

SLOW YOUR PACE, CLAIM YOUR SPACE

Find your place in the world by
reconnecting more deeply with your body

Dr. Susan Lange, OMD, L.AC.

Volume I

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Dear Listener,

Welcome!

We're delighted that you have chosen to download this audio file and transcript.

When working with early trauma patterns like ABE's, (Adverse Birth Experiences) the first steps on your healing journey need to be **Orienting and Resourcing**.

So, here is a timeless audio meditation that I, Susan, have only offered privately to my students and patients for over 25 years – until now.

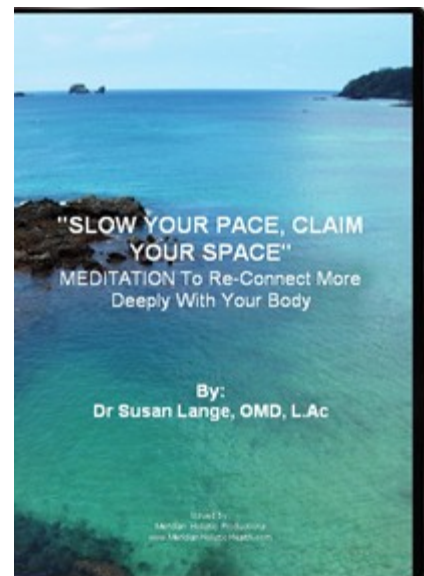
But I'm being asked to share more of my courses with a wider community, to support the personal and planetary healing of trauma in a larger way.

This is my gift to help you begin this journey.
Listen to it as often as you can and enjoy re-connecting more gently and deeply with your wonderful body in a slow and spacious way.

Welcome to the Birth Dance community!

(The Birth Dance represents the Water Element in Susan's series of programs, "The 5 Elements of Trauma Healing".)

**Transcript for the "Relaxation and Stress Release" Audio Meditation
Dr. Susan Lange, OMD, L.Ac.**



SLOW YOUR PACE, CLAIM YOUR SPACE

Find your place in the world by
reconnecting more deeply with your body



1. Introduction

There were many reasons that caused us to separate our awareness from our bodies. This exercise is designed specifically to help you reconnect with your body in an easy and gentle way, because research shows that when you do, you'll gain greater self-esteem and will be able to function more fully and confidently in your work, in relationships, and at home.

Your body is your foundation in everything you do. When your foundation is strong, you have more resilience in your life right now, and in an ongoing way.

When you allow yourself to slow right down now, your neural pathways have a chance to catch up and to heal old incomplete issues that, up until now, were still being held in your body. Have you noticed that when you had too much trauma or tension it was very difficult to feel fully connected?

Use this audio meditation as often as you can, when you are able to take some time for yourself. It's like using training wheels, to help you practice finding that nice slow pace, for the purpose of clearing out old issues and to allow deep healing.

Because our society doesn't usually function at this pace, it becomes very important to find the time to give yourself back this slowness, so that your neurology can find its own balance and keep **you** in balance.

Have you ever heard of the "Slow Food Movement" from Europe?

It was founded in Italy (to balance out the fast food movement) and is all about slow cooking with wholesome, organic ingredients in a luscious, tasty and sensual way.

Well, I call this the “Slow Living Movement”.

This is a way to create more space and time in your life and to live juicy and full.

“Slow and steady wins the race.”



2. Let's connect with your body

In this particular exercise, there is no need to *make* yourself relax. There is nothing you have to do, except to gently observe your reactions and how your body responds... to my suggestions. If a part of you wants to ignore a suggestion... that's perfectly fine. You can let it go. It's all a process of holding on and letting go. You can hold onto the things that work for you and let go of the things that don't... Holding on to relaxation and comfort ... and letting go of tension...

As you continue breathing in relaxation... deeply ... fully... you may notice sensations in your body and just allow them... Just notice what happens – a slight twitch in a muscle, or your breathing pattern shifts for example. Just allow it... and move on, letting go and releasing, long and slow... relaxing...

That's right.

I'm going to teach you a little exercise that I call “Soma-Streaming” ...

When you've practiced it a few times you can use it any time, anywhere, to bring you into the present time and to re-connect yourself back with your body. You are learning how to use your body as a biofeedback device.

People have used this exercise while they are sitting in traffic, hiking in the mountains, before an audition or an interview, for example... because they find that this new skill helps them to be more effective in the world.

Listen to this audio recording only while resting, and avoid using heavy machinery.

However the orienting exercise itself can be used anytime.

This skill - learning to integrate your mind, heart and spirit with your body - is not really new; it's just been lost in the modern world. You will be learning to pay attention to the thoughts and feelings inside your **body**, not just what happens in your head.

It is a different, more integrated way of functioning in the world that greatly enhances your capacity for living a richer and fuller life. In fact, you might discover that the slower you go, the more space you create - AND the more you accomplish... effortlessly...



3. Here is the Orienting Exercise

It's a simple BODY CHECK-IN.

I call it "SOMA-STREAMING"

And it's the process of connecting more deeply with your body on a daily basis.

This is designed to help you center very firmly in your body by increasing your proprioceptive awareness. (That means getting a sense of your own physical body in time and space.)

When you really sense your physical body, strongly connected to the Earth, it becomes safer and easier for you to access emotions, sensations and the vibrant pulsations of life.

You become grounded in the moment.

It's possible to do this check-in anywhere and in any position. I recommend it as a daily routine, and if you are in distress, as often as possible.

Body Check-in:

Feel your feet... feel their connection to Mother Earth

Feel your head... feel its connection to Father Sky
Feel the whole of your right side
Feel the whole of your left side
Be aware of your back including the length of your spine and the back of your legs
Notice the whole of your front
Then, feel the whole of the outside of your body
Now, check your inside... all the way through

Some of my students repeat the above as a simple prayer or mantra:

**“To Mother Earth and Father Sky,
Down below and up on high.
Right side, left side, front and back
Inside, outside, I'm on track!”**

PAUSE



4. What's comfortable for you?

Now... notice the comfortable parts of your body... Watch how certain adjustments and little shifts and changes might happen, as you're paying attention to it... Breathing might change; you may be aware of little quivers or tingles in unexpected areas; you might even feel slightly shivery or hot. You might have tiny little micro movements or some *big* shaky movements.

It's all fine.

Just allow your body to do whatever it needs, and give it plenty of space and lots of time, at a nice slow pace. Imagine you are looking at your body just like you might watch a movie in slow motion. The camera, your attention, is gently panning over and through the whole of your body, slowly and effortlessly.

We call this “witness mode”.

And... **“When you slow your pace... you claim more space... in your life”**

Notice any sensations and feelings that you might be experiencing, and if you feel nothing, that's fine too. It doesn't matter. It's important just to acknowledge exactly where you are, in *this* moment, now.

You're practicing in making an easy unbiased, non-judgmental contact with your body... giving yourself permission to be here **now**.

If there are parts of you that don't like to go slow and were really speedy a moment ago, just observe those parts and allow them all to be here. Or you can just let them go, too.

Just letting go of all your conclusions and any effort, any effort to do anything other than just relax... if you can...

Give yourself full permission to *allow* any movements or sensations in your body... to assist you in becoming even more comfortable and relaxed.

It doesn't matter if you fall asleep during this audio; it doesn't matter if you stay calmly alert or even if you don't feel relaxed... your cells will take in what they need - anyway.

PAUSE



5. Body Check-in again

Repeat the "Soma-Streaming" Exercise from above.

Now... noticing the comfortable parts, and any areas *in* your body or around it, that you might have some gratitude for.

Yes... that's right... gratitude.

PAUSE

Again... if you don't seem to be in touch with any physical sensations, feelings or emotions, just notice. Let go of any judgments and "shoulds", because all you're doing here is noticing and acknowledging what seems to be happening or not happening, in and around your body - in this moment. You're not trying to fix or change or control anything. You are just allowing.

That's good...

Spaciousness...

You may or may not be aware of aches and pains, tensions or stresses. Notice them lightly, notice how you are breathing in, and deeply and slowly letting it all go.

PAUSE

Now again... gently scanning your body... I wonder if you can notice all the comfortable parts of your body...?

Maybe it's easy to... maybe it's not...

I wonder if you might find a little toe or an ear even, that feels okay?

You may barely find anywhere... or... you may just discover an area that feels luscious and joyful. Or even all areas...

Perhaps your whole body is starting to glow...?

Just notice... and enjoy... and... dropping deeper...

PAUSE



6. Your Dream Space

And now... let's expand your inner experience to somewhere delightful...

somewhere... it may be where you live now, or far away...

Somewhere where you can experience yourself stretching out...

luxuriating... and relaxing... an island... a grassy field... indoors or outdoors... real or imaginary...

It doesn't matter because your body can respond to it as if it's real... right now.

We'll call this "Your Dream Space"...

It is very special... so take your time in creating it, exactly how you choose...

What do you feel here?

What is the temperature like? Is it warm and sunny...? Do you have a cozy glowing fire...? Or do you prefer a crisp, snowy mountain top? Is there a breeze... or is it... still...?

What do you smell?

Tropical fragrances? Cedar and pine needles? Wood smoke from a blazing fire?

Let your imagination and your senses play!

What does the ground beneath you feel like?

Is it soft white sand... cool green grass or moss... a wonderful rich textured velvety quilt... a warm liquid bath... a deeply enveloping, reclining chair...?

Make your Dream Space rich and abundant to *all* your senses...

Remember... this is not about what anyone else wants or expects you to do. It is totally for you...

So relax...

Choose your ideal space to dream in... with *all* the extras... and let's go deeper.

Again. Look around your space as if you are watching that slow motion movie...

Good... and... notice what's happening in your body *now*.



7. Body Check-in again

Imagine yourself now fully in your Dream Space. Feel the comfort of the space and watch how your body responds. If you still don't feel comfortable, please change your space. It's yours to create *exactly* as you choose. Occasionally, some people have needed to create their space *far away* - even on Venus or on the Moon - in order to feel safe and comfortable! Or they may even put big bolts and locks on their doors and windows...

Do whatever it takes for you to relax...

Create a beautiful space that feels safe, comfortable and really spacious, yes... spacious... that is just for you. Add really comfortable seating that fully supports you.... Is it a wonderful deep armchair... a feather bed... a hammock or deck chair... a floating mattress in a lagoon? Pick whatever helps you to deeply let go.

Your back support is also important...

Test the different types of support and find out what's right for you... Get a sense of how your body responds to these suggestions... of being deeply supported.

We're going to spend a few moments in this Dream Space. This is the place for you to hang out and enjoy all the different parts of you, in an easy, slow fun way. This is the place where there are no expectations, no pressures... where your body, mind, emotions and spirit are free just to show you exactly where they are in the present moment.

Just allow all the different aspects of yourself to come together in a way that is comfortable... and right for all of you... now... becoming only as comfortable as you'd like to be... right now.

This is your time to accept yourself just as you are, and there is nothing you have to do about it.

Just be ...and enjoy

Just a spacious, effortless freedom...

If you want to spend more time here, just press the pause button; if you have fallen asleep, that's perfect... Your body is getting exactly what it needs.

When you are ready to come back ...

Welcome back!

You are coming back... bringing with you special skills to become more and more relaxed and alert, and connected with yourself, your loved ones and your life.

Repeated listening to this relaxation audio will enhance your experience of life.

I call it: **“Training your Brain... to look for the Good Stuff”.**

So listen to it as often as you can, whenever you have a free moment. It is especially good to use when you are resting or when you go to sleep at night.

And Remember:

When You Slow Your Pace....You Claim More Space..... in Your Life.



BACK STORY

This is one of a series of audio recordings that have been developed over a period of many years from my experience (Susan's) in teaching workshops and individual sessions, since the early 1990s. I've observed that our students and patients do best when they have repeated, ongoing support. It can be too much for the nervous system to make shifts and hold these shifts without this repetition.

So this is offered, not as a substitute for loving, ongoing human support, but as a way to maintain contact in between sessions, in between workshops or programs, and also to provide a little extra information that can be hard to absorb during workshops and private sessions, because there may already be enough stimulus.

We encourage you to listen as often as you can, so that new healthy pathways can be developed in your brain, and so that your meridians can be re-activated to grow stronger and more powerfully throughout your body. Then enough energy and potency can build, to break through old limiting beliefs and constrictions to build a stronger immune system, better health and inner peace.

Remember:

Healing Is a Team Sport... It's All about Support

Now, enjoy and go play...

To find out more you can do for support with early trauma patterns visit us at: <https://TheBirthDance.com>



BIO for Susan Lange, OMD, L.Ac.



Dr. Susan Lange O.M.D., L.Ac., is a Doctor of Oriental Medicine, and biodynamic craniosacral therapist, based in Southern California. Trained in Hong Kong and Europe, she has been teaching internationally since the early 1980's. She is also a Core Energetics therapist (somatic psychology) and graduate of the Barbara Brennan School of Healing.

Susan trained with and assisted Ray Castellino in his **Pre-natal and Birth Trauma Practitioner Training**, and leads her own **“Birth Dance” Core Essence Retreats** online and in California.

Even with all her years of extensive training, she still feels that the Pre-natal and Birth work was the missing piece that made sense of and grounded all the other modalities. Because of this she can bring a very broad and also deep perspective to her work that is very helpful with private clients and students.

Along with her husband, Julian Lange, O.M.D., L.Ac., she created the first non-toxic holistic clinic, based on the principles of Building Biology in Santa Monica in 1990. She is the creator of **The Core Light Academy: Soul Healing for Life's Traumas** and her online program series, **The 5 Elements of Trauma Healing**.

She also co-developed **Natural Facial Rejuvenation — The Heart and Science of Transformation**, a form of “Neuro-Facial Regulation”, with Mary Louise Muller, M.Ed., RCST, RPP, which they have been teaching since 2008.



Credits

Special thanks to the late Ray Castellino, Franklyn Sills and the late Clare Dolby, for their inspiration for the Orienting Exercise from 1996.

We're honored to be able to share it, and it has helped a great many students connect more lovingly and compassionately with their bodies for over twenty-five years (with permission from Ray Castellino).

Meditation music – UK

Wonderful sound engineer - anonymous

To find out more you can do regarding early trauma patterns, visit us at: <https://TheBirthDance.com>

(Nota Bene: Please do not listen to this audio while driving or operating heavy machinery)