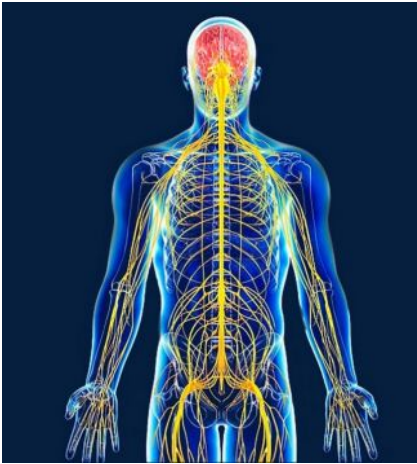


Day 4 Sensation, energy and feelings in our body



We store trauma in our body along with associated memories and emotions. There is a growing understanding that trauma needs to be healed somatically. We need to heal through our body.

In order to heal through our body we need to feel in our body.

Everyone tries to avoid pain. No one likes to feel powerless. We resist feeling what is going on in our body. We are afraid that if we ever start feeling it will never stop hurting.

Stored trauma can show up as a heaviness in the chest or a black pit in the stomach. We clench our teeth or tighten our neck and shoulders. Suppressing stored trauma takes a lot of energy and it eventually no longer works.

People reach a tipping point where we realize the cost of suppressing is more than we can afford, and that it is possible to heal. When we have a lot of stored trauma, it can feel overwhelming to tune in to our body. With the proper support and tools, we can release our pain and suffering.

We don't want to dive right into traumatic memories. Begin with building strength and resilience in your nervous system through guided relaxation practices like this one. If you like, you can close your eyes and listen to it on this [audio](#).

Relax your forehead and eyebrows like we did in day one. As you let the muscles soften, relax your eyes and eyelids. You can have your eyes open or closed.

Notice the flow of breath in your nostrils. It feels cooler as you breathe in, and warmer when you breathe out.

If your teeth are clenched, relax the hinges of your jaw and put a bit of space between your upper and lower jaw.

Many people brace themselves through the neck and the large muscles of the upper back. Let your shoulders soften and relax away from your ears.

You might notice the rhythm of your breath or that you're holding your breath. Relax your stomach and let your breath move a bit deeper. Stay with this for a few minutes.

Trauma is stored with associated memories and thoughts. Build resilience through breathing and relaxation. Learn tools like the emergency practices from day two and tapping, tracing and focus from day three. This is a good basis for working directly with energy, feelings and sensation in the body.

Our nervous system alerts us to possible danger. It is not sophisticated or nuanced. Its motto is “better safe than sorry”. Through mindfulness tools, we can look directly at thoughts, especially ones that trigger sensation in our body.

Image: Does the sensation have a color or shape? Do you have an image of it? If so, work with it as an image. You could put a frame around it and do tapping, tracing or change the focus.

Location: As an example, let’s work with a feeling of a black hole or tightness in your stomach. Can you feel it up into your ribcage, down into your legs or is it mostly a few inches around your navel center? Notice no energy goes on infinitely. Does it go right out to the edge of your body or a bit past? Does it have a defined ending or taper off? How would you describe it to a scientist? Is there a sense of movement or is it still? Is it hot or cold? If it is painful, is it a dull ache or sharp pain?

Notice the space all around the energy. Even if it fills up your whole body, there is space all around your body. If it is centered in your stomach, notice the space above and below.

When it feels too intense, back away a bit. Notice the space around the energy. Open your eyes. Move around. Take some deep breaths.

Remain aware of your body and breath. As memories come up, mindfulness helps us know they are not happening right now.

Can you go into the center of the feeling and rest there? Look at the world as though from the inside of that energy, or you could continue to pay attention from the outside and notice the space around it.

Mining the energy: We’re asking questions not to the mind but to the energy. Ask, then listen to see what comes up. We want to know why this sensation is here.

Is it here to hurt you? To warn you? Notice if you can welcome the feeling. This is something going on inside of us. We might fear we would be overwhelmed if we allowed it in. As children, we were. We didn’t have an environment where we were emotionally co-regulated to help us understand and

release the feelings. We didn't have good options then. We lashed out or numbed out. We disconnected from ourselves.

Disconnection leads to a feeling that there is something wrong with us and it increases the feeling of threat. Getting to know the energy and sensations in our body is a rich way to get to know ourselves.

We realize that even painful sensations are not here to hurt us. There is a hurt child crying out and we want to listen and offer comfort.

The key to freedom is when we no longer fear our own body and mind. We welcome what we were unable to process with our child's brain development and position of needing protection.

We are adults now and can build resilience and resources. We welcome and we heal. We become free from being triggered all the time and from that feeling of chronic dread and anxiety so prevalent in the Western world.

It can be helpful and often necessary to be with someone you trust as you begin to explore this territory. They can facilitate the process, remind you to breathe and stay grounded, and help you feel safer.

The sensations in our body are never here to hurt us. They are here to alert us to danger and to protect us. There is always a reason for the energy in our body. It isn't random that we brace our shoulders when we feel attacked. This is our nervous system and primitive brain trying to protect us.

We can protect ourselves into an environment where we're not interacting with anyone. We don't trust people. Letting down our protective walls isn't something we can think through. It is happening in our nervous system and the remedy lies in going directly into our body.

We didn't have the capacity and resources to be present when we were children. Now we can support ourselves through relaxation and breathing practices to calm our nervous system and build resilience.

As we get to know ourselves, we realize there actually is nothing fundamentally wrong with us at our core.

I am free because I'm not suppressing anything.

I know and trust myself. I feel compassion for my twelve year old who felt overwhelmed and alone.

I have resilience and strength and tools to rebuild my nervous system.

I am capable and interested in healing and being present with myself.

This is something each one of us can do with the right help, tools and understanding. We don't need to be afraid of the energy in our body. It just wants to be seen and known.

lynnfraserstillpoint.com