

A COURSE IN
Business *Miracles*®
Mentoring For Highly Sensitive Entrepreneurs

**A Course In Business Miracles Podcast
Episode 97**

Nervous System Calm

Transcript

Welcome to A Course In Business Miracles. This is Heather Dominick, creator of www.BusinessMiracles.com and founder and leader of the Highly Sensitive Entrepreneur movement since 2010. Join me today for some genuine practical assistance and a business altering and life changing experience, A Business Miracle.

This is a Course in Business Miracles Episode 97, Nervous System Calm. As a Highly Sensitive Leader, you're willing to do whatever it takes to learn how to manage your nervous system rather than be a victim to the highly sensitive nervous system's tendency to overwhelm in response to stimulation. Listen in to receive 3 simple tools that you can use to avoid limbic hijack and instead flip the switch to access your Highly Sensitive Strengths instantly.

When we find ourselves in comparison and it's working against us, then typically, we are in over protection. When the energy of comparison is working against us, that is what's referred to in the social comparison theory as indirect comparison.

Our HSE language, that would be shadows, resistance, coping, anxiety. The social self is indirect comparison. That equals the HSE shadows, resistance, coping mechanism, anxiety. What we want to start to look at together is what I refer to, when I'm teaching the R to R, resistance to resilience path is flipping the switch.

All transformation is choice, action, choice, action, choice, action. Meaning, it is a process over time. It is step by step, especially for those of us who are highly sensitive.

It doesn't mean that once you understand the concept of flipping the switch that the moment you start to feel your lid flip, you'll be like, "Oh, nope. I'm just going to flip the switch." That you are the happy go lucky, get it all right, do it all perfect cheerleader HSE.

No. What's going to happen is through consciousness and continued attention, and continued consistent core practice, while being held in community, you will get closer and closer to being able to recognize that moment when the lid is flipped. You'll start to slowly begin to bring it down and flip the switch until over time you experience a trigger that you've experienced many, many, many times, over and over again.

You'll notice that the lid, maybe it wavers just a little bit, and then you're like, "Nope. This is not mine," and you'll flip the switch. While you are on that process path of coming to that place of new normal, there are tools that

can support you in flipping the switch. Typically, to start once that lid is already flipped. Maybe the lid has been flipped up for days and then finally it occurs to you to access a tool to flip the switch.

The comparison is a trigger for a lid flipped. That is all. It is not real. The way through that flipped lid is to flip the switch. What will support us and being able to access the flipping of the switch is to be okay with being uncomfortable. To write down, "I can be okay with being uncomfortable."

Our brains are wired for above all else survival. The minute we have a threat, whether it's anxiety, fear, shame, whatever that threat is, our brain says, "Give me a story. Give me a story that tells me who's good, who's bad, who's dangerous and who's safe, so that I can feel a sense of calm."

Typically, again, this story forms in an instant. It's about trying to make sense of things very, very quickly. However, when we are in that hasteful moment, our brain totally overlooked something very important. What the brain overlooks, and the brain does not take into consideration, and this is so, so key is that the need for discomfort and vulnerability in real relationship. Again, there is a need for discomfort and vulnerability in real relationship.

You access that flip of the switch where you can bring that frontal cortex back down over the limbic hijack energy management.

Why do you think that all of the energy management tools are about writing? It is the process of writing that supports us in being able to literally transform the trauma, so you can turn to energy management.

Snapping can sometimes be enough just to snap it. Snap your fingers. Take that physical movement. Flip the switch and you can say that to yourself just over and over and over again. Flip the switch. Flip the switch

Power poses. This comes from professor and researcher [Amy Cuddy]. If you have not yet watched her TED Talk, I highly recommend it. She talks about the use of power poses, which again is physicalization. What she says, if you take these specific power poses, it will help you fake it until you become it.

She talks about the power poses that represent victory, the power pose that represents alpha, and the power pose that represents the wonder woman. You can literally take a moment for yourself when you recognize, "Oh my God, my lid has been flipped." Get yourself to a place where you can do those power poses and support that frontal cortex coming back down.

When you can no longer be disturbed, all disturbance will disappear from the external." None of these things moves me. This is not mine.

Thank you for listening and I hope you enjoyed this episode of A Course In Business Miracles. If you're ready to learn how to use your highly sensitive abilities to support your in being purposeful, profitable and empowered rather than scattered, poor and undervalued, take my free self quiz to find out if you are indeed a Highly Sensitive Entrepreneur. And if you are, along with your quiz results, you'll receive my free HSE Success Guide, which will teach you how to have your highly sensitive abilities working for you to create the results you desire in your business.

Take the quiz and receive you free success guide now at www.HSEQuiz.com.

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