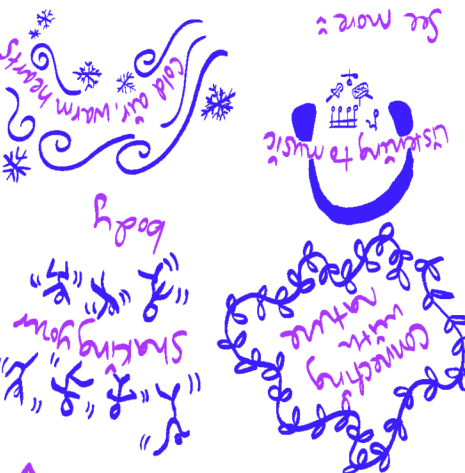


Somatic TPS
for the Resistance
by Alex Iantaffi

Bonus: make your
exhales longer than
your inhales

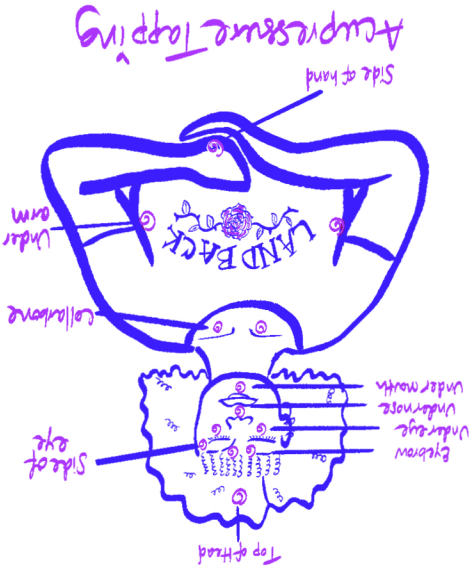


What works for you?

"When supporting someone in crisis, pay attention to your own breath"

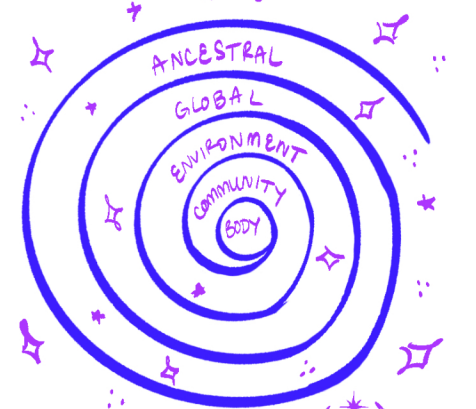


Auntie Meg, Hospice Chaplain



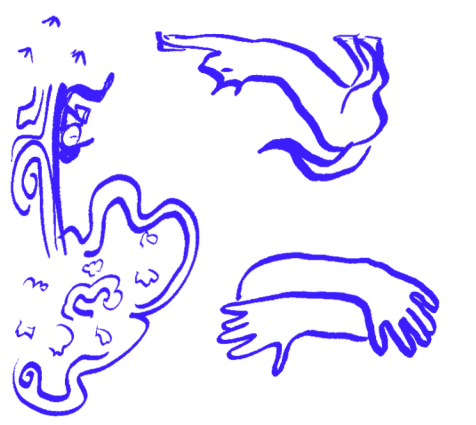
Emotional Freedom
Technique

We need you
what do you need?



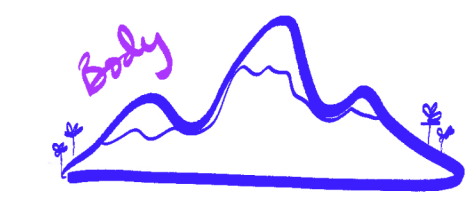
Attune in & out
mayamineoi.com
& graphics by a loud one

Imagine from within you
physically in whatever way feels
supportive



Who are 1-3 beings who
make you more possible?

How is my...



what do I notice?
what do I need?

"Monitor the 3 essential elements,
as you would your blood pressure,
heart rate, and temperature.
check in with them regularly..."
Ricardo Levins Morales
The land knows the way



How is our CLARITY,
CAPACITY, UNITY?

I know that I am here now
because I can...

