

Good evening, everybody. This is Susan Coleman and once again, I'd like to have someone give me some feedback as to hopefully that you can hear me. If you can hit 1 or 2 on your dial, just to let me know that you are hearing me. Let me see. One, okay, good. All right, good. Excellent. There's all the hands up. Great. Thank you guys so much.

So welcome. Welcome back from the break. I hope you guys all had a great week. I had a wonderful week. I was up in Vermont celebrating my anniversary with my husband. So got some nice mountain time unplugged, re-centered and ready to start the second half of our course. So tonight is Module 5 and we're going to be talking about the energetic qualities of feelings. Up unto this point we've been discussing the validation process all in efforts to help our protective mechanisms. Some people call it the Ego mind, our protective mechanisms that stay blocking us from really experiencing our energetic vibrations aka feelings.

So what we're going to be doing tonight, we will not be doing the spiritual distinction meditation. I'm hoping that you are all practicing that because that meditation like I have said in the past, that's all about really easing into the process, learning how to feel, to feel the different energetic qualities of knowing where we are when we're there. If I'm triggered, I want to know that. And we're going to talk more about that next week around triggering and doing our own personal scouting and you guys will have some nice reflection time for that. But tonight, I'd like to really give you a somatic experience of moving through the bodies so that we can really begin our exploration.

So, I'm hoping that you're in a great environment where you feel safe enough. We're probably going to do a good 40-minute, 45-minute meditation, scanning body, going through the different energetic centers in the body along the mid-line. But before we get into that, I'd like to talk a little bit about what is a somatic experience. What does that word even mean. Remember, I've said that the story was in the head, but the feelings live in the body. This whole mind-body connection that we're developing here, that's what we're talking about. In the past, there have been some amiss [ph] about the mind-body separation and what we're really coming to understand, not only through experience, but through neuroscience and through people doing a lot of body work now. There are so many different modalities and we're really validating that the energetic vibrations, the trapped energetic or the trapped emotional feelings--feelings that we've had to suppress, they're trapped in our bodies and that's what produces pain, misalignment and some even go on to say different dis-eases and I have personally experienced and have personally cured and healed--I should say released different dis-eases--in my body because it's tension. And tension pulls on our skeletal system, so therefore it pulls us out of alignment and makes us more susceptible to falling or torquing something. We all have different energetic blocks in the body.

That comes from us blocking our own experience and when we were little we kind of had to do a lot of those blocks because maybe something was just too overwhelming for our nervous system to feel. We brace, fall so normal that we brace ourselves against pain. Like I said, the human condition is set up on moving away from pain and towards pleasure, but this prevents us from truly experiencing the emotions/vibrations feelings in the body. So emotional feelings are not just a mental event, but take place in our head. They're highly complex and muscular, involving changes in our muscular organization throughout the body.

I'm just going to pause there so you just kind of think about that for a minute. Always think, we have story, it sets off a vibration in the body and then possibly, what causes tension in our body. So it

changes our muscular, neuromuscular organization. We feel emotions by subconsciously organizing our body in a particular way. This is the result of body organization. One could then say our musculature amplifies our emotions the same way a stereo system amplifies music and we experience our emotions through that neuromuscular amplification. So just trying here now to really give you the understanding that the separation between mind and body is a big mess. So we want to really kind of gift [ph] that. They are not separate. We are completely interconnected.

Now the other thing I'd like to share about the body is that--I don't know if many of you have heard the word fascia. Fascia is in our soft tissue. Basically it's soft tissue and you can think of it almost as a shrink wrap that covers our entire body, weaves through all the different muscles, connective tissue, even around in surrounding the organs. And the thing about fascia, what we're discovering like last 10 years or so is that it's completely interconnected. Meaning you don't have separate fascia in your arms that it's separate from the fascia down in your leg. It's one inter-connective system and this is why you could have pain in one area of your body, but that's maybe not the primary source. Maybe that's a result of tension and sticky fascia leaving some place else that decreases our fluidity and our flexibility. But really I like to use more the word fluidity because it's not all about just being flexible and without going off on that tangent, just to say that too much flexibility sometimes leads to not being stable. It just leads to lack of integrity in the structure.

But I like to use the term more fluidity because energy flow and moves like fluid, like water through the system. We all have water properties in the body. We all can return to buoyancy and then as we age, people say, "Oh, I have stiff knees because I'm aging." Or we blame that. We blame a lot of things on aging, but I'd like to propose something that's from [inaudible] who very big in the fascia world. It makes so much sense when I read it and he said that aging is more about an unconscious dysfunctional movement pattern, that aging is just the practice of a dysfunctional movement pattern that we are unconscious of. So we keep doing it over and over again and we keep pulling ourselves out of alignment, out of alignment, out of alignment. Where that doesn't necessarily have to be. If we do activities such as body rolling, or yoga, or stretching, or there are so many different modalities now with the fascia--fascia stretch therapy, [inaudible] is wonderful, acupuncture is wonderful--all these different modalities that are out there, what they're trying to do is to bring balance back into the system.

And when we do somatic practices--somatic meaning that we experience through the senses, basically we feel through the skin, not through the mind--and we all experience people with different levels of sensitivity. Some people feel a lot, some people don't feel much at all, some of us have gotten so good at cutting ourselves off from feeling, that we may not even feel the natural body signal such as hunger, or having to urinate, or needing to sleep. We've cut ourselves off. That, too, is an end product result of piecing our self, consciously or unconsciously to block our feelings. And maybe when we were younger, we were not guided to feel our feelings, or maybe we got the unconscious message that there was space for us to feel, or we weren't allowed to feel, or it was safe to feel, because all we saw was maybe vibrance or maybe some sort of a manic type of person in our life where we got the message that feelings are dangerous, feelings are not fake.

So there are many different reasons why and we're not going to go into that now, but learning how to feel is basically the process of relaxation, to put it as simple as that. In our culture, we don't really value relaxation. We don't think there is a productive evolutionary progressive value in relaxation. But this is how we evolve. The process of relaxing into our self or maybe the process of relaxing into food, or relaxing into our home, or relaxing into our partner's eyes, or relaxing into our children, this is how we

build an abundant life because we allow ourselves to relax into and feel. A lot of us can do this in certain places, like maybe at the beach, when we go on vacation, places where it's acceptable to relax and even then we have a hard time. I just went away for a week and it took three days to unwind before I could really just surrender, let down my guard and soften into my surroundings.

In certain surroundings obviously will lend itself to a clearer message that it's okay to relax and let go, but a lot of us are holding on when there is an acceptable environment to let go. But we're just in habit of holding, of gripping, of tightening. We even do it in our sleep. Some of us grind our teeth in our sleep or we curl up in a protective ball and just tense that up and just go to sleep that way.

The process of learning how to feel, like I said, it's process because we all have to learn to trust the process of letting go. And in order to trust, first we have to feel and understand the value. It's not just a luxury. It's a huge value to relax into the body, to allow our joints to soften, to allow ourselves to find space. And when we do this and let go, yes, emotions may rise to the top because of years of pushing it into the body of bracing ourselves or blocking ourselves from feeling. And obviously if we've experienced trauma, we have a loss of core belief around how this is not just safe to do. It will just take more practice. That's what it will take, just more practice.

So when we cut off, we're imposing blocks and that prevents the feeling from completing, which would mean we interrupt the neuromuscular pattern of feeling by superimposing a stronger feeling on top of it. Suppressing is a stronger pattern. So we suppress it or we try to diminish it, diminish the intensity. Block like the feeling itself is also a pattern. It's also a neuromuscular pattern manifesting as muscular tension. I want you to just take a pause and just think about that, marinate that for a moment. With very little initial scan in your body, just close your eyes for a moment and just begin to breathe. And the body might call it tension right away to a place where it feels like it's folding. Maybe even through my discussion of what I just went through in the last 15 minutes. You felt yourself going through your body and just relaxing. I do a lot of somatic healing in my practice and it's basically the first thing that we have to relay. The message is that it's safe to let go. That's why in the very first or maybe it was the second session that I had you guys tap your third eye very gently and do a little mantra, then it's safe to feel. It's safe to feel.

So these different vibrations of feelings, we all experience them differently. For me to go through each one of those emotions on the chart and try to explain or try to give adjectives to the vibrations of each one, I don't really think that that would be that productive because we all experience and hold the emotions in different parts. Some of us may experience anger in our jaw while others feel it in the arms. Some of us feels sadness deep down and alone and some of us may feel just our shoulders being heavy of that. We all have a different body language and that's a very personal process.

What I would like to introduce tonight is to just move through the body in the meditation and I'll guide you through visiting these different energetic centers. I'm sure most of you have heard of chakras. It's a map of the energetic centers along the mid-line. It's very useful to start navigating and there's also certain sounds. I really love tonal healing and to create that vibration in the body for clearing. I may guide you, there's different tonal sounds for each area. It's I say, make sure you're in a very secure place because it may sound--we're here to make some sounds for sure--setting off some vibrations in the body. So we're going to have some fun.

So let's just start by simply sitting up straight and really feeling the six bones, those 20 butt bones

underneath your pelvis and just rock a little bit. You may feel the back of them, you may feel the front of them. And just rock back and forth to get a sense of them and try to find the center. Whatever we can do to if I don't get too nervous about the position. But notice that those butt bones, they can form like a foundation underneath that and if we align our self in the center, slightly toward the front of them, you may experience that pelvis sits perpendicular to your chair almost in the 90 degree angle. So when we sit like that and if you can, great. If you can't, just do your best. But when we sit like that, we can let gravity take the shoulders. We're going to have to hold our shoulders up. We can just relax them. And then if the shoulder blades are being pulled down with gravity, it will naturally align the skull, gently drawing the jaw back so that the crown of the head aligns itself right over the center of the pelvis.

As you set that up, imagine that there's a mid-line that goes straight up. If that mid-line is upright and it's straight, that would mean that your ears are lined up over your shoulders and your shoulders are lined up over the pelvis, so if someone was looking at you from the side, they would see your ears, your shoulder, and the side of your pelvis, your hips. Imagine that the front body is as wide as it can be, allowing the ears to go wide and the armpit to expand wide and the hips to expand wide. We have our height [inaudible] and our width. Now if this feels too intense for you to sit like this, just do your best. We don't want to create too much rigidity in the body because I don't want you to have to hold your breath in order to stay there.

As we take a few breaths with the awareness of this center line, as you exhale, allow that exhalation to take you all the way down into the pelvis--all the way down into the first energetic center of the root chakra all the way down on the pelvic floor. Now what I want you to do is breathe with the awareness of the root [inaudible], allowing the pelvic floor to breathe, which would mean it expands and it contracts. It doesn't have to be a heavy breath exercise, just an awareness and if you can't get your breath down that low just yet, no worries. It's just information and go all the way into the center and I want you to narrow as your mid-line stays nice and straight.

Imagine that you have this fear [ph] around the body in the root chakra. Like you're sitting on a pancake and they're just fear. Once you inhale between the energy to the middle and as you exhale, allow the energy to expand in all directions around this fear. Very gentle nourishing, but full of intense type of breath. And if it's hard for you to connect fear, it just may indicate that there's a block and that's okay. It doesn't mean you're broken, it doesn't mean something is wrong. It just means that it's a calling for deeper relaxation. So instead of stretching, and pulling and tugging in order to find space, simply going to invite the body to relax little deeper. A little bit more nourishing.

And the sound that is associated with the root chakra, with the LAM. If you say this to yourself, really what we're trying to do is to create a vibration. It sounds something like *humming Lam*. So like a little mantra, try that for yourself. Everyone is on mute. You don't have to worry, no one can hear you. As you take your breath, gather the energy to the middle and then as you exhale, *humming Lam*. Try to connect it as low as you can, the sound is coming from that place *humming Lam* and then pause. Just notice the effects of the vibration. And as you stay centered and focused on that area, then you sense how the center of this first root chakra relates to the face surrounding it so that your perspective can go in and then wide all around you, to the front, to the right, to the back, to the left. How does the center relate? Just the confidence? Can you just sense that face, nothing too heavy, we're just feeling through the tissue.

Now moving to the separate chakra which is in between, that's below the belly button, near your pubic

bone. This is the second chakra, second energy center. That's all I'm going to say, it's an energy center. Just bring your breath there and make this area and contract. See if you can really sense the space around it as well. The sound associated with the second energetic center VAM. So as you inhale, bring all the energy into the center of the body, right in that area, right near the pubic bone, right near the sacral plate. And as you exhale, *humming Vam*--*humming Vam* to that spot and just sense it. See if you activated it. Just [inaudible] energy movements through it, around it. It is great. If not, no worries. Every time you do a meditation like this, you're going to get different information as to where the blocks are in the body. Imagine that the energy is pulsated, in the center, out to the edges, even beyond the physical container of the body, like this area is breathing. There's energy moving through. In a sense that it's moving through the front but not the back, the right but not the left. All of it is just exploratory. It didn't mean anything. Don't fall into a heavy thing. Just sense and feel.

Moving up to the third that's right near the naval. Third energetic center. Just practice by bringing breath there first and remember, we have breathing muscles all around us, not just front. You can breathe sideways, you can breathe to the back. You don't only have to push out the front. Again, that's a practice skill. Notice that that would require and we didn't have any tension there yet. If you can, you can. If you can't, just jot the information.

The third center, the RAM. Right into the naval, right into that belly button area. Take a nice breath, *humming Ram* and just yield the effects. Nothing is forced, breath seem norm, just regular nourishing breaths with no intention and you sense the center of this energetic center. Hands and space around how it relates with the space surrounding it. But why can you get this fear? Don't sense it, invite the body to relax a little deeper and notice if you really truly feel the circumference of the center.

Fourth energetic center--there are seven. We're on number four, and you want to come up right into the center of breast bone, behind the breast bone but in front of your upper middle left, bringing it right near the heart. Allow this area to breathe. Gently feeling the rise and fall of the fourth energetic center and just notice the energetic quality of it with this sense in this area. You don't have to go into a story line of association and the story, or reference. The energetic quality, what you sense and feel. You may have a better connection than the lower chakra for you? But maybe it's less. It doesn't matter. Information.

The sound for the fourth is YAM. A nice breath bringing all the energy into the middle and *humming Yam*. Again, *humming Yam*. Soft. Allowing that heart to open, allowing all the musculatures to soften, front, back, thighs [ph], under the armpits, softening so that the breath can move through. Don't force. If it feels tight, go the other way. Deepen the relaxation, be more gentle with it and act a self-care and nourishment. None of this is to be imposed from the body. Just notice what you notice. Is there a tendency to hold here? To grip here? Or push out any organs? And then all of these energetic centers be right in the middle of the body, sensing the circumference around.

This energetic center is in the throat, right in the middle of the neck. Take a few moments and bring your awareness here. Allow it to breathe. The least [inaudible] that you may be carrying there. Jaw softened. There. No judgment. Never any judgment. Information is on it. Let the sound HAM. Taking a breath, *humming Ham*. Right the middle of the throat, *humming Ham*. And then *humming Ham*. The vibration, you don't have to do anything with it. Then all the center really be the circumference. Remember, this is just an exploratory map, we're beginning our process of where we hold and block. You pay attention at the center of the throat, allowing it to breathe. Noticing and

sensing how to the center relates to the complete circumference in space around the body--the front, back, to the right, to the left. Sound moving up to the space between the eyebrows. Some people call this the third eye. Bring your awareness to that space, softening the eyebrows, softening the forehead, the face behind the eyes, very common place to hold. Up in the temple, back of the scalp and just sense the space and the center line right behind the eyebrow. Right in the center. Just keeps softening.

And the sound associated with this energetic center, SHAM. Nice breath, *humming Sham*--*humming Sham*--*humming Sham*. Pause and just sensing through the tissue, sensing the vibration that we just created in that area, sensing the center and how it relates to the space around it. No judgment, just curiosity, just information.

Moving on to the last one which is ride at the top of the head, pineal gland. Some people call it [inaudible], the soft spot on a baby's head. Right at the top. Just sense your pineal glands all the way at the top. Sense the energy that exist there. Sensing the center of that space and how it relates to the space around it. Getting a 360-view, the sound associated is OM. Making that inhale, *humming Om*--*humming Om*--*humming Om*, pause and just sense the space, around the space. This is in sense, the centers of all of those centers. That on top of each other and see if you can visualize that and I want to bring you over, focus that attention right into the center of the body, right near the solar plexus and what we're going to do with the breath here is we're going to move it down and up at the same time. So you're going to expand your center line, inhale, to the right into the center and when you exhale, go down all the way to the root and let it go way up past the pineal gland. And again, draw back into the middle and exhale out in both directions. And again, and exhale.

Just slowly open your eyes without really moving and just try to feel your body and what that experience would be like for you and keeping your nervous system soft and quiet like this. If you could just pick up your pen, I will give you a few moments to journal any kind of interesting, finding insights that you may have gotten different areas of the body that you felt, ones that you may be had difficulty feeling, that felt kind of dense and maybe really it was no neurological connection at all. And I just want you to journal that for yourself, what it was like in this moment.

Tonight was just an introduction to the concept that we hold our feelings in our body, that may be living in certain areas. If you have chronic pain or if you have a dysfunctional movement pattern, a distorted hip or pelvic movement, or neck movement, I just like to open up the door for a different inquiry around the same and just ease in the body and how holding lots of feelings that you probably had to block in order to survive the situation. We don't have to hold that block any longer. If it was a trauma that you experience, you already survived and to rest in that, the worst is over, the negative experience is not happening in this moment, that it is fate to relax into. It may not be comfortable. I'm not saying that this is comfortable, but the more we hold on, the more we get to keep it, the more we will block our self from truly experiencing the full emotion.

Now, like I said, it takes emotional courage, but hopefully, this course, this process that I'm trying to bring you through allows you to trust the process of letting go. And that it's very real when we lock emotions, when we cut ourselves off. This took me a very long time to actually feel. I taught myself over and over again to brace against the negative because we all do that. We brace against negative feelings. And we hope to do that. Then it can become habit. When we start going into the neuroscience behind all of this, we will learn, like I said earlier, that it becomes habitual and that's because of the patterning that's going on, brace [ph]. It really lends itself, "Well, how do I re-pattern? How can I start

to undo all of this stuff?" That's called psychosomatic regeneration, that integration. Regeneration where we literally teach ourselves a different feeling, a different association providing a supportive process of processing our unprocessed feelings. It's like we re-pattern with different meanings so that we re-teach our body new neuromuscular patterning. And without getting too much into the psychotherapy side of it, we can teach ourselves that it is safe for you.

Remember, I have often said that we do this by our self, for our self, with our self--or with a practitioner just like with somatic practitioner which is extremely helpful. A wonderful process that I go through with my clients and the first thing I always have to create is safety. Safety in touch, safety in the environment, safety in words of non-judgment. I highly recommend if you feel that you have trapped emotions within your body, to seek out a mind-body coach, a somatic healer. They're everywhere. And find one that you can connect with and invite yourselves to go on a journey. Until we learn the process of re-patterning, we have to go through the exploratory process first of what's there before we can go into the re-patterning. It's not about going into the story line--yes there are references and [inaudible] to talk about the story--but it's not just didactic. It's more about getting the vibration out of the body so that it neutralizes the story and then in neutral, we can re-pattern. It is very possible.

So I hope this was helpful tonight. Please share any questions. I invite them and talk to me. I invite you to explore and start with this very dated meditation that I brought you guys through. Remember, it's just a map to go through. You may find that you want to explore one or two of those energy centers a little bit more. And as you do this, if you want to do this on your own, basically what you would do is just relax yourself, get yourself in a safe environment and maybe put on some of those spiritual music with a certain vibration in it like Somatica, Somatic healing type of--there's a drum. If anyone has Pandora, there's actually a station. It's called Somatic Feeling Journey and there's really great tracks on that. Tracks, listen to me, old. Really great songs.

And it will invite your body to let go. Your will then as I said, where you use a very soft roller, the melt roller is what I highly recommend. Not the hard ones because the body can't relax into them, but the soft one is called the melt method. You can get it online, melt method or the Yamuna. Wonderful resource where you can order. They're not too expensive body balls and her website is beautiful in terms of information. Very, very informative. Yamuna, that's her name. And I use it in my practice. I use also in my practice and it really helps us identify.

Sometimes when people do body rolling, they put pressure and then they force and push and I don't agree with that. The ball of the Yamuna and the melt method, what they do is they invite the body to soft. What you're trying to do is to relax into these areas. The balls just identify where there's tension and they identify and guide us to where to let go. Again, images may come up, feelings may come up even afterwards. Most likely afterwards. And if you just don't let yourself get caught up in the story, if you just surrender to allow yourself to really complete the feeling, don't block it with the story, don't block it with the thinking, don't block it with the references or what you think it means, just ride it out and you'll begin to trust the process of feeling and like I said, we have to move through feelings, and go around them. You don't release them, we move through them.

And then as we do practices like this, it will begin to become more natural. As you're experiencing some things negative or even joyful. Of course if it's really great, joyful experienced emotions and we wanted really to let ourselves take it in. And the more we practice taking in and trusting that we can relax into the uncomfortable ones, well, what this allows us to do is to truly experience joy and

gratitude and abundance in our own brilliance, in our own self care and self love and acceptance. Because if we're blocking our feelings, we don't just block the negative. We get into a pattern of blocking. All of them. The more we surrender, we allow our self to receive and move through by giving our self a gift, it will help us neutralize the story so that we don't identify with that story anymore. We can now change and rewrite and have a completely different experience.

I hope tonight was helpful. I went a little bit over so I'm going to jump off, but Namaste and thank you guys so much for letting me bring you through this. It was my honor. Have a great night and hopefully I'll have you on the call next week. Good night.