

SIMPLE SPIRAL STEPS

CREATED BY
JEN DECK

STOP

You have to stop all you're doing to have any space to reset.

Commit to stopping all the things keeping you disconnected.

Stop distracting, deflecting, ignoring, dismissing.

Be present. Sit there. That's all you have to do.

I know...why is that so hard?! (because of your nervous system)

List the things you do and for 1 week stop them.

Stop scrolling, watching TV...take THAT time for YOURSELF. To connect to yourself.

If you weren't taught or modeled how to connect with your body or how to consciously be in it then your conditioning is judging, comparing, shaming, ignoring, and overriding the messages that your body tries to communicate to you. By doing this you reinforce those initial conditions.

You have no access to your intuition. No chance to know what you need.
No experience of your truth.

To me it's all about truly knowing how your body functions and connecting to it as a part of your natural way of being.
It's the most powerful, sacred, sweet place to be.



**My take on self care. SIT FOR 10 MINUTES A DAY.
FULLY CONNECTED, IN YOUR BODY, IN SILENCE AND STILLNESS.**

So much can come up around this concept that's just your nervous system trying to protect you or it could include beliefs around worthiness. You'll excuse it as you don't have time, you're taking care of others, but it's really that you don't think you deserve or have earned it. There is deeper healing here, but if you commit to 10 minutes a day to tend and be with yourself, the rest will eventually fall into place. You'll hear and feel what you need and soon have the capacity to follow through and show up for yourself. This is a part of the nervous system healing, but let's first meet that with this self care aspect. You CAN stop, be still and allow. Let this be the end of you resisting yourself!

SIMPLE

You may dismiss these concepts because it may seem too easy or so simple. **But this is EXACTLY what I need you to know about your nervous system...**

You may be used to hard. You may think there needs to be an element of struggle or chaos. So your body will sabotage what seems unsafe to it.

You have to be gentle and slow.

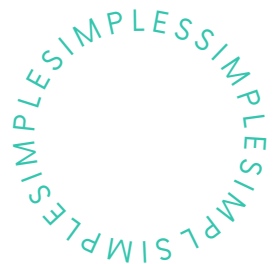
You can't force or push because that'll only make your body push back more and keep your system dysregulated.

Don't judge or underestimate what can shift. You weren't taught this connection to your body. It's foreign to you. It can feel weird, different, even uncomfortable. It can be hard at first to think that something as simple as connecting to your body will work. There will be resistance. Unless it's this huge thing, it's not going to work. Or unless you experience this massive shift right away, it didn't work. It takes time for your body to trust and feel safe after YEARS of being in protection mode. It takes repetition and consistency. Unconsciously big things are happening! Same way you got here without knowing what was going on inside ☺

You spend most of your time on auto pilot, which is the subconscious mind. The memory of the body is the subconscious mind. It holds the key to your transformation and healing. You want to become more conscious, present, aware and connected in a way that honors and respects your body and your nervous system. It needs more attunement, patience, and care. If you tend to try harder, force or push, then small and consistent steps can be deeply healing.

You want to think of progress not as, when will it all go away, but am I more attuned to what I need? Connection to yourself is the purpose. Keep an attitude of openness, patience and curiosity. Be honest and true to yourself. Try to find all the joy in getting to know yourself. Challenge the thought that things have to be hard before they can be good or better.

Am I more attuned to what I need?!



SPACE

SACRED

SPECIAL

Create a space for you to go every day that is special.

If it's just your bed, bring a nice soft blanket.

Put some cushions in a corner of your closet with a bottle of lotion and a battery operated light up candle from the dollar store.

Create an altar space with all of your favorite things, images and textures.

Make it so you really look forward to your little break and find joy in your space.



SILENCE

BE SILENT AND STILL

Close your eyes and really connect inside.

This isn't about meditation or trying to quiet your mind.
If you need to go through your thoughts, at least tend to them.
Talk to them. Find out what is beneath the thought.

Come back to what those problems or issues mean to your body.

*Where do you feel it?
What comes up when you have these thoughts?*

Go into the feeling.
Give it a name. And then talk to it.
What do you want me to know, big cold rock in my belly?

This is where you will find answers. This time is about reconnecting to your intuition.

**Take 10 minutes to scan your body.
Release tension where you feel it.
Move it, stretch it, give attention where your body needs it.**

Start at the top of your head and give gratitude to each part.

Just think...how old are you?

How many days has your body supported you, protected you, kept you alive, kept you going even if you don't always treat it in the best possible way?

How many of those days did you thank it?!

You'll truly realize how much you've ignored, dismissed, overrode on purpose, but also unintentionally. Now it's time to reconnect.

To establish a true connection to yourself.

Touch each part. Give it a moment and honor its support.



SAFE



SECURE

STABLE

Safety is the catalyst for deep healing.

Embodied safety is one of the most challenging experiences to restore. If you've been living in disconnection and unconsciousness for many years, the felt sense of safety is disrupted. You may no longer be responsive to your bodies' cues, needs, and wisdom.

The body becomes an unsafe space to live and the fundamental capacity to know, from an embodied experience, isn't available but replaced with constant hypervigilance, analysis, control, or avoidance. Finding refuge in your mind, as a way to find safety, is familiar to you. This mechanism, although helpful temporarily, in the long run, reinforces the disconnection and the sense of unsafety.

Part of the solution is unwinding the bound energy of these protective responses which leads to a new relationship to your body and more capacity for self-regulation. Once these responses begin to deactivate and a deeper connection is present, the sense of safety and trust is restored. You'll trust your impulses, needs, and the signals of your body. You'll no longer shame yourself or your body for the ways in which it's protecting you.

It's not enough to understand intellectually what's needed. An embodied experience that contradicts the old patterns is required for safety to emerge. When you show up consistently for yourself, your body and nervous system begin to rewire the patterns of protection into patterns of connection and healing. Safety and attunement activate the self healing impulse of your whole system.

It's safe to feel. It's safe to heal. It's safe to rest. It's safe to be me.

It's safe to be safe. It's safe to feel good. It's safe to be in my body.



SHAPE

Do everything within toleration of your system.

Stretching, but not stressing is what reshapes your system.
Listen to your body and honor the right amount of challenge.
Your system doesn't need a lot to come into regulation.
It just needs to know you're safe, here and now.
If you give your system the proper conditions to heal, it will.

Healing doesn't come from the big things, but from small ones.

Simple, small, and gentle means possible, doable, and achievable.
Rewiring and restoring is the result of all the small daily choices, steps,
and all the ways you show up that contradict your past imprints.
When added they create a new neural structure.

Most of us have no idea what's going on inside or what to do with it.
All of your actions, behaviors, thoughts and experiences come from active self protection.
It's empowering to know that you have control and can do something to change your state.
That no matter what's happening externally you can bring yourself to safety internally.

Every single little shift is how you arrive at embodiment.

It's how you stop using coping strategies and actually know how to regulate your system.

Emotion can come up when there is a letting down. Your body is coming out of survival mode. It may feel like sadness or grief. It is a beautiful sign of healing.
Your body feels safe enough to feel and release what's been stored.
What would your tears say?

When you're in this place of holding on and then you have a moment of letting go it communicates to your brain that you're safe and then it comes out of protection mode.

Responses look like:

Yawn, Burp, Deep exhale or Sigh: moving energy, breath is your life force energy.
Notice you're thirsty or hungry or need to go to the bathroom: suddenly more attuned.
Shiver, Shake: moving energy.
Cry or want to Yell: release emotion and cortisol.

Notice without judgment and honor your body's response in its expression.

Give yourself a hug to connect and acknowledge its release and regulation.

SOFT

SLOW

SCAN

**You move your way through your body,
toward safety by feeling what you've always avoided.**

The anger, the rage, the grief...you must practice,
slowly allowing your body to feel, so you're not living in suppression. When you
suppress everything, your neuroception will be faulty.

**You move your way through your body,
toward safety by feeling what you've always avoided.**

The anger, the rage, the grief...you must practice,
slowly allowing your body to feel, so you're not living in suppression. When you
suppress everything, your neuroception will be faulty.

When you feel into the physical discomfort:
tightness in chest, anxious butterflies in your belly,
you build your capacity to experience these sensations.
You make the emotion ok and safe. It doesn't have to necessarily be comfortable,
but it won't throw you totally out of balance.
This is what shows your body that safety is possible.

When you're secure in your own emotional regulation,
you'll no longer dread your child's big emotions or nervous system expression.
Don't underestimate how hard this process can be
and that most of us are only now learning inner safety
while raising a child who depends on us to feel safe.



Inquiry is a resource that you have for discovery, exploration, and evolution.

You lose it very early on in life when it's replaced by conditioning.

By reclaiming and reconnecting with this powerful capacity of inquiry,
you awaken curiosity and clarity emerges.

You begin to dismantle conditioned and survival-based beliefs that don't serve you anymore.

You create opportunities to deconstruct your old identity and coping mechanisms.

SAVOR



SUSTAIN

As your body has the blueprint for survival and protection
it also has the blueprint for healing and transformation. You have adapted.

What was learned can be unlearned.

What is imbalanced can come back into balance.

What is suppressed can be expressed. What is asleep can awaken.

Healing is building the container and the conditions for all of you to feel safe, heard, and seen.

For your soul to return home.

Healing is a journey of rediscovery, rewiring, reconnection and realignment. It is a reclamation!

Your body will need time, exposure and consistency
to get used to the reality that support is safe.

When something isn't familiar your nervous system will see it as a threat,
even if it's totally safe. It's going to take some time for your body to catch up,
especially since it's been ignored for so long.

Anything that you learn unless it's rooted in the experience of your body,
it won't stick and won't create lasting transformation.

If your nervous system isn't flexible, safe, and stable enough to tolerate new experiences,
your capacity to heal will be limited.

Patience is key. You're restoring trust and safety in your body.

You need to be repetitive to give structure and support.

And honor your nervous system's capacity in the present.

You get to choose what matters and what doesn't.

The meaning of everything in your life has precisely the meaning you give it.

Value your time, peace of mind and self connection.

SELF



An important piece of your growth journey is uncoupling your identity from the ways you've learned to survive and rebirthing a new identity that emerges when you reconnect and attune to your body, nature, and to what deeply matters to you.

The truth is, you've never known yourself outside of the cultural conditioning, outside of the survival adaptations that you call your personality and outside of the expectations or the projections others put on you.

You can feel stuck because you cling, unconsciously, to that version.

When you embark on this journey of self reconnection, you give yourself the chance to discover who you are from direct experience.

There's no interference.

When you reconnect, safety is restored back to your system.

Do this. Don't make an excuse or put it off any longer.

It's so simple, but I promise if you commit and do it.

It will work.

You'll connect to the only power you need to be the best Mom, you so desperately want to show up as every day.

Hi! I'm Jen. If you're new to my world, thank you for being here.
I'm glad you found me ☺ because I've got some really good stuff to share!
I'm here to help you understand attachment
so you can access your innate power to parent easily and effectively.
So you can get your child to full maturity without blame, shame, guilt, or regret.

This all began as a daily prayer for 30 years? Then I became a mother to Ily,
then to Chloe and then a car hit my house 2 inches from her crib.
A portal opened to my healing and set me on this path of my true purpose
and mission in this lifetime. God gifted me this huge message to share.
To walk through and experience and integrate and embody fully.

Please take the time to absorb as much as you can.
I always say that the awareness piece can be enough to shift so much in your life right now.

I'm committed to spread this message as much
and to as many as I can and show up fully as an open channel
for everything that needs to come through me for you.
I'll make it all make sense and show you how to apply it to your life.

My intention is to give you the knowledge so you can find what has been hidden or lost.
My passion is showing you the way to your truth, power
and real connection to your one and only body!
It's the most important relationship to establish, uphold and cherish.

I hope we connect soon ♥

Love, Light + Healing, Jen



Hi! I'm Jen. If you're new to my world, thank you for being here.
I'm glad you found me 😊 because I've got some really good stuff to share!

I'm here to help you understand attachment
so you can access your innate power to parent easily and effectively.
So you can get your child to full maturity without blame, shame, guilt, or regret.

I became a mother to Ily, then to Chloe and then a car hit my house 2 inches from her crib.
A portal opened to my healing and purpose and I'm here to share it with you!

I know that our nervous systems and attachment
are the most overlooked aspect of this entire human experience.
It's the absolute foundation to making it the most fulfilling and true to you life.
It fascinates me how they touch every part of who we are and who we can be.

My intention is to give you the knowledge so you can find what has been hidden or lost.
I will show you the way to your truth and power.
To be whole again and then raise your babies whole.

I hope we connect soon ♥

Love, Light + Healing, Jen

CONNECT [Follow](#) [Subscribe](#) [Listen](#)

