

# CALL OF THE WILD

HOW WE HEAL TRAUMA, AWAKEN OUR  
OWN POWER, AND USE IT FOR GOOD

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HARPER WAVE

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## CHAPTER 1

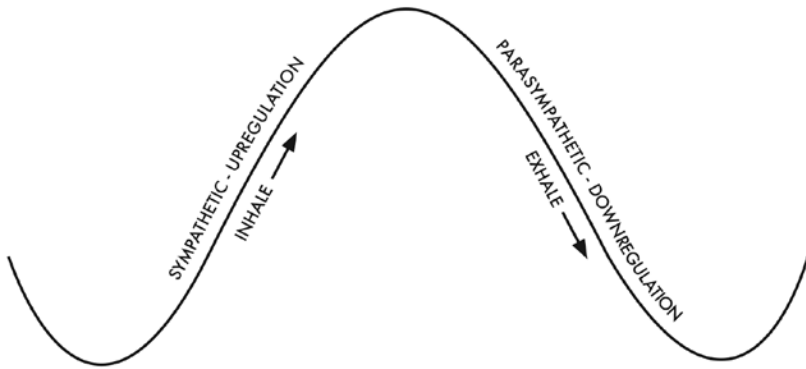
# A REAL-WORLD UNDERSTANDING OF THE NERVOUS SYSTEM

## NATURE AS THE MASTER REGULATOR

Developing a deeper relationship with your nervous system means learning to surf the waves it generates. These waves rise and fall within us, all day long. Innumerable cycles on both micro and macro levels occur in synchrony all the time, often outside of our conscious awareness. We can learn to bring these cycles into awareness, and by noticing the little waves, we can become more adept at surfing the bigger ones when they come.

For example, every inhale is sympathetic, every exhale is parasympathetic. The potential surge of energy on an inhale is called *upregulation*, and the potential relaxation on an exhale is called *downregulation*, as illustrated in the following image. Breath cycles are an example of *ultradian* rhythms, which happen within the span of a day. Every day we also have ninety-minute cycles of about seventy-five minutes of activity, of upregulation, and fifteen minutes of rest, downregulation. Our *infradian* rhythms are cycles that last longer than a day, like a menstrual cycle that happens approximately every twenty-eight days. And we all

live within some expression of seasonal cycles—the surge of spring, fruition of summer, withering of fall, and dormancy of winter. So there are infinite opportunities to live in synchronicity with the waves of upregulation and downregulation that our bodies and nature are always providing. Nature is the master regulator and lives within us as much as outside of us.



Riding the waves of upregulation and downregulation

## EMOTIONAL SIGNPOSTS ALONG THE WAY

In order to sync up to our desired nervous system responses, we first need to become aware of the emotional cues our nervous system offers when we become alarmed. The words we use and emotions we feel give us signposts about what our nervous system state is and the degree of alarm our body perceives, even if our mind has another story. If you have ever been mystified by your feelings—like feeling too much or not enough—or if you have ever wondered why you feel some emotions, like sadness, and not others, like anger or joy, your nervous system has clues for you. The physiological responses of your nervous system under threat—“fit in,” “fawn,” “fight,” “flight,” and “freeze”—have corresponding emotions and behaviors that can help you

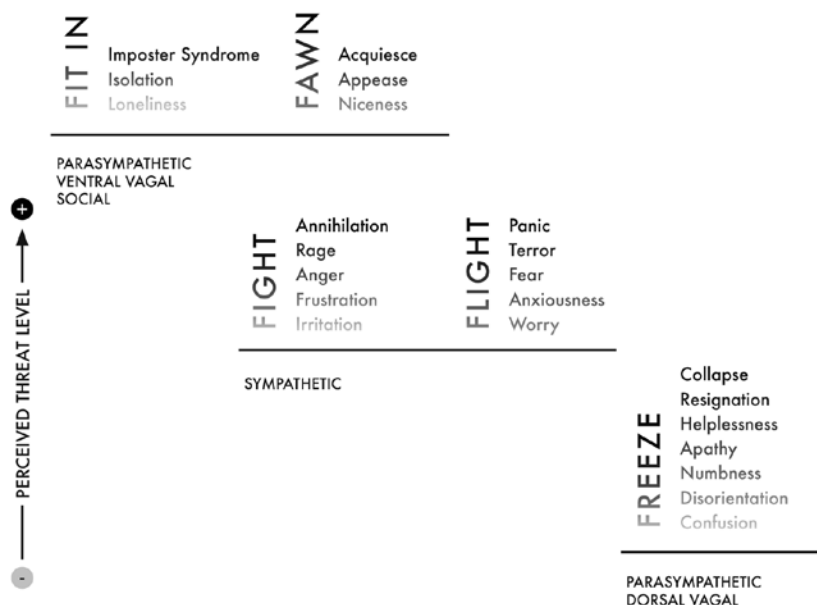
decode what's underneath your state.

On the sympathetic side, as you can see in the following image, the emotional “fight” response begins with irritation, moves to frustration, then to anger, and then to rage, as the threat or perceived threat escalates. So if you are feeling frustrated, that is an emotional signpost that is giving you a clue to this reality: you are having a low-level fight response, or we would say that your sympathetic nervous system is *activated* at a low level. Or if you are feeling rage, that signpost shows you that your sympathetic system is ramped up, acting (or activated) as if it is under extreme danger.

Similarly, the emotional “flight” response has its own continuum. The flight response begins with the emotional signpost of worry or concern, then moves to anxiety, then to fear, and then to panic. If you find yourself using phrases like “I’m so worried,” or someone else tells you, “You seem worried,” you can learn to recognize that you are having a low-level flight response.

On the parasympathetic dorsal side under threat, where the “freeze” response lives, the emotional signals begin with confusion, and move on a continuum to disorientation, then to numbness, and on to apathy, helplessness, and resignation.

As mentioned previously, when the parasympathetic ventral branch (also called the social nervous system) is under threat, our response is to fit in or fawn. The fitting-in response is analogous to camouflaging. If you show yourself less and blend in, then you have less possibility of being found or eaten. At a low level of threat, the emotional and behavioral signposts begin with loneliness, move on to isolation, and at the highest level of threat escalate to impostor syndrome.



Emotional signposts of nervous system states under stress

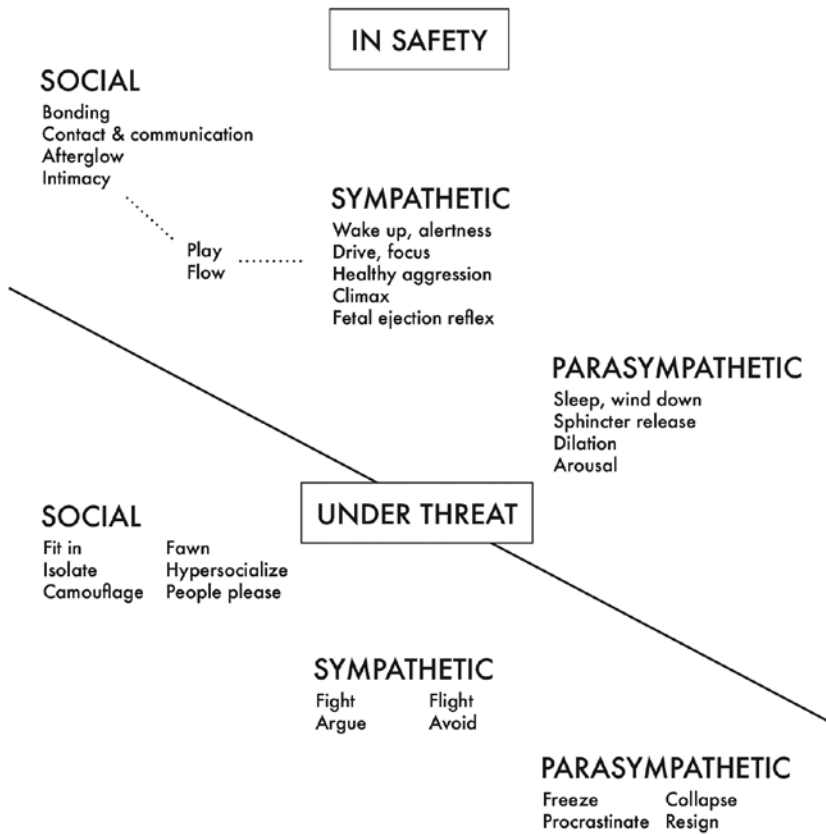
## APPRECIATING THE ORGANIC INTELLIGENCE OF YOUR BODY

Most somatic practitioners agree that there's a hierarchical nature to how our nervous systems respond to threat, real or perceived. When a new threat appears, we first respond via the social nervous system. So that would be to try to befriend, communicate, or seek comfort. If that doesn't work, or if it hasn't worked in the past, or if the level of threat overwhelms this response, our next line of defense is our sympathetic nervous system—fighting or fleeing. If those responses are impossible (because we are outnumbered, or much smaller, or confined in some way) so it won't work to fight or escape, or if they haven't worked to protect us in the past (we have been trapped, cornered, or helpless) and therefore

we don't have the habit of activating those responses, then we go to the oldest system phylogenetically (the one that evolved first), which is our parasympathetic nervous system (confusion, freeze, and collapse). The parasympathetic system is the most "primitive" system, meaning that even single-celled organisms have it.

If you read about these systems in most of the existing literature, this implicit hierarchy is what you will find. The order makes it seem as though our more recently evolved social nervous system is somehow *better* than the sympathetic, which is better than the parasympathetic. It seems like we are in constant pursuit of a regulated social nervous system and minimizing the impact of the other branches under stress. What I really want you to know is that whatever responses you have had to your life, including threatening situations, you have had for very good reasons. I would call them all adaptive, because they have kept you alive. We need the functioning of all these branches, under stress and at ease. We will never achieve self-regulation or co-regulation all the time. We need the clues that our emotions and physicality give us, about what is actually happening with our nervous systems moment to moment, not an idealization of how we want them to be. Your predispositions, in your connective tissue, your behavior, and your emotions are all tremendous clues on a way forward.

The truth is your past responses under stress have been highly functional and exactly what you needed. Whether or not they're functional (effective) *now* is another question. If they aren't—if you are feeling some level of dissociation between your mind and body, or if you find yourself stuck, repeating behaviors and patterns that aren't serving you—well, that may be why you were drawn to read this book. What follows is the cascade of nervous system reactions when you are safe and at ease and when you are under threat.

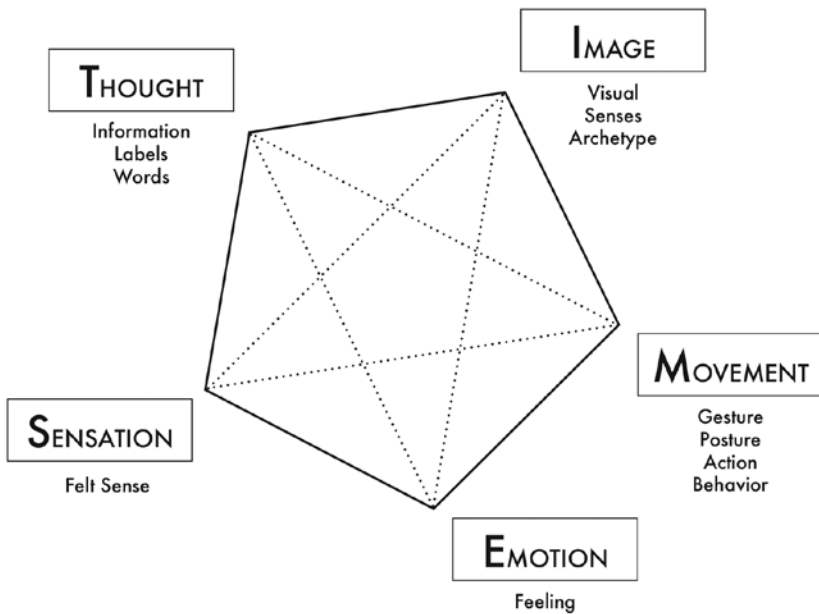


Autonomic Nervous System behaviors & states



## CHAPTER 3

# MAKE SENSE OF YOUR BRAIN-BODY CONNECTION



## TIMES: A TOOL FOR LISTENING TO THE BODY

Thought, image, movement, emotion, and sensation, or TIMES, are the five channels through which we take in and process information.

## **APPENDIX 1**

# **FEELINGS LANGUAGE (FROM NONVIOLENT COMMUNICATION)**

Feelings when your needs are satisfied is another way of saying “blue” feelings.

Feelings when your needs are not satisfied is another way of saying “red” feelings.

## FEELINGS WHEN YOUR NEEDS ARE SATISFIED

### **AFFECTIONATE**

compassionate  
friendly  
loving  
openhearted  
sympathetic  
tender  
warm

### **CONFIDENT**

empowered  
open  
proud  
safe  
secure

### **ENGAGED**

absorbed  
alert  
curious  
enchanted  
engrossed  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

### **EXCITED**

amazed  
animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

### **EXHILARATED**

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

### **GRATEFUL**

appreciative  
moved  
thankful  
touched

### **HOPEFUL**

encouraged  
expectant  
optimistic

### **INSPIRED**

amazed  
awed  
wonder

### **JOYFUL**

amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

### **PEACEFUL**

calm  
centered  
clearheaded  
comfortable  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

### **REFRESHED**

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

## FEELINGS WHEN YOUR NEEDS ARE NOT SATISFIED

### **AFRAID**

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

### **ANGRY**

enraged  
furious  
incensed  
indignant  
irate  
livid  
outraged  
resentful

### **ANNOYED**

aggravated  
disgruntled  
dismayed  
displeased  
exasperated  
frustrated  
impatient  
irked  
irritated

### **AVERSION**

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

### **CONFUSED**

ambivalent  
baffled  
bewildered  
dazed  
hesitant  
lost  
mystified  
perplexed  
puzzled  
torn

### **DISCONNECTED**

alienated  
aloof  
apathetic  
bored  
cold  
detached  
distant  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn

### **DISQUIET**

agitated  
alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

### **EMBARRASSED**

ashamed  
chagrined  
flustered  
guilty  
mortified  
self-conscious

### **FATIGUE**

beat  
burnt out  
depleted  
exhausted  
lethargic  
listless  
sleepy  
tired  
weary  
worn out

### **PAIN**

agony  
anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful

### **SAD**

dejected  
depressed  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavyhearted  
hopeless  
melancholy  
unhappy  
wretched

### **TENSE**

anxious  
cranky  
distraught  
distressed  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless  
stressed out

### **VULNERABLE**

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky

### **YEARNING**

envious  
jealous  
longing  
nostalgic  
pining  
wistful

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## APPENDIX 2

# SENSATION LANGUAGE

This list is the beginning of building your sensation vocabulary so that you can have somatic conversations. Add on to the list if different or new words come to you!

Airy

Bloated Blocked Breathless Brittle Bubbly Buzzy

Calm Clammy Cold Congested Constricted Contracted Cool  
Coursing

Damp Dark Deflated Dense Disconnected Disperse Dizzy Dry  
Dull

Effervescent Electric Empty Energized Expanded Expansive

Faint Flaccid Floating Flowing Fluid Flushed Fluttery Fragile  
Frantic Frozen Full Fuzzy

Heated Heavy Hollow Hot

Icy Inflated Itchy

Jagged Jittery Jumpy

Knotted

Light Limp Liquid Luminous

Moist

Nervous Numb

Open Overflowing

Paralyzed Pounding Pressure Prickly Puffy Pulsing

Queasy Quivery

Radiating Ragged Raw Restricted

Shaky Sharp Smooth Spacey Spacious Spinning Still

Streaming Stringy Strong Suffocating Sweaty

Tense Thick Thin Throbbing Tight Tingly Trembly

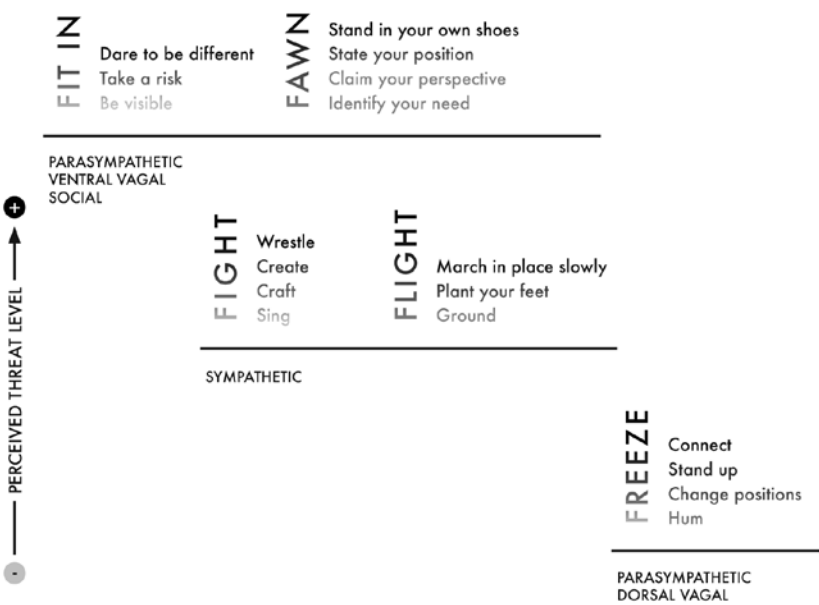
Tremulous Twitchy

Vibrating

Warm Wiry Wobbly Wooden

APPENDIX 3

JAGUAR GPS: A GUIDED PRACTICE MAP



After you’ve read this book through, you may find that you want to return to the somatic practices.

The explorations in this book are sequenced so that you slowly build nervous system capacity. Now that you have explored them in sequence, feel free to experiment in a way that feels right for your body. Using the practice map here as an easy reference, you can go back to the practices that your body craves, or the ones your mind knows you need.

## INNER WILDERNESS FIELD GUIDE

To set the foundation for healing work, it is helpful to identify your resources, both internal and external, and to notice your nervous system habits.

- Make a list of the things that light you up, that you love, and that make you feel good—the simpler the better (e.g., lighting a candle, petting an animal, singing, walking).
- What is your primary nervous system default response (fit in, fawn, fight, flight, or freeze)? Which one felt the most familiar to you?
- Do you notice one specific emotional signpost that shows up a lot for you? If so, which is it, and what part of the nervous system does it correspond to?

## ORIENTATION

Come back to your body by coming back to a sense of your inner world and outer world. Where are you seeing from and what are you seeing?

- Outside/inside/outside  
Allow for open awareness as you let your eyes wander around your space. Let your attention land, and name the thing that you are seeing. Then move your intention inside, notice one feeling or sensation, and name it. And then move outside again, letting your gaze roam, and settling on one object, and then name it to yourself or out loud. Practice this rhythmicity outside, inside, and then back outside a few times a day.



- Horizon awareness (looking up and out, perceiving back body)  
Shift your attention to the level of the horizon and upward. If you work on screens or with your phone, notice when your attention has drawn all the way into your inner world, and lift your gaze and open your peripheral vision.
- Orient in space  
For one minute, look around your space. Slowly look above you, below you, beside you, and behind you. Really take in what you are seeing.
- Eye placement  
Notice where your eyes are in your head. Are they forward toward your face or deep toward the back of your head? Move them forward a bit and notice what happens. And then move them back. Notice what feels more comfortable and what feels foreign. See if you can experiment with allowing your eyes to stay a bit in the direction that feels less normal.
- Eye placement in connection—percentage of attention inside or outside  
Notice where your eyes and attention go when you are relating to different people. When you are talking, do you bring your eyes way forward and lean forward? Do you stay back?

## **DEVELOP YOUR TIMES VOCABULARY AND FLUENCY**

- Emotion language  
Elaborate on your emotional vocabulary. Review Appendix 1, and experiment with using new words to describe your emotions.
- Sensation language

Check in at the sensation level with your body for thirty seconds. Notice what sensations arise. Start with opposites—hot or cold? Dense or spacious? Tight or open? Solid or hollow?

**Follow a sensation through the TIMES channels.**

When you notice the sensation, is it an image that arises? If I didn't know what that sensation was, how would you describe it to me in an image?

- What is your go-to channel? The default channel that your system ends up in on its own?
- What channel feels like your biggest resource, the one that brings you more into wholeness or balance?
- What channel is your growth edge, and do you need practice developing?

## **STRETCHING INTO PLEASURE**

- **Blue sensations:** Notice one sensation in your body right now that feels “blue,” or pleasurable. Where is it? When you notice, does it expand or diminish?
- **Hold it moments:** The next time someone shares good news with you, can you “hold it” and even accentuate it? Can you celebrate it, and extend the enjoyment and appreciation?
- **Blue sandwich:** This is a variation on inside/outside/inside. Now when you go inside, touch down in blue (land and locate it), and then orient out again.
- **Write down examples of blue to red pendulations** that you notice in your thoughts, sensations, or emotions. Then notice blue to red pendulations in your interactions with others.

## MOBILIZING FREEZE RESPONSES

- **Breathing/sounding:** Breathe in through your nose, and “hum” or “vu” on your exhales five to fifteen times.
- **Sighing and pandiculating:** Notice your inhales, extend them a little, and then yawn and stretch intentionally on your exhales. Inhale, and then stretch your arms and legs as if you are waking up in the morning. Get into it, and really follow your body’s desire to move.

## EMBODY THE HUNTER

- “Vu” Sequence (Do each step two or three times with ample pauses in between to feel what’s happening and track through TIMES)
  - \* Inhale normally, and on the exhale, make the sound “vu.”
  - \* As you make the sound “vu,” open and close your lips like a guppy.
  - \* As you make the sound “vu,” open and close your whole mouth, your whole jaw.
  - \* As you “vu” and open and close your mouth, open and close your hands as well. The sound “vu” will start to morph.
  - \* Now turn the jaw movements into growling facial expressions, and turn the opening and closing of the hands into growling.
- Activate Your Inner Jaguar
  - \* Building on the “vu” sequence, get onto your hands and knees.

- \* On all fours, rock back and forth, feeling weight on your hands and into your haunches. When you lean forward, feel the backs of your arms light up and engage. Set your sights on imaginary prey.
- \* Track that prey visually as you stalk, zigzagging toward it. Inhabit the predator. Growl, scratch the ground, feel your energy gathering. Follow your impulses. If words come, say them. If movements come, make them. If emotions arise, let them out.

## PRACTICE LIMITS AND BOUNDARIES

- **Occupy Your Skin:** Rub your hands against each other, building heat and feeling the surface of the palms of your hands.
- **Yes and No**
  - \* Where is “yes” located in your body?
  - \* How do you know when something is a “maybe”?
  - \* What behaviors/movements, language, or emotions do you notice arising when you say yes, but you really mean no?
- Reprogram default responses in the social nervous system
  - \* What places or groups of people give you a sense of belonging?
  - \* Who feels like your tribe?
  - \* If you notice that your default response is **fitting in**, dare to stand out. Make a list of small ways that you could express yourself more fully. Would that be lipstick? Colorful clothing? Expressing an unpopular opinion? Making a video on social media? Showing a side of yourself that is often hidden? What feels like a manageable risk?

- \* If you notice that your default response is **fawning**, what would happen if you didn't try to "make everything okay," or manage other people's responses or emotions? What is one situation where you could express disagreement safely?

## **ACKNOWLEDGING WHERE WE ARE AND DEVELOPING SECURE ATTACHMENT**

- What **attachment** style do you identify with—anchor, wave, or island?
- From noticing your attachment style, what is one thing you could do to communicate about it, to give someone your code about how you might best receive support or love?
- Pay attention to **greetings and salutations**: hellos and goodbyes. Be deliberate when you enter and exit a room, or enter and exit the house, to greet the other humans.
- What is one relationship you have that feels securely attached, with healthy closeness and consistent contact?

## **SOMATIC CONVERSATIONS AND EXPANDING CAPACITY**

- **Somatic Conversation**: Here are some questions to have a somatic conversation with yourself or another.
  - \* What are you noticing **now**?
  - \* When you notice that emotion, what are you sensing?
  - \* *Where* are you sensing that in your body?
  - \* How would you describe that as an image?
  - \* When you say \_\_\_\_\_, I notice \_\_\_\_\_ in my body.

- Introduce **pauses**, whether in self-pleasure or with a partner. Stay present in the pauses, rather than analyzing.
- **Edging**: While building erotic charge, pause, and then change positions—dance, move, shake, undulate, and distribute that charge all over your body.
- **Communicate the channel** you are in with a partner, and invite them there, or decide to change channels together.

## GLOSSARY

**Note that the terms are placed in the order in which they appear in the book and are grouped by theme and concept.**

**Interoception/ Inside Awareness:** Your ability to sense, feel, perceive, and name what is happening inside your body.

**Exteroception/ Outside Awareness:** Your ability to sense and perceive outside your body.

**Proprioception:** Your ability to sense where your body is, and to locate yourself in space in the here and now.

**Capacity:** Another way of saying nervous system range, tone, and stamina. How far we can be stretched outside our normal range so that our bandwidth expands and we create a new normal.

**Charge:** Like a plug into a socket sends charge through a cable, experiences can send a charge through our bodies. Synonym for activation.

**Orientation:** Knowing where you are in time and space. Can be practiced by allowing yourself to freely look all around the space that you are in.

**Activation:** External stimulus or input that challenges our capacity, in “good” or “bad” ways.

**Window of presence:** our level of homeostasis, our M.O., our bandwidth, the range of experiences that we are used to having where we are able to stay present. Could be called our comfort zone, but it’s not necessarily comfortable.

**Trauma:** an experience that is incomplete or undigested in your nervous system. It is not the event itself, whether that was little t or big T, it is how your system was able to move through the experience. It's less about what happened and more about what didn't happen inside your system—what you were or were not able to do, in that moment.

**Holding charge:** Creating a stronger container and more capacity by sustaining the effects of inputting something outside of our normal range.

**Pendulation:** The process of oscillating back and forth between two things, for example, swinging from red to blue—from something that feels pleasurable to something that feels painful in your system, from what's working to what's not working, in order to develop capacity and range of experience without getting pulled into a rut or habit.

**Titration:** Introducing just enough activation, novelty, or challenge so that change can occur, but not so much that the container breaks because of the input. A little at a time. The opposite of catharsis.

**Channels:** The modes through which we sift and filter our experiences. The five channels are thoughts, images, movements, emotions and sensations or the acronym TIMES.

**Coupling:** When threads of our experience get tangled or fused together; i.e. every time you smell Polo cologne, you think of your grandfather. Some couplings might be obvious to you, like a song reminding you of a moment in your life. Other couplings are happening beneath our conscious awareness.

**Uncoupling:** The process of untangling threads that have been knotted together so that we can see each strand for what it is, rather than its associations.

**Recoupling:** The process of creating the associations and connections that you want to remain. For instance, maybe you have uncoupled secure attachment and care from sex, but you would like to experience secure attachment and sex—so you can go through the process of uncoupling and recoupling.

**Upregulation:** The process of stimulating the system, moving into a more sympathetic state.

**Downregulation:** The process of slowing the system, moving into a more parasympathetic state.

**Differentiation:** Our direct experience of what is ours and what is not ours, discerning what belongs to us and what does not belong to us.



**Tracking:** Like a hunter finding and following footprints, we learn to distinguish and follow the breadcrumbs of sensations, emotions, thoughts, and images in our body.

**Coherence:** When our vocal tone, the content of what we are saying, our facial expressions, and body language are all communicating the same thing.

**Metabolize:** The way that we process, digest, and assimilate an experience. An experience is traumatic when we are not able to metabolize it.

**Top-down approach:** When we assign meaning through logic and narrative. When we use rational thought to look for solutions.

**Bottom-up approach:** When we listen to and prioritize what the body is communicating through sensations, emotions, and images, allowing the meaning to unfold.

**Blue:** Something that registers to us as pleasurable or good.

**Red:** Something that registers to us as unpleasurable or bad.

**Default response:** The nervous system stress response—fit in, fawn, fight, flight, freeze—that your nervous system most commonly goes to.

**Implicit memory:** The memory that lives in our body that may not be obvious or familiar to our rational mind.

**Explicit memory:** What our cognitive mind remembers and what we are accustomed to labeling as “memory.”

**Upper limit problem:** A problem created by stretching our capacity with good things that then pendulates into conflict or disorganization. If we pay attention to the conflict, we don’t notice that the “problem” may be a challenge with handling more intimacy, more money, or more recognition.

**“Hold It” Moment:** When we experience something good and we hold it in our system—stretching our ability to “hold” the positive as the sensations and feelings expand. A chance to expand our capacity for pleasure.

**Edging:** Developing sexual capacity by coming close to orgasm and then pausing and distributing the sensation and charge throughout your whole body, playing the edge of orgasm without going over it.

**Felt sense:** Real time full-body perception and self-location beneath the level of thought. May be communicated through sensations or images.

## RECOMMENDED RESOURCES

Somatic Experiencing Trauma Institute: [www.traumahealing.org](http://www.traumahealing.org)

*A global network of somatic practitioners that exists to help people heal trauma through the body. An excellent resource to find a practitioner. Or if you are interested in training, the three-year, eleven-module training is an excellent foundation in somatic work.*

Holistic Pelvic Care: [www.wildfeminine.com](http://www.wildfeminine.com)

*Tami Lynn Kent is the founder and teacher of Holistic Pelvic Care, a technique designed to restore physical, emotional, and energetic imbalances rooted in the pelvic bowl.*

FLO Living: [www.floliving.com](http://www.floliving.com)

*Holistic evidence-based support for gynecological and hormonal imbalance, for symptoms like PMS, PCOS, infertility, endometriosis, perimenopause, and missing or irregular periods.*

The Fajardo Method of Holistic Biomechanics: [www.transformationspdx.com](http://www.transformationspdx.com)

*Nervous system health and biomechanics, which include body structure, alignment, and healthy, supported movement. Individual sessions, group classes, and trainings.*

MindLift: [www.mindlift.com](http://www.mindlift.com)

*Nervous system informed and performance-based breathwork master classes and trainings with Kasper van der Meulen.*

Colorado School of Energy Studies: [www.energyschool.com](http://www.energyschool.com)

*For training in Biodynamic Craniosacral or Polarity Therapy with polyvagal theory in action through touch.*

Steamy Chick: [www.steamychick.com](http://www.steamychick.com)

*Vaginal steaming has long been part of well-woman care all over the world. Steaming can be a positive reparative experience in the healing of birth trauma, losses, gynecological procedures, period pain, or sexual boundary violations.*

The Institute of Somatic Sexology: [www.instituteofsomaticsexology.com](http://www.instituteofsomaticsexology.com)

*The premiere training in Sexological Bodywork for bodyworkers, therapists, and yoga teachers who want to become somatic sex educators that also offers a profound learning experience for people interested in their own erotic development.*

Rooted: [www.rootedandembodied.com](http://www.rootedandembodied.com)

*A virtual community and village devoted to co-imagining new ways of belonging and being together as well as dismantling systems of oppression, including white supremacy. Guided study groups and community courses.*

Tune In to Children: [www.aleduarte.com](http://www.aleduarte.com)

*With this program and philosophy, Ale Duarte helps parents and educators help children reorganize and rebalance their autonomic nervous systems, starting at the biological and survival level.*

Our Breath Collective: [www.ourbreathcollective.com](http://www.ourbreathcollective.com)

*With backgrounds in Wim Hof, Rebirthing, Transformational Breathwork, yogic pranayama, and high-performance breathing, guides lead daily live twelve- to fifteen-minute breath practices to soothe and regulate the nervous system. Also monthly classes and intensives and comprehensive certifications.*

The Wheel of Consent: [www.bettymartin.org](http://www.bettymartin.org)

*Simple and radically transformative tools to practice the ways that we communicate and touch each other. The 3-Minute Game is the single most powerful framework I've worked with to practice consent in real time, and therefore radically transform trauma and relational dynamics. When trauma happens through touch, touch is often needed for healing.*

## FURTHER READING

When my clients ask for resources, these are the books that I point them toward.

### ON EMBODIMENT:

*Bodyfulness: Somatic Practices for Presence, Empowerment, and Waking Up in This Life* by Christine Caldwell (Shambhala, 2018)

*Stalking Wild Psoas: Embodying Your Core Intelligence* by Liz Koch (North Atlantic, 2019)

### ON WOMEN'S SEXUALITY AND CYCLES:

*Come as You Are: The Surprising New Science that Will Transform Your Sex Life* by Emily Nagoski, PhD (Simon & Schuster, 2015)

*In the FLO: Unlock Your Hormonal Advantage and Revolutionize Your Life* by Alisa Vitti (HarperOne, 2020)

*The Female Brain* by Louann Brizendine (Morgan Road Books, 2006)

*The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility* by Lisa Hendrickson-Jack (Fertility Friday Publishing, 2019)

*Good Sex: Getting Off without Checking Out* by Jessica Graham (North Atlantic, 2017)

*Wild Feminine: Finding Power, Spirit & Joy in the Female Body* by Tami Lynn Kent (Atira, 2011)

*Women's Anatomy of Arousal: Secret Maps to Buried Pleasure* by Sheri Winston (Mango Garden Press, 2009)

## **ON TRAUMA:**

*Body Keeps the Score: Brain, Mind, and Body in the Healing for Trauma* by Bessel van der Kolk, PhD (Penguin, 2010)

*The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe* by Dr. Stephen Porges (W. W. Norton & Co., 2017)

*Waking the Tiger: Healing Trauma* by Peter Levine, PhD (North Atlantic Books, 1997)

## **ON RACE & SOMATIC ACTIVISM:**

*Medical Bondage: Race, Gender, and the Origins of American Gynecology* by Deirdre Cooper Owens (University of Georgia Press, 2018)

*My Grandmother's Hands: Racialized Trauma & the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem (Central Recovery, 2017)

*Pleasure Activism: The Politics of Feeling Good* by adrienne maree brown (AK Press, 2019)

## **ON ATTACHMENT:**

*Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love* by Amir Levine and Rachel Heller (TarcherPerigee, 2012)

*Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship* by Stan Tatkin (New Harbinger, 2012)

*Strange Situation: A Mother's Journey into the Science of Attachment* by Bethany Saltman (Ballantine Books, 2020)

## **ON BIRTH & MOTHERHOOD:**

*Body Full of Stars: Female Rage and My Passage into Motherhood* by Molly Caro May (Counterpoint, 2019)

*The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality* by Kimberly Ann Johnson (Shambhala, 2017)

*Ancient Map for Modern Birth: Preparation, Passage, and Personal Growth for the Childbearing Year* by Pam England (Seven Gates Media, 2017)

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