

The untamed art of somatic integration

You Are Your Own Medicine

A companion guide / by Christine Ren



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I.

PROMISES KEPT



Somatic Integration Framework



I promised you a framework. And here it is *love*.

Not only that, but I promised you "*the most potent framework for claiming your wholeness, your greatness and all of life's fullness.*"

Darling, you may not know me yet, but I *do not* make claims I can't deliver on.

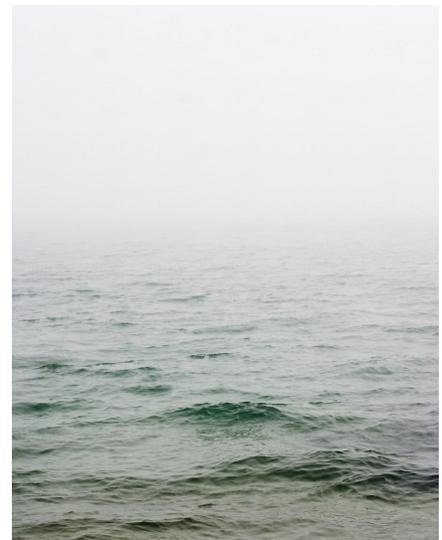
The truth is, I've spent decades working out the kinks in my own trauma-riddled life -

ripe with an oh-so-funn cycle of repetitive experiences of financial loss and scarcity, toxic romantic relationships and severe autoimmune and physical health issues.

When I say - *this works* - to resolve:

- patterns of non-serving behaviors (addictions, self-sabotage, resistance, procrastination),
- limiting beliefs (of not being enough, not being loveable, not being worthy),
- histories of trauma,
- scarcity and drama dynamics,
- poor relationships,
- lack of health, emotional and psychological issues,
- a lack of purpose, hindered levels of self-expression and overall,
- lack of thriving and living your soul's truth;

Please know that it is because *I have taken myself there first*. And since then, hundreds of other women.



Living your best trauma-informed, purpose-driven life...

...necessitates that you do a few key things:

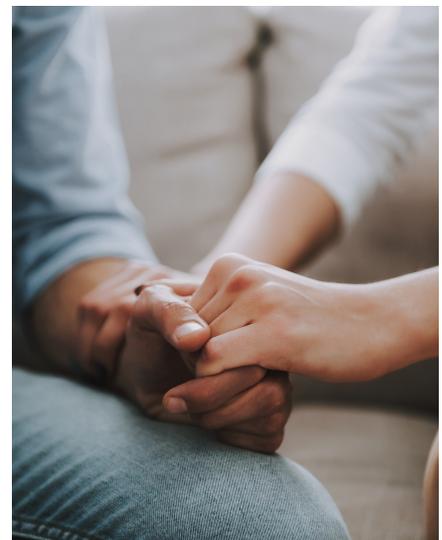
- Understand, with the body, not just the logical mind, what has shaped you to-date; what traumas, what undigested experiences, what conditioning, programing, what habitual patterns of responses you carry - and live into (embody) the new stories you're creating.
- Slowly, tolerably, one drop at a time, ideally with co-regulated support, begin the tender artistic process of *unbecoming* it all, returning to the truth of who *you* are and what *you* came here to do.
- The later of which entails you feel what hasn't been felt, and meet what hasn't been met -

within the physiology of your own human operating system and deep subconscious parts of your psyche.

- Complete procedural survival responses (the thwarted physiology of trapped experiences and emotions in the body) to clear space and bandwidth in your system,

to actually welcome the new - that relationship, that job, that abundance, that new relationship with your body, the health.

- Ultimately then starting to do (to live into and out from) the things, the choices, the experiences that originally robbed you of some your power, trust or truth *in the first place*.



On the magic of paradox, polarity and possibility - *oh my!*

In having now dedicated the last 10 years of my life to the disciplines of Somatic Experiencing, Polyvagal theory, psychedelic integration, Tantra, interactive guided imagery, Internal Family Systems parts work and more, I can tell you offer you the following insights:

- **The way out is in fact through:** Whatever is coming up in your current experience is driven by your own innate healing intelligence and arises *as the means* to the end you wish, despite however paradoxical it may seem.
- **To go up, you must first come down:** If you truly want to ascend, expand, level-up, then you *must* be willing to train your ability to hold polarity, specifically in sensation within the body itself.

Every magical lineage and tradition known to man, Occult, Hermetic arts, Wiccan, you name it... all speak of transformation, of the manifestation of *your* soul's magic, truth and purpose in the world, through the perfect union of opposites.

This entails a process I guide

individuals through called somatic coherence,

whereby bridges are architected between the mind and body to **move as a unified will** in the direction of your choosing.

Darling, this is the *wild magical art* of you returning home to the truth of yourself.

- **You must inhabit the poison to become the medicine:** Continuing to meet whatever your experience is (the health issue, the frustrating pattern, the blocks etc) with anger, frustration, resentment, determination to excise, will only continues to perpetuate it.

When we give **full permission** for that experience to exist, to validate and embrace, and meet it with curious open arms, that is truly when we can begin to integrate, to welcome back home, whatever might have been lost in the process of that pattern, that thing, originated in the first place.

And as we must understand, and honor, at one point in time, our beautiful self-protective mechanisms

Living your best trauma-informed, purpose-driven life...

ensured our survival in some way. We may hate that we panic or shut-down now, but at some time, a part of us originated that pattern and its associated chain on physiological pathways *for our benefit*.

Here's the thing: When you truly embrace your lived divinity and nobility within the human physicality itself,

understanding how to work with the true technology your life run off of (the autonomic nervous system),

you can and will pattern flow, ease and coherence as your *default state* - regardless of what your current experience or circumstances are.

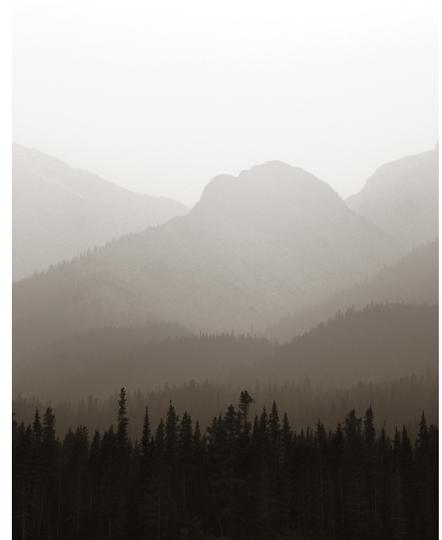
So let me break it down for you as specifically as I can, and how I promised.

Here is the phase by phase somatic integration framework I utilize with my 1-on-1 coaching clients:

PHASE I: *Safety & Permission Foundations*

A. Create a somatic layers map of your current experience & establish goals & markers of therapeutic outcomes & a picture of who you want to get back to being.

Those layers are, from most external to deepest internal:



Somatic Integration Framework: Phases I - IV

- Limiting beliefs & false constructs;
- Persistent, non-serving behavioral patterns (ie. defense mechanisms);
- Survival responses, neuroception lenses & trauma(s);
- Core wounds, toxic shame & latent parts of you misattuned to during critical developmental stages.

B. Inner guided visual and felt sensory explorations (interoception) of where safety lives in the body;

Foundations of dialogue with self laid through introductory parts explorations to get in touch with any versions of you from any times in your life that feel they need some kind of permission to be in the body & be themselves;

Creation of a living library reference point of safety anchors to utilize during Phase 2 & 3 of nervous system re-patterning.

PHASE II: *Autonomic Shaping*

A. Fostering allyship between the autonomic nervous system and higher order mind through

psychoeducation and discernment.

B. Consciously getting to know & recognize the unique "style" of each of your nervous system states and what triggers them; and how they inform your behaviors and beliefs.

C. Enacting re-patterning efforts to create more coherence in the system;

applying the 3 pillars of healing - the medicine of self for dorsal vagal stories, the medicine of existence for sympathetic stories and the medicine of others for ventral vagal stories.

D. Inhabiting resiliency, walking the nervous system back from dysregulation to regulation repeatedly,

starting to challenge the system to hold, truly feel and presence higher levels of sensations within containers of safety,

set not just by me in our discovery sessions, but also set by you in your life, within a practice frequency and parameters.

Somatic Integration Framework: Phases I - IV

PHASE III: *Parts Retrievals*

A. Here we work directly to dialogue with, understand and address the needs and fears of all versions of you from all time, as well as archetypes and symbolized figures deep within,

that currently play a role in directing and taking over your conscious command when they perceive some type of real or imagined threat.

We return to them, these parts of us that formed and adapted their various beautiful, creative coping strategies - thank them, acknowledge them and have you give to them what they never

received previously in the way they needed so they can integrate back home into the wholeness of you.

PHASE IV: *Unbecoming*

A. This is the true arch of ascending, of spreading your wings to fly higher, and push outside your window of tolerance, resistance and blocks towards whatever it is we've uncovered is your truth, your purpose, your longing.

This is the phase of truly embodying the work, of applying the tools and becoming the regulating force of nature in the world you were always intended to be.





On unbecoming

When we answer
the call
to re-wild,
to unbecome
the limits
and limitations,
the programmed hurts,
and conditioned
incoherence,
to re-claim the truth
of our instinctual,
intuitive nature,
to re-enchant our
soul's calling
and purpose,
to rally against
the domestication
of our female lives,
to re-open inwards to possibility
through aligned action & choice,

to resurrect
the feminine will's sacred role
to disrupt and birth the new,
the next, the novel,
in place of
stagnation,
of stasis,
we begin the mythic,
the courageous
journey
of carving flesh
and meat off our
old stories' bones.
Taking nourishment,
finding sustenance
in the blood and bravery
of what the old tales have to offer,
skillfully picking clean those
most solid foundations of bone



to their origins of
of ivory and shell,

weaving new tapestries
of muscle and marrow,
heart and honey,
the fire freedom
of lived experience,
through context,
coherence,
choice,

that builds what
can be, and now is,
on the honored skeletons
of what was, and no
longer need be.

This is not an act
or process of conscious
understanding or striving
to arrive,
to fix,
to get
somewhere,

This is the Great Work;
the reading of polarity
palm holding of paradox,
the rise then fall of the breath
that belongs to it all -

the turning cycles of the wheel
you are both passenger on
and direct passage of,
creating momentum
or choosing
not to

every day
of every moment.

This is
the untamed art
of somatic integration

This
is the way home.

Can you hear its song?



Stars
thread
the needle
of the night,
note by
solemn note, of tears, lakes & longing
a summons where wise women
to the innate rally the wind
wildish wish and resurrect
of medicine born hymns
in the wholeness to rise,
of still water days
rise,
rise.

From the unbecame

Here's what my clients have to say

Aviana A.

New York, NY

"As an engineer by day and Broadway performer by night, I found myself often caught in a cycle of sympathetic, "stuck on" mode. So much of **my identity was built around the hustle of accomplishing** and when I first came to Christine, I was very concerned about this healing work taking away my ability to be productive. Funny to look back at those early sessions now!

All I can say about this somatic coaching and Christine is nothing but great things. She guided me continually and safely **deep into parts of my psyche, that felt like some otherworldly trip (but without drugs!)**

I felt the shift from the very start, identifying what was causing various modes of operating and **survival strategies that kept me burned out but "successful."**

And that also kept me **tapped out and not fully feeling or present with those I loved** and cared about.

Now, on the other side of a 4 month container with Christine, **I feel so clear and truly whole. I had a deep core wounding of "not enough" that feels now totally resolved.**

What's more, **I'm writing music again with an ease and flow** like I've never felt. This is the best thing I've ever done!"



WORK WITH ME

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Jennifer B.
Boulder, CO

"I've been on that merry-go-round of health practitioners costing me upwards of \$35,000 over the past few years in an attempt to heal the root cause of persistent pain and mysterious physical symptoms.

Christine helped me understand that non-trauma informed doctors can and will often misdiagnose somatic manifestations of physical illness and symptoms as 'all in your head,' when that couldn't be further from the truth.

In fact, all the illness and physical symptoms I was having were in the nervous system physiology and Christine helped me profoundly shift that, giving me my life back.

Everything I tried in the past just didn't work or made my experience worse. I'm so grateful to have found Christine and her work.

I was able to truly resolve root nervous system level stuff that was the key to recovery. I have my life back and such profound gratitude for this somatic integration work.

It was a privilege to work with Christine. A must try! "



Tara G.
Los Angeles, CA

"For the first time in my life, I don't feel broken. I no longer identify with belief patterns that have greater limited my ability to lead my team and grow my business the way I'd like.

What's more...

this new spaciousness, grounding, presence and self-expressiveness lives in my body.

I carry it every day, waking up sometimes to feel utterly surprised it is still there.

I always felt as though I there was **something fundamentally wrong with me.** I would constantly shut-down in certain situations and I couldn't really feel, or tolerate feeling, much at all.

After taking *Permission To Thrive* & working 1-on-1 with Christine, I have such a...

greater sense of freedom and happiness.

The change that has taken place in me only after 13 weeks is so profound. This program **literally saved my life.** I think that is endorsement enough."



II.

PREFACE

.....

*Psychoeducation
Foundations*



**Resiliency is the single most crucial capacity
that wild women leading *must* possess**

The ability of your nervous system to activate, hold intense sensation and then discharge, liberating what might otherwise become stuck, unprocessed, system-draining energy, is the primary prerequisite for a life well-lived in your own truth, power & resourcedness...



Here's why:

- **To quantum leap in your business, your career or your art,** there are two keys you must wield: the ability to effortlessly lead and trailblaze coupled with a steadfast connection with your own truth and skill to be seen in it, even when (actually, especially when) it may not please everyone.

If your autonomic nervous system was patterned to know self-expression and being seen in your truth as ostracizing and unacceptable, that connection is then a threat to your survival and you'll engage the process of creation most likely from a place of woundedness, of lack, of self-protection and of resistance and inefficiency.

When accessing your truth, your gifts of self and expressing them are blocked through patterns of nervous system dysregulation, no amount of planning, habit forming or productivity hacks will solve your experience or enable you to take your business or role to its maximal impact.

- **To heal disease, or any persistent physical issues,** such as GI, autoimmune, fatigue or pain, the autonomic nervous system *must* be in a regulated state, which is where regenerative repair happen.

If your nervous system has been patterned in a "stuck on" in survival mode dysregulation, disease and dis-ease both will perpetuate in your reality because this is a highly energetically-draining and biologically-damaging state meant to only persist for show periods of time (*Look up the [Adverse Childhood Experiences \(ACE\) study](#) and its ability to predict disease*).

When the survival physiology of old trauma(s), heartbreak, challenging parental relationships, betrayal in friendship, etc lingers stuck in our system, it is common that you'll find yourself triggered constantly in relationship, maybe even making your trigger the other person's fault, or continually drawn back to the same familiar, known toxic or unfulfilling connections which your system has evolved defensive mechanisms and survival responses to handle.



Resiliency is a learned capability though. Without the right caregiver or attunement during our development, to show us the ways to feel and then release activations returning to a balanced physiological state (ie. when a friend hurt us or we're in a car accident or we lose a loved one or a crush rejects us), we must, at some point in our lives, begin to seek the blueprint for training this skill *(which I believe is our birthright.)*

We must seek the ways to reclaim our ability to be our own medicine so we can live the thriving life full of purpose, health, success and connection we were designed for. And what's more, become regulated ourselves to in turn *be a regulating force in the world.*

Often we learn, are shown, to suppress and thwart the expressions of our physiology - needing to cry, move our body, shake, sound, be still, be silent, wail in response to a dysregulating experience - because they are "too much" or "not appropriate."

What happens with those urges and their sensations is simple: the survival "charge" of them gets stored, trapped in our human operating system *and* perpetually shapes our brain's perception of and sensitivity to what it deems "threatening" such that as or when we move towards something new in our lives we consciously want, it's as if invisible roadblocks are thrown up at every turn.



Getting straight to the point: resiliency is key because let's be honest, life never tops throwing curveballs at us, challenging us, triggering us, growing us, handing us the unexpected...

The 3 part step-by-step on how you walk the nervous system back from dysregulation to regulation, over and over again, until resiliency is your new pattern, *I promise, is coming.*

But first, there are some foundations we must architect together in order build the new story, life, experiences you wish to have. Every great creation is built upon stable, secure foundations, and yours are no different.



To work with the nervous system, we must recruit the mind in allyship of discernment. That's what this preface is design to do: give you a taste of the necessary psychoeducation that will allow you to use the rational, thinking mind to detect what is happening and when with your nervous system so you can attend to, support and move towards resiliency with unique regulating tools specific to you and what state you're in.



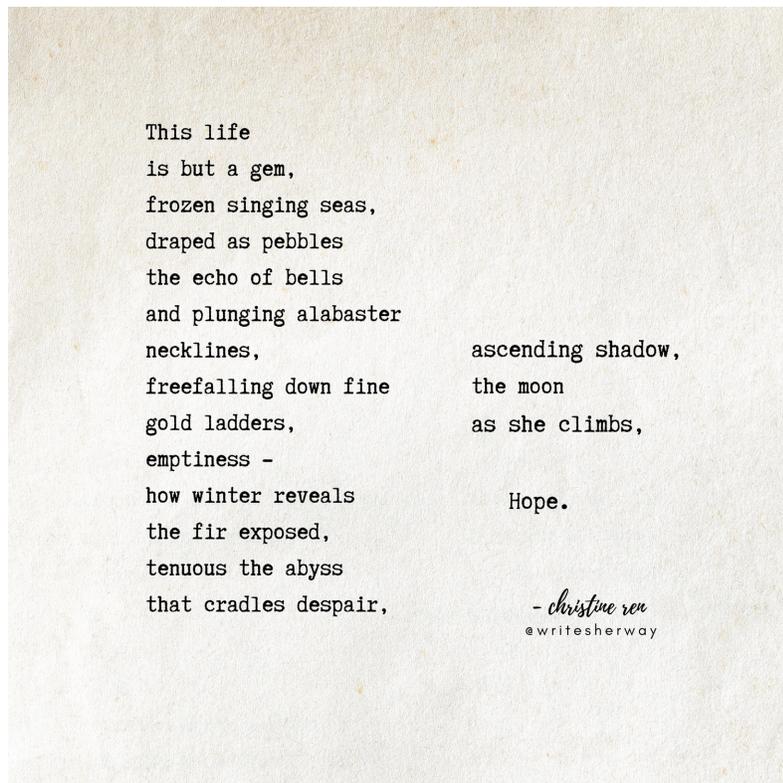
Why is "leveling-up" so hard?

Any truly new "level-up" in your life is the result of healing, and can also be quite hard because, maddeningly enough, the things that don't serve us (the people, the connections, the situations, the experiences) tend to have this infuriatingly irresistible "sticky" quality to them when we are carrying trauma and core wounding in a particular area.

I have over half a dozen theories why this is the case, but at the end of the day, it really *doesn't matter why.*

What matters is the discernment to ask and answer honestly (HINT: This is where your logical, analyzing brain can be reallyyyy helpful):

And then have the courage and conviction to deploy your arsenal of unique regulating tools and neurophysiological strategies - not through conscious force of will alone - that will allow you to stay moving steadily along the path or at least in the direction you are devoted too.



Why use my logical mind to understand & work with the nervous system?

Most of us rely on our higher order mind - the conscious, thinking brain - to help us problem-solve, to assess all aspects of a situation, to create meaning and draw conclusions. It's a hallmark of what makes us human. It's also quite worshipped in our modern society, even targeted by mainstream therapy approaches to think through our past experiences.

Two problems arise here:

1. **The mind can often trap us in a net of story** *and* 2. hold us hostage in a state of not truly feeling in the body, of not attending to what is happening in the physiology related to a currently or historically distressing person, place or situation - and as we so very well know, *what we resist, persists!*

Let me introduce you to the brilliant work of Somatic Experiencing as pioneered by Dr. Peter Levine to explain briefly why the later, attending to the physiology (the body), is so important. Dr. Levine studied how animals in the wild under constant life and death treat never displayed symptoms of trauma.

**Trauma being defined here as anything that happens
too fast, too soon, or too slow, too little
for your nervous system to handle.**

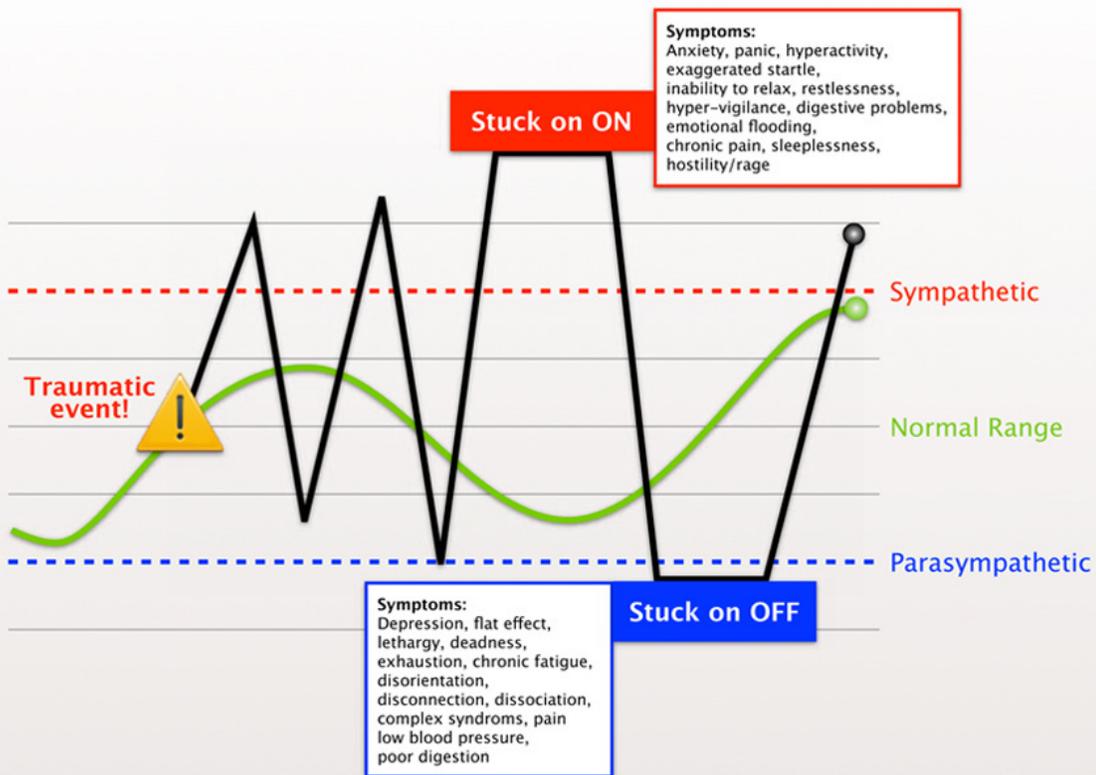
Dr. Levine studied how animals always completed procedural survival responses in a distressing event; that is, they allowed the massive energy that was prepared for fight or flight to be discharged after the event, through shakes and trembling (often first freezing, or "playing dead" and then discharging).

Now, with humans, its not as simple as, we can just tremor the body and solve all our problems -

**(ie. the physiology that is underlying & driving most
of our non-serving behaviors and beliefs).**

Somatic Experiencing approaches facilitate the completion of self-protective motor responses and the release of thwarted survival energy bound in the body, *thus addressing the root cause of symptoms.*

Symptoms of Un-Discharged Traumatic Stress

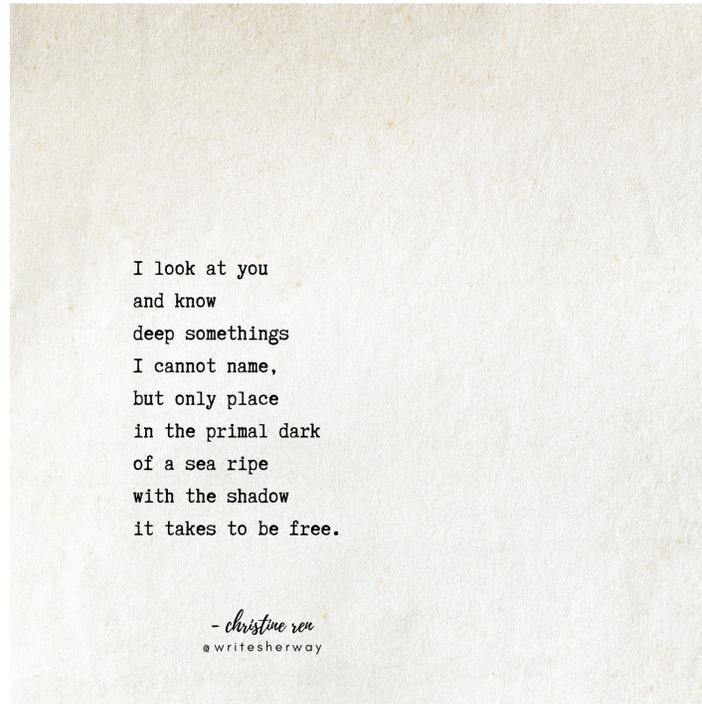


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In this work, we use the "felt sense" to notice and increase tolerance for difficult sensations in the body and suppressed emotions, and encourages and trains their therapeutic expression or release.

**The aim is to help you access the
body memory of the event,
not the story.**

In summary, the best way to employ your thinking mind in any self-transformation and healing processes is to understand and notice what is happening with your nervous system through education and then applying that awareness in real-time to attend and support your system back to regulation.

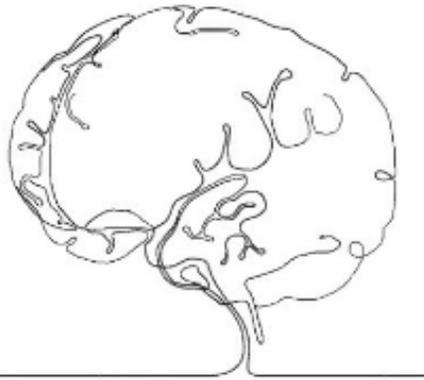


▽ 1-on-1 ASCENSION Coaching: ▽

It's rare we can transform our experience all on our own, or simply by following a guide, which is why I offer 2-3 month 1-on-1 support containers of coaching where you have tailored support in the process of self-protective parts retrieval, nervous system re-patterning & resiliency training.

>> Book your INITIATION CONSULT today <<



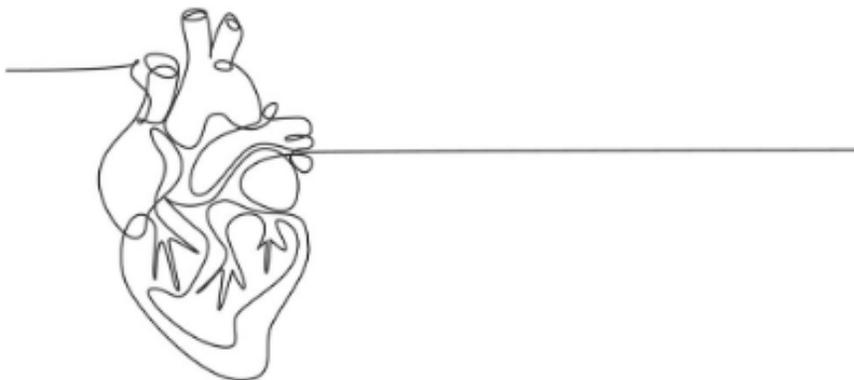


Can you help me understand my human operating system then please?

Of course darling! As we've established, the process to heal, or to integrate I prefer to say, is a complex, non-linear one, and often seems full of more wrong turns and dead ends than lights at the end of the tunnel.

I find it often is so because we've been taught and most mainstream therapists promise us relief and resolution through mindset or conscious brain only approaches, which are not truly even at the level at which this stuff lives (the trauma, core woundings, survival responses, drivers of behavioral patterns and non-serving habits, etc).

This is precisely why nervous system-led healing is just so important. Because it offers us the most direct pathway to changing our lives - *at the level of the ancient technology of ourselves.*



You may remember from biology classes, that the autonomic nervous system (ANS) is a part of the peripheral nervous system (PNS) which relies on afferent sensory nerves to monitor cues and data from the environment around you and your own internal state.

The ANS's job is then to relay that information, those cues, through the network to the central nervous system (CNS) where they are integrated and then, as it relates to the ANS's data which governs automatic functions, directs, often unconsciously, our behaviors, beliefs and how we respond.



What's more, the primal part of your brain integrating the ANS's data to direct function develops somewhat of a rigid lens of perception related to what is and isn't a "threat." This process is called neuroception and works 24/7 on your behalf to protect you. It comes to view your reality in a very particular way - certain types of experiences, people & states - as safe or not safe and accordingly direct your ability to step towards or not.

Layering on top of that basic understanding, comes Polyvagal Theory to provides us with the most sophisticated understanding of our human operating system than we have ever had previously.



Ready to wield the power of understanding the biology of danger and safety for the purposes of truly, once and for all, finding peace, resolution, resiliency, health and thriving? *I think you are ;)*



HERE'S HOW:

EXPERIENCING OUR AUTONOMIC NERVOUS SYSTEM

VENTRAL IS EXPERIENCED AS:

presence, safety, connection, happiness, creativity, playfulness, feeling able, flow, having just the right amount of energy, etc.

SYMPATHETIC (MOBILITY) IS EXPERIENCED AS:

Overwhelming energy, urgency, fear, anxiety, anger, frustration, terror, rage, feeling hot, being tense, needing to do something to control etc.

DORSAL (IMMOBILITY) IS EXPERIENCED AS:

Lacking agency "I can't", numbness, hopelessness, feeling alone, feeling stuck, depression, dissociation, low energy etc.

There are 3 powerful neurophysiological circuits in your body that we work with in a somatic integration framework. These circuits live within the autonomic nervous system (ANS) - think "automatic" - which primarily governs functions we don't have to think about such as breathing, digesting and self protection.

As each of us walks through life accumulating experiences of trauma, triggering people, questionable situations, you name it, the lens of your neuroception (threat perception) gets more and more fixed.



As do the triggering of the 3 survival circuits, which are:

- **Dorsal vagal state / FREEZE** - The unmyelinated portion of the vagus nerve, originating from the brain stem and that runs down the back of the body, which puts you into a deep state of freeze, feeling tapped out of a situation or feeling, often floating out of the body and experience that shuts down blood flow and energy to everywhere in the body other than the most vital organs. It's our most intense, evolutionarily "oldest," self-protective mode.
- **Sympathetic activation / FIGHT, FLIGHT** - This is the portion of the ANS not governed by the vagal nerve, but that we are so commonly taught about in school. This is the state we get kicked into that mobilizes energy, which can manifest as hypervigilance, sleeplessness and/or anxiety, and often as a response, can look like fleeing or removing yourself from a situation or person or meeting it or them with aggression, even anger or moving towards vs. away.
- **Ventral vagal state / SOCIAL ENGAGEMENT SYSTEM** - The myelinated portion of the vagus nerve, originating from the brain stem and that runs down the front of the body, which problem solves through emotional and social engagement, moving and opening towards others, into relationship and connection and is where we experience flow and the ability to recharge in solitude (the glory of being alone vs. the painful state of loneliness or separateness).

OUR STATE CREATES OUR STORY

VVC:STATE OF SAFETY

"I CAN, I AM ABLE, I AM PRESENT" EXPERIENCE

In this "just right" energy experience we feel safe in the world and safe within and our thoughts will match. We will have a more positive & connected experience of ourselves & others.

SNS:MOBILIZATION

"I MUST DO SOMETHING NOW!" EXPERIENCE

In this high energy fight/flight state the thoughts will match. They can be racing, rapid, loud, they can be about how people are against us, how they may leave us and how we must have control or things won't be ok.

DVC:IMMOBILIZATION

"I AM POWERLESS TO MAKE CHANGE" EXPERIENCE

In this low energy immobilizing state, the thoughts will match the Dorsal experience of not having agency (I can't do anything), of feeling shut down, numb, slow, hopeless, etc. Things will never change, I'm all alone, what's the point, etc.

With [somatic integration sessions](#), we work to attend and shift the neurophysiological state informing your story - your limiting beliefs and false constructs. We don't attempt to change the story through affirmations or merely replacing thoughts.

Your first goal in this work should be to to understand each state, which you default to and what triggers you into it. Then how you walk the system back safely and securely towards a ventral vagal state again.

This is called regulating; bringing the system back to stabilized, balanced state known as homeostasis - and done over and again, patterns resiliency into your experience (the ability to activate and then discharge survival energy and responses).

And hazah, we've come full circle back to the opening theme of this email! Brava for getting this far. I know we've covered A LOT. <3



Along this path back to ventral vagal, to regulation, you'll also need to:

- **Slowly, tolerably begin to train the capacity to presence** higher-sensation somatic levels of past trauma(s) and core wounding(s), rooted in safety and permission foundations, to then express and release them using the superpower languages of breath, sound, movement, proprioceptive, touch and more...

...through a process I call 'face, feel & free.'

- **Dialogue with the time-frozen, self-protective "parts" of you** that developed these creative, adaptive defensive behaviors and survival responses in the first place, give them what they need and eventually enact "retrievals" to integrate them into the wholeness of you and the new directions you are headed.
- **Use the 3 pillars of healing** - the medicine of self, existence and others - to uncover your unique style of supporting then shifting each of the 3 autonomic states.
- **Create disconfirming experiences**, in a titrated (or non-overwhelming) way to rewrite your original limbic narratives that shaped your neuroception lens in its particular way - detecting threats and triggering resistance as you move towards the life that you consciously want.

These are essentially experiences you seek out having and/or create that are close enough to where the original wounding occurred, but that have different, positive outcomes. These disconfirming experiences bring new data points to your neuroception process which invalidate its perception of a particular type of situation, person, place etc as *a/ways* being unsafe.



**The detective work & capacity-building mastery practice
necessary to truly walk this path & transform
your experience is one you don't have to do alone.**



You have every key to claim being your own medicine, and please know, I am here if you need

In the next 3 chapters of this book, we'll cover:

- **The first pillar of healing:**

the medicine of self / Exploring the necessity of bring you back home, safely and slowly, to the body with foundations of self-dialogue to the end of supporting the deep "freeze" state of immobilization known as dorsal vagal.

- **The second pillar of healing:**

the medicine of existence / Exploring how to pattern safety and surrender in relation to something larger, or outside of self, using neurosensory tools and training impulse expressions in organic, non-prescriptive ways to support your sympathetic state activations.

- **The third pillar of healing:**

the medicine of others / Exploring what it is to create and find safety, flow and joy in relating with and truly being seen by others and attuning to other nervous systems as you feel into connection through your ventral vagal state.



III.

PART 1 OF 3

.....

*The Medicine
of Self*



How do you define who you are? Isn't that the *greatest question* as human beings we are and will forever be asking ourselves?

Do you think of who you are in terms of how you look or what you wear? By how your family or society sees you? By your past, present or dreams? By the things you think, say and do? By the ways in which you accomplish and the amount you achieve? By how you show up for others and in service to the world? By your artistic voice?...

In my humble opinion, there's really no *wrong* answer here.

Who and how you choose to be in this life is your sovereign right and it is not your responsibility to prove your worth or justify your truth to anyone (*regardless of what you've been taught or what's been modeled for you*).



But the journey to that place of easeful self-expression, true physical health, relational wellness and feeling safe to be seen in your truth is a process.

A process that starts with being in the body; by excavating the answers of your own selfhood and truth within the physical impulses, the biology, the gut instincts and the autonomic nervous system that subtly directs you towards or away from engagement with others and the world around you.

It is layered within your own physicality that you also touch and can mine the truth, purpose and intent of your *soul*; that expansive something 'other' that boasts great wisdoms and intuition and wishes you to guide and direct your life to new heights of well-being and connection.

This is a courageous process of re-wilding yourself
and in turn, re-enchanting the world.



The goal is to get in the body and tolerably get in touch with that, along the way encountering the painful tough unmet feelings and parts of self, slowly re-patterning the physicality (the nervous system) to support the directions of the soul's calling.

Integrating trauma in the body also begins to rewind the ravages of many illnesses and autoimmune conditions. This is one of the most powerful way YOU can be your own medicine and heal at the root cause of your symptoms.

This is a capacity-building process of liberation, which is why meditation alone, a gratitude practice alone or even talk therapy alone just won't do the trick.

The **sequencing and context** in which this process is done and guided is paramount.



Here's the thing, suppressing who and what you truly are is, biologically-speaking, utterly unsustainable. Thwarting expression, going along with others truth, not speaking up, holding urges and impulses in, moving in roles society has told you are "safe" and sure things,"

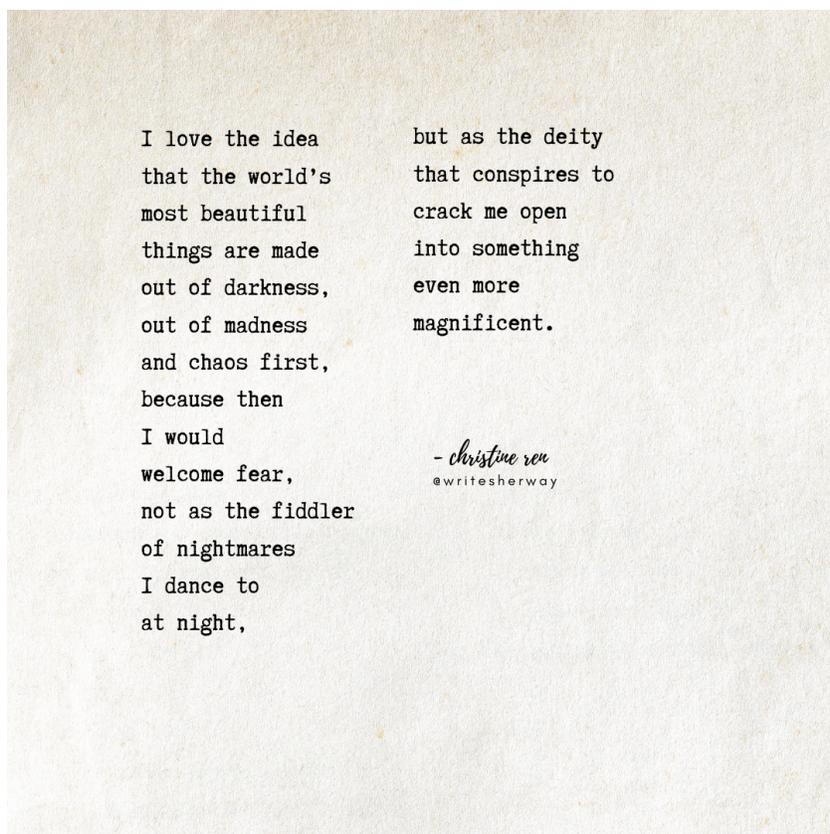
add up overtime in stored survival physiology (trauma) in the body, that impact your physical health (yes, disease!) as well as your relationships, especially romantic partnership.

Science now shows us how this cumulatively adds up to more restriction, constriction and limitation stored in the tissues and cells of the body, which breeds disease and dis-ease in the tender animal bodies that we call home and rely on to navigate around this world.

The true wellspring of your innate healing intelligence (Yes darling! That *does* live within you <3) and your renewable energy resources lie in your connection to self. There's truly no pill or doctor or external force you need be dependent upon to "cure" or "fix" whatever you wish you change in your experience.

The answers, in a hard-wired neurobiological way (not in a "woo woo" spiritual way) reside within you and your neurosensory relationship to self.

If you desire self-worth, self-power, self-esteem, self-reliance - it goes without saying, the starting point for developing any of that goodness *begins with your relationship to self*.



I love the idea
that the world's
most beautiful
things are made
out of darkness,
out of madness
and chaos first,
because then
I would
welcome fear,
not as the fiddler
of nightmares
I dance to
at night,

but as the deity
that conspires to
crack me open
into something
even more
magnificent.

- *Christine Ren*
@writesheway



Ultimately, before you can be seen for and as who and how you are, you must first be able to access that within your own physicality, to see, hold and accept it.

Searching for that to be "met," to be given or filled, from the outset externally by a lover, a partner, family, a friend group or an area you live in, points the compass of expectation in the completely wrong direction.

In order to open outwards, we must first open inwards. Home and being at home always starts within; with the relationship of you to yourself and the accompanying medicine that it carries.

Think about it this way: You can't truly be anything - for yourself, others or the world - if you are not truly alive in the physical form. "I am" is the prerequisite to everything -

to you feeling, being and doing, to your truth, power and gifts and to you holding and relating to the version of you now in order to transform into the version of you you wish to be (*ie. perhaps sans resistance blocks, trauma, non-serving behaviors, limiting beliefs, defense mechanisms, etc*).





The first pillar of healing, the medicine of self, grants you access to:

- **What safety & regulation** is for you
- **How you get in touch with & begin to access your truth** (*we'll get to actually expressing and being seen in that truth later :)*)
- **Compassion & understanding** of what has shaped you & how you feel into new ways of being through active choice supported at the nervous system levels
- **A roadmap of what is going at the root cause** level of your current experience (*whether that be poor physical health, ways in which you connect with others or don't, how you can or can't deliver your gifts to the world due to internal resistance, etc.*)
- **Allows you to delineate self vs. other** & begin exploring what boundaries are for you
- **Your somatic/ procedural stories** (*the physical sensations that accompany emotions related to cognitive stories, which then we can work with directly for true healing in the 'here and now.'*)
- **Cultivating an intimate relationship of deep listening** with the body, its needs & allowing involuntary, organic impulse expressions to arise for aiding the release of stored survival physiology (*a mission critical foundation for both proactive & retroactive trauma integration strategies - better health, sleep, relationships, success, pleasure in life.*)



How do we close the gap between what we want & where we are?

- **You want to resolve persistent health symptoms and 'disease' in the body.** The medicine of self, using neurosensory strategies to connect with the body again, allows you to tolerably increase your capacity to face, feel and free trapped survival physiology related to trauma that often if not always causes physical health issues in the long-term.

- **You want to welcome attuned, reciprocal, safe loving partnership.** Neurosensory means of connecting to the body allow you to use the medicine of self in a few critical ways when it comes to relationships:

By knowing where you end and the other person begins is critical for setting healthy boundaries, qualifying connection access for who is hurting you vs. who is helping you, discerning the impact of that person on your physiology (do they make you more or less regulated?) and wielding informed choice related to who you connect with and when based off of the aggregate of all those inputs.

- **You want to access spirit & a life of flow & transform all resistance blocks & limiting subconscious programming.** Using neurosensory strategies to connect with the self and your physicality is the first foundational layer upon which you can build the nervous system patterning to transmute trapped survival physiology, which as we covered in the 'preface' of this email series, informs limiting beliefs and non-serving behaviors.

In addition, ultimately, to inhabit a ventral vagal state of regulation where all those most luscious states of emotional depth, presence, pleasure, flow, sustainable energy and artistic expression reside, depends upon the safety and permission foundations of self you lay and build your transformation upon. This ventral vagal circuit is the calm in the storm place from which you can meet any challenge in life, invoke spirit and access your deepest wisdoms.

So yes, you are hearing me right - the first step towards closing gap between your current experience(s) and that which you desire is ***embodiment***.



Not every door
opens into
daylight
my dear,
but you can't let
those that empty
into darkness
keep you from
opening
m o r e.

- *christine reu*
@writesherway



Why do we start with 'embodiment' for healing trauma?

Embodiment is quite the buzzword right now. So let me offer you a clarified lens through which I am approaching it:

Our latest neurophysiological understandings tell us that true **healing initiates from the midline structures** of the brain,

the areas that give us self-awareness and perception, that allow us to feel and know ourselves and establish self vs. other, self vs. the world (*ie. set boundaries, know who we are, make informed choices about what is and isn't right for you*).



And we know this because fMRI brain scans of [people who have experienced trauma](#) (Note: The link provided here is just to one study for women with PTSD, but the self going "offline" due to lesser trauma burdens still holds true).

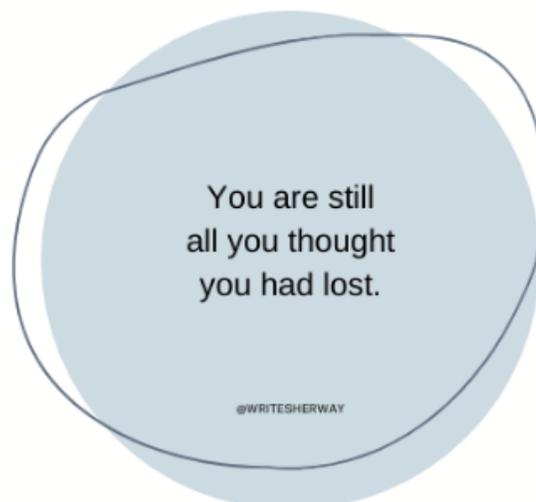
In these scans, the midline structures of the brain are literally knocked offline in those carrying trauma vs. a control group of people.

Remember, at its most basic, trauma is just anything that happened in your life you didn't fully digest and that became locked in the system, ingrained as recurring circuitry patterns. That's most, if not all of us, in some way shape or form. <3

So step 1 in healing is to bring you safely back into the body,
to feel and know self - to return home and feel
safe to do so & feel the permission to do so.

Now here's where the first challenges happen. For most that have tapped out of experience, numb with substances, food or constant busy-ness, sitting and starting to know self and the inner landscape can be and is often unbearable.

Because you can no longer run from self, the past, the pain, the experiences you didn't fully process or weren't able to respond to with the expression needed in the moment to ensure it didn't leave a lasting neural imprint within.





Can you tell me more of using the medicine of self for the dorsal vagal state?

Absolutely! Understand that we leave the body, we tap out, numb and lift out of experience and feeling, when it no longer feels safe to be in there or in it, when the pain becomes too much to bear and our need for short term relief outweighs any desire to stay and do the work.

And as a reminder, here's the neurophysiology speak on this experience:

- ***Dorsal vagal state / FREEZE*** - The unmyelinated portion of the vagus nerve, originating from the brain stem and that runs down the back of the body, which puts you into a deep state of freeze, feeling tapped out of a situation or feeling,

often floating out of the body and experience that shuts down blood flow and energy to everywhere in the body other than the most vital organs. It's our most intense, evolutionarily "oldest," self-protective mode.

This is the experience of not having agency, of feeling shut down, numb, slow, hopeless and stories like "I'm alone," "What's the point?," "I am powerless to make change" emerge.

**Practices of slowly re-entering the body,
feeling what's happening and attending to it,**

are the first steps in later being able to express and liberate the associated survival physiology so there is more space in the system (*moving through a sympathetic state*) to finally re-access *ventral vagal*,

walking back to that regulated, open, receptive place where just the right amount of energy is present.



I want you to
unhide yourself,
not set aside yourself,
but go seek &
find yourself,
not strive to
survive yourself,
but embolden &
alive yourself,
enrapture &
tantalize yourself,
then celebrate &
spellbind yourself,
because today you
won't confine yourself,
but be kind to yourself,
as you find tribe who
cherish & mind yourself,
that give & good
time yourself,
won't patronize yourself,

but stand right
beside yourself,
even when you untruth
& demise yourself,
as you step
& stride
yourself,
through the
dream inside
yourself,
only to secret &
surprise yourself,
then settle &
unwind yourself
in the prayer to
wild & wise yourself.

- *christine ren*
@writesheway



// Try this: At least 3 times a day for the next few days, randomly ask yourself throughout your day: //

What does my body want to do right now?

Can you hear any impulse, need or urge when you ask? Perhaps there is tightness in your back from how you are sitting and maybe your body wants to stretch. Or you realize you really need to eat or drink water. Or perhaps there's a feeling of sadness you are avoiding and suppressing and the body wants a hug.

Or maybe you really can't hear anything and that can just cue you to a relationship of disconnection that you can lean in and amend through somatic integration work like what I guide.

**Beginning to notice the basics of your body's needs again in any given moment,
and tune into cues of satisfaction and 'enoughness' in your experience,**

begin to lay the groundwork then following & allowing the impulse of those expressions necessary to lead you back towards a ventral vagal state (and ultimately, with the right context & framing, release stored trauma from the body).

Dr. Wendy Weilhan summarizes it so well:

"A settled body helps other bodies it encounters. If enough of us bring our settled, healed bodies out into the world and harmonize with each other, over time, and within the right context, harmony can become culture."



How can I begin connecting with my somatic layers in new ways?

If you're reading this, I bet you're no novice to self-healing and transformation work, whether done through traditional psychotherapy or modalities like yoga and meditation, you may already feel relatively connected to your self.

In which case, the process is often more one of refinement, of targeting and focusing the ways specifically through which you connect to and explore the [medicine of self](#).

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Let's do a quick recap:

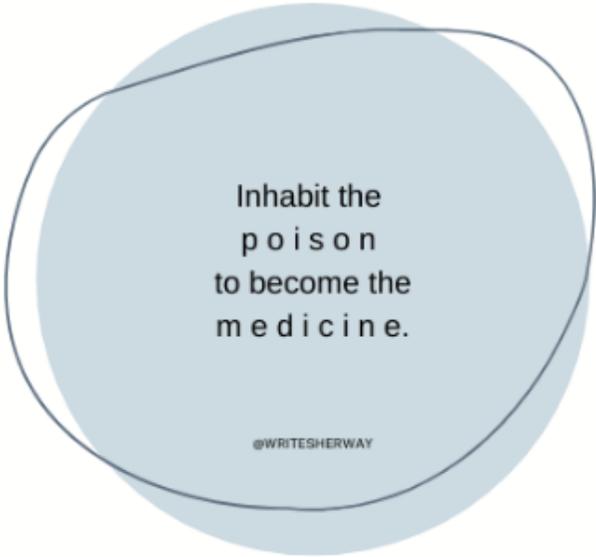
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Healing invariably finds resolution through a process of...

- **Connecting with self** (*staying presence with physical sensations & feeling safe in the body as your home*)
- **Connecting with the environment, ie. existence** (*patterning safety & surrender in relation to something larger, or outside of self*),
- **And then finally, connecting with others** (*bringing the final aspect of the parasympathetic nervous system back online through the social engagement system, governed by the ventral vagal nerve branch*).

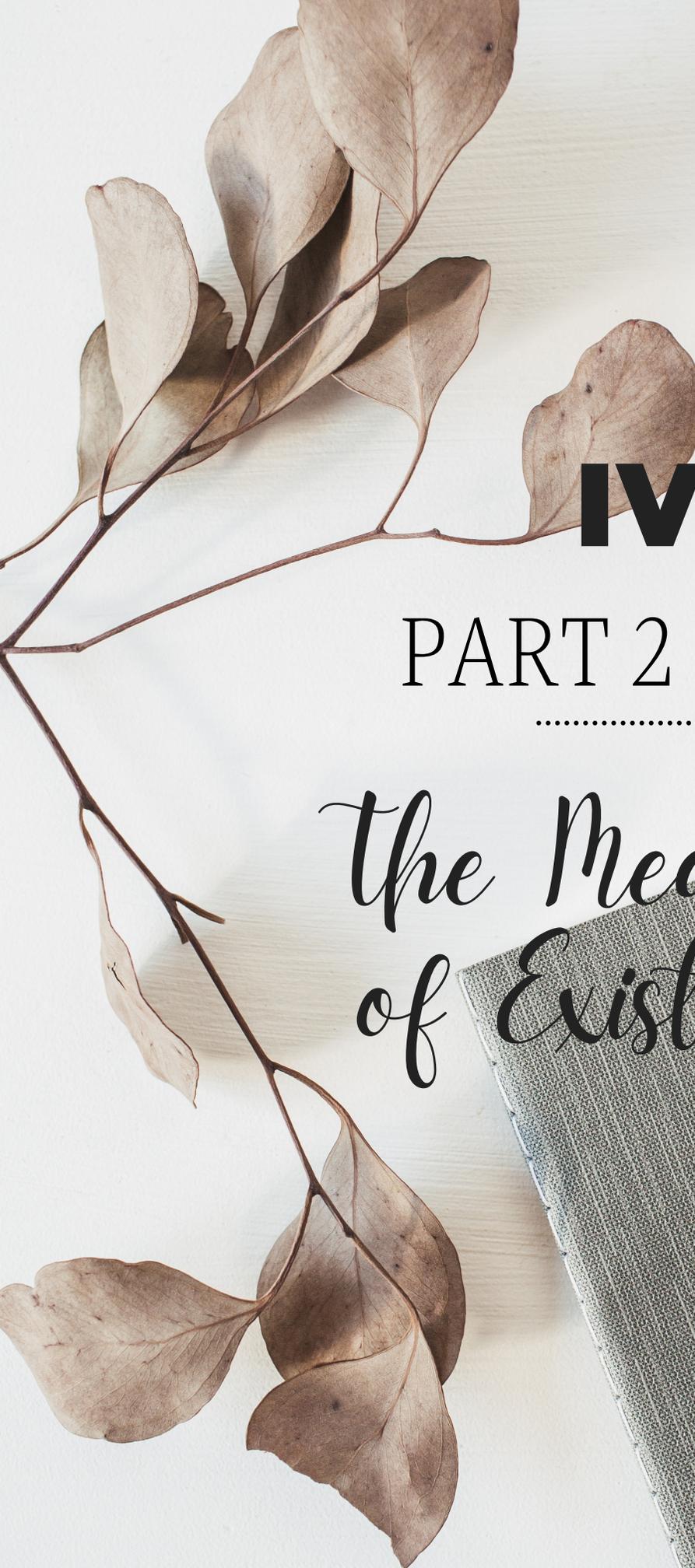
All of which play a role in building the capacity for resiliency which in turn is necessary for you -

to slowly create corrective experiences, in which you safely, tolerably,
begin doing the things that give you power which are particularly
close to the things that originally robbed you of
that power in the first place.



Inhabit the
p o i s o n
to become the
m e d i c i n e.

@WRITESHERRYWAY



IV.

PART 2 OF 3

.....

*The Medicine
of Existence*



As we explore the first pillar of healing, the medicine of self, we come to connect with and befriend our body, its sensations and feelings, its instincts and urges, its truth and unique soul signature.

We cultivate a belonging to ourselves and claim, slowly, a sense of sovereignty - acceptance of the unique, beautiful, chaotic perfection that makes us US.

Because after all, it's impossible to have self-love, self-care, self-respect, self-worth without *starting with the connection to self*, without self being home in the body and truly having both the safety and the permission, then the invitation and training to remain at home.

The second pillar of healing begins to focus the lifeforce of that self on and towards what it is to exist.



Where does self end and the world, a situation, family, lovers begin? The self starts to know and explore its place in the fabric of things - in relation, orientation and proximity to surrounding structure, shapes, environments, objects and people.

When we claim our ability, as a sovereign entity or force, to interact with physical reality, many aspects of realization and transformation can occur if we know how to train certain neurophysiological pathways to aid us in being our own medicine.

We can begin to find the ways to play with surrendering to and merging with, in trust and security, the larger world while also maintaining our sense of self and the ability to fortify and boundary as and when necessary.

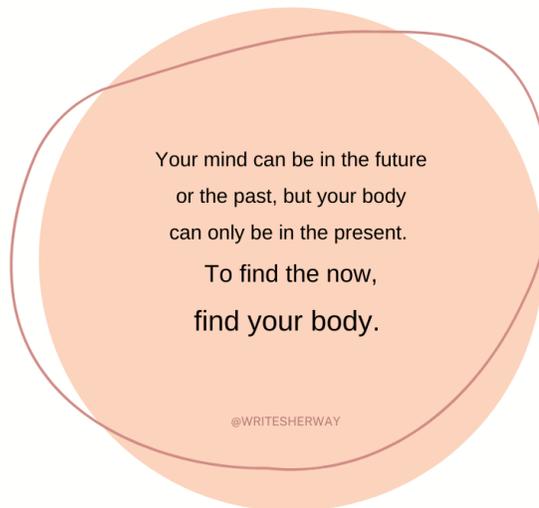


We also can use neurosensory awareness of space and structure, where our bodies are in relation to the environment (something called 'proprioception'), to bring more current updated sensory cues and data from the peripheral nervous system through afferent nerves to the central nervous system (the brain and spinal column).



We also can use neurosensory awareness of space and structure, where our bodies are in relation to the environment (something called 'proprioception'), to bring more current updated sensory cues and data from the peripheral nervous system through afferent nerves to the central nervous system (the brain and spinal column).

Tapping into the current, present reality around you, through sight, sound, taste, smell and touch, is one of the key ways we help the primal brain, and its lens of neuroception (remember, that's a 24/7 threat detection process running on our behalf shaped by our lived experience(s) to-date) shift from and out of the past and its triggering of various states of dysregulation we may experience.



The medicine of existence is also the rooted, present context of pleasure, the joy, the connectedness that comes with the soft touch of fresh snow falling on our cheek, the breathtaking rapture of a glass-like lake's reflections,...

...the unique feel of the wood grain against our toes that we know as a quality of the floors in our

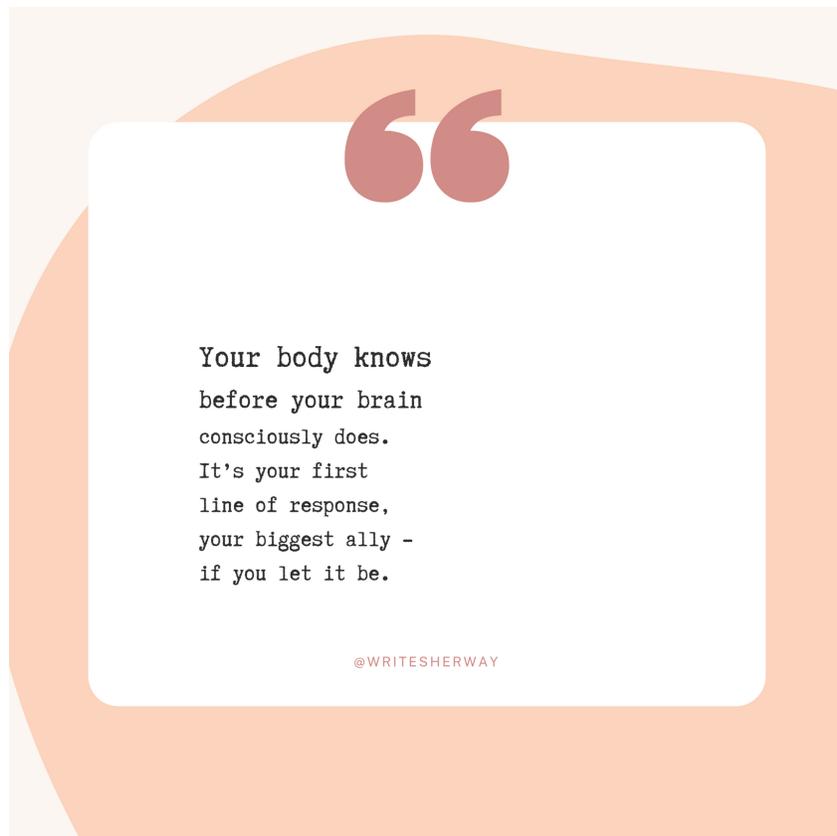
home, the weight of a fall pumpkin in our hands, the smell of spring's first wildflower bloom,

...the symphony of bird song in our garden, the way we dance and leap to our favorite music, the warmth of our favorite pet curled against our feet,

...the satisfaction of fashioning something with our hands, and *so much more.*

This is also the medicine of self that expresses, interacts, breathes, moves and sounds, which knows the world through the interface of desires, impulses and instincts and following them.

This is the medicine of the self that enacts the process to 'face, feel and free' tough sensations and experiences, shedding trauma and survival physiology for new modes of thriving, regeneration and repair.



To review: First there is self. Then that self begins to realize it exists, explores its place, mattering and interactions with the world. Existence by definition is "the fact or state of living or having objective reality." This encompasses both our ways of living and patterns, or negotiations, of and for our continued survival.

The second pillar of healing, the medicine of existence, grants you access to:

- **Patterns of safety in relation to something larger**, or outside of and surrounding self;
- **Neurosensory tools like structure, orientation & proprioception** to support and shift dysregulation in the nervous system and neuroception processes;
- **Secure experiences of surrender & release** into the reality around you, finding pleasure and reverence in the process;
- **Ways of expressing energy & impulses**, as a self that interacts with and exists in the world, through breath, sound, movement, touch, etc in organic, non-pressured or prescriptive means to truly release and resolve stuck survival physiology (ie. trauma).



Can you tell me more of using the medicine of existence for the sympathetic state?

Sure can! As a reminder, here's the neurophysiology speak on this experience:

Sympathetic activation / FIGHT, FLIGHT - This is the portion of the ANS not governed by the vagal nerve, but that we are so commonly taught about in school. This is the state we get kicked into that mobilizes energy, which can manifest as hypervigilance, sleeplessness and/or anxiety, and often as a response, can look like fleeing or removing yourself from a situation or person or meeting it or them with aggression, even anger or moving towards vs. away.

This is the experience of needing to do something, of having restless or even overwhelming energy in the body, that says "I must act now!" or "I can't stay here!"

When we are in a sympathetic state of activation or dysregulation we need to either:

1. Ground the energy (ie. with specificity self-soothe and tap back into cues of security and/or safety in relation to our self and how it is existing in relation in that moment. This type of regulation has important distinctions from general relaxation techniques.)

and/or,

2. Express / use the energy (ie. breathe, sound, move in a unique way that organically follows an impulse or urge of the body's authentic need in the moment.)



So the medicine of existence - how you relate to, express in and interact with the world and environment around you - plays an absolutely vital role in this 2-part process.

Being able to relate to and find your self in pattern and connection to structure and something larger around you is really important as we come to begin presencing higher sensation states of grief, loss, anger and abandonment. Knowing how and where to move neurosensory awareness between self and your body's sensations and then the security of environment around you becomes key.

Try this:

- **Step 1:** Find a comfortable seat or stand with eyes open and notice where the body is in space, where it is supported, connected and held by the floor, the chair, the couch,

- **Step 2:** Shift the weight between the feet, and tap into your tactical sensory awareness of the weight of the body as it relates to the safe, current environment around you,
- **Step 3:** Now really look and notice, with all your senses what detail you can feel and capture around you, slowly scanning the space around,
- **Step 4:** Now combine feeling weighted and connected (the step 2 tactical sensing) with looking and perceiving your surroundings (the step 3 sensing) and try to hold awareness of both at once,
- **Step 5:** Notice where or if you are bracing, holding yourself up and see how or if you slowly surrender or tense and then relax into the moment and being held by the world.
- **Step 6:** Ask within, "What does my body want to do right now?" Can you sense an impulse, a desire, a need to move, breathe, sound in a particular way? Can you allow yourself to follow that impulse and let what needs to happen unfold?

A large, solid orange circle with a thin red outline. Inside the circle, the text is centered and reads: "Even when you can't feel it, the world is still a magical place and you, a magical being in it." Below the text, there is a small copyright notice: "©WRITESHERWAY".

Even when you can't
feel it, the world is
still a magical place
and you,
a magical
being in it.

©WRITESHERWAY

How can I put all of this together in my life to claim new stories and experiences?

As we continue this series, unveiling the details of the 3 pillars of healing that you can use to shape new autonomic narratives in your life (that is, reshaping your body's autonomic nervous system and how it forms your perception, beliefs, behaviors and reactions)...

You begin to tap into the artistry of self, moving beyond the simple truth that you are your own medicine. You embody the artist that tenderly sculpts the clay of old stories into new goals, dreams and experiences. You embody the author that wields the power of the pen to architect any story you wish.

How? Through gentle, reinforced pattern interrupts.

Your nervous system state and psychological story join forces into enduring neural loops of experience, that unless loving but firmly re-directed, with the right context and sequencing, persist indefinitely.

If you want to move beyond theory and into capacity-building related to the 3 pillars of healing, and how you can use your physiology to craft new stories and the conditions for safety, wellness, connection and true thriving,

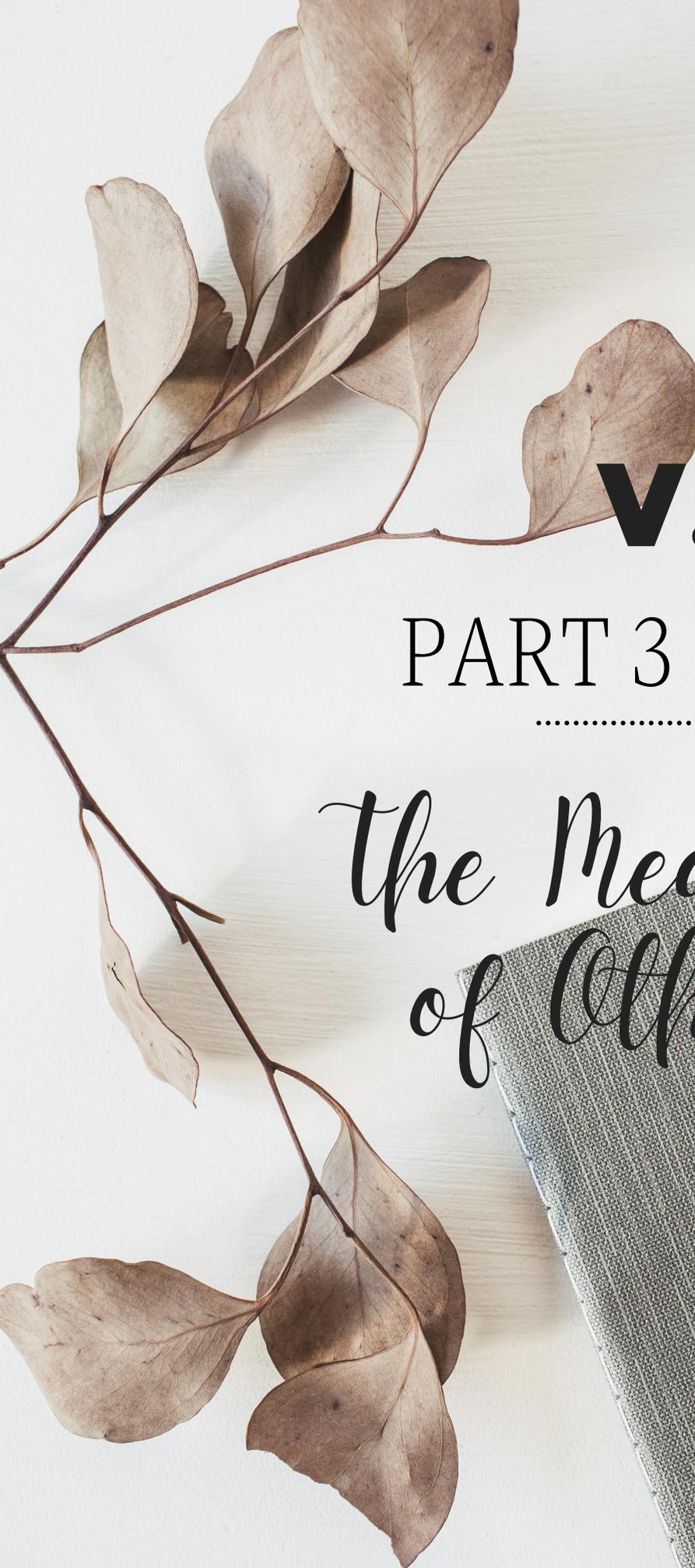
I'd invite you to explore my 13-week mastercourse [Permission to Thrive!](#) This self-paced, forever-access experience helps you put all the puzzle pieces - of you and of the process - together into one seamless, easy to follow way.

.....

In the next, final chapter of this book, we'll cover:

.....

- **The third pillar of healing:**
the medicine of others / Exploring what it is to create and find safety, flow and joy in relating with and truly being seen by others and attuning to other nervous systems as you feel into connection through your ventral vagal state.



V.

PART 3 OF 3

.....

*The Medicine
of Others*



We belong first to ourselves, then to the world and finally, to others. This is a truism that forms the basis of my somatic integration framework and this book, "*You Are Your Own Medicine*."

As we've explored the ways in which both connection to self and to the interactions of existing provide important neurosensory tools for us to write the foundations of new experiences in our lives, you may be wondering:

Why does any healing process inevitably culminate with the medicine of connecting with others?

In my humble opinion, for the following two reasons:

1. Homecoming at the origins. Most of our deepest somatic layers of core woundings, toxic shame and trauma occur in connection with others - an absent or invalidating caregiver growing up, an abusive romantic partner, a best friend with an addiction history that constantly needed saving.

Paradoxically, or perhaps sensically, it then follows that our greatest healing will invariably also happen within the context of connection, attunement and relationships with others.

As I've touched on previously in this series, the culmination of any transformation work occurs with corrective experiences; returning tolerably close enough once again to doing the things that originally robbed you of your power, where hurt and fracturing occurred previously.

2. Ventral vagal regulation. The graduating capstone so to speak of our autonomic hierarchy is the ventral vagal state, also known as the social engagement system, where our system is truly regulated.

Ventral vagal is our most modernly evolved neurophysiological circuit, through which we're

able to problem-solve with others through connection and engagement. This is also where we experience grounded, co-regulated states of play, joy, mindfulness, curiosity and empathy, as well as more high-sensation states of true pleasure, awe, wonder and gratitude.

Here we truly, in a biophysical way, belong to ourselves, the world and others. And what's more, here is the home resting place of homeostasis (ie. science speak for physiological balance) where digestion, resistance to infection, circulation, immune responses are all improved. Regeneration and repair flourishes and the ability to truly connect and attune in safety and security within relationship occurs.



Further, re-patterning the resiliency your autonomic nervous system, to return, again and again, to that ventral vagal state of the social engagement system, then allows each of us,...

...As a regulating force in the world, to use the third pillar of healing, the medicine of others, for the following collective change aims:

- **Healing social divides** *(the capacity to find safety and security despite differences & remain open to connection & conversation among different beliefs, ethnicities, classes, etc.)*
- **Attuning group coherence** *(the unification of perceived divisions, clearance of old wounds & trauma, within partnerships, families & communities)*
- **Reviving collective values** *(the renaissance of a true culture of compassion, understanding & honor for each human life)*



The medicine of others then allows us to address the final stages of healing, as well as then translate those gifts, insights and findings to healing the collective, to regulating and leading others around us, to not only be in touch with and able to access our own truth but inhabit the safety of skillful and easeful self-expression of that truth to the world and in our relations.

At its most foundational tenant, the medicine of others could be encapsulated by the idea that:

▽ **Other people are our mirrors.** ▽

Each person and each interaction reflects back to us:

How we are, or currently are not, ***honoring ourselves.***

What we judge, cast-out or are triggered by in another, shows us ever deepening layers of ourselves that need attunement, support and re-patterning *led by and from within us.*

More often than not other people reflect the parts of you that you aren't willing to see. What relational patterns return again and again into your experience? What reactions and/or behaviors are consistently activated for you in romantic partnership? Boss to employee dynamics? In friend circles?



Since regulation of self best occurs nested within co-regulation (in connection with other regulated people), your ability to grow discernment of other's reflections of dysregulation (in their own patterns and/or what they trigger in you), can be used to form the beginning of new positive feedback loops.

How? By recognizing with the higher order mind and using the psychoeducation foundations you've built, you can take any of these reflections and...

1. Tap into your body's healing intelligence alongside your regulating toolkit to re-pattern the activation within yourself and support the time-frozen part of you in the way it needs to feel safe and...

2. Perceive the dysregulation in another, perhaps a toxic relational pattern you've experienced before, simply as a reflection of your past and choose courageously to move with ease and grace away from and towards the attunement, intimacy and connection you truly want and fundamentally deserve.



Holding your own system & creating those reinforcement circuits toward regulation (ie. towards ventral vagal) is the only thing standing in the way between you and the life of connection and thriving that you're ready for my love.

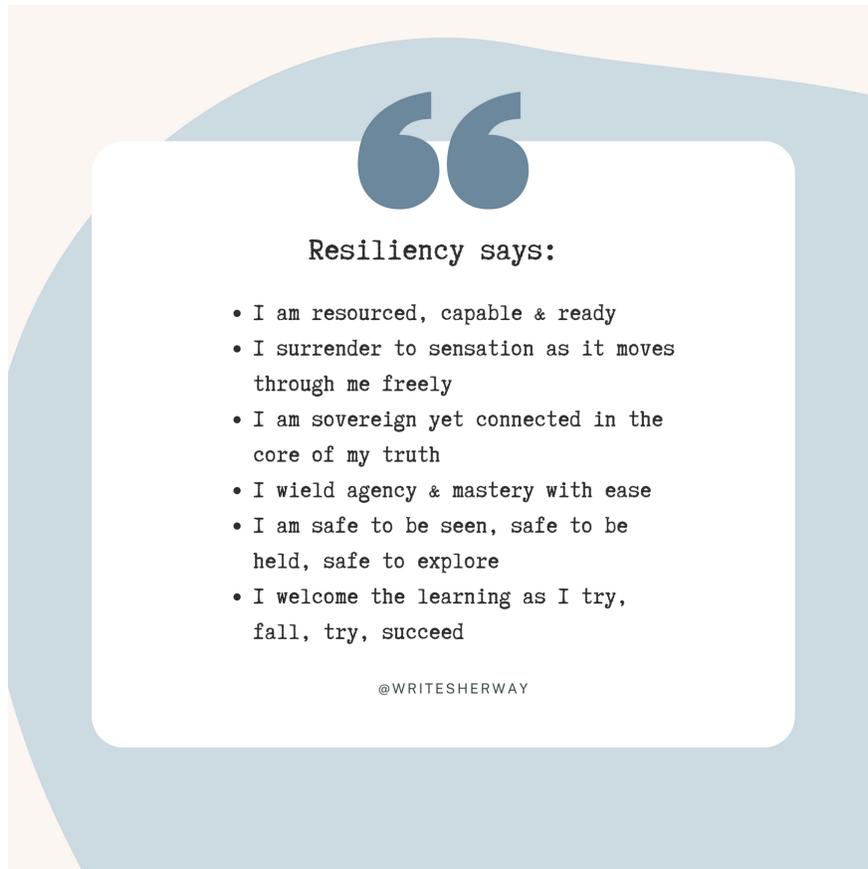


To review, the third pillar of healing, *the medicine of others*, as it relates to the ventral vagal state, grants you access to:

- **True attunement and connection** with friends, family, lovers
- **New relational models**, particularly with new programming related to what love is
- **The ability to receive** and be supported
- **Safety and security** to embody and express your truth
- **Skillful boundary setting & problem-solving** through connection vs. patterns of dysregulation
- **Easeful navigation of communication issues** and differences in both needs and opinions
- **Embody belonging to yourself and the world first**, filling your own cup as much as possible before expecting the biological imperative for connection to fill the remainder of your experience in a life of true thriving, safety, joy & physical wellness



- **Achieve biological homeostasis** for physical regeneration and repair (immune, GI and circulation stabilization)
- **Access to the states of pleasure, awe, wonder** and gratitude along with the ability to truly share and participate in them alongside others



Coming through this 3 pillared process of somatic coherence, I and my clients, are able to achieve a neurophysiology balancing of the autonomic nervous system,...

...such that the **conscious mind + animal body** (*with its more primal human operating system*) **are unified** (*able to work together towards a particular goal, story or aim*)

AND

are **optimized** (cleared of stored survival responses, trauma and core wounding that are like large, bloated programs slowing down the the technology your life runs off of.)



The outcome of somatic coherence, is akin to what meditators would call a "zen" or "flow" state and what artists and athletes call "the zone."

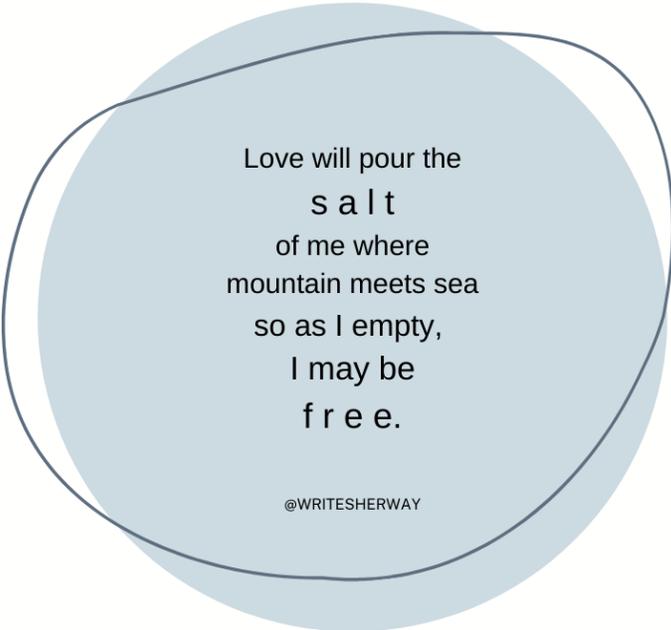
And what's more, it becomes your neural and autonomic patterned default. Forget productivity hacks and willpower.

In the coherent state, the body and the mind work together, and instead of resistance, there is an optimal range of functioning between both our *psychological* processes and *physical* bodies - catapulting us towards new level-ups in the realms of money abundance and relationships in our lives.



All of which then leads us to the conclusion of this journey...

...and I hope, the beginning of your new stories!



Love will pour the
s a l t
of me where
mountain meets sea
so as I empty,
I may be
f r e e.

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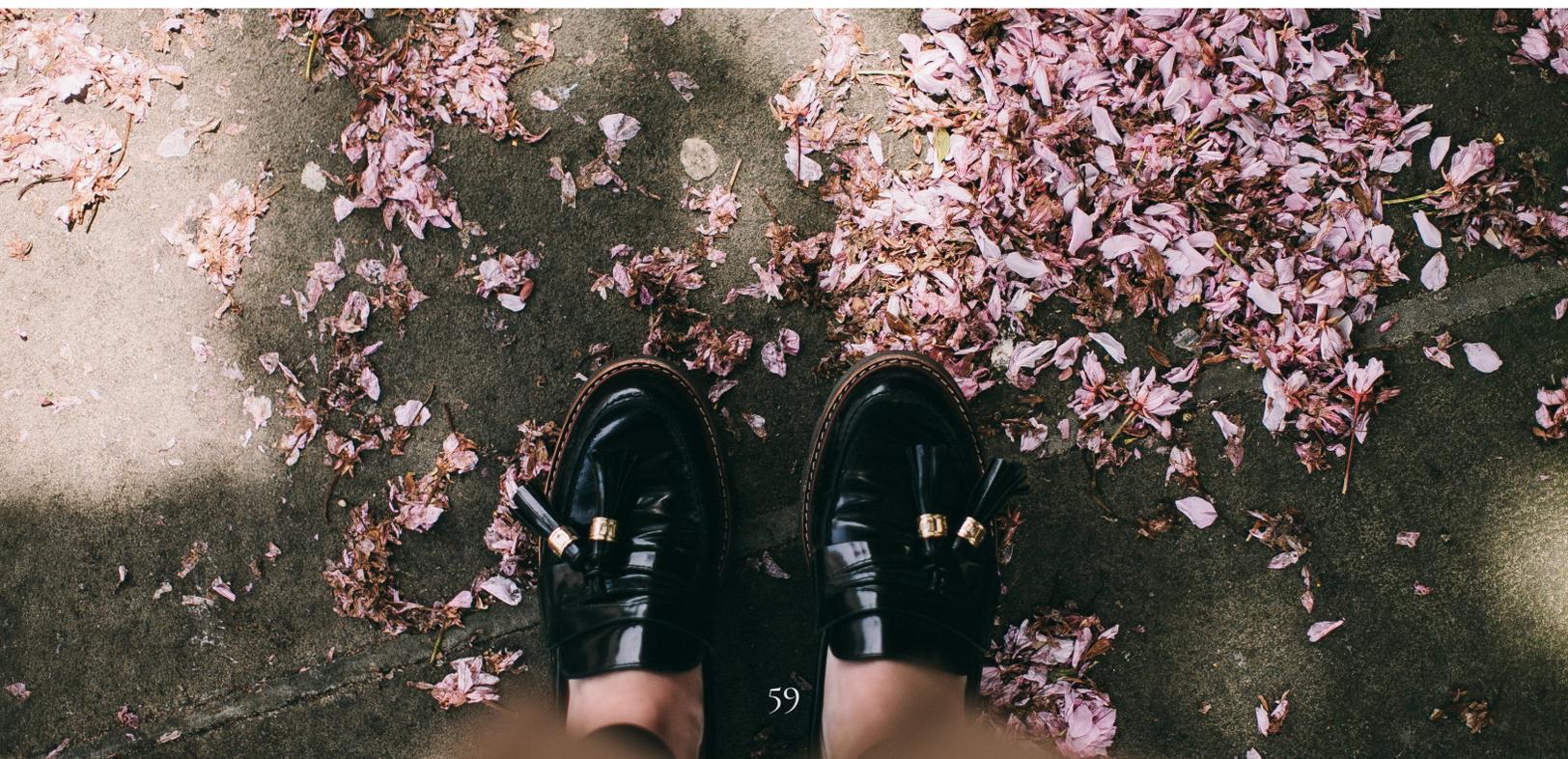
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ABOUT

As a trauma-informed somatic practitioner with pre-med undergraduate and Anthropology graduate degrees, training in Somatic Experiencing, Polyvagal Theory and psychedelic integration, Christine Ren is a dedicated investor in human potential.

She empowers women to claim and live into their ability to be their own medicine by addressing the deeper neurophysiological layers of trauma that inform more surface-level mindset limitations, as well as persistent, non-serving behavioral patterns.

She works remotely with clients internationally through nervous system-led

upgrades to their human operating systems to affirm their best purpose-driven lives possible.

She is also an internationally published underwater performance artist, a poet, former professional dancer and resides in Boulder, CO with the loving heratbeat at her feet named Jade.

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