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## Curated Q&A Call #6 with Seth

(01:30)

QUESTION: I am an alumni, 3rd round, with EDT. During this work I keep experiencing layers of intense sympathetic charge in my system. Can you give some advice on when to try to release it, and when to only be with it and connect with the environment? And practical examples of its titration; I am wondering if I can retraumatise myself by its overwhelm.

(09:04)

QUESTION: I went through medical trauma in 2015 (birth of my twins): emergency C-section with general anesthesia, and for many years I had no capacity to process it. In 2020 I started to process the trauma. I'm still angry because I feel the "emergency" was created from the unnecessary interventions. From the nervous system perspective, what happened to me? I'm doing my best to heal, but I still feel immense collapse/shutdown energy some days. It's been 10 years. How can I support my healing?

(16:39)

QUESTION: Hi Seth, a week ago, in a 1:1 SE session, I observed that from a core of the kidneys, something began to move to the outside, to the skin of the organs. For some time I felt some watery and dark surroundings. How can I support my system further on? In certain situations (I sense relational issues popping up, maybe needs) a lot of pressure starts working in the internal waterways towards the bladder. It feels very lively. Please, could you give some directions. Thank you so much, Ellen.

(21:09)

QUESTION: I am grieving the death of my Mum 8 weeks ago. What practices should I do? I am just going with feelings, letting them happen, also some containment. I'm getting stuck in thoughts of "what if, I should have done more," feeling regret I kept away for days/weeks - she needed help for the last few months of her life, just to keep within my capacity and not get too

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triggered, which I was anyway. She didn't say this, instead, she said I did enough. Feeling so much guilt, comes in waves. No motivation to do SBSM.

(25:51)

QUESTION: Hi! Third round participant here, with EDT and shock trauma. I have worked for a decade with my very absorbing boundaries. I used to energetically merge, my mom was very "mergy" and I used to think that was love. Now I find, with increased contact with my body, boundaries are becoming super clear to me, and I absorb so much less from others. Why is this, I wonder?

(28:22)

QUESTION: You said in a Q and A to stay present with the body when the feeling of terror comes up. I tried it when I felt terror, but instead my emotions took over my thoughts, and I felt hopeless, and had this intense hate and envy come up for everyone who wasn't stuck in misery like me. It felt impossible to consciously know that this was something that's just passing through, instead it felt like I would be in this forever. Any suggestions for when I'm in a state like this again?

(35:49)

QUESTION: Hi Seth, Alum here. Currently on Lab 6 for 1st time. Been getting more painful/disruptive sensations while trying to sleep than ever before (skin sensitivity has heightened, shoulders are painful to lie on). Soma said stop actively processing so much stuff; switch to capacity building. I felt deflated; capacity building is a daily activity. But am I still doing too much processing? I asked Soma for NSEs. One was Containment. Been doing that this week. It's helping, but am I missing anything?

(39:31)

QUESTION: After the dentist, with anesthesia, I noticed my whole chest area feels just like that, under anesthesia. No feelings. I understand this is freeze, and I have to improve my capacity.

What else can be recommended there, and what does it mean when I yawn doing Elia's movement lessons. Is it my NS releasing some of the energy of high tone dorsal?

(46:01)

QUESTION: Seth mentioned fascia a few times, how is it related to the nervous system? What exercises are more related to it?

(53:06)

QUESTION: Hi Seth, I am SBSM regular with EDT and fibro, and progressing well in 'defrosting' the entire left side of my body: I have more movement and flexibility than I ever had in life. Could you please explain the difference between leaning into the body sensation for release (Irene's leg example) vs 'chasing the pain.' I think I am doing the latter, constantly looking for new areas with pain, which brings ongoing pain, interrupted sleep, and ongoing nervous system activation. Thanks!

(01:03:27)

QUESTION: Hi! 2nd round of SBSM, with EDT. I get stiff in my neck, shoulders and back, resulting in headaches and sometimes nausea. My face also gets stiff, looking very sad. It seems to originate from a knot just beneath my shoulders. I go into the shame posture to stretch it, which helps short term. Any ideas how to work with this?

(01:06:30)

QUESTION: Hi Seth, what is the difference between trauma and shadow?

(01:09:37)

QUESTION: Hi Seth, Irene said feeling survival energy to grow capacity. Just aware of SNS surge, allow it to reach the peak, PNS gets in? How to not get into an overwhelming freeze? Sometimes we need to follow the impulse to process SNS. Should we process old trauma when surging up? Just annoyed by a family member, first pushed boundaries. Later, felt freeze

sensations: runny nose... Have to process: yelling back. Vomit. Orient, self-hold... Slept OK.  
How to build relationship capacity?

(01:15:19)

QUESTION: Hi Seth, you mentioned sex energy and gave us a book of Chinese Qi-tradition. Why let it circulate in our system? Also what is the difference between sex energy and life force energy? Life force energy includes sex energy? Also healing EDT, should we not consider sex energy like a baby? Abused and touched by other on the breast, so chest tightening can cause the neck stiff? Does this impact on other reproductive organs? Thanks :)