



THE
NERVOUS SYSTEM
Rewilding Guide

A 7-step guide for female founders ready to grow their nervous system capacity and resiliency to match their business growth



claire sophia
Somatic coach



www.claresophia.com

WELCOME, love!



Let's face it, the entrepreneurial journey can absolutely shake the shit out of your nervous system at times!

The constant juggling life requires - building a business, family commitments, supporting clients - it can all start to take its toll.

And when this endless striving starts to take over from the passion and purpose you have, it can leave you feeling **deeply disconnected from yourself** and others, lacking the aliveness you crave.

If this sounds familiar, then it's time to attune deeply to your body's wisdom so you can do the **stretchy AF things in your business** with more inner stability, ease and confidence.

This guide is designed to help you **grow deep, sustainable roots** from within so your nervous system capacity and resiliency grows WITH you and your business.



At a time where many of us are feeling **disconnected from the world** around us, that state is also reflected from within, creating heightened states of anxiety, depression and overwhelm.

Our bodies are simply **a mirror of earth's landscape**. And in order to repair that disconnect, it starts from within.

As a **certified Regenerative Alchemy somatic practitioner and yoga teacher**, my approach is deeply rooted in nature-inspired somatics. I guide clients on this inner re-wilding journey to cultivate more inner stability and resiliency.

*Ready to grow
with me?*

HOW TO USE THIS GUIDE



Imagine you're about to embark on a journey. An inner journey of rewilding your nervous system, with me as your gentle, nurturing guide...

There are seven steps within this guide, with **accompanying somatic practices**.

On the next page, I've given a **break down of each step**, the associated task and estimated time for each task.

I encourage you to **do this guide at your own pace**, whilst continuing to work through each step.

You might choose to do each step over seven days. Or you might want to repeat practices for a few days to let them land in your body deeper.

Notice what you need at each step.

Take time to reflect on each part of your journey. **Notice the subtle shifts**, your sensations, emotions, energy. Maybe treat yourself to a dedicated rewilding journal!

And feel free to **contact me** at any point in this journey, I'd love to hear how this guide landed for you.

Let's get growing!



YOUR STEP-BY-STEP GUIDE



Let's take a look at your guide itinerary first. Whilst I have given time estimates for each step, you may wish to carve out more time for extra spaciousness and slowness (which I encourage!)

- **STEP ONE - Mapping out your journey (5 mins)**
- **STEP TWO - Orienting to your environment (10 mins)**
- **STEP THREE - Navigating your inner landscape (12 mins)**
- **STEP FOUR - Gather your resources (7 mins)**
- **STEP FIVE - Meeting obstacles in your path (15 mins)**
- **STEP SIX - Embracing the climb (7 mins)**
- **STEP SEVEN - Reconnect through nature (7 mins)**

Take the next step...



STEP ONE:

Mapping out the journey

Check in with where you are now, and where you yearn to be.

When we start a new journey, we want to know where we're headed. In somatic coaching, we focus on what you want to embody, feel and experience MORE of.

1 - Reflect on your desired destination:

What are you yearning to feel more of?

What do you want to embody more fully?



e.g. more easeful, slower paced, more decisive, express more of my truth

2 - Reflect on your current inner landscape: What are the habits/behaviours/ways of being that are hindering your desired way of being?

e.g. self care, mindset, work patterns, eating habits, sleep hygiene

STEP TWO:

Orienting to your environment

Before any journey, it's good to get a sense of your environment and surroundings.

The same goes for your nervous system - as your 'inner alarm system' - its main role is to **look out for signals of safety**.

Your nervous system looks for safety in three ways:

1. The external environment
2. Within the body
3. With other people/in community

Let's begin with your **external environment**. By gently noticing what's around you, you'll start to **bring in more grounding and stability** to your nervous system, creating feelings of soothing and safety.

In our busy world, we can often be in a state of hyper-vigilance, scanning the environment for 'threats'. So it's important to really **slow this process down**, as the nervous system truly heals in slowness.



Try it now

Download the External Orienting audio guided practice (4 min)

[DOWNLOAD](#)

STEP THREE:

Navigating your inner landscape

To prepare for the inner journey, we start by attuning to the felt sense.

Think of your body like a map. A bodyscape, if you will. It's made up of **many different layers and paths**.

Somatics means relating to the body - and that includes all of these layers. The more awareness you bring to them, the more present, stable and resilient you'll feel.

In yogic tradition, the system of Koshas show all the layers of our soma (our being).

The Pancha Koshas (five sheaths)



1. Physical
2. Energy / life force
3. Mental / emotional
4. Intuition / inner wisdom
5. Spirit / soul / essence

So many of us are experiencing life predominantly through the mind, **'living from the neck up'**. This is a consequence of being disconnected from the rest of our being, our **soma**.

Try the accompanying practice to start to **attune to the layers of your inner landscape**. Note down what you notice, sense and feel as you do this.



Try it now

Download the Inner Orienting audio guided practice (10 min)

[DOWNLOAD](#)

STEP FOUR:

Gather your resources

Resourcing yourself with layers of support deepens nervous system stability.

In somatic coaching, we're never 'digging for trauma' - initially we're creating **lots of layers of support for the nervous system** so we build a strong foundation of stability and safety.

Resourcing is a somatic practice that helps deepen that sense of safety and support as we navigate the (often uncharted) inner landscape. Resources come in all different shapes and forms, it depends on **what feels comforting for you** to connect to.

Resources can be (not limited to):



Physical
Feet on the floor
Heart space
Breath



Beings
People
Animals
Plants



Objects
Mug of tea
Crystal
Book



Energetic/metaphysical
Ancestors
Spirit guides
Angels



Try it now

Download the
Resourcing guided audio
practice (5 min)

DOWNLOAD

STEP FIVE:

Meeting obstacles in your path

When we navigate the terrain of our bodies, we meet obstacles by giving them space.

Somatics and nervous system healing is not about being 'regulated' and zen all the time. It's about **growing your nervous system capacity** to meet challenges with more inner resiliency and strength.

These parts that feel contracted and stuck within the body are known as **somatic imprints**. They may show up as physical tension somewhere, an overriding emotion, a repetitive behaviour that holds you back, or a storyline from your past.

It's important to **meet imprints with compassion**, giving them **plenty of space and time** to reorganise and regenerate, so that over time, they can be released from your cellular memory.

PROMPT: what repeating habits and behaviours keep holding you back?

Reflect on something in your business that you're excited about, but it feels like it's holding you back, perhaps **an area in your body that feels contracted**.

That contraction is **your nervous system trying to keep you safe**. Just as we can work through challenges in the mind, we can also do this through the body.

Listen to the accompanying practice, being sure to give yourself **plenty of time and space to explore** and reflect on what arises for you.



Try it now

Download the
Imprint guided audio
practice (8 min)

DOWNLOAD

STEP SIX:

Embracing the climb

In order to embody more of what we desire, we need to learn how to feel good.

We've reached the summit point of our rewilding journey! It's time to dwell there and **soak in all those feel good vibes**. By doing this often, your nervous system will more actively seek that 'ventral vagal state' of ease, play and connection.

Your nervous system will always **prioritise protection over connection**, so this step requires proactive action. It's not about overriding challenging experiences or 'toxic positivity', but it is about **actively cultivating your ability to notice pleasure** in all of your senses, so your nervous system starts to actively look for the good stuff.

Dwelling in the 'blue zone'

In somatics, this state of pleasure is referred to as the 'blue zone', and the more activated, alert state the 'red zone'. Many of us live primarily in the red zone. Moving towards more blue includes **doing the things that bring you joy, pleasure and connection**, and noticing everything there is to notice about them, fully experiencing and embodying them to live a more pleasurable, expansive life.

Blue zone examples include:

- Spending time with a loved one
- Dancing to your favourite song
- Cooking your favourite meal
- Playing with your kids/pets
- The scent of your favourite flower
- Immersing your feet in water or on grass
- Sitting in nature with the sun on your face



Try it now

Download the
Blue zone guided audio
practice (5 min)

[DOWNLOAD](#)

STEP SEVEN:

Reconnect through nature

Our disconnection within ourselves and with each other, is a reflection of our disconnection from nature.

We end this journey by returning. Returning to the greatest nervous system healer of all, **Mother Nature.**

Many of us right now are feeling a **deep disconnection** to our true nature, and from nature itself. But we are not separate from nature. **We are nature.**

Our bodies are a mirror of our earth's landscape, and she is hurting, just as many of us are. When we **return to our wild wisdom within**, we start to repair this rupture. This process of inner rewilding through somatic embodiment ripples out within our lives, our communities, and our world. **We are reconnected to the great web of life.**

Nervous System Rewilding Practice

Of course there are so many ways we can connect with nature and co-regulate with her. One of my favourite somatic practices is a **nervous system embodiment practice.**

Try the guided practice for yourself now, perhaps even take this practice out in nature with you. I'd love to know how you find this exploration, [tell me here.](#)



Try it now

Download the
Embodiment guided audio
practice (7 min)

DOWNLOAD

READY TO TAKE THE NEXT STEP?

If you want to take your somatic embodiment journey further with me, then take a look at how we can work together in my 1:1 somatic coaching program.

Embody Your Business

1:1 somatic coaching program for female founders yearning for deeper inner stability and embodiment as they grow and scale their business.

Embody Your Business includes:

- 8 somatic coaching sessions
- Voxer (voice note) support
- Tailored practices & resources

BONUS access to **Nourish Your Nervous System** mini-course

[Book your free alchemy call](#)



“

Claire is one of the warmest, most soothing and calming women you can come across.

She has worked wonders at helping me to stay present, in tune with my body and nervous system, and feel a lot less overwhelmed. I love her and cannot wait to work with her more!

- Sam -

”

claire sophia

www.claire-sophia.com