

Caring for Sensitive Systems

Sensitivity is perhaps one of the dirty little secrets of both spirituality and body-based trauma work. Many of us come to these practices already sensitive, but even if that's the case, these practices continue to expand our sensitivity. Ideally, we expand our tolerance as quickly as we expand our sensitivity.

But truly our society is built by and for people whose bodies are numb. It is inescapably difficult to truly feel - but that is all 'sensitivity' is, simply feeling what's happening. And deeply feeling is also an inescapable byproduct of deep healing work and awakening. It's not bad or strange, it's just what happens the more aware we are. But it is not adaptive in our culture. So most of us will need tools to combat the onslaught of stimulation and collective unresolved emotions that we face every day.

If you have doubt come up around the idea that this type of sensitivity exists, or that these tools could actually be effective, I understand. I have been deeply skeptical of what you might call the 'woo.' Over the years, my own direct experience has shown me that much is possible that I thought was impossible. I think it's important to hold even our own direct experience with openness and not knowing, and yet, to ignore that we or others have these experiences feels impractical and unwise. So, if you're skeptical, great! That's valuable. Just don't shut down - stay open. The universe is a wonderful mystery none of us could ever fully know - May it continue to surprise you.

So a few things that have helped me:

- ❖ *Biogeometry*. Helps regulate organ systems, nervous system, and mood. Helps protect against 5g, WiFi, and other sources of electronic stimulation. Message me if you want to know more about how to get started with it. <https://www.biogeometryshop.com>
- ❖ *Earthing products*. They offer a grounding frequency. Mine helps me sleep better and makes me feel calmer. <https://www.earthing.com>
- ❖ *Quantum biofeedback treatments*. These have saved me. They are most effective for those who are extremely energetically sensitive, and support all systems in the body. Super woo but real.
- ❖ *Safe and Sound Protocol*. This didn't touch my sensitivity but does help many others. Developed by Dr. Stephen Porges to improve the functioning of inner ear muscles in a way that supports

sensory integration and social engagement. <https://integratedlistening.com/ssp-safe-sound-protocol/...>

- ❖ *The right supplement regimen.* Work with a naturopath of some kind if you can to make sure your body is getting the nutrients it needs.
- ❖ *Good old fashioned rocks or other natural objects.* Choose intuitively. Hold or keep by you as desired. Put some in your bed if you want to.
- ❖ *Weighted products.* Sand bags are my favorite, but it's even cheaper to get giant bags of rice, or self-holding, hammocks, bean bag chairs, etc, are also good options.
- ❖ *Nature.* Be outside as much as you can. Soak it in. Let it recycle what your body doesn't need to hold onto.
- ❖ *Bodywork.* As often as you can. Self-touch, stretching, yoga, dance, or other intuitive movement as needed. Cuddling if you have access to cuddle-friendly humans.
- ❖ *Turn off your WiFi* and other electronics at night.
- ❖ *Hold your phone as little as possible.* Turn it off if you have it in your pocket, or at least put it on airplane mode. Don't work with your computer on your body.
- ❖ *When you watch shows, watch on your phone or another small screen.* The smaller the better.
- ❖ *Wear natural fibers* as much as possible.
- ❖ *Use natural light,* and even candles.
- ❖ *Listen to your body* in terms of how you want to spend your time, and who you want to spend it with, as much as possible. Don't feel badly if you have to cancel plans or need a lot of rest and recovery time.

There are many, many more possibilities, but I hope these give you some new ideas for navigating sensitivity in this sensitive-unfriendly world! 🍀💚