



the **jōrni**



Rewiring in the Moment

AUDIO VISUALIZATION

Rewiring in the Moment

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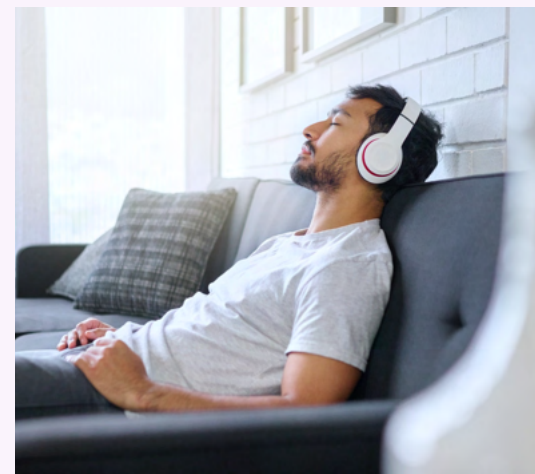
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Hello!

Welcome to your Rewiring in the Moment audio visualization. This practice is designed to help you connect with how your brain and body adapt to stress in the present moment. Through guided prompts and reflection, you'll explore how small, intentional shifts can support your nervous system in finding balance, even during moments of Functional Freeze.

What is this exercise?

This guided practice focuses on the concept of neuroplasticity, your brain's ability to adapt and rewire. By noticing your current stress patterns and exploring small, supportive changes, you'll begin to shift how you respond to stress in real time. This exercise emphasizes staying grounded in the present moment, giving your nervous system a chance to experience relief without feeling overwhelmed.





How to use this exercise

- Find a quiet, comfortable space where you won't be disturbed for about 10-15 minutes.
- Close your eyes, take deep breaths, and allow yourself to fully engage with the imagery and prompts provided.
- Use headphones for the best experience.
- Have a journal or note-taking app ready to record your observations after each session.

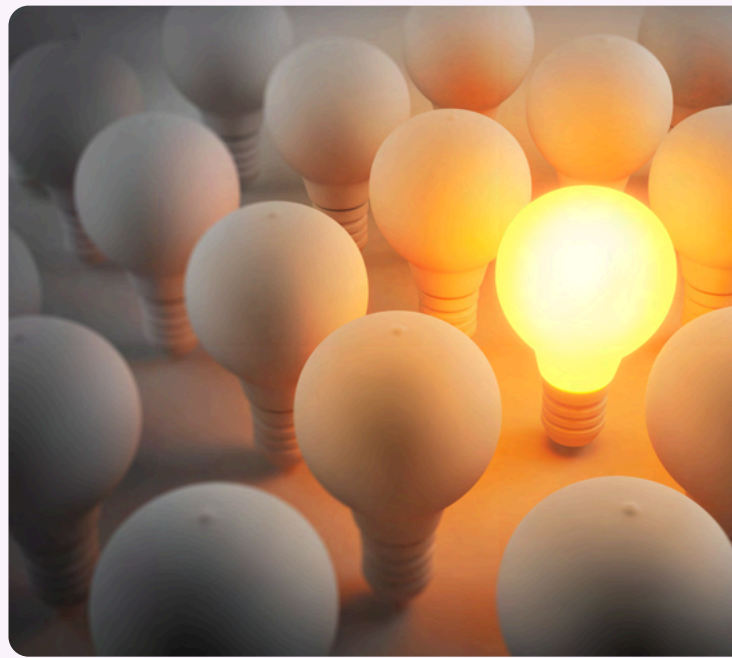
Getting the most out of your experience

- Approach each session with an open mind.
- There are no right or wrong experiences.
- Pay attention to any physical sensations, emotions, or thoughts that arise during the exercise.
- After completing the visualization, take some time to reflect on your experience and jot down any insights or observations.



What this exercise can help you with

- Recognize how Functional Freeze shows up in your thoughts, emotions, and body in the present moment
- Discover small, actionable steps that help you feel less stuck and more in control
- Strengthen your ability to make real-time shifts in your stress response
- Begin creating new, supportive neural pathways that can improve resilience over time



Remember, this exercise is a tool to help you explore and understand your unique experience with Functional Freeze. The insights you gain are valuable steps toward greater balance and connection.

If you find that this exercise brings up difficult emotions or realizations, please reach out to a loved one or friend for support.

Thank You

FOR EXPLORING THE REWIRING IN THE MOMENT AUDIO VISUALIZATION

This guided audio practice is just the beginning, a powerful tool to help you explore how your brain and body respond to stress, supporting gentle shifts toward balance in the present moment. If you've found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!