

## 21 Day Tune-Up: Day 1 - Power Of Orienting

All right, so we are on day one of the 21 day nervous system tune up. The first lesson is called The Power of Orienting. Now, just as a very quick reminder, I'll just remind you for this video, this is one of the introductory videos for each of the 21 days, and there is one of these for each day. It's an important video. It introduces you to some of the basic concepts. There might be a little review that you'll get in this video to reflect the content, whether it's a video training, an audio recording, maybe it's some reading. But be sure that you don't skip them. This is, let's just say the appetizer of all of the 21 days. So let's dive in.

So basic overview. Why do we orient? What is scanning, and why is it simple and essential? So the first thing that we have to understand is that trauma disconnects us from our body and the environment. So that's number one, and we will get into the different kinds of trauma soon. But let's just say, trauma being something that throws us off, that disconnects us, and it puts us into survival physiology, something we'll be learning about a lot more. So if a traumatic event or a series of traumatic events, or having an overall kind of chronic early traumatic experience has occurred to us, and obviously many of us watching right now have had this happen to us, we get pulled away from our body sensations, what we're noticing inside, and also the here and now.

So to heal and to continue to heal, because as you'll learn, this is a lifetime learning and education, we're always healing. There's always stressors coming in. We must reconnect to the body and the environment. So when we are learning and relearning how to come back to the body, how to come back to our environment, sometimes it helps to do something that's more specific, more goal oriented, to bringing your attention to the here and now, that would be orienting to your environment, and also scanning and bringing attention and more self awareness to the body. So scanning, if you think about scanning a piece of paper on a

scanning machine, it's literally having a sweep of everything on that, let's say piece of paper, if you were scanning a piece of paper.

So body scanning is similar, we're scanning through our body, we're scanning through our internal environment to see what's there. And then reorienting means kind of coming back, continually coming back and revisiting, reorienting to our system. This helps us pause, and pausing, taking a moment to really stop, feel, listen, notice, maybe look around, maybe connect with your hands, your feet, the pelvis, your pelvis sitting on the chair, it's actually really basic, and yet very potent. And when we've had a lot of stress, a lot of chronic trauma, a lot of early trauma, you name it, as I said we get pulled out of the here and now, and we get pulled out of our body. The reason why is because what we're feeling inside is maybe too much for us to handle. It's too overwhelming. We don't have the capacity to be inside. And I'll get into capacity a little later on in this course.

So we get pulled out of our body, but we also get pulled out of the environment, because often the traumatic stressors have come from our environment, whether it was a baseball that hit you in the head when you were little, or maybe it was an angry parent or a disconnected parent, maybe it was being in school and being bullied. There's so many examples that I won't go into, but I think you might get that. Usually something that occurs to us that isn't very nice is happening from the outside, and so we start to disconnect from looking to the outside because it was a scary thing.

So we want to treat orienting as a practice. It's an actual thing, that when we get into this work, we want to consciously do. And that's what I'm going to guide you through in the two audio lessons that you have on this day one. In time, it becomes organic, so if we have a nervous system that has good regulation, and that's what we're working towards here with this starter course, as we start to bring more capacity on board in our system, as we start to bring more capacity to be with our body and all of its comforts and discomforts, and be in our environment with all of its stressors and pleasures, we start to naturally bring our

orientation back to the environment into our body organically. It's what we are given as our birthright, and then it kind of gets stopped due to stress and trauma.

To end, look around, feel the ground, stay curious. Maybe make that your mantra for the next few days, maybe even for the next 21 days, to remind yourself that you want to bring your capacity to see what's around you online, to also bring online this ability to feel and sense what's under you, so having a bit more self awareness of your body in contact with the environment, and stay curious. When we can bring curiosity and interest and this kind of connection to our process in a more light way, a bit more of a delightful way, we start to shift and rewire the programming that's been so fear based around our environment and on how we feel our internal self.

All right. Take good care, and enjoy the rest of this lesson.