Sympathetic NS First Aid: BLSL

• **Body**
  – Direct the attention into the body to notice a sensation
  – This effectively means present-tense orientation, countering trauma’s past-future tendency

• **Low**
  – Direct the attention to the lower border or downward generally
  – This effectively counters the upward effect of trauma (alarm & orienting responses)

• **Slow**
  – Ask about the details of the sensation
  – This effectively slows down the awareness, countering trauma’s tendency to speed things up

• **Loop**
  – Direct the attention somewhere else for a minute or so, then back to the first site. Repeat as needed, slowly and gently.
  – This effectively re-establishes Polarity movement and counters the trauma’s tendency towards fixation.