Being Present With Knowledge That Transforms Us

When we are in the presence of knowledge that truly moves us and transforms us, it is often felt as a very real, embodied experience. For many of us, this can show up as physical sensations or symptoms in the body. Because of this, it is essential to understand what can serve as a resource, (something that supports integration and allows us to move forward with steadiness and care.

A **resource** is anything that feels safe, nourishing, and supportive. It is neutral, stable, and simple. On a physiological level, a resource gives you a sense of breath, space, or grounding. Resources help orient our nervous system towards cues of safety and offer us a conscious pathway back into regulation and connection.

We resource ourselves for the purpose of **health, growth, and restoration**. When are regulated, we are able to make choices creatively and productively. Resourcing, especially when we are doing deep inner work, is one of the most effective ways to anchor ourselves so we can weather the intensity of becoming.

Reflection:
What is a resource for you?
(*Some examples: nature, music, a blanket, a familiar scent, a pillow, or the comforting presence of another person)*

Four Kinds of Resources

External/Tangible:
Nature, floor beneath us, anything external of you (pillow, art, music)
Internal/Tangible:
Bones, breath, feet touching floor, gravity
Internal/Intangible:
Your energetic heart, your adult self, your wife self, your kindness
External/Intangible:
Ancestors, guides, animals, spirit, energy, loved ones that have transcended

These resources offer us a true refuge. They can be mixed and matched intuitively, for example, calling in ancestral support while grounding through breath and feeling the Earth beneath you.

Benefits of Learning How to Resource Yourself

- Allow at least **2-3 minutes** of sustained contact with the chosen resource. This builds capacity and supports nervous system regulation for everyone involved.
- Resourcing allows us to return to a situation with **greater choice and clarity**. If intensity increases, gently guide attention back to the resource.
- In the presence of connection to a resource, the body naturally begins to regulate. Physiology responds to safety before cognition does.
- Resourcing offers the **presence needed to move forward,** even within chaos or uncertainty, in the most grounded way possible.
- It allows us to remain *within* the midst of chaos while orienting towards something stable, something that is not overwhelming, reactive, or disregulating.
- As guardians, caregivers, and guides, this capacity is essential. Children learn regulation not through instruction, but through **mirroring our state of being**.

