

Readings for April 21, 2024

Ephesians 5:19-21

Speak to one another in psalms and hymns and spiritual songs, singing and making melody with your hearts to the Holy; always giving thanks for all things that come from the Holy Ones who provide for us; out of respect for the One who called us, be reverent with one another.

Another Sacred Text

Anchored: How to Befriend Your Nervous System Using Polyvagal Theory (pg.41)

Deb Dana

To locate your social engagement system, start by placing your hands at the base of your skull where your brainstem meets your spinal cord. This is the hub of the social engagement system. Now place one hand on the side of your face and the other hand over your heart. Imagine energy moving between your hands, traveling from your face to your heart and your heart to your face. Follow this pathway in both directions. It is through this face-heart connection that we listen for sounds of welcome, look for friendly faces, and turn and tilt our heads in search of safety. Micro-moment to micro-moment, through our eyes, ears, voice, and head movements, our social engagement system broadcasts an invitation for connection with someone or sends them a warning to keep their distance. In addition to sending signals of welcome or warning, our social engagement system looks for signs from others to let us know it's safe to come into connection.