

The Embodied Thriving Self, Lessons + Mussing's Podcast with Corin Hinderegger
Season 1, Episode 2

Creating a sense of safety with the support of our nervous system so we have the capacity to do life and business in alignment with our soul.

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INTRO: Hi, Everyone, this is Corin Hinderegger, and you are listening to The Embodied Thriving Self Podcast.

A series where I invite you on an inner and outer journey... to align with your soul, unlearn who you thought you needed to be, and become your most authentic and thriving self.

So you, too, can create the magical ripple effect in your life and business you came here to do.

Corin: Hi and Welcome; so good to be here with you today. Today we are going to talk a little bit about our nervous system. I'm also going to share an exercise to help you regulate yours so you can notice for yourself how different it is when we are coming from a place where we feel safe within our own experience because then we are able to come into our natural state of flow with more ease.

As always, everything has to start with us, no matter what we want to create in life, no matter what we try to bring into it, and no matter if we want to manifest something or work on something. We always have to start with ourselves and from our authentic soul-aligned selves. But the issue I see quite often is that we have mostly lost the connection and don't know who we are anymore.

We are often disconnected and feel a sense of loss. And there is nothing wrong with you in case you experience that. We have all been there in one way or another, one time or another. The thing is, this is often connected to our nervous system and the sense of us not feeling safe. This has such a huge impact on our business, our earning capacity, and the ease of doing business, as energy always follows energy. And when our energy is off, it shows in our heart-centered business.

We might not feel safe enough to show up as ourselves, or we are experiencing life from a past perspective, from something that has happened in our past in one way or another. It's like wearing colored glasses. We look at the present moment at the here and now through glasses that are colored in shades of the past. And even though there is nothing wrong with that, we can't really show up authentically as ourselves as we are still stuck there. And we can't really have an honest, pure interaction with someone if we are still stuck in the past. Does that make sense?

I strongly believe that it's needed for us to embrace all of us, and that includes all of our past versions. Because denying parts always leads to us feeling lost. So it's not about faking

it till you make it. Or only about showing up as the best version of yourself, as that would be just like putting on a mask and pretending to be someone you are not. Which, of course, would lead to us feeling even more disconnected and lost.

It's about making peace with those past parts and thanking them for allowing us to come to the place where we are now.

And also noticing when they become active and try to support us. How they want to keep us safe while also knowing that living through this past lens is not supporting our wellbeing, soul alignment, and nervous system regulation as through these past experiences, we have developed coping mechanisms that more often than not interfere with how we live and how often we sabotage our alignment in business and life.

We often make things harder than they need to be when those parts are active...

More to that in the coming episodes. Let's come back to our nervous system. So, by making this connection and noticing what is playing out in our lives, we are able to show up a little more authentically in alignment with our soul, day by day.

Helping these past parts to feel safe, so they don't need to come in and try to run the show for us helps us to come into our natural state of flow.

What I mean by natural state of flow is that no matter what is happening, I know everything will turn out fine for me. Everything will always work out. And that there will be a gift even if I can't see it yet.

That doesn't mean everything is always perfect. No, it doesn't. We are living, breathing beings, so there is no perfect. But we can be in that place where we feel safe in our experience. And we can start to observe the sensations and emotions no matter what they are. It's just such a beautiful place of being because we don't need to prove anything. We don't need to be anything we are not. We are able to be us; we are able to have the impact and the ripple effect we came here for in this lifetime. That's a little bit of an explanation in a nutshell.

There are three key things our nervous system needs to feel safe to be able to come into rest and regulation. The first one is context. "Do I have enough information so it makes sense to me?" It doesn't matter if it makes sense to anyone else; it just needs to make sense to you.

For example, next time you feel stressed, triggered, down or frustrated, I invite you to pause for a moment and ask yourself: is what you are experiencing making sense to you?

If the situation doesn't make sense, I invite you to ask yourself what you need so you can get an understanding of what is playing out.

Pausing and building this awareness helps our nervous system to feel a little safer as it can start to make sense of the situation we are in.

The second thing our nervous system needs is choice. “Is it aligned with me, yes or no?” is a good question.

For example, you are listening to something like this podcast or someone is sharing something with you, or you are faced with a situation in your life or business. Always ask yourself whether you feel you have a choice.

More often than not, it is us that don't allow ourselves to choose, and we feel we have to do something or follow something. This is very often connected to our coping mechanisms we have developed in the past.

Moving forward, I invite you to notice where in your life you feel you do not have a choice and then start creating small steps towards being able to have one.

Let's say you are living in a home that is not supporting your well-being, but you feel like you have no choice to move, maybe because the money is not there yet or you don't have the time to look for a new home. It could have multiple reasons.

Start by taking one tiny step in the right direction, like putting a bit of money aside each week, so you signal to your nervous system that you are working towards a place where you have a choice.

Or block out some time in your calendar to look at some options, even if it is a few weeks away. Just by doing these little steps, you are empowering yourself and supporting yourself to become more regulated.

Having shared this, I'd like you to know that even though I speak from nearly 20 years of experience working on myself and with my clients, you should only take from what I am sharing what feels aligned for you and leave the rest.

Because there is no magic shoe that fits everyone's approach, you will know best what a tolerable step forward is for you at this point and moment.

Your system needs to feel that it has a choice to experience safety.

And so lastly, we need connection. When we can't connect and are stuck in a state, our nervous system is triggered and doesn't feel safe. It's always scanning for an external threat so that we can't come to a place where all of us are okay.

We can't come into a restful state because, again, we cannot self-regulate when we feel disconnected... Often, this shows up as sleep issues, burnout, and fatigue we experience in our lives, especially as entrepreneurs...

So with that in mind, I would now love to guide you through a little exercise.

It's quick, it's easy, and it really helps our system to come back online, so we can feel connected and calmer. There are different regulating exercises that support our being to align with our soul, but this one is particularly nice when we are looking for connection.

To start out with, I invite you to make yourself comfortable.

Start to notice what is present for you; maybe wiggle your fingers and toes and notice.

How do you want to sit? How does your body want to sit? To feel comfortable and confident.

For me, I have a cold back at the moment, and I noticed that it is nicer to lean into the back of my chair to feel a little warmth and a bit of connection.

So whenever you're ready, either have your eyes closed or have a soft diffused vision, whatever feels more comfortable to you, and just tune into your body for a moment. Just notice where your attention is.

As you breathe,

just observe your body for a moment. Do you feel connected?

Do you feel you're in your body?

Or do you feel disconnected, or maybe you're experiencing a feeling of unease?

Maybe you have some thoughts going around in your mind, like that you have to take care of things.

Don't let them distract you; just come back to the sensations you're noticing in your body.

Once you have a sense of what is present in your body, put one hand on your heart and chest area, it doesn't matter which one. Just put it there and notice how it feels. Notice how it feels that your hand is connecting to your body, to your heart.

Is it comfortable?

Is it uncomfortable?

Again, there is no right or wrong. Just observe what is present for you today.

Because tomorrow might be a different story.

Now notice what kind of touch or pressure you need to experience. Do you need a bit more or less pressure to feel comfortable? Is it more comfortable for you to have your hand still and firm on that area, or soft and your hands moving a little?

Once you've found the right touch for you - again, there is no right or wrong, it's right for you at this point and moment, and that's the only thing that counts -take your other hand and put it onto your neck.

You might notice that you're gripping onto it. That's very common.

I invite you to have the softest feather-light touch on your neck. How light can you go?

Continue to observe.

What kind of touch do you need on your heart? Is it changing? Do you need a little bit more pressure? Do you need less pressure? Do you need to move the hand slightly?

Observe what is needed for you at this point and moment.

Stay there for a moment longer.

Notice if your breath is deepening.

Or maybe you notice some other neurological releases, like feeling an urge to yawn or swallow. Maybe you feel the temperature in your body is changing. And you're blushing. Maybe your eyelids start to flutter, whatever it is. It's perfectly fine.

Take another breath, release your hands and tune in.

Has anything changed for you? What has changed in the experience of your physical being?

Just become exquisitely aware of what is present for you now.

Do you feel calmer? Do you feel more open? Do you feel more connected?

Now take a moment and look around your room or out the window and find something you like looking at.

Look at it for a moment, notice its details and connect with it for a moment; just observe without creating a story about it.

Pausing for a moment and observing helps us to integrate the newfound awareness and regulate ourselves more sustainably as we connect.

This beautiful exercise only takes two-ish minutes, but it's super helpful when we feel a bit lost, when everything is too much or when we have to have a hard conversation with someone. I also like to use this exercise before starting my client sessions as it makes me fully aware of my own perception filters on that day and helps me to finetune my intuition and to be ready to hold space for my clients fully.

So, these three Cs, context, choice, and connection, assist our vagal nerve to come back into a connective place of being, where we become present in this moment and are able to observe our body calming down, so things start to unfold differently.

This more restful and regulated way of being is crucial for our health and wellbeing as well as for our alignment to our true soul, as that's the key to creating success and fulfilment on our own terms.

I hope this episode was helpful for you to connect within with a little bit more ease. In the next episode, we are going to explore our nervous system states and stories, so you get a little bit of a sense of them and how they impact you in life and business. I will give you some ideas and inspirations on how you can move forward easily.

Outro: As always, thank you so much for spending time with me and listening to The Embodied Thriving Self podcast. I appreciate you and the journey you have been on that led you to this community.

I hope to connect with you again in the next episode. In the meantime, I appreciate your shares and reviews.

Please always remember you are not broken; you are worth it and deserve to align with your soul and Thrive as you create magic in all you touch.