**Somatic Experiencing Practices, Part 2:**

*Advanced Self-Healing – You as Shaman*

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These practices are for use under my guidance only and may be introduced and practiced one at a time, in the appropriate progression. Please use as I assign and don’t skip ahead. It’s important that each be in perfect alignment with your particular stage of healing evolution.

You are now doing your own Somatic Experiencing practice on yourself and each step is cumulative and needs to be integrated before moving onto the next. Please reach out if you have any concerns or questions. I support you in your movement toward ultimate freedom.

**1.** **Lingering in Pleasant Sensations Practice:** When you do your own SE practice, start with sitting and simply resting in goodness, finding the pleasant or neutral sensation and establishing that … LINGER in it! Choose times to do it when you are not aggravated. Practice enough so that this good feeling is more regularly available, and it comes more naturally and spontaneously to you. You are building your capacity to allow “charge” to arise and move inside of you and onward to completion. You are building your container. Doing this at the beginning of your meditation practice is ideal.

2. **Somatic Experiencing Pendulating Practice:** after you have established ease in being able to get to and remain in the grounded feeling of goodness. You will orient, then go in and find the sensations in your body that are wonderful and pleasant or at least, neutral, stable and grounded. Linger there. Establish and ground in a good sensation,

Then, **allow any challenging sensation to be noticed**. Spend just a few moments feeling that and then come back to the part of the body that feels good; just be touching lightly on one side of goodness and then over to the challenging side and coming right back out again. The purpose is just to keep *establishing the ease of movement in the nervous system*. The very real empowerment comes with having a choice how far to go and when to come back.

Do this as a practice when you are peaceful. Later, you can do it when your body feels triggered or dis-regulated. Don’t expect to “complete” in this step, just remain curious and wondering, allowing sensations, images, energy and impulses to come and go while you practice being a witness and gently guiding your attention to each end of that range of sensation between pleasant and unpleasant.

**3. Somatic Experiencing Completion of Healthy Aggression or Flight Impulse**. Noticing when you are activated and utilizing the above techniques to ground enough. Then taking the opportunity to skillfully allow an uncomfortable sensation to fully arise in your body, without trying to change it or push it away, noticing it and noticing impulses and sensations that arise with it. **Next, you will follow the guidance of the body** to do a slow-motion flight movement (like running or flying) or a healthy aggression movement (like slo-mo opening jaw and growling or pushing or kicking something away or slo-mo punching.) Please stick to those expressions that have arisen when you and I have been in session together. This will be indicated by heat or twitching or some impulse coming from the body spontaneously and **while you are still in touch with the uncomfortable sensation** that generated it. If a thought provokes the movement, it will not actually work to complete the pattern. However, you may need to just feel your way through the first and second time just to get through the newness of it. It is supremely important that you are able to stay as a witness to what you are experiencing and not getting lost in the sensation or experience. Try asking yourself questions to test it like, “On a scale of 1 to 10, what is the intensity level?” or “What is the size and shape of the sensation? Color? Can I feel the edges?” make sure you are able to pendulate at any time if you need to. After you have completed a slo-mo movement, rest. Really allow the body to take a long time to discharge. Tears or shaking or heat may arise. A feeling of fear or yawning may come. Each person’s system is different.

**4. Integrate:** You may journal about what has taken place. Or lay down and allow for visioning or dream. Memories may come or a complete reframing of an old story. You may get inner guidance coming to you or you may just feel extremely tired and need rest. Be open to this shamanic element of the process. Use your innate creativity to allow the self-healing to complete on levels beyond the nervous system. You may have flashes of former lives or ancestral trauma being healed. You may take a “journey” in other realms or “awake dreaming.” Just stay open and caring for your tender self in the days to come. You are doing amazing work for you and the planet!

*The good and positive is always there; every possibility is always there. It’s just a matter of tuning your antennae to a different frequency to find goodness and to just give it some time to gather and fill you up with wholeness, harmony and love.*