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THE GROWTH EDIT - ISSUE 12



"You might not remember it, but your nervous system does."

– Victoria Erickson

Have you ever wondered why you resist taking the required steps towards your goals, the ones that you really, really want to achieve?

A lot of people say: 'you just need to push through the resistance and fear, and do it anyway', but there is something missing here...

Ponder This:

The piece that is missing from the 'feel the fear, and do it anyway' puzzle is your *nervous system*.

If this guy is not on board, you can push through all you like, but you will end up where you were before. According to your nervous system, that which is unfamiliar registers as unsafe.

Our nervous systems are wired to keep us alive, and they're doing a wonderful job at it, as evidenced by the fact that your heart is beating right now and you're reading this newsletter.

However, its focus is on information gathering and what is unsafe. So, if up until now, you've experienced a particular level of living into your potential that's below what

you know is possible for you, and most of the people you hang out with are operating at that same half-mast level, it's going to feel unsafe to your nervous system to expand beyond that.

Everything we desire, be it a bigger job, more money, a healthier body, or a relationship where we feel fully met, is something we haven't experienced before. Guess what? According to our nervous system, our desires are a threat.

Reflect on this and where this might be true for you.

Ask yourself:

- Are there any areas in my life where I am experiencing resistance to my goals?
- When I think about expanding into these goals, how safe does it actually feel to my nervous system?
 - What starts to happen in me when I think about moving forward, taking action towards these goals?

Suggestion: *Journal on these questions and really feel into how safe it really feels in your body, when you think about going beyond your current boundaries.*

Experiment with:

If your nervous system feels like it is on high alert in relation to something that you really want, try experimenting with the following:

- *Speak your truth:* talk to someone you trust and share what's going on for you. Having a safe space to share your fear, shame or resistance, and be witnessed in that, is a very powerful way to signal safety and regulate your nervous system.
- *Havening:* havening techniques are neuroscience-based interventions designed for fast and effective treatment of PTSD, fear-based disorders, as well as calm down a dis-regulated nervous system.
 - It can be as simple as giving yourself a hug, rocking side to side, and telling your system it is safe, as you do so. Doing this as you take action towards your goals is a great way to rewire your nervous system from fearful to calm.

- *Breathe:* your breath is the quickest and easiest way to signal safety to your nervous system. *Deep breathing* (diaphragmatic breathing), *coherent breathing*, *4-7-8 breathing*, *nasal breathing*, and *mindful breathing* are all effective, as they signal the parasympathetic nervous system to promote relaxation and reduce stress responses.

Remember: *Your capacity for greatness knows no bounds. And when you learn how to feel safe first, you can access all of that greatness waiting to be unleashed.*

Till next time.

Lots of love,

Rachel

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