

TUIO7: WHAT IS SOMATIC EXPERIENCING WITH GUEST ABI BLAKESLEE

ORIENTING AND GROUNDING EXERCISES

We pulled the exercises from the podcast and made them into both an audio and text version, so you can use them again and again or on the go without having to search through the whole episode! Check out the whole episode by [CLICKING HERE!](#)

Sue Marriott 0:53

That's wonderful and if you're listening, really see if you can slow down what you're doing a lot of times we're multitasking, and either come back to this at a time where you can attend a little more fully, or see if you can just kind of really tune in and hear this and begin to kind of be like, this is a live like, be with us as we're doing this. This is for everybody. So, please, sounds very exciting. Go ahead.

Abi Blakeslee 1:20

So, you notice where your, where your body is maybe at baseline right now. So again, just sort of checking in maybe noticing some of your internal state and the first workout and stabilization or regulation tool, and then what we're looking for is a shift from whatever state you're into a place that feels better to you. For some people that might feel calmer, more parasympathetic, but for other people, it might be you might feel more alive minutes, more energy, more vitality, and for other people. It's just that you're feeling anything

Sue Marriott 2:00

yeah nothing to something

Abi Blakeslee 2:02

from nothing to something not sometimes when you go from nothing to something what you do notice is higher charge. So just know that there's many different possibilities here but if you can feel the higher charge, or maybe you feel a little bit more stuck on off, try one of the next things that we're going to do and see if you can get a little bit more organization in that right feeling a little bit better from that state that you're sensing into. So the first one that I like to invite you to do is it basic orienting orientation is present centered and you can orient through any of your five senses for many people it's really helpful visually so you know using your head your neck and your eyes just beginning to look around this space now I can see it soon as body likes that I noticed that you took a deeper breath is my said that are there seem to be a shift inside Yeah.

Sue Marriott 3:00

There is a way that when like and seeing things, one, we have created those things to be there. Like there are things. This is my association and so it's like you see yourself in your environment or it's there your comfortable objects,

Abi Blakeslee 3:16

you're often choose the things in your environment. They might be meaningful or soothing or

Sue Marriott 3:22

even just familiar,

Abi Blakeslee 3:23

familiar. Absolutely. So that's another thing people can might be able to, you know, just orient more generally in the space and that can be calming. Now, for some people visual orientation is not calming, it is more distressing, but they can listen to the sounds in the room, or your clothing. Many people choose clothing because it's from a tactile perspective, it's smooth or it's raw for its, you know, there's some kind of feeling that that is so you can help them to notice all the different five senses and find ways that they can orient the helpful. So, you can also look at a specific object. Where do your eyes land? Where are your eyes drawn? So, Sue, can I ask you if you look around for a moment?

Sue Marriott 4:15

Well, really through my screen, where I'm seeing my cat move around is one. But as I look around, I've got some live plants right outside of the view, that are meaningful to me in different ways. That's probably in the physical space would be these kinds of, there's a succulent and then some just cut flowers that are wildflowers that are over there. So

Abi Blakeslee 4:38

and if you take a moment just to draw them to you with your eyes, let yourself be in this space with them. What do you notice in your body? What sensations do you become aware of what's the shift?

Sue Marriott 4:52

inside that feels pleasant, I can begin to feel the difference between the thinking and the feeling so that I'm more noticing what I'm thinking and not saying. So just basically what it feels like is it's just like bringing online, you know, my chest, my heat, even a little bit of heat, comfort, a little discomfort because of there's a way that this is quite personal and intimate, and kind of cuts through the fences and doing this publicly. So that was when I was aware of like, Well, okay, that's happening. And I'm good with that. I want that to happen, because this is what happens.

Abi Blakeslee 5:33

Right? And I noticed, even as you said that you took even a bit of a deeper breath. And that's, again, this implicit this more, the underneath part of us. Yeah, it can feel vulnerable. And yet it's this essential aspect of our being, you know, that we're expressing in every moment, whether we put our words to it or not,

Sue Marriott 5:54

or notice it or

Abi Blakeslee 5:56

you mentioned the pleasant feeling with the plants. We go this is the you know multi dimensions here once you sort of your association to what you're experiencing right now, but the pleasantness is that in your chest or your throat, your arms, your legs, and quality of the pleasant feeling. Is it soft, warm?

Sue Marriott 6:16

For some reason, I think I feel it. This is odd, but like it my cheeks, like my bat, like a relaxed back little bit. Part of my experiences, what I'm seeing is a handmade pot. So, it's very has a lot of texture to it. So, it's also stimulating, you know, like, this is someone's had their hands in it, and it's a creation, you know.

So that's some of what I was taking in is like, that's a manifestation of someone's hands and mind and heart. You know what I mean? That that is holding the succulent. It's a little bit of a central thing.

[Abi Blakeslee 6:54](#)

Yeah, yeah. And it sounds like maybe even a little appreciation or connection. And there's a little more vitality in that one too. Yeah,

[Sue Marriott 7:03](#)

that's what I was aware of. It's like it's, it's not just calming, it's also kind of exciting and stimulating to look at. I can feel both.

[Abi Blakeslee 7:11](#)

And then the exciting part is in your throat, your chest and the sensation of the excitement around that.

[Sue Marriott 7:18](#)

That makes me want to, like touch it, or, you know, feel it.

[Abi Blakeslee 7:22](#)

Yeah. So, there's the feeling of the excitement and the inside, is it go upward or outward? Or is it tingly? Is it

[Sue Marriott 7:30](#)

I would call it a little soft, gentle spiral, internally, like not, not when you're anxious and you're spinning, right? Like, that's another experience I can have. But almost like if you were to, here's my association, like if you were to have your feet, dangling your feet in some water, and you begin to like circle your foot, you know how it kind of creates this little spiral. It's soft and gentle, but kind of again, it's soft, but interesting.

[Abi Blakeslee 7:58](#)

Yeah, yeah, it's soft, but there's movement to it.

[Sue Marriott 8:01](#)

Yes, yeah, definitely.

[Abi Blakeslee 8:03](#)

So maybe just taking a moment to send to be in both the there's that that sort of the softening but there's also this pleasant feeling of movement. spiral and this is such a wonderful example who thank you for sharing.

[Sue Marriott 8:20](#)

Absolutely. Thank you.

[Abi Blakeslee 9:47](#)

Maybe a couple more tools that we talked about orienting, then there's the grounding. So grounding is really the felt sense of where you are. connection to gravity. So, some people ground more through their feet, some people through their pelvis and people through their back. And so, where do you feel a sense of weighted

Abi Blakeslee 10:09

+ness I'll guide so I'm just going to guide the listeners through it for now. So, noticing in the moment, even if you're standing or you're sitting in a car, I used to live in Los Angeles, and I live in Montana. So, I had those long commutes with podcasts, which now I do miss some of that. long commutes, but the time with podcasts,

Sue Marriott 10:32

working out is the other time that people spend a lot so

Abi Blakeslee 10:35

yeah, yeah, so you can notice, even if you're working out too, right, the contact with your feet, as you're moving, there's a sense of gravity and maybe just taking some time to notice a sensation of weightiness. And if you feel more contact with your feet, with your seat, or with your back, and bringing your attention perhaps more to one where you're feeling more weighted and noticing. W

Abi Blakeslee 11:05

What sensations you feel in your body.? Is this helpful for you in some way? For many people, quite a large subset of people grounding tends to be relaxing, or settling a deeper breath, a feeling of slowing down the sensation of dropping in quieting a softening.

Abi Blakeslee 11:29

But not everybody who's remember it. All of these might be more disorganized for some people. So, we're just kind of I'm offering a couple of different tools and see what might work for you. Another is self-contact. So, you can notice just how you're standing or sitting in the moment. So, for example, right now I have my ankles crossed. And that's a familiar position. So, noticing just if you're in a familiar position for you and how that might be helpful if it's helpful. Your body often goes into these positions because it's containing or resourcing.

Abi Blakeslee 12:11

And if you're in a position that doesn't feel that you can move to one that does, and just taking a moment taken what you naturally do and notice how that makes your body feel. But the sensations you feel more alive, do you feel more relaxed, do you feel more present. And now you can direct contact so many people put their hand on their chest, other people on their belly. You can also put your hand on the back of your neck, the neck, the brainstem, and then another hand on your forehead for the neocortex. It's like a little bit of a hold of us.

Sue Marriott 12:47

Now hold on.

Abi Blakeslee 12:51

One hand on the back of the neck kind of near the also put that little tidbit, right, and you can just even imagine the structure of your brain stem.

Sue Marriott 12:58

So, there's a hand on the forehead and then there's a hand kind of, you know, I put it up underneath my hair kind of pressing. It's like a holding of the heavy head,

Abi Blakeslee 13:08

Of the heavy head. And for many people this can be very soothing. It feels like you know, everything's draining down and there's a softening of the face and all warm, right? Or again, greater awareness of I can feel more flow in my body or more energy or I can feel electricity. There's a lot of different possibilities. It's like interest section or the awareness of one's own body. And when we bring consciousness and sensation together, it's kind of poetic

Find out more about Dr Abi Blakeslee by visiting her website – www.abiblakeslee.com

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