

13:01:07 From Frances Ingouville : Hi Frances from Guatemala

13:01:09 From Lucia Brizzi : Lucia Brizzi- Brooklyn NY

13:01:10 From ineke van streepen : Hallo I am Ineke from the Netherlands

13:01:11 From Lucia Brizzi : hello :)

13:01:11 From Marie Connors : Hello Everyone I'm Marie from Ireland

13:01:16 From Evelyn Ammon : Hi, I'm Evelyn from Guatemala

13:01:17 From Rambabu D : Rambabu from India.. currently in Chicago on a visit

13:01:20 From Maureen Murray (she/her) : Maureen from Ireland

13:01:20 From Suzana Estrada : Lisbon, Portugal

13:01:21 From Ali Lufkin to Hosts and panelists : Ali Oregon

13:01:22 From ftejpar : Fabienne Tejpar Belgium

13:01:23 From Lisa Shalet : Hi Lisa Shalet from Los Angeles, CA

13:01:25 From Margaret (she/her) to Hosts and panelists : Margaret. Bermuda

13:01:25 From Carol Rosen : Carol Rosen New Jersey, USA

13:01:27 From Saren : Belgium

13:01:29 From Dawn Richa : Hello I am Dawn from Atlanta Georgia

13:01:30 From Aline Arias Wolff to Hosts and panelists : Hello, Aline from brazil

13:01:31 From kim isaak : Minnesota USA

13:01:32 From Liliana Hernández to Hosts and panelists : Hi from Mexico

13:01:32 From Naoko Sasaki : Hello from Vancouver!

13:01:33 From Melissa Chiew : London UK

13:01:35 From terri thayer : Terri from Colorado

13:01:36 From Casey Hayes : Casey Hayes from Chapel Hill, NC

13:01:37 From Brigid Lang (she, her) : Brigid from New York City, USA

13:01:37 From Elda : Switzerland

13:01:37 From Christine : Hi Christine London

13:01:38 From Lesley Vernon to Hosts and panelists : Lesley in Maine

13:01:38 From marie mc guigan to Hosts and panelists : Marie from Belfast Ireland

13:01:38 From Stan Vreede, CY : Hello to all from Stan Vreede (trainee therapist) in Cyprus

13:01:39 From Kathy Lewis : Hello from Kathy in South Africa
13:01:41 From Rambabu D : India
13:01:42 From Beth Kobb : hi there from San Antonio
13:01:44 From Jula Jošt : Julie from Slovenia
13:01:44 From Lesley Miles : Hello, I'm Lesley from Cape Town
13:01:45 From Bassam : Bassam (they/he) - Cyprus/Seattle
13:01:48 From Annie Bloch Paris : Bonjour, de Paris !
13:01:48 From Sarah Paul : Hi, Sarah from London UK
13:01:48 From Judith : bay area california
13:01:52 From Derick Deal to Hosts and panelists : Austin, Texas
13:01:54 From Lisa Avnet : Hi it's Lisa from Lenox, Massachusetts!
13:01:54 From MICHALALMAGOR : ISRAEL
13:01:54 From Brigid Moynahan : outer cape cod MA
13:02:00 From Derick Deal : Austin, Texas
13:02:06 From Stephanie L : Hello from Berlin
13:02:09 From Chrysoula Tsetoura : greece
13:02:11 From Ellen Mains : Halifax, Nova Scotia
13:02:12 From Mercedes Ferraro : Argentina
13:03:48 From Harvey : Harvey, Boston, MA
13:06:13 From Jeffrey Kinnamon : Countries represented:

India

Switzerland

Brazil

Portugal

Japan

Mexico

Ireland

Canada

Hungary

South Africa
Netherlands
Guatemala
Finland
Austria
Argentina
Israel
Australia
United States
United Kingdom
Germany
Italy
Belgium
Kuwait
France
Greece
Slovenia
Bermuda
Romania
Cyprus
Spain

13:06:39 From Marta to Hosts and panelists : Hello from the west of Ireland
13:07:29 From Lisa Avnet : workbook is great, thank you!
13:08:07 From Jeffrey Kinnamon : Workbook Access & Download/Heidi's email list sign-up:
<https://heidistable.com/workbook/>
13:08:21 From Lucia Brizzi : Yes!
13:08:24 From Jeffrey Kinnamon : Yup!
13:08:25 From Ali Lufkin to Hosts and panelists : yes!!!
13:08:25 From Kristi Kirkham to Hosts and panelists : yes

13:08:26 From Evelyn Ammon : Yes

13:08:27 From Saren : yes

13:08:27 From Kathy Lewis : Yes

13:08:28 From Naoko Sasaki : Yes!

13:08:28 From Harvey : yes

13:08:32 From ineke van streepen : Yes I can recognize that

13:08:32 From Marki Webber : Been there!

13:08:37 From Stacey W : yes

13:08:41 From Maureen Murray (she/her) : Yes

13:08:42 From Sarah Paul : yup

13:08:42 From kim isaak : ha

13:08:45 From Laura Dickinson to Hosts and panelists : yes

13:08:45 From Laura Aguilar to Hosts and panelists : Yes

13:08:47 From Rambabu D : many times during the day

13:08:50 From Rambabu D : every day

13:08:57 From Lesley Miles : Yes indeed

13:09:03 From greta : Yes

13:09:05 From Nancy : 👍

13:10:42 From greta : Thank you for letting us know

13:12:36 From Stan Vreede, CY : Anxiety would go if you could see us!

13:14:17 From Melissa Chiew : Try increasing volume on Zoom through audio settings/ output volume

13:20:19 From Lucia Brizzi : thank you for sharing your story

13:28:07 From Jeffrey Kinnamon : Workbook Access & Download/Heidi's email list sign-up:
<https://heidistable.com/workbook/>

13:38:04 From Caroline Budden : What if it's the other way round? When I notice my breath I tense up with a sense of fear.

13:44:19 From Rambabu D : where can we. download the work book from

13:44:37 From Jeffrey Kinnamon : Workbook Access & Download/Heidi's email list sign-up:
<https://heidistable.com/workbook/>

- 13:45:56 From Diana Kirigin : I do that as well.
- 13:51:22 From Saren : It also feels as if friendly awareness resonates for me with compassion
- 13:51:47 From Lucia Brizzi : the world feels too slow ;)
- 13:52:09 From Jeffrey Kinnamon : fidgety
- 13:52:17 From Lynn Rosen to Hosts and panelists : for me the world feels too fast!
- 13:52:27 From Melissa Chiew : racing thoughts
- 13:52:54 From greta : overwhelm
- 13:54:28 From Diana Kirigin : sympathetic briefly then to dorsal
- 13:54:28 From Stacey W : What if it's both? Depends on my trigger
- 13:54:58 From Lucia Brizzi : almost never dorsal!
- 13:55:41 From Melissa Chiew : what's the author of the book 'anchored'?
- 13:56:23 From Jeffrey Kinnamon : Jan Winhall: Treating Trauma and Addition with the Felt Sense Polyvagal Model
- 13:57:52 From Stephanie L to Hosts and panelists : just have the idea: when I procrastinate, am I in sort of shutdown until the pressure gets so high that I "have to move" and fall into hyperfocus (sympathetic arousal) to complete the task at hand? does this fit or not
- 13:58:21 From Jeffrey Kinnamon : Anchored - Deb Dana
- 13:58:36 From Melissa Chiew : thank you!
- 13:58:45 From Stacey W : Jan's book is amazing!
- 13:59:15 From Lesley Miles : Apologies, I need to go! Thank you Heidi.
- 14:03:06 From Rambabu D : thisAn Observation:

I happened to listen to Deb dana on PVT through her audio book.

Polyvagal theory - 3 states are very analogous to 3 gunas (body-mind states as per yoga)of Yoga practice/philosophy... I understand tat Stephen Porges got this idea white visiting India in 1994..while listening to a Sanskrit story..

Satva Guna being the counterpart o VentralVegal. Yoga practice has a stress on bring the predominance of Satva

In fact the 10 percepts of yoga (Yamas and Niayamas) practice brings the healthy relationality to oneself and the world to bring about Ventral regulation.

So the practices of Yoga. (physical and nonphysical aspects of yoga) ..Will go with this .. am I right

14:04:27 From Stephanie L : Thank you a lot

14:05:34 From Saren : Yes i recognise the link with the tree gunas keep me posted about that please!

14:06:52 From Annie Bloch Paris : Please, give references to the 3 gunas or your mail address

14:07:02 From Lynn Rosen to Hosts and panelists : the sensing abilities from Alexander Technique & Whole Body Focusing are all about this particular recognizing

14:07:05 From Brigid Moynahan : love to get an exercise for finding friendly awareness right now.

14:07:35 From Lynn Rosen to Hosts and panelists : yes Brigid, "friendly awareness" sure didn't work for me early on. xos

14:08:00 From Lynn Rosen to Hosts and panelists : Kevin McEvenue always asks "can you be gentle with that" rather than friendly awareness

14:08:26 From Brigid Moynahan : yes I can watch my breathing. that's the habit that calls me to attention. focusing on my feet

14:09:41 From Lynn Rosen to Hosts and panelists : YES, my feet!!!

14:12:36 From marie mc guigan to Hosts and panelists : That's very helpful Heidi

14:13:13 From Kathy Lewis : Yes!

14:13:47 From Saren : o yes

14:15:00 From Stacey W : oh my gosh maria I love your glasses!!!

14:16:14 From Lynn Rosen to Hosts and panelists : when does moving/looking around become Sympathetic state?

14:20:22 From Jeffrey Kinnamon : Walking

14:20:30 From Rambabu D : Walking in nature

14:20:54 From Saren : Following my body in unwinding, hands on the ground or any other thing that comes up naturally

14:20:56 From marie mc guigan to Hosts and panelists : Rocking my body gently or listening g to music

14:20:58 From Laura Dickinson to Hosts and panelists : yes walking outside

14:21:56 From Saren : together with just recognizing what thoughts, feelings there are

14:23:13 From Rambabu D : Annie.. my mail id is innerworkram@gmail.com

14:23:16 From Rambabu D : <https://sequencewiz.org/wp-content/uploads/2019/10/The-Polyvagal-Theory-and-the-three-gunas.pdf>

14:23:28 From ineke van streepen : I have to go because my body needs sleep after night duty; Thanks a lot

14:23:59 From Rambabu D :
<https://www.frontiersin.org/articles/10.3389/fnhum.2018.00067/full>

14:24:26 From Lynn Rosen : Sareen could we meet? I'm WBF for decades & appreciate what you're offering/responding

14:26:02 From Saren : Love to, saren.swinnen@gmail.com

14:26:51 From Lynn Rosen : I'm Lynn Rosen — morebodyinfocusing@gmail.com

14:27:29 From Rambabu D : <http://deborahadele.com/resources/>

14:33:38 From Maria Hakasolo : Stacey, thank you! Ilosole my glasses, too. First time when I gave me a permission to buy ones that I really loved.

14:33:58 From Maria Hakasolo : Ilosole= I love

14:39:57 From marie mc guigan to Hosts and panelists : I need to go look forward to the recordings thank you Heidi

14:41:00 From Lucia Brizzi : screaming (they're 4yrs)

14:41:15 From lisashalet : whining, panting, squirming, for my pup

14:41:17 From greta : shuffling papers

14:41:17 From Evelyn Ammon : Stressed, bad mood

14:41:31 From Saren : hard tone

14:41:43 From greta : stop talking

14:41:44 From Rambabu D : grand kid stamping on floor

14:41:47 From Brigid Lang (she, her) : Cat > runs away and hides

14:41:50 From Evelyn Ammon : impatient

14:41:51 From Kathy Lewis : Sympathetic (a cat): hyper alert, eyes dilated. Head turning, tail twitching. Not responding to being spoken to gently, reassuringly.

14:41:51 From Iris : facial expression

14:41:54 From Lynn Rosen : snarling person

14:42:08 From Caroline Budden : speak and move fast, tense face

14:42:30 From Laura Aguilar to Hosts and panelists : angry, behind the computer and disappearing

14:42:33 From Stephanie L : Speaking with raised voice

14:42:34 From Melissa Chiew : critical tone

14:43:25 From Caroline Budden : looking sarcastic, withdrawing connection

14:48:32 From Marki Webber : Q: Really curious about mixed states... dorsal and sympathetic at the same time?

14:48:52 From greta : Changing clothes, colours, looking out and to the surrounding

14:48:55 From Nancy : Self-compassion is one of my takeaways. THANK YOU.

14:48:57 From Marki Webber : Taking away the power of warmth and friendliness to whatever arises

14:48:59 From Lucia Brizzi : take away: do a body intervention vs self talk

14:49:10 From Jeffrey Kinnamon : Nervous system states as an adaptive strategy - the genius of our bodies.

14:49:12 From Jula Jošt : how to be present with another living being

14:49:16 From Margaret (she/her) to Hosts and panelists : Noticing my shallow breathing

14:49:39 From Laura Aguilar to Hosts and panelists : Movement... stillness as great resources

14:49:41 From Lesley Vernon : Having friendly curiosity and awareness of my own body/nervous system and others I interact with

14:49:42 From Rambabu D : find and available opportunities for more heartfelt and whole self (Ventral vagal) moments

14:49:48 From Mary Owen to Hosts and panelists : Heidi's calming voice

14:49:52 From Stephanie L : It is so helpful to dip toes into personal experiences with focusing/pausing/friendly awareness. Thank you for making it so personal!

14:49:56 From Naoko Sasaki : not minimizing the effect of my relaxed presence for my clients

14:50:00 From Kathy Lewis : Encouragement to keep working on friendly awareness towards myself as a basis for being in the world and in relationship with others and the world.

14:50:20 From Brigid Moynahan : Importance of continuing to check in and manage my internal state to achieve relaxed presence and sustain it

14:50:29 From Dan Grandstaff : Focusing on the body and actions to change my state instead of focusing on cognitive approaches

14:50:38 From Rambabu D : befriending what is good and what is difficult

14:50:45 From Sarah Paul : TIFI would love to have your feedback on this webinar. If you'd like to you can complete a short survey here. Thank you! 😊 <https://www.surveymonkey.co.uk/r/PJGGRP8>

14:50:47 From greta : friendly awareness and curiosity, information that I got from today. so helpful

14:50:49 From Brigid Moynahan : cues of safety --developing a list of them.

14:51:24 From Elda : This sentence : It's his nervous system (or it's my nervous system). He's not always like that (or I'm not always like that). As a way to be more friendly with others or with myself.

14:51:36 From Laura Dickinson to Hosts and panelists : sense of support for the possibility of a noticing - maybe at the moment of reactivity at "the top of the slide before I just reflexively take that downward ride," friendly awareness to the moments that have felt like unstoppable and inexcusable

14:52:28 From Deworah to Hosts and panelists : would like to know more about this "reset", or how to tap into the nervous system in order to improve a physical condition, which is caused by the parasympathetic nervous system.


14:56:06 From Jeffrey Kinnamon : Schedule a 30 minute FREE Relaxed Presence Breakthrough with Heidi: <https://calendly.com/heidistable/relaxed-u>

14:57:19 From Jeffrey Kinnamon : Ready Set Pause (private Facebook group): <https://www.facebook.com/groups/readyspause>

Heidi's website: <https://www.HeidisTable.com>

14:59:46 From Brigid Lang (she, her) : Thank you!

14:59:54 From Laura Aguilar to Hosts and panelists : Thank you all !

15:00:05 From María Eugenia to Hosts and panelists : Thank you so much !!! 


15:00:08 From greta : thank you so much!

15:00:12 From Nancy : Gratitude to all of you. Very helpful.

15:00:16 From Kathy Lewis : Thank you so much, Heidi and TIFI.

15:00:16 From Stan Vreede, CY : Many thanks Heidi and everyone!

15:00:18 From Laura Dickinson to Hosts and panelists : Thank you!

15:01:00 From Marta Fabregat to Hosts and panelists : 

15:01:09 From Margaret (she/her) to Hosts and panelists : Thanks so much.

15:01:11 From Saren : thank you all!

15:01:19 From Christine to Hosts and panelists : Thank you one and all

15:01:36 From Lucia Brizzi : thank you!!!