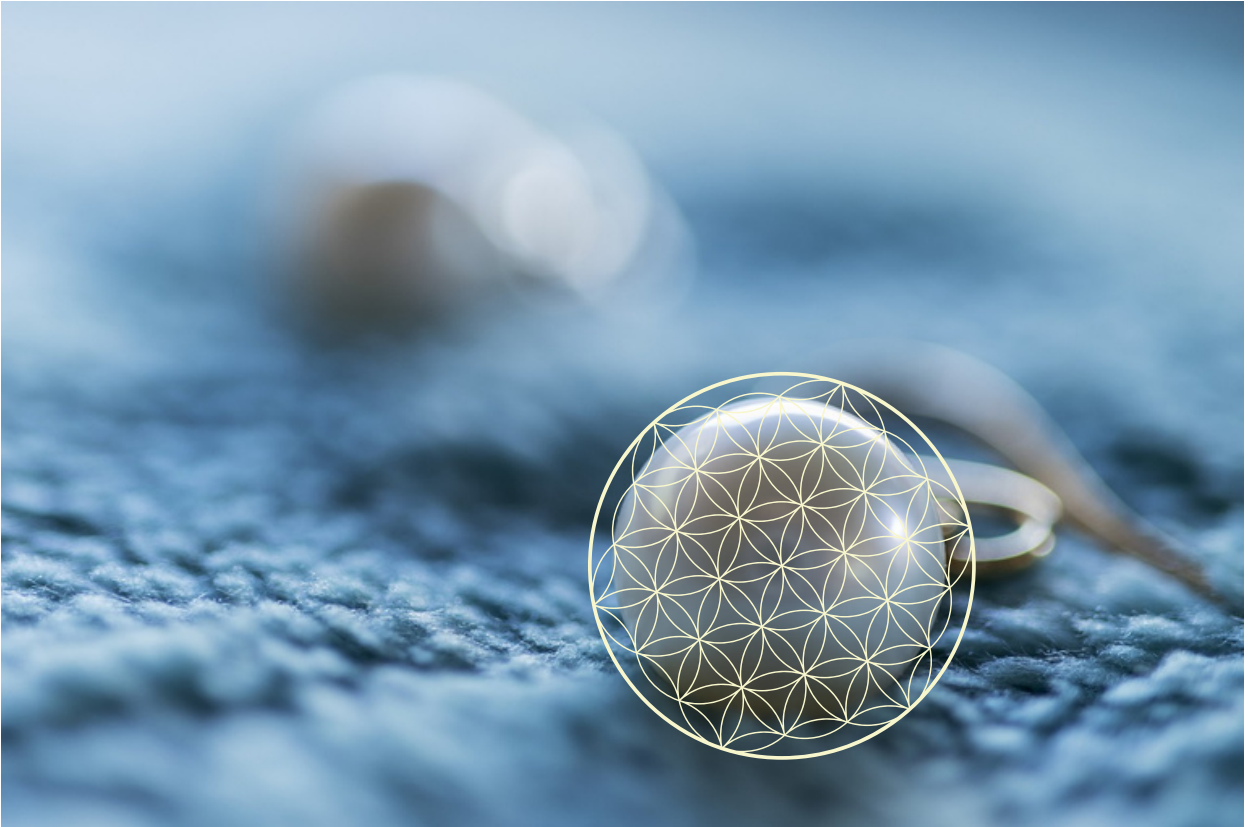


TREASURE



*Understanding Your
Somatic Intelligence*

Opening

Video Transcript

Welcome back to Stage 2. By now, you would have immersed yourself in the frequency of beauty, harmony, and balance when you connected with the Flower of Life. This sacred geometrical pattern is one of my favourites, for there is something so simple and elegant in its design. It's commonly found these days, and it's easy to take for granted how intricate a pattern it is when we just look at it. However, when you attempt to draw it from scratch, you get to participate in the creation process, and you see first hand the level of detail and precision that's required. This can be quite a profound experience. There's also something quite meditative about drawing these patterns, for they can go on and on, depending on the amount of space you have.

I encourage you to continue with the exercise of gazing at the Flower of Life for 4 minutes - this was the exercise introduced in Module 1 -, as well as to add in the guided activation and drawing practice. Also, how have you incorporated the flower of life symbol in your environment, and what experiences have you had after doing so? As you continue to apply the teachings here to your daily life, you'll start to notice a difference, an elevated state of being that ripples out into everything you do. This is the power of connecting with Sacred Geometry.

In the module on The Flower of Life, you also learnt a key principle for becoming the conscious co-creator of your life, and that is to put yourself at the center. You take radical responsibility by placing yourself at the center of your life, the center of the

circle in this sacred geometrical shape. Remember the contrasting images of the harmonious balance in the flower of life, and the circle that most human beings are in? Balance, beauty, and harmony - this is the elevated frequency that will invite in more ease and flow. In order to maintain this elevated state of being, the first order of the day is to take ownership for your circumstances. This is the foundation for true personal transformation. A daily practice of connecting with this sacred geometrical form will elevate your consciousness, it will prompt it to resonate and align with this harmonious frequency.

The etymology of the word 'Elevate' comes from the Latin word for 'to raise,' 'to enhance.' It is based on *levis*, or 'light,' and can be found in words like *alleviate* and *levity*. As the name suggests, this stage is all about raising your vibrational frequency to a higher, elevated level. Sacred geometry is one powerful way, and another is to upgrade the main operating system of your physical body: your nervous system. We touched on the autonomic nervous system (ANS), specifically the Vagus Nerve, which serves as a control center for the human body. It's essentially the body's superhighway, as it carries information between the brain and the internal organs.

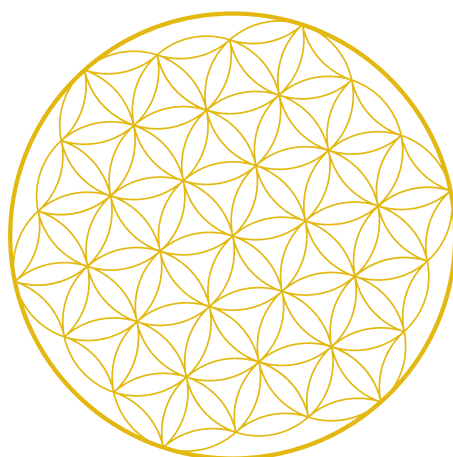
Through this nerve, we react to stress signals in our environment in ways that alarm, or dysregulate the body. And unfortunately in the world we live in today, there is constant fear and thus most of the population experiences chronic anxiety. Our nervous system goes into sympathetic response more often than not, and by this I refer to the fight, flight,

freeze, or fawn response. When there is good vagal tone, however, we're able to bounce back quicker and shift into a parasympathetic state, also known as rest and digest, much quicker and more easily. We will cover practices to build vagal tone in greater detail in the next module on Nervous System Regulation.

For now, what I'd like to highlight is the importance of elevating your physical health, especially your nervous system. So far, we've done quite a bit of exploration of your cognitive health, and it's time to layer this with the wisdom of your body because, in order to step into your gifts more fully and shine your light more brightly, you will have to expand your body's capacity to hold more. You will have to step into becoming more visible. You are ultimately here to be seen and recognised for your gifts and genius. The Divine needs you to be a vessel for its expression. Being seen and heard, being visible is important for your well-being as well, because it signals that you matter.

However, for most women, being seen equates to danger, because it puts us in a position where we are out in the open, in full view, and there is something vulnerable about that, especially if you are sensitive, or if you don't feel safe or comfortable. There are risks involved when we expose our true selves, because it makes us more open to criticism or judgment from others. And so, for much of the time, many of us prefer to stay small and hidden, to dim our light. We actually get in our own way because we don't feel safe.

Now, since you're here to actualise your highest potential, and to offer your gifts in high service to humanity, we're going to shift your physical state so that you can feel safer, more secure and more stable as you expand and shine. And the way to do that is to tap into your body's natural somatic intelligence, which is what this module is all about. I've selected and curated the practices here to be easy, simple, and accessible. The goal is for you to incorporate them easefully into your daily routine, so I've designed the teachings here to support you in elevating your system effortlessly. I invite you to play and try them out; pick the ones that resonate with you the most, and make it a habit to do these short practices every day until they become as routine as brushing your teeth.



Understanding Your Somatic Intelligence

Video Transcript

Our bodies are miracles in motion, and somatic intelligence refers to the ability to connect your body and mind so they work together. It is an awareness of how your body responds to stimulus, and then consciously using that awareness to cope with challenges. Being aware of the messages your body is telling you is actually a natural state of embodied knowing. This is an innate intelligence that you were born with, but have likely lost over time.

So how did we lose or forget this natural ability? There are a couple of reasons for this but I'm going to cover 2 main ones: cultural conditioning, and trauma.

1. Cultural Conditioning

So many of us are out of touch with our bodies because so much of Western culture views humans as disconnected and separate parts. The sacred feminine is inclusive in nature, and celebrates sensuality, it honours connection with the body. However, toxic patriarchy has promoted narratives of separation and hierarchy. It prizes the mind above all else and so, in conventional education systems, priority is given to developing the human mind. The body is often seen as weak or inferior, a separate organism that takes direction from the

mind. Even worse, a woman's body has been vilified over the years. It has been objectified and sexualised, treated disparagingly and often abused, so no wonder many people, especially women, have become disconnected and shut off from their bodies. The impossible standards placed on idealised female bodies has also resulted in women rejecting their bodies and the roles that are expected of them. Given such conditioning, it's more important than ever to remember who you are – that, as a spiritual being who carries the Divine Feminine in you, you were never meant to be disembodied and compartmentalised.

Also, when you consider the environments we've been brought up in, especially in societies that are deemed 'developed,' there's often a cutting off that is quite brutal and violent. Typical work culture promotes treating our bodies like machines, to adhere to schedules that operate like clock work, instead of honouring the seasons and our biological rhythms. All this non-stop hustling in the name of productivity, and a forgetting that this constant rushing and doing wears a human out.

This sort of disconnection was instilled in us from an early age, where we've been taught to sit still in our seats, to stop fidgeting or moving when there's often good reason for doing so. We've been confined to factory-like environments, where our movements are dictated by the ring of bells instead of spontaneous, instinctual impulses to get up and move. It's no wonder so many of us have shut down physically and become paralysed over time. The tragedy here is that these spontaneous impulses are an essential aspect of our humanity, and when we favour the mind over the body, there's an unfortunate hierarchy that divides instead of connects.

2. Trauma

The second reason for the shutting down of our innate somatic intelligence is due to trauma. Many of us have been impacted by traumatic events that are trapped inside our physical bodies and which are holding us back from full expression. Your body may have developed habits that have stuck; for instance, someone who has experienced a great deal of stress, her shoulders may become tight and hunched, or her breathing may become laboured and, over time, her shoulders become stuck in a rigid position and are no longer loose and relaxed. I'd argue that many, if not all, of us have experienced dehumanising experiences that strip away our core sense of self. Now, it's also important to clarify our understanding of what trauma means, so let's go into this now.

I like this definition from Dr Gabor Mate, a renowned expert on trauma, addiction, and stress, because it is simple and easy to understand: Trauma is “a disconnection from ourselves... anything that overwhelmed our system.” In other words, trauma does not refer to specific events, which is what's traditionally understood. It does not mean that only terrifying situations, like war, accidents, or natural disasters are traumatising. Rather, the focus is on the individual's experience of the event. Which is to say that something seemingly small and insignificant may be very traumatising to an individual who experiences overwhelm and disconnection from the self. A lot of the time, when trauma occurs, we become disconnected, or dissociated from our bodies. So as women who are up leveling in our

Divine Feminine, we want to be strong vessels that can anchor in higher frequencies whilst remaining stable and solid.

In his work, Dr Mate also emphasises that trauma is the key to everything, and that the first point of disconnection is from our bodies. The premise here is that you have likely experienced your fair share of trauma, and that possibly, a lot of your childhood conditioning and programming are not necessarily what you want to keep or hold onto. That is why reclaiming your innate somatic intelligence is so important to living an elevated physical life. The good news, it's entirely possible to regain your innate bodily intelligence. The science of epigenetics and neuroplasticity now shows that it is possible to make a change; you just need to hone the right skills, and that's exactly what we'll be practising here.

Another helpful way of understanding trauma is through the metaphor of an electrical circuit. Your nervous system works very much like an electrical service panel. When it's well-regulated, neurons in the body flow smoothly and correctly. However, when it malfunctions, when it short circuits, the harmonious flow of energy is disrupted. When your nervous system is short-circuiting, it's like an electrical wire inside of you has gone haywire. Just as an electrical wire can overheat or catch fire when experiencing circuit damage, your nervous system can run amok and become dysregulated.

The most common symptom of this is feeling anxiety and finding it difficult to return to a baseline calm long after the stressor is over. Even though what had

caused the trauma may have gone away, the block and lack of smooth communication in one's nervous system means that your body may not return to homeostasis, to a healthy parasympathetic state, easefully.

Now, how do we repair a short circuit? We simply need to reconnect properly and ground to regain stability. Similarly, your nervous system can be restored with adequate grounding. Because the root cause is physiological and not mental or psychological, we need to address the issue by coming back to the body. Just as this picture shows, the remedy is to ensure that we are grounded. Grounding returns the chaotic energy to a source where it can securely attach to an anchor and settle. Let's understand how grounding can elevate your somatic intelligence, and move on to practices.

Grounding

Feeling grounded is really a state of being fully conscious and present in the moment. This means that no matter what is going on around you, you are able to remain balanced, centered and aligned within your self. There's a lot of talk about ascension and moving up into higher vibrational frequencies, but if we are not grounded and anchored to our bodies, then we lose touch with present reality, with the here and now, and we are then unable to function healthily. This is also why embodiment has become such a buzzword these days; it's all about having a safe container in your body. So grounding can be understood as having an anchor, being centered, staying aware in the present moment.

Nervous system grounding is a set of activities that can help calm your nervous system and make you more resilient to stress, so we're going to explore a few of these now. Bear in mind that, in order to cultivate a felt safety in the present moment, you need consistent practice so that your body remembers how to stay in safety when events trigger you.

One of the most effective ways to ground yourself is by connecting skin to skin with Mother Earth, such as by laying on the ground or simply going barefoot. This is a free and easily accessible practice which has numerous health benefits. When you touch your body to the ground, it dissipates the static electricity and external charges that are on you, and at the same time you are receiving a charge of energy in the form of free electrons from the earth. Making direct contact with the earth is therapeutic and enormously beneficial. However, if you live in a highly urban area, or if it's not feasible to go barefoot outside - and during winter season this may not be sensible - you can also use an earthing mat. I have one of these at my work space, and can attest to the relief it brings, especially when I am working long hours at my desk.

Another very effective tool to ground yourself in the present moment is to use your 5 senses. Oftentimes, the first thing we need to do after having a traumatic experience is to reclaim the capacity to come back home to ourselves, back to our bodies. To draw our attention and energy to the present moment, to know that we are safe now, and that it's safe to be in your body. And we can do this by using the 5 senses through which we experience, or sense,

this world. So for example, using self-soothing touch, you can place a comforting hand on your belly, or gently caress your face. It's a here and now felt sense of what it's like to feel safe, versus being disconnected from your body and feeling trapped in shock or anxiety. In fact, the 5-4-3-2-1 grounding technique is a mindfulness exercise that's commonly used by therapists to help their clients reduce anxiety. It engages all 5 senses and gets you to focus on the present moment, and it's very simple to do.

This info diagram explains the simple instructions of this technique: First, look around and name five things that you can see around you, perhaps a plant or an attractive ornament. Then, direct your focus on four things that you can feel, such as the temperature of the room you are in, or the stability of the chair you are sitting on. Next, name three things that you can hear around you, such as the clock ticking or the sound of birds chirping. Continue by noticing two things that you can smell around you right now. Perhaps it's the smell of an essential oil, or a delicious meal from your neighbour's house. Finally, focus on one thing that you can taste. I always find it helpful to take a sip of water and rehydrate for this one. You'll find that, by the time you get to this sense, you'll be more anchored in the present.

The 5-4-3-2-1 grounding technique is an example of a psychosensory technique to help you feel safe in your body. Psychosensory simply means we are using sensory information to change the brain's processing. These somatic techniques help us shift the amygdala, the fear response, into a calmer,

more regulated nervous system state. Other common and popular techniques include using warm lighting, such as candles, diffusing essential oils, using aromatherapy to stimulate feelings of relaxation, or going for a soothing massage.

There's also another simple practice that layers on breathwork, and is easy to do. In fact, I encourage you to try it out the next time you're folding laundry, brushing your teeth, doing the dishes, or making your morning coffee. Let's do it right now together: Feel both feet on the ground and lower your gaze or close your eyes. Breathe in for 4 counts and out for 8 counts. Breathing in, 1, 2, 3, 4, breathing out 1, 2, 3, 4, 5, 6, 7, 8. Repeat this by counting silently on your own for several rounds. Continue to feel your feet on the ground as you do this. You are reaping the benefit of activating your body's natural state of rest and by staying in the present moment by lengthening your exhale. Best of all, it doesn't take up any extra time. Best of all, it doesn't take up extra time as you do this whilst going about your day.

Remember the short 3 minute grounding exercise that you did in the previous module? Let's explore its benefits in greater detail. The first step is to notice your emotions, which helps you to focus on what's going on inside of you right here, right now. Then, by adjusting your physical posture, by settling your shoulders, you are subtly shifting your body's position and the science shows that these small shifts have a healthy impact on your mood. Then, by slowing down your breathing, you are activating your body's natural state of rest. When we bring in a

positive feeling, in this case gratitude, you're introducing a high vibrational frequency into your field. And finally, by using the power of your imagination to visualise roots growing beneath you, you are harnessing one of the best and most powerful tools you have to shift your state. I highly encourage doing this quick, effective, and elegant practice at the start of your day to generate a rooted, grounded presence.

Ok, so I've covered a few practical tools here, and I invite you to practice them throughout the week. To summarise, you get to incorporate the following simple, easy grounding practices into your daily routine:

1. Go out in Nature and have direct contact with the earth. Alternatively, use a grounding mat to discharge
2. Psychosensory practices (e.g. schedule in a body massage, or apply an essential oil)
3. Grounding Practice (Refer to the 3 minute recording)

Play around and see which ones appeal to you the most. Continue to work with the sacred geometry of the Flower of Life; in fact, beautifying your physical environment is a wonderful way of anchoring you in the present moment by employing all 5 senses is a wonderful way of anchoring you in the present moment. When there are pleasing visuals around you, pleasant scents that lift your spirits, or gentle, soothing music playing in the background, you are manifesting the harmony and beauty present in the flower of life. This state of harmony is what we are all striving for.

Additional Resources & Practice

1. 3 Minute Grounding Practice

Do this simple grounding practice daily to help you stay centered and connected

1. The Earthing Movie

Watch [The Earthing Movie](#) (1 Hour 15 minutes) to learn more about the numerous benefits of this simple practice

