front of me, and I'm just going to destroy him. It's like, okay, I'm going to act, my hand. I'm just like, it is like I am seeing it and feeling it and everything, the muscle I'm feeling, the effort like, ah, and I'm seeing the blood spurred out of his neck and his head go flying. It's pretty gruesome. This is sometimes what the system needs to do because we are not just a human being. We're animals as part of that. So we have primitive, aggressive, sadistic responses that won't come out, abused, hurt, for a consistent long time, if we haven't been hurt, badly, assaulted, attacked. There is a primitive animal response in us that needs to find that murderous glee and victory of standing over the corpse with your ax raised, essentially, and that's intense.

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So that's why we take time to get into this stuff. But again, it'll come up for people, which is why I'm addressing it now, and why you can access this article if you want to on my website, and we'll link that. Susan, if you can link that in the chat, that'd be great. There's another article that goes with it called healthy aggression, which is the foundation of more of what I

was talking about before. So all that to say, what do we do if it's a system we're mad at, not a person, how do we destroy that? Well, your imagination isn't limited.

(21:08)

You can turn into a giant and crush the hospital with your feet. You can burn the justice system down with your massive solar sized flame thrower. Your imagination doesn't have to be limited, so it can still work with systems. But like you say in here, even in my imagination, I feel like I fool myself. Yeah, you've got to really feel the aggression. It is not just imagination, like I'm saying. You've got to feel all that anger and feel how you can channel it into your musculature while imagining and seeing. It's a very multisensory kind of thing. Now, there's other things that we can do as well that are sort of practical. This annihilation aggression work. This is how to work with a nervous system state that just wants to fight back, wants to destroy, wants to lash out. How do we do that? This is how there's other practical things we can do that may be supportive such as boundaries.

(22:14)

If it's a system that you really are pissed at, maybe you don't engage with that system, like, okay, done with that. Don't need to have any more to do with that system. Maybe you find a better system to engage with activism. There's a lot of people who channel their passion into various forms of activism that may be useful for somebody. Now important to note, it's also easy to bypass all the stuff that's more primal. If we only focus on behavior and only focus on things like boundaries and activism. It's like we also do want to get into those charges, but those types of behaviors may be supportive of that as well. It may be empowering for you depending on who you are. So all different stuff to consider there. And then another question about what do we do if we're living in a household with somebody who is toxic and aggressive?

(23:07)

Now in this question, I just want to read it out because there's an important point to clarify. They say living in a household where one particular person takes out their healthy aggression on others. Polices, controls the behaviors of others to reduce triggers, but doesn't take responsibility for 'em. And besides limiting interaction with this person, I can't move out right away. How might I manage my own healthy aggression in response to their healthy aggression? So just to be clear, what they're doing is not healthy aggression, it's not healthy. What they're doing is toxic. What they're doing is venting their unresolved aggression through control and manipulation and trying to manage everyone around them. That's not healthy aggression.

Healthy aggression is using your physicality in ways that are empowering to move this energy and express it in a way that's safe. So just a really important point there.

(24:02)

Now you say moving out isn't an immediate option, besides limiting interaction, how to manage my own aggression responses. Unfortunately, there's no good answer. You've got to move out. It's like, the baseline of this work is a safe living environment. You can't progress if you're continually stressed by real threats, and this is a real threat in your environment. That person is being abusive. So I'm sorry there is no real better answer other than moving out or that they move out. Your living space must be safe. It might be best to pause this work for a while until you can make that happen, and maybe focus on doing something empowering with that energy outside of the house, like a martial arts class or intense cross training. Something that you can go to where it's a safe place, and get that sympathetic energy moving in a healthy way that doesn't really have anything to do with trauma work.

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That's more just about getting the energy moving. Somatic trauma resolution, nervous system work. Your living environment must be safe. Other than them moving out or until you can move out, all you can do is have boundaries. Make your room a safe place. Put a lock on your door, make a little cave of safety, the best you can. Spend time outside of the house with other people and tell this person you don't want to speak with them, but that might make it worse. And this is the thing, then you may get into conflict with them. So if there's no good option, if you're living with a toxic person and you're wanting to do this work. You've got to change the living environment. And then finally, I think this, yep, the last one on anger. Someone was asking why whenever they've tried the Feldenkrais method over the last few years, they never stick with it because they experience a lot of intense and overwhelming activation.

(25:58)

Chronic pain becomes worse. I experience a lot of anger. It's a very strange sensation like crawling out of my skin, wanting to punch someone at the same time. Yeah, there's a full sympathetic response. You described it perfectly. I've got to punch somebody. I don't know what to do. That's your full on survival, fight, flight response coming on. Why is that happening with Feldenkrais? Because Feldenkrais is advanced work and it's asking you to do things that your system isn't ready for yet. Really simply put, when we're doing Feldenkrais work, it's all about really slowing down, paying attention to these little nuances, discovering how we initiate movement, what are other options? Can we find other ways to initiate these movements or

find different patterns? What is happening in our breath? What's happening as we sense these movements? Can we sense something else? It's super refined work. It's very empowering and supportive of rewiring.

(27:00)

But first we've got to do the heavy lifting. We've got to get these big charges out of the system. This is actually why Irene went into SE in the first place, is because she was a Feldenkrais practitioner doing good work with lots of people, but some people just - she couldn't help, come back week after week after week after week. Nothing would budge in their system. It's because the survival energy was too strong. So Feldenkrais, again, we do this in SBSM, and there's a reason it's in the later labs. For the most part, potent posture is an early one and that is from the Feldenkrais tradition, but bridges really well with SE, but there's later more refined stuff that is much more nuanced. So I just invite you to leave it, leave it for now, and you can come back to it later. For now, it sounds like you need to focus more on working with that big fight flight charge that's hanging out in your system.

(27:57)

All right. Alrighty. All right, moving on to individual questions. "On the last call, Jen said that early trauma is not necessarily about completing. That can be more about learning to go towards activation and then go towards settling. I was separated from my birth mother in an institution for three months and then placed with emotionally unavailable adoptive parents. So I have lots of muscle contraction and moderate chronic fatigue. I'm up and about, but not enough energy for work. Could you please say more about what Jen said?" So yeah, this is one of the reasons we have an early developmental trauma call, because the way in which we approach the work may be a little different, classic nervous system based trauma work. You're working with, ultimately, this fight flight charge. Now maybe you have to work through a bunch of freeze to get there, and that has its own kind of resolution.

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But in a sort of classic trauma resolution session, what we would see is the sympathetic energy getting to its very peak, and then once it gets there and we're present with it, not checked out or in total reactivity or panicked, we've learned and we've developed the capacity to just stay present while this incredibly distressing feeling, survival energy is ramped up to its peak, and all the emotions and maybe the images are there, but we stay present and we just stay calm and we let it happen while this crazy uncommon thing is happening, and then boom, it switches off. So it gets to this peak, peak intensity, and then it's like a thermostat. The system

clicks and it's like, oh, I finally did the thing. The system finally got to do the thing that it's been wanting to do for decades. Sometimes. Yeah, that's rare. So that's not something you have to worry about happening all the time.

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These are things that happen maybe a few times in the process of this work, these big completions where it's really intense. More often than not, the experiences are more nuanced than that, and more graduated in their intensity. You can have completions that kind of feel like this kind of lifting something, sort of lifting from the system, or it may be like cold, if freeze is lifting. You may feel shivers and cold and like, oh, I can't get warm, and you just kind of wait, and then it sort of slowly thaws. There's many ways in which the energy can find completion and resolution. So when we've had early developmental trauma, we do not want to try to get to this big release that is often touted as this is what trauma work is, because we have to build the capacity to have that experience. If we've living with unresolved trauma, especially if it's rooted in early developmental stages, we need to spend time increasing our capacity, increasing our knowledge, learning about ourselves, our ability, learning what even is our real capacity.

(31:08)

That's such a huge part of this work for many of us because if we've been living in survival mode from when we were a baby, we will have no idea what we are actually capable of doing when not in survival mode. Our real capacity will often be way less than we think it is, which can be quite humbling. Really, really necessary though. So the way that we build that is by doing what Jen said. It's like we're not trying to dive into the pool. We're learning that we can move towards a bit of activation and then, oh, I'm going to move away from that activation. I'm going to move towards it. I'm going to move away. Maybe I can move, spend a little bit more time there now, and then I'm going to come away. So this is where our resources come in. Any practices that settle us, soothe us.

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This is why we really emphasize these. If you know that you've had really developmental trauma, learn how to settle yourself, learn how to soothe yourself, learn what makes you feel a little calmer first. Then it's like, okay, I feel a little tension in my chest. Okay, maybe I'm going to notice that and I'm going to breathe a little bit. Okay, yep. I can feel how my breath can meet that tension. That's enough time to just like, okay, I'm getting my cozy blanky. I'm going to go watch a show. I'm going to have a cup of tea. I'm going to go for a walk, whatever the thing is,

whatever it is that soothes you, that's how we build the capacity if we never really had it. So that's what Jen was talking about. It's a way of developing agency essentially. I know that I can go towards this stuff and I'll be okay.

(32:45)

I know that I can settle myself, so then maybe I can spend a little more time with the stuff that feels hard, and then I know how to soothe myself, et cetera. Okay. "My dad is somewhat autistic and I've inherited some of his traits, sensitivity, getting overwhelmed easily, being mentally slower, et cetera. We've always had a weird relationship too. I think I've been embarrassed by this side of me all my life and have been repressing it even from myself. Now I've started to notice more of this in me, sense and see myself a lot more clearly. Is it possible that this repression has caused my free state? Any advice on how to work with this, or similar stories that come to mind?" For sure. Now, in the context of nervous system and trauma work, the word autism is tricky because it's such a huge umbrella.

(33:45)

We call people autistic who are just kind of quirky and eccentric, and we call people autistic who can't function at all and have to be cared for 24-7. The spectrum that we call autistic is kind of ridiculous and unhelpful in my opinion, and a lot of the expressions of autism look exactly like unresolved trauma. So is it really a label that we need to slap on there or is it just unresolved trauma or is there some neurodivergence, some kind of difference in the brain that maybe was part of being traumatized in the first place? It is really, I think we're not fully sure, but one thing we are sure of is that nervous system dysregulation plays a role absolutely in what we call autism. So is your dad autistic or is he traumatized? Are you autistic or are you traumatized? It may be the same thing in terms of what you're describing here.

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Highly sensitive, getting overwhelmed, easily being mentally slower, that's unresolved trauma. You get overwhelmed easily because you have a high sympathetic charge in your system ready to go. You can't think clearly. You're mentally slower because your survival brain is on. Your limbic brain is getting all the juice, so you don't have as much access to the neocortex. You're overwhelmed easily because yeah, there's so much happening in here already. You get more stimulus and boom. So it is tricky territory. And also I want to acknowledge this is a really sensitive topic for a lot of people. They'll get a diagnosis of autism and that feels really comforting. Oh, finally, I have a label for what I experienced that makes sense and is recognized and that's fine, but I just want to acknowledge that it may not be a life sentence. It may

actually just be trauma. So it's something to consider. Now you ask is the freeze response - does it happen because of me repressing this part of myself? I would say it's probably more complex than that, but yeah, anytime we repress our authenticity, the way that we do that, this is me. Anytime we repress that, in a way, it is designed to do, this is the weird thing about us.

(36:32)

Evolved in more primitive mammals. We inherited it. It's meant to just help protect us from the pain of being eaten alive essentially. I mean, that's where it evolved, and yet because of our neocortex and our creativity of our systems, we've learned to use it in all these refined ways such as dampening our authenticity, locking stuff away. I don't want to feel that, I'm just going to push it down. We can use it with our emotions. So yeah, it is part of what lets us dampen our authenticity in the first place and continuing to do so reinforces the freeze response. And this can happen in all sorts of ways. So lemme just check my notes here real quick.

(37:21)

Yeah. What happens if you just remove the label for a moment of autism and say, there's a way in which I experience the world differently, and you lean into that, you're leaning into accepting that. What does that feel like? This is already happening. It sounds like you're discovering this. Be with yourself, that place of acceptance, and try to discover what is my real window of tolerance when I'm with this? Because it sounds like another way of framing what you're experiencing is you are getting more in touch with your traumatized self. You're getting more in touch with your trauma physiology, you're experiencing it more, and you're starting to accept that this is part of you. That's great. That's part of this work. So accept that and see if you can discover, well, what can I do from this place? What is my real window of tolerance, I was just talking about in the last section? And just consider, maybe this is just trauma, and just keep doing the work, keep doing the work and see how it may change.

(38:31)

"Hello. I live in an apartment and I go on alert when I hear the elevator open on my floor, someone in the hallway or when my neighbors come back or leave. When the elevator is running, I anticipate whether it will stop on my floor or not. If I hear someone, I will go on alert and my body freezes, then my heart beats faster. I see myself trying to make as little noise as possible. I wait to see if someone will ring, which puts me on high alert even more. How can I move forward on this? It's like I can never fully settle down."

(39:05)

This is the classic representative of hyper. This is like I am uber aware of everything that's gone around me and on guard all the time, ready to respond, and I grew up with that very same tool set. I totally get it, and this is a big part of why I had to live in the woods for 14 years, because it's just like, yeah, too much stimulus out there. Let's make my environment different. That was one of the ways I learned or chose to manage it. I had that same hypersensitivity, and boy did I have to work through that when I moved into the world, and living with Irene, and all that stuff. Oh yeah. So it's just this high sympathetic charge in the system that's making your system constantly alert, ready to run, ready to fight, and the reason you're experiencing it, you say, my body freezes.

(40:01)

Yeah. So you're going into the first stage of the freeze response, which is shock, the deer in the headlights moment, freeze response. Just to clarify, it's a spectrum. So first, we're in fight flight in a normal arc of things, in a normal survival situation, we're in fight flight, we're fighting, we're running, oh shit, I'm going to die. The body freezes, the first moment of freeze. That sympathetic is still really high. We were just running. We were just fighting. But freeze kicks on. But then sympathetic is also really high. That's that moment. That's like deer in the headlights, eyes wide, frozen, pulse still racing. Then if we still don't find safety, nothing changes. We move into a further spectrum of freeze where we collapse, and that's where we check out. The body collapses. The pulse gets very thin and slow. The blood pools into the core, we get numb.

(40:57)

All that is the full expression of that freeze. So it sounds like you're feeling that shock moment, that deer in the headlights moment, which means that that sympathetic energy is right there. You're feeling it in your pulse and in your sense of panic. So this is something you would want to work with proactively in the moment, but even more importantly, to work with when it's not so urgent, when it's not so elevated and so triggered, which means working proactively. So I looked up, and it looks like you're an alumni, so you have access to all the lessons right now. So I'm going to refer, for everyone who's new, I'm going to refer to a few things here that may not be released yet for you, just so you know they're coming. But I'm going to encourage you to do the watering, the brainstem lesson from the additional resources, all the kidney adrenal lessons, essence, orienting to resource, not just doing orienting, but setting up a really lovely resourcing kind of environment that you orient to.

(42:05)

Again, these are - doing all these, when you're not feeling the threat, when the elevator's not coming up the building, just practicing, how can I find a little bit of settling? How can I find a little bit of soothing, like we were saying, but that earlier question, going towards activation and away from it, that's harder. When your system is ah, all the time, it's like, yeah, you really don't really want to spend any time with that activation, if possible. You want to really focus on, how can I find a little bit more soothing, a little bit of settling, right? Then when in the moment, if you really practice those things, maybe you can start to bring those in. When that elevator sound comes on, it's like, oh, here it is. Okay, wait. Alright, wait, kidneys soften. Find the chair. Long exhale, cultivate the exhale lesson. That's another one.

(43:11)

Okay, thinking about my brain stem softening, I'm still feeling all the stuff, but I'm putting my intention on how can I be supported? All right, resourcing. Right, right, right. I'm okay. Here's my blanket. Okay, it's all right. It's just an elevator. Think about the brainstem softening. How can your eyes soften a little bit? Is the jaw holding? Really working with all of that as much as you can to start to realize that you can change this a little bit eventually. Moving into a big picture for this question, you're going to want to discover what terrified you, who terrified you. It's not the elevator, I don't think it was. Maybe there was an elevator experience, but it sounds like this is a more global thing, that at some point you were really terrified by someone or something in your living environment. Who was that? To see if you can discover that eventually you're going to need to work with this big sympathetic charge, and it's probably going to be related to a person or a series of events or something. You don't need to do that yet. You don't have to work with that yet. But see if you can start to discover just for your own mind, like, oh, this is about this. Because again, then in the moment, oh shit, there's that elevator, but that's actually okay. That's me hearing my dad come down the hallway. That's what I'm doing right now. It's not about the elevator. If you can bring in some differentiation, that can also help in just finding your way out of the panic.

(44:49)

Okay, one more and then we'll do a little break. "In the lab two FAQs," it says, "the vagus nerve plays a huge part in parasympathetic function, which is to down-regulate the sympathetic nervous system and lets us, by engaging with safe people or by making sound or hearing soothing sounds, gently take the foot off of the gas pedal by listening to Seth's music on the site. Do we go into low tone dorsal enough to come out of sympathetic, or do we need to add

orienting containment or other practices while listening? Can the music be a resource?"
Alright, so first off, if you don't know, I am also a musician. My original background is as a composer, multi-instrumentalist recording artist. I majored in music in college, and I've created tons of music over the years, including healing music, music that's meant to be supportive for soothing, settling and other stuff.

(45:44)

And that's all on the SBSM site. In one of those left hand menus, you'll see Seth's original healing music, and it's there for everyone all the time. So there's a bunch of different tracks in there. The really important thing to note is that there's no blanket answer. Everyone's going to have a different experience and their experience is going to change depending on what they're listening to. There's a lot of that music that is just about supporting, soothing, calming, settling. There's another one of the playlists, which is called Tellurica, that is actually not really meant to be soothing, particularly. It's actually meant to work with the system to help stuff, sort of stir stuff up a little bit, while also being hopefully kind of, it's not like an electric, not heavy metal. It's like it's pretty chill music objectively, but the way I made it, it can get stuff moving, depending on what's hanging out in your system.

(46:49)

There's another whole section of music that is much more intended just to be soothing and settling. All that said, people will have totally different responses to different tracks. Some people may find the root chakra track of Tellurica super ominous and scary and spooky, and it may stir up feelings of terror, while another person may be like, oh, that's so relaxing. Totally chill. Totally depends on what's in your system and how you respond to stimulus. So there is no blanket answer. Yes, it absolutely can be a resource, discover which tracks feel like a resource for you. Can I combine it with orienting, containment, other? Absolutely. There's one of our alumni, I'm sure she won't mind me mentioning her name, Darla. She's one of the most creative people in working with these tracks. She's found all sorts of ways to combine the music with neurosensory practices to amazing effect. So you could tag her if you want, in the peer-to-peer thread in the site and just say, Hey, Darla, if you see this, can you share some about how you work with the music?

(47:57)

There's lots of ways. Be creative with it. You ask on its own, do we go into low tone dorsal enough to come out of sympathetic? Maybe it depends on how you respond. So just see for yourself, and again, different tracks will have different effects and the effects may change over

time. I've heard people say like, oh yeah, that one track used to stir up all sorts of stuff for me, and now I love it. It's like a go-to resource for soothing. So it changes, and just as a side, there's two places on the site where I answer questions, the Q and A page where I answer follow-up questions from these calls, and I also answer questions on the music page in response to people's experiences with that music. So if you listen to it, you have questions, feel free to ask on that page and I'll respond. Alright, let's have a little pause, just a little self-care if needed. A little tea break. Take your eyes away from the screen for a bit, maybe walk around, stretch a bit, have a breath. We'll come back in a few minutes.

(52:43)

Alrighty, howdy, everybody. Welcome back. So I just was reviewing the chat while we were paused. I just want to answer a few things in there just because they're clarifying. Someone asked when I was talking about in a relationship, if there's trauma in one person, it's going to be there on both people most of the time. Is that because my influences have traumatized my partner essentially, or because I'm unconsciously selecting my partner because they have the same kind of flavor of trauma? It's almost always the second. What we learned to do is we learned different trauma based dynamics that our primary attachment people growing up, and then we, yes, almost always, we'll unconsciously be gravitated towards people who we can play those same dynamics out with. We find people whose trauma responses match ours in a complimentary way, and essentially that leads to dysfunction most of the time, which is kind of the standard for a relationship.

(53:41)

It seems like to me, just from the relationships I've witnessed, it seems like most are pretty dysfunctional and are based in trauma bonding, and it's just a way to keep recycling that stuff instead of resolving it. And so yeah, it is a manifesting kind of thing. The same thing can happen with scenarios. There's people who've been hit by a red car on the right side of their car four times, things like this. Resonant field of phenomena is one thing we call it. I don't think we fully understand it, but yeah, we can manifest the same experiences over and over again, and it essentially is because our system is trying to find a different outcome. So it'll keep on signing up consciously or unconsciously for the same kind of thing. And then someone else asked, I speak silly gibberish and it's been massively helpful with my sympathetic energy. Yeah, awesome. That's what I'm talking about. I am feeling all this stuff. I just can't. How do I feel?

(54:48)

I was like, cool. Yeah, you don't have to make sense. Just let it out. Let some sounds happen.

Let's see, and then someone else asked, they were confused. Why would sympathetic cause constipation? It's different in an acute moment versus a stored up chronic situation. There is an initial sympathetic response that can empty the bowels that developed way back when we were lizards, which is why a lizard gets scared. It may poop really quick as it's running, but that's an acute in the moment response. When it's a chronic sympathetic response, it tends to constrict particularly the valves of the digestive system. If we're more in freeze, we'll have diarrhea because the valves of the system tend to be open. They don't have enough tone in the system. We're chronic sympathetic. We tend to be constipated because the valves are constricted. There's constriction in the guts. If we flip flop between freeze and fight flight, there's what I had, which is like, yeah, irritable bowel syndrome, flip-flopping between diarrhea and constipation.

(55:59)

I think that was it. Oh, and then, yep, someone else who had said they can't move out of their toxic household because of agoraphobia and anxiety, was hoping this work would help get to the level where I can leave the house. Absolutely, that can happen. It's just really hard, and I'm really sorry. I don't know of a better solution, but yeah, just then, if that's the case, make your room as safe as possible. Put some padlocks on that sucker so no one can come in and really find a way to carve out a safe enough nook that you can do these practices. Ultimately, it sounds like you're going to want to connect to your fight flight energy in healthy ways. Right now, it's expressing as tremendous fear. That same energy also can express as anger, potency, rage. It's the same thing. It's just a different channel.

(56:53)

So the healthy aggression work may be important for you to start leaning into. Like I said before, when you feel really afraid, what might it be like just to squeeze your fists, to make a little sound? Can you get angry at the fear? Can you get pissed at the fact that you're afraid? See if you can start to flip that channel a little bit. I'm really sorry. It is a really unfortunate situation that people find themselves in where they're dependent on toxic people because of the trauma those toxic people caused in the first place, and it just sucks. So in that situation, you use your resources, you make as safe a place as you can, and you spend time outside the house as well. Is ADHD hostile caused by trauma? Absolutely. In our opinion, yes. A-D-D, A-D-H-D, all of these things, these labels, the bulk of the DSM, we will say, is unresolved trauma in different representations, either in the behavior, in the thought processes, in the

physiology, or all of the above, in the relationships, addictions, et cetera. It's all unresolved trauma for the most part from our lens.

(58:04)

Okey dokey. Moving on. "Many early trauma survivors report their imaginations saved them. They lived in fantasy lands or were saved by mythical creatures in their minds. My imagination never kicked in except to make me feel more like garbage. My trauma brain tells me that's because I'm indeed stupid and defective. I had an imaginary friend who tortured me and now shows up as OCD. I struggle big time to use my imagination to my benefit. Why is my experience so different and how can I shift it?" So I don't know the full reason why, and this may be about just how we're all unique in the way that we work. Some people can escape by checking out, into their imagination. Some people can't. I'm not sure why.

(58:59)

Ultimately, it can actually be in the process of healing. It can actually be sometimes a little bit better if you're not fully checked out and have the ability, because then you've got to do the long process of getting into your body, which may be quite tough if you've lived in bypass and fantasy and imagination your whole life. It sounds like for you, your mind, you were not able to check out of your body. So your survival physiology was present in your mind and in your thought processes, in your experiences with your mind. That's also really painful. Like OCD is a bitch for sure, and yet it is just survival energy. It is the system being on high alert, lots of fight flight in the system and the OCD basically, it's like, where's the threat? I need to find the threat. I know there's a threat.

(59:52)

I feel there's a tremendous threat, so I've got to find the thing that's causing the threat. Maybe it's this, oh my God, maybe it wasn't it. I got to go back and check this thing. It's the system being hypervigilant with lots of fight flight energy. So that's why it is just, for whatever reason, you weren't able to check out, your body stayed in the picture, and what was happening in there. So I would say the answer is instead of thinking, you need to use your imagination, just work physically, work directly with the body. Now, almost all the practices in SBSM support this. There may be elements of visualization, in some of the practices there are, but it's more visualizing your body rather than imagining things for the most part. So do the work, do the course work, physically work directly with your body, and don't worry about needing to use your imagination.

(01:00:54)

If you find that you feel stuck with something and it would be helpful to imagine something, then make that really simple. So this might be one way you could start building your ability to use your imagination in safe ways if you want to, really simple stuff. So for example, say you're working physically, like you're working with one of the diaphragms and you're breathing into it and you're bringing in some space, you're feeling all that in the body, and then you feel like a stuck place like, oh, nothing's moving here. And it feels tight. It feels sticky. Okay, could you just imagine, what's the color? What's the color of that sticky place? Very simple sort of imagination, or what's the texture? Oh, it's like pine needles is what it feels like. It's like tinfoil. You could start to explore very simple visualizations like that. The reason we use that sometimes is because it can bring on the creative mind, which is contrary to all the urgency and survival of the limbic system.

(01:02:07)

So when you start to create colors or textures related to sensations, it brings in creativity, which can be quite helpful in diffusing this stuff sometimes, because then you can be like, oh yeah, I've got this red, black tinfoil spot. Okay, well where does it not feel like that? This feels different. What's that? That's like a green smooth something. Okay. Oh, and sometimes it's useful to work that way. And then you sort of, oh, I'm going to notice the physical sensation and then I'm going to imagine the color. I'm going to notice the color of this place, and then notice the color of this place. So it is a valid way to work. That can sometimes be helpful, and you don't have to do it. You can just work directly with the physical sensations you're experiencing. And how might those express, how might you start bringing these sensations in your body into sound, into movement? This is all directly physical.

"Asking about the tendency to try to take in all the information at once. There's a heightened sense in my body, and I notice my eyes skip over the places while orienting, thinking this might stem from early learning experiences with my mom, involving a lot of pressure to comprehend and remember information. Things can now feel hard to articulate in the moment, not having the words to express the mass of feelings and questioning if it's even true. Do you have any advice on this, on orienting to this?" So with orienting, and this is again, this is expression of a lot of activation in the system, it's really hard to slow down and smoothly move your eyes if that's the case. So don't worry about it, let your eyes skip. That's one thing, okay, that's just what I'm doing right now. Can you be with that with some self-acceptance?

(01:04:04)

Like, okay, yep, I skipped over that spot. Wonder what it's like if I go back. Can you bring in some compassion and curiosity and like, okay, that's just what's happening, alright. Or you can change the conditions. So maybe you were orienting out the window to some lovely trees, but your eyes are like, yeah, they're not able to just track. There's skipping. What happens if you orient to six inches in front of you? You sit on the sofa and then on the table right in front of you, you've got a candle and you're orienting to that. It is really close, and maybe I've talked about, you orient, to resource, you set up things that you like very close to you, and you're just looking at that stuff. Orienting is so powerful because it's how we're supposed to be all the time. All other creatures in the world are always aware of their environment and aware of themselves, of what's happening inside.

(01:05:06)

Physically. They're aware of their environment and their response to it. That's just how you're supposed to live. We're the only creature that doesn't live that way most of the time. We are more often than not just in our heads. And the reason for that when it comes to trauma is because the environment was freaking scary. It wasn't a nice place to be. It wasn't something we wanted to pay attention to. It was something we wanted to check out from, or it was something we paid hyper attention to, in the other question, right? With the elevator, always paying attention to everything all the time. So they can go both ways. Both responses make it difficult to just kind of calmly, casually, smoothly orient. So change the condition so that it's closer, easier, more soothing, or just be with what's happening with acceptance, and keep doing it and notice if maybe it shifts or do some of both. And then here where you say things feel hard to articulate in the moment, not having the words to express the mass of the feeling. So great. We just had that thing in the chat about babbling, just making sounds. I already had that in my notes. Express, make direct sounds. Be silly if you can't express everything you're feeling okay. Don't use words. Just use the sounds. Use the movements. What's it look like? What's it sound like? Let yourself play with that energy. Be silly with it.

(01:06:32)

And also just a reminder, when you're doing the orienting, once you basically get the principles of it, like, oh, this is about seeing my environment and feeling myself in response to it. You don't need to listen to the audio lesson. You just do it. And that's a note in general for every single practice in SBSM, the goal is to really internalize these practices. So it's not about just listening to the audio for years and years and years. I mean, feel free to do that. A lot of people

relate to the various audio lessons as resources. It just helps me soothe, helps me go to sleep. Totally. Cool. That's fine. And the goal is for these to become tools that you have access to in real time and can apply creatively. Like, oh, I'm in the store. I'm starting to feel constricted. I'm starting to feel overwhelmed. Okay, potent posture. Where's my posture? What's my tailbone doing? How are my feet on the ground? Am I seeing my surroundings? What's my spine doing? Can I breathe into my diaphragms? Bringing all of these tools in real time is really the goal. So with orienting, yeah, I don't think you have to listen. You can just do your own kind of orienting completely.

(01:07:51)

Okay. "My nervous system can react strongly when I receive a criticism, it's frustrating because I know the person isn't being mean. It can be small things. So my response seems disproportionate. It feels like my stress level goes from zero to 100 very quickly. When this happens, I cry a lot and I feel unable to communicate or think clearly, and I become withdrawn. Usually what helps me to calm down is spending time by myself. Do you think this sounds like unresolved trauma in my body or something else?" Oh, that's exactly. Unresolved trauma in your body. A hundred percent. Beautiful explanation of trauma in the body. Absolutely. Yeah. This is, again, hyperreactivity, right? What we can know is if our response to an event is way out of proportion, that's survival energy. There's your trauma. Yeah. It's - you're going into a response is - if your life's a threat, and it's not, and yeah, that's trauma. That is it.

(01:09:00)

So when we talk about being triggered, that's what it means. That's all it means. I like the word activation a little bit more. Triggered is used well, historically has been used. Often dismissively. Oh, you're just triggered. Oh, you're just getting triggered. So it could be kind of a loaded word. So you can think of it as like, oh, I'm activated right now. I'm going into high nervous system activation. I just went from zero to a hundred. Okay, this isn't about now. Now what's cool is, yeah, it sounds like you found, oh, I can take myself away. I cry a lot, I have, so great. That's your body, moving that energy through, and you get a little space, you calm down. Great. That's good that you can do that. What probably needs to happen is finding some of the other things that are going on. So there's grief, of course, a natural response to feeling like I've just been totally criticized and humiliated, even if it's not in reality what's happening.

(01:10:05)

That's how I feel. Okay. It sounds like there's probably quite a bit of toxic shame in your system, where it's - someone really criticized the hell out of you, and it wasn't useful at all. So again,

who was that? When you are getting overwhelmed, who are you actually responding to? Is this actually your mom? Is your system responding to this person as if it's a parent or maybe it was a mean teacher, who knows, it was a schoolyard bully. It can be a variety of people. Very often it's parents. See if you can just figure that out. Who are you actually scared of? Where did this come from? Where did this start? Eventually you're going to want to start to find your way to the aggression that is in your system, because guess what? It doesn't feel good to be criticized and humiliated. There's a way in which we would've wanted to protect ourselves from that experience as little people. And we couldn't because we had to preserve the attachment, because that's primary. So starting to just consider for yourself, who is this really about? Who terrified me, who criticized me, who humiliated me on the daily, way back, whenever that was?

(01:11:24)

Where does this come from? And then you go away. Do let yourself do all the things. You cry, you go away. You're by yourself. You have the tears, et cetera. At some point in that, can you tune into what your posture is doing? My hunch is it's probably going to be like this. It's probably going to be collapsed in some way. The tailbone tucked under the shoulders, down, the head down. It's probably going to be something around that territory. So just see if you can start to change your posture. Don't worry about anything else, but like, okay, what's it like to lift my tailbone? What happens? Oh, my spine straightens. Okay, how do I feel in that posture? Is it the same? Or maybe again, you just sort of, okay, I'm going to do that. I'm just going to give my fist a little squeeze, and then I'm going to go back, and then I'm going to go back. And you feel both your - feel ability to move. Essentially, you're just starting working to create a little difference, a little different response, or bring in different elements into this habitual response, so that you start to find different options. And if those options can be in the territory of assertiveness, uprightness, aggressiveness, that'll most likely be a good service to your system, because there is guaranteed aggression in there that wants to protect you from whatever humiliation and criticism you got.

(01:13:12)

All right, last one. "Question one, do I need to be concerned about EMFs and non-native EMF mitigation, or can I still heal my nervous system in an environment with lots of non-native EMFs? Question two, I have severe back pain with a herniated disc. Is SBSM able to help me with this? Also? Can SBSM help with POTS? Can SBSM help with insomnia? Is there anything you recommend doing for chronic health problems?" So yes, no, yes. SBSM and all the work in it helps, can help with anything related to your nervous system, which means POTS, insomnia,

absolutely. It's not going to heal a herniated disc all on its own. When you get regulated, you certainly do have much more access to your repair functions, your body's natural ability to heal, a lot harder to access those when you're in fight flight mode, freeze mode, unresolved trauma.

(01:14:18)

So in that sense, becoming more regulated, yes, may facilitate overall healing, which may be part of helping a herniated disc. But with a herniated disc, you often need actual surgery, physical work, and various types of interventions from the outside to work with that structural issue. SBSM isn't going to magically heal that. However, POTS, insomnia, autoimmune conditions of all kinds, all of that is directly related to your nervous system regulation. So yes, it can help with all of those. There's a couple things I'm going to link here that I saved. Here is one that is titled Can Healing the Nervous System Heal POTS?

(01:15:06)

Put that in there. And here's one about insomnia. And of course, again, these will be on the replay page. Now, in terms of your other question about non-native EMFs, so just in case you don't know, everything in the world in nature produces an electromagnetic field, plants, animals, stones, everything has an electromagnetic field that's natural. And humans create all sorts of devices that also create electromagnetic fields that are not natural, and these are called non-native EMFs. They do have a very real effect on our nervous system. Different people have different levels of sensitivity to these things. Some people don't notice it at all. Some people are highly, highly affected by it. So this may be your wifi router, cell phone towers, microwave ovens, AirPods are a big one that unfortunately more and more people are using lots of, not a fan of those. They're the same frequency as a microwave oven, much less strong, but nevertheless not great to have next to your brain.

(01:16:19)

I'm pretty sure, especially while working with the nervous system. So yeah, these things have an effect and they affect people differently. What I've tended to notice is that the more regulated you get, the more you feel the impact of these things and the more resilience you have against them. But you also don't want to tolerate them very long. That's at least been my experience and the experience of Irene and other people that I've known who've gone through this work and gotten regulated. I would've had, I was in the spiritual bypass camp, so non native EMFs have - my spiritual aura will conquer all. No problem. That's not going to affect

me. I'm a spiritual warrior now. I feel it. If I go into the city, I'm there for a couple days. I can feel the density of the electricity of the cell phone towers of all this electronic EMF smog.

(01:17:16)

It's so dense. It does affect me. Do I get dysregulated? Do I get sick? No, not at all. I just feel it. I feel the impact, and then I go away. This is why I live in the country now. So much more of my natural speed anyway. And yes, are there things you can do to mitigate non-native EMFs? There are many things you can do. There is one company that Irene and I really like called LeelaQ, and they make a variety of tech, that is, it's called Quantum Tech, that what we've seen is to be really, really useful. I'm just going to get a link here. I had it ready to go.

(01:18:02)

So here's LeelaQ. We use a variety of their products. They have clothing you can wear that's protective. They have these cubes. Don't ask me how they work, I have no idea, but they seem to actually work. They've done a lot of tests that actually show the effect on the blood. This is one of the main ways that we measure the effects of non-native EMFs, as you can see it in how the blood cells react. And they've done many, many laboratory tests. This company, that shows the effect of their devices, and neutralizing the effect of non-native EMFs on the blood cells. And so we assume that that ripples through the system as well. So, it's the blood cells are just an indicator. So yeah, we really like that company. We're not an affiliate or anything. We just like 'em, use their stuff. Then there's a whole playlist on Irene's channel, which I'll also link.

(01:18:54)

This is called the circadian and quantum biology vlogs. So this is an entire playlist of interviews with people about these issues. Many practices you can do, supporting your circadian rhythms, grounding, getting lots of fresh air. All of these things help with non-native exposure, non-native EMF exposure. So yeah, lots you can do. Yes, they have an effect. And the way that that shows up is going to be very variable for each system. I know some people who are highly, highly sensitive to these things because of their dysregulation, and then as they get regulated, they get much more resilient. I know other people like me don't notice it at all. And as they get regulated, they realize, oh, I do feel how these are affecting me. So there's all sorts of ways it can show up. But yes, they have an effect. I mean, we are fundamentally, we are electrical beings.

(01:19:58)

We are vibrational, right? I mean, if we drill down to the finest level of our beingness, it's

electricity, it's vibration. There's a lot of empty space in there. So yeah, we are affected by vibrations. We're affected by electromagnetic fields because we are that as well, and how we experience that changes over time. But yeah, lots you can do to work with those effects. Alright, well thank you all. That's it for today, and I really appreciate you showing up. I love seeing the new faces here. Love seeing more guys in here. Thank you, men, for showing up. Of course, I appreciate all the women as well, but it's of course in this work over the years, we've noticed that there's more and more men getting into it, which we really, really need. Ladies, tell your guys all about it. Guys. Tell your bros, dude, you've got to check this out. So cool. Alright, thanks. I really appreciate you, and we'll see you next time. Bye for now.