WOMEN : THE PORTAL

Most of us have been climbing mountains for years without ever resting at basecamp, and we've paid for it. Basecamp is non-negotiable: Your sleep, protein, movement, connection, practices. Basecamp is where we take stock and ensure we have our bearings before we climb. So we cycle through basecamp, then climb the mountain, then we refine, revisit, and reiterate, each quarter of the year.

Information needs to be heard, and understanding needs to be integrated, before becoming our default setting.

Scan this guide, find one challenge or inquiry that touches you, and work with it. We'll be awaiting your questions in our live, and in The Portal for the months to come.

Thank you for being here.

Elena & Sara

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WHERE YOU ARE.

Basecamp is where a climber acclimatizes and assesses conditions before the next ascent.
Begin with an honest inventory.

At this moment, how much energy do you have in your body?

DEPLETED — 1 2 3 4 5 6 7 8 9 10 — FULLY ALIVE

In your recent day-to-day life, what is your baseline?

DEPLETED — 1 2 3 4 5 6 7 8 9 10 — FULLY ALIVE

Now mark a realistic goal for where you'd like to be three months from now.

DEPLETED — 1 2 3 4 5 6 7 8 9 10 — FULLY ALIVE

How tight is the weave of your mind today? Elena describes the mind as a weave. When we are vigilant, judging, revving, the weave is tight. The mind we're looking for is a weave so wide and so soft that a Mack truck could drive through it.

TIGHT — 1 2 3 4 5 6 7 8 9 10 — WIDE AND SOFT

Where do you feel it first when your chemistry starts to spike? Jaw, the "elevens" between the brows, solar plexus, shoulders, belly, speed of speech. Name your early signals.

THE BASICS.

Not glamorous; non-negotiable. Rate where you are and commit to one small shift.

Sleep. Bed early, book and water, phone in another room. "Nothing good happens after 9 p.m. Just go to sleep."

NEGLECTED 1 2 3 4 5 6 7 8 9 10 DIALED IN

Protein and colors. Enough protein; five to seven colors of plants a day; 25–35 different plant species a week.

NEGLECTED 1 2 3 4 5 6 7 8 9 10 DIALED IN

Movement. Walking fast for 45–60 minutes a day; zone two; heavy weights 2-3x a week, slowly building.

NEGLECTED 1 2 3 4 5 6 7 8 9 10 DIALED IN

Social connection. Attending and befriending. The people who fill your cup.

NEGLECTED 1 2 3 4 5 6 7 8 9 10 DIALED IN

Practice. Sitting, even for five minutes, so each morning is a reset and each evening is a settling.

NEGLECTED 1 2 3 4 5 6 7 8 9 10 DIALED IN

YOUR SLEEP.

So often we fall asleep thinking about what didn't get done, what has to get done, what we'll forget unless we think about it five more times. Start the night from what is right instead of what is wrong.

What time are you in bed, realistically? And what time would you be in bed if you were catching the "angel train" at 10 with an empty mind and a cool body? What has to move to make that possible–the late workout, the sauna, the last text, the one last thing?

Three things I completed today. Or three things that went well. Try it for seven nights.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

What happened to your sleep? Note anything you noticed after a week, e.g., dreams, waking time, how you felt at 4 a.m., a score if you track one.

OUR REACTIONS.

We are only meant to stay in fight, flight, freeze, or fawn for about 90 seconds. Then we need the tools to shift. Mark how much you agree or disagree with each statement.

I can feel it in my body when my stress begins to rise.

AGREE ○ ○ ○ ○ ○ DISAGREE

I find it hard to do one thing at a time.

AGREE ○ ○ ○ ○ ○ DISAGREE

I say yes when I mean no.

AGREE ○ ○ ○ ○ ○ DISAGREE

I have self-awareness, but not always the courage to act on it.

AGREE ○ ○ ○ ○ ○ DISAGREE

When something goes wrong, I need to be the one who solves it.

AGREE ○ ○ ○ ○ ○ DISAGREE

I speak to myself the way I would speak to my best friend's child.

AGREE ○ ○ ○ ○ ○ DISAGREE

I keep my word to myself about my practices.

AGREE ○ ○ ○ ○ ○ DISAGREE

I have a refuge in my home for my body and my mind.

AGREE ○ ○ ○ ○ ○ DISAGREE

When I get lost in my thoughts, I can pause and come back within a few breaths.

AGREE ○ ○ ○ ○ ○ DISAGREE

YOUR DEFAULT SETTINGS.

Walking the streets of New York, Elena noticed her nervous system hovering high; organized, vigilant, and realized: this is my default setting, and I seek it everywhere, even in the quiet of New Mexico.

What is the energy to which you have been privy from an early age? The place, the family, the pace, the work that imprinted on you. Describe it without judgment.

What is your default setting — and where are you still looking for it? Vigilance? Judgment? Fixing? Pleasing? Performing? What is the unsafe space you still manage to unconsciously seek out?

When you are in a conflict or a hard moment, how do you typically react? Fight, flight, freeze, or fawn? What goes through your mind? What does it cost you afterward?

THE MENU.

In our first session, the chat became a litany of what helps you mitigate your stress response. Find just one and work with it.

Check what you already do. Star the one you'll practice this month.

✓ ★

- ☐ ☆ **Monotasking.** If you're cooking, cook. If you're walking, walk, and listen to the birds.
- ☐ ☆ **Create a refuge.** A chair, a book, a glass of water, no phone. You are the architect of this.
- ☐ ☆ **Heavy weights, super slowly.** Heavy is relative; for some of us heavy is five pounds. Be respectful.
- ☐ ☆ **Walking fast, 45 minutes to an hour a day.** Make the time, even twice, and the day falls in line.
- ☐ ☆ **Breathe 6–6–10.** Inhale for six, hold gently for six, exhale for ten. If that's too much, 4–4–8.
- ☐ ☆ **Two hands on your body when you wake up** (or at 4 a.m.), and a few minutes of that breath.
- ☐ ☆ **Move slowly, on purpose.** Pick things up with two hands. Follow them with your eyes.
- ☐ ☆ **Dance.** Embodiment practices bring us downstairs, below the neck.
- ☐ ☆ **Morning light.** Sit outside first thing.
- ☐ ☆ **Turn the light inward.** Headphones on, bath or couch. Not tuning them out — tuning yourself in.
- ☐ ☆ **Be ordinary.** Cook your meals. Keep your budget. Go to sleep at nine. Take care of this life.
- ☐ ☆ **Leave the room.** Say your piece kindly, then trust the others to sort it out without you.

The one thing I'm selecting from this menu, and why:

IN WHICH ROOMS DO *YOU* BELONG?

It is tiring to be in rooms where we don't belong, where we have to translate, manage, and mask to show up as ourselves. After 35, this shifts, and it's our work to stay alert to it.

ROOMS THAT ARE MINE

I leave it regulated. I don't have to translate.

ROOMS WHERE I'M MASKING

I leave drained. I'm performing to fit.

My shadow wants to be... Right? Seen? The one who solves the whole thing? Important to someone? Needed? The fixer? Name it. Naming it is how we release it.

How do you see yourself right now? Because that is how everyone around you sees you.