

Soma & Song

**Somatic Experiencing and Song for Grief Tending,
Nervous System Regulation and Reconnection**

In collaboration with the Dartmouth Cancer Center

Presented by Jane Mann, SEP and Hannah Jeffery of Deep Well Song



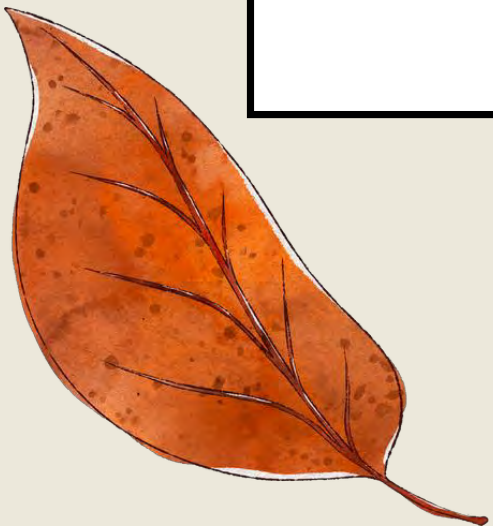
**Arts & Humanities & Medicine Symposium,
2025**

Intro and Practice

Practice:

“3 of 3's”

- 3 things you can *see* + say out loud
- 3 things you can *hear* + say out loud
- 3 things you can *feel* + say out loud

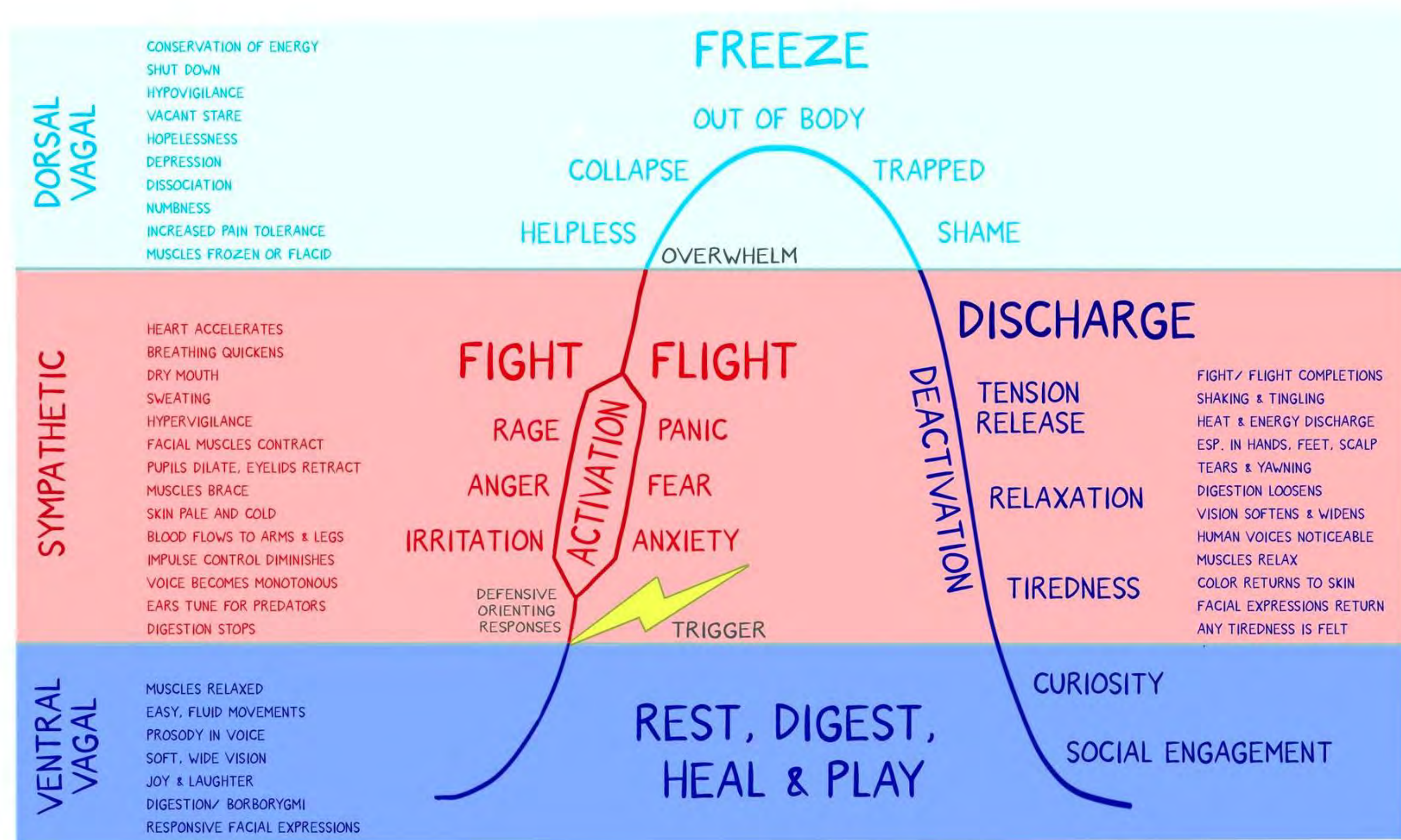


What is Somatic Experiencing?

Somatic Experiencing (SE) is a body based approach to healing trauma and stress, developed by Peter Levine.

The key idea is that trauma isn't what happens to us– it's what happens inside us when we don't have the support to process it

DOMINANT BRANCH OF NERVOUS SYSTEM



↑
AROUSAL LEVEL

The First Gate of Grief

From Francis Weller: The Wild Edge of Sorrow

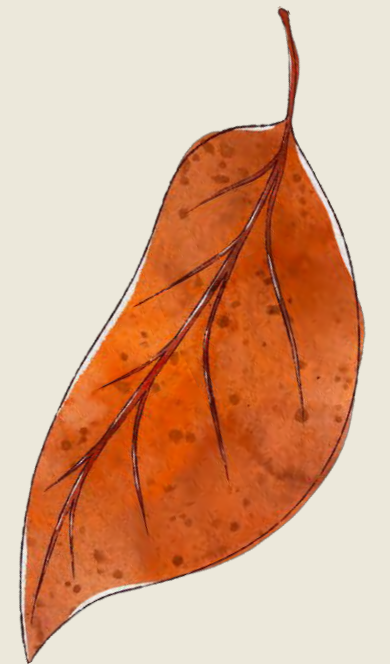


Everything We Love We Will Lose

*My darling, everything you love you will lose
You may accept this or you won't,
you choose.*

*Everything's a gift, yet nothing lasts at all
This is a painful truth
This is a painful truth*

-Ahlay Blakely, WALLS: Songs for Grief



Grief, Health & Well Being

Undigested emotions and survival
responses make us sick

What doesn't metabolise will metastasize

We need to feel it to heal it (without forcing)

We live in a body, trauma is stored in the body
and SO ARE safety, joy, connection and peace

Technologies of Belonging

Angeles Arrien, Ph.D.

“Every culture has ways of maintaining health and well-being. Healers throughout the world recognize the importance of maintaining or retrieving the four universal healing salves: **storytelling, singing, dancing, and silence**. Shamanic societies believe that when we stop singing, stop dancing, are no longer enchanted by stories, or become uncomfortable with silence, we experience soul loss, which opens the door to discomfort and disease. The gifted Healer restores the soul through use of the healing salves. It has long been recognized that these healing salves reawaken and sustain the divine child within us and return to us the qualities of wonder, hope, and awe.”



Practice

~Notice your breath~

~Sense your spine~

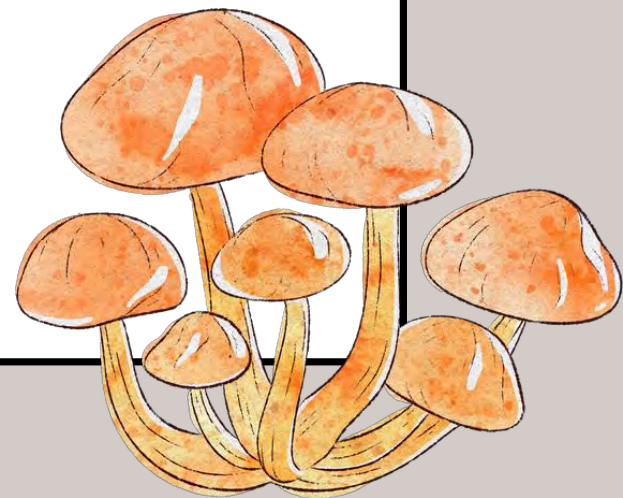
*Is there a place in your body that feels more
alive, and a place that feels more quiet?*



Research Findings

How did you feel before the workshop and after? Any differences?

- I felt pretty overwhelmed & dysregulated before, and more resourced and hopeful afterwards
- Lighter
- So much more grounded, regulated, settled, peaceful, happy
- I was especially frustrated and angry this morning because of something that happened with my heater. Taking time for myself definitely helped to calm me down.
- Yes, felt more open, relaxed soothed.
- Before-Curious, After-Renewed with a feeling of gratitude for Hannah and Jane.
- before: standard workday active; after: more connected to body and breath
- I felt some self-doubt – now I feel that not only do I belong in myself to myself but belong in my house, my family, my town etc...
- More aware of myself in my body and the world around.
- Before: Overwhelmed trying to process my emotions. After: released from the pressure of feeling all the things.



I am Home

Heart Songs & Circle Songs

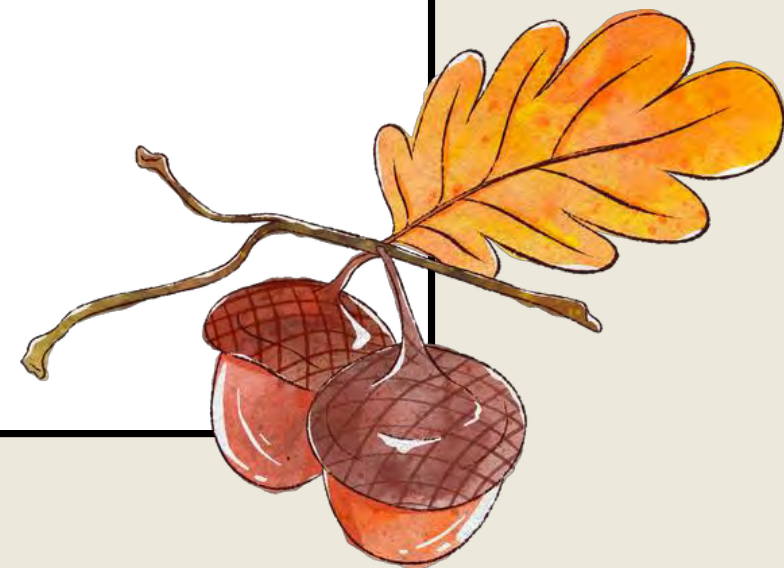
I am home x4

I am home in this moment,

I am home on the Earth

I am home, I am home

I am loved, There is peace, We are held



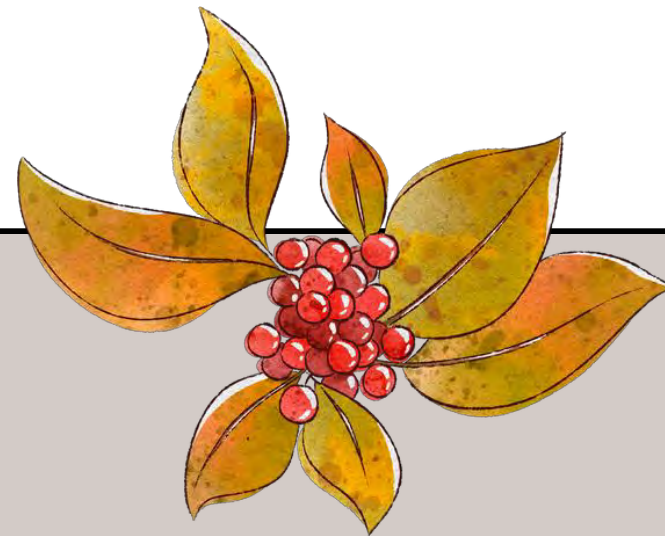
Further Resources

- Francis Weller: The Wild Edge of Sorrow
- Laurence Cole: [Interview with Josh Fox](#)
- Angeles Arrien: The Four-Fold Way
- Peter Levine: Waking The Tiger
- Bessel Van Der Kolk: The Body Keeps the Score
- Gabor Maté: When The Body Says No

Contact

Jane Mann: www.janemannsoma.com

Hannah Jeffery: www.deepwellsong.org



Thank you, Questions?

