

# When It Feels Bigger Than the Moment

A Guide for Parents Who Know  
Something *Deeper* Is Going On

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Based on the work of

SoulLine™ Constellation Method

by Jana Alley-Rohkar & Bethany Herscher



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*A Guide for Parents Who Know Something Deeper Is Going On*

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[MindAndBodySymmetry.com](http://MindAndBodySymmetry.com)

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*for Real life moments*

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*The shift doesn't start when everything gets easier. It starts right here.  
Something in you exhaled when you found this. Trust that.*

## **A Note Before We Begin**

If you picked up this book, chances are something in your home has been feeling heavy. Maybe your child is struggling in ways you can't quite explain. Maybe you're reacting to things in ways that surprise even you. Maybe bedtime feels like a battle every single night, your teen keeps shutting down, or you're watching your 7 year old fall apart in the cereal aisle and you don't know whether to cry, laugh or just sit down on the floor with them.

You are exhausted. You love your children more than anything. And you are quietly wondering if you're doing something wrong.

You're not doing it wrong.

But something *is* happening beneath the surface. It's happening in the body, the nervous system, in the invisible threads that run between parents and children. And once you start to see it, everything changes. Not overnight. Not perfectly. But it changes.

Sometimes this shows up in the body too. It may show up as more sickness, more sensitivity, systems that feel like they're always just a little overwhelmed. Like your body is carrying something it hasn't had a chance to put down.

This book is for the parent driving home from another hard day, running through a mental list of what went sideways. It's for the mom who cried in the car after school pickup. It's for the dad who knows he overreacted and can't figure out why he keeps doing that. It's for every caregiver who has ever thought: this feels too big for what it actually is.

***You're not broken. You're becoming aware. And awareness, in real life, is where everything begins to shift.***

We didn't write this from a retreat center or a perfect, quiet home. We wrote it from inside real life — kids, errands, hard conversations, exhaustion, cooking meals, and all the beautiful chaos that comes with loving a family. SoulLine™ was born in the trenches of ordinary life. And this book lives there too.

So take a breath. You're in the right place.

One more thing before we begin. We're not therapists, retreat guides, or guru figures. We're not just Reiki practitioners or nervous system coaches either — though those things live inside what we do. SoulLine™ grew out of all of those worlds and landed somewhere none of them fully covers. It's energy medicine and generational healing and

deep intuitive work but it's designed for the moment when your car is on empty, everyone is overstimulated, dinner still needs to happen, and something in you is about to snap. That's the only place we care about this work living. Not after you get it together. Right here. In the actual conditions of your actual life.

## One

### **Why Reactions Feel Bigger Than the Moment**

Here's a scene. Your kid spills their juice. It's a regular Tuesday morning, nothing special, nothing hard. Just juice. On the floor. And something in you fires up that is absolutely, completely out of proportion to a spilled drink.

You catch yourself — maybe after the fact — and wonder: what was that? I know it was just juice. So why did it feel like something so much more?

This is not a parenting failure. This is your body doing exactly what it was designed to do. The problem is, your body doesn't always know what year it is.

Here's the quiet truth most of us were never taught: your nervous system and your subconscious are in constant conversation. They are, in the most literal sense, partners. The moment something happens like a tone of voice switch, a slammed door, a child who won't listen, those two are already talking. At lightning speed, before you've had a single conscious thought, they've cross-referenced the moment against everything you've ever lived through and made a decision about how to respond. Not because you chose it. Because they did. On your behalf. Based on very old information.

Your subconscious remembers everything. Every argument you witnessed. Every time you felt small, unseen, or out of control. Every angry face. Every moment of chaos you had to navigate as a child without the tools to fully process it. It holds all of it. But not as a filed memory you can pull up and examine, but as a felt sense, a body imprint, a pattern that lives in your muscles and your nervous system long after the moment itself has passed.

Science is now catching up to what healers and body workers have known for decades: the body keeps score. The subconscious keeps records. And when the present moment

rhymes even faintly with something old, that partnership fires fast, automatic, and completely below the level of conscious thought.

***Your body remembers faster than your mind understands.***

So the spilled juice isn't just spilled juice. It's every moment you ever had to hold yourself together through. The feeling of things being out of control. The sense that you could never get it right. Your mother's voice when she was at the end of her rope. Those old experiences don't disappear — they layer. They stack. And when life presses on one of those layers, the whole stack responds at once. What comes out looks like a reaction. But it's actually a reaction to a lifetime.

This is what it means when we say reactions don't always match the moment. It's not that you're too sensitive, or that you have a short fuse, or that you're a bad parent. It's that you're human. You have a body and a subconscious that learned to survive. And that survival system is still running loyally and automatically on information it collected years ago.

The good news (and this is important) is that the same system that stored those patterns can learn new ones. Not through willpower. Not through trying harder or knowing better. But through awareness, through gentleness, and through learning to listen to what your body has been trying to tell you all along.

That's where this work begins.

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## Two

### Kids as the Signal

One of the things we say over and over in this work tends to land like a deep exhale when parents hear it. It's this:

*Kids are often the signal, not the problem.*

Children are extraordinary at reflecting the emotional weather of the home. They feel what's in the air. That tension you haven't spoken yet, the worry you're carrying quietly, the unresolved argument that technically ended but didn't really is all input. They pick up on it before anyone names it. And then they often act it out.

This isn't because they're manipulative or difficult. It's because they're wired for connection. Their nervous systems are literally attuned to yours. When you're dysregulated (meaning your own system is in survival mode, whether you show it or not) their system often mirrors that. When you're calm and grounded, they tend to settle too.

There's a science to this that is both humbling and beautiful. A mother's nervous system and her child's are in constant conversation through touch, eye contact, the tone of a voice, through something that goes even deeper than words. Oxytocin, the bonding hormone, is released in both parent and child during a hug. Heart rates actually synchronize. This isn't metaphor. It's biology. And it means that co-regulation (how one nervous system calms another) is one of the most powerful tools any parent has access to.

But here's the part that made us stop and pay attention in our own homes: this bond doesn't only run over blood or biology. In our work, we use the term SoulDNA — because what passes between parent and child can run deeper than genetics. The attunement between a child and their primary caregiver, whether biological or not, is one of the most profound energetic relationships that exists. Children feel us. They track us. They carry what we haven't yet processed.

Jana noticed this in her own home in a way she couldn't ignore. On the days she was completely spent — exhausted at the bone, nothing left — her child was at his absolute wildest. Couldn't settle. Couldn't sleep. Bouncing off the walls. And it wasn't just behavioral. They both started having high-histamine days at the same time. What looked like random allergy flares, headaches, system overload seem to happen in tandem. Not because they'd been exposed to the same environmental trigger, but because they were sharing a field. When one system was overwhelmed, the other felt it.

Once you see that, you can't unsee it. And it changes everything about how you understand your child's hard days.

This is especially true for children who are sensitive, highly emotional, or what might be considered neurodivergent. These kids are often tuned to a finer frequency. They feel more. They pick up more. They reflect back more. Which means that when something in the family system is unresolved, they may carry it loudest.

That can feel terrifying as a parent. Like everything is your fault. But that's not what this is about. This isn't about blame. It's about understanding. When your child is falling apart, they may be showing you something that needs attention but not in them, in the space between all of you.

You don't fix your child. You shift the field. And when the field shifts, children — who were never actually the problem — often begin to stabilize on their own.

### **A Note About Teens**

Everything above applies to teenagers too but with a beautiful and sometimes maddening twist.

Younger children are largely broadcasting receivers. They pick up the field, they reflect it back, and they act it out in relatively straightforward ways. A toddler meltdown is usually a pretty direct transmission: something is too much, and here it is.

Teenagers are doing something more complex. They are still receiving the emotional field of the home. They still feel everything, still carry what's unprocessed in the family

system. But...now they are simultaneously becoming their own field. They are starting to generate their own emotional weather. Their own nervous system patterns. Their own sense of self that is separate from yours.

This is supposed to happen. It's healthy. But it makes things louder for a while.

Because now you have two fields in the same house that are both active, both broadcasting, both capable of dysregulating each other. A teen who is already navigating the internal earthquake of identity formation — who am I, what do I believe, where do I belong — is doing all of that while still being exquisitely attuned to the emotional temperature of home. They just have less capacity to hold it quietly. And they have more language, more independence, and more push-back available to them than a five-year-old does.

So what looks like attitude is sometimes signal. What looks like withdrawal is sometimes a nervous system going offline to cope. What looks like defiance is sometimes a person who is feeling too much and has no clean way to say so.

***Your teenager isn't leaving the field. They're learning to stand in it differently. And they need you to stay steady while they figure out how.***

This doesn't mean there are no boundaries, no accountability, no hard conversations. It means that those conversations land differently when a parent is regulated, present, and genuinely curious rather than reactive. A teenager's nervous system is still watching yours. They still need to borrow your calm even when they act like the last thing they want is anything from you.

Beth has watched this unfold in her own home. Her daughter who grew up in the language of this work will stop mid-conflict now, slow her breathing, and sometimes ask for a session to explore why she's reacting the way she is. That's not a teenager who has been "fixed". That's someone entering adulthood who has been given a different kind of map. One that says: your feelings are information, your reactions have roots, and you have more agency in this than you think.

That map changes everything. And you can start handing it to your kids right now.

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# Three

## When It's Not Even Yours

This one can be a little surprising at first. But stay with it, because for a lot of families, it changes everything.

Some of what you're carrying that feels like your anxiety, your quick temper, your deep-seated fear of not being enough — may not have started with you. It may have been handed down.

Not in a dramatic, mysterious way. Just in the ordinary way that families pass things along. The way your father never talked about his feelings and you learned that emotions were something to push through. The way your grandmother survived something hard and never really recovered, even if she seemed fine on the outside. The way certain patterns like perfectionism, silence, chaos, anxiety and control just became the water everyone swam in.

We inherit more than eye color and bone structure. We inherit nervous system patterns. Emotional blueprints. Survival strategies that were forged in someone else's difficult season and then passed down through the family, generation by generation, often without anyone ever naming them.

***Sometimes what you're feeling isn't even yours. And that knowledge alone can create a little breathing room.***

There's fascinating science beginning to back this up. Researchers at Emory University studied mice who were conditioned to fear a specific scent. What they found was remarkable: the offspring of those mice who had never been exposed to the scent themselves showed the same fear response. The anxiety had been passed down, encoded in the nervous system, before the next generation even had a chance to form their own experience. The body remembered something it had never personally lived through.

We don't share this to alarm you. We share it because it reframes everything. That anxiety that grips you first thing in the morning? That hair-trigger response when you

feel criticized? That low hum of not-enough that follows you around? It may not be a character flaw. It may be an old pattern that has been moving through your family line for decades, looking for someone to finally set it down.

Maybe you're the one.

This is where our work goes deeper than simple nervous system support and where we want to be honest with you about what we've seen. There is a body-based intelligence that knows things the thinking mind hasn't caught up to yet. Call it intuition. Call it the wisdom of the nervous system. Some people call it the Spirit moving through us.

Whatever language feels true to you, the invitation is the same: slow down enough to listen to it. Because once you do, you may start to sense which things actually belong to you and which ones you've been carrying for someone else.

This isn't about blaming your parents or your grandparents. They did the best they could with what they knew and what they survived. This is about seeing clearly and then choosing, consciously, what you want to pass forward.

Because here's the thing about generational patterns: they move forward until someone pauses long enough to notice them. That pause is the beginning of change. And the change that happens in you ripples outward — to your children, to your grandchildren, to everyone in your orbit.

You are not just healing yourself. You are changing what comes after you.

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## Four

### What's Actually Happening in the Body

Let's talk a little bit about how your nervous system works — not in a textbook way, just in a real, this-is-why-you-do-what-you-do way.

Your body has a built-in survival system. When it senses danger that's real or perceived, it activates one of three states: fight, flight, or freeze. You've probably heard those terms. But here's what they actually look like in a regular family home.

Fight looks like snapping at your partner over dishes. It looks like the surge of heat in your chest when your teenager rolls their eyes. It looks like the moment you say something you immediately regret.

Flight looks like grabbing your phone the second tension enters the room. It looks like avoiding conflict. It looks like staying so busy there's no space to feel anything.

Freeze looks like shutting down. Going blank. Feeling so overwhelmed you can't move or make a decision. Just staring at the kitchen, not knowing where to begin.

None of these are character flaws. They are physiological responses that are automatic, fast, designed to keep you alive. The problem is, they were designed for genuine danger. Not for misplacing your car keys. Not for an email that caught you off guard. Not for a child who won't put on their shoes.

***This is happening in real life, not perfect conditions.  
And that's exactly where the work has to happen.***

But here's another layer that many of us were never taught to look at. Sometimes the body doesn't just speak through emotions or reactions. It speaks physically.

Frequent sickness. Lingering aches and pains. Sensitivities that seem to come out of nowhere. Systems that feel like they're always just a little overwhelmed. We aren't here to diagnose anything. But we are saying the body has a threshold. And when too much has been carried for too long — stress, pressure, unprocessed emotion, constant stimulation — it can start to signal overload in ways that aren't just emotional.

Your system may be asking for support. In the same way a child's behavior can be a signal, the body can be a signal too. Not everything needs to be traced back or figured out. But learning to notice gently, without fear creates a different kind of relationship with your body. One where you're not just reacting to symptoms, but beginning to listen to what your system has been trying to say.

Remember Jana's son — the shared histamine days, the symptoms that arrived in tandem without explanation? That's exactly this. Two nervous systems in the same field, both hitting their threshold at the same time. It wasn't random. It was the body speaking the only language it had: overload. And once Jana saw it as information instead of mystery, everything changed. She began to understand her son AND herself.

When you're in survival mode, you literally cannot access the part of your brain that does calm, connected parenting. It's not available. That's not weakness — that's neurobiology. This is why "just calm down" doesn't work. You can't think your way out of a nervous system state. You have to move through it with breath, with awareness, and with the body itself.

And here's what's important to understand: your children are watching your nervous system. Not your words, not your logic. Your body. They are tracking whether you are safe, settled, or in survival mode. And they respond accordingly.

When you learn to regulate your own nervous system in the car, the grocery store, in the middle of a meltdown (maybe even your own) you are doing the most powerful work possible. Not the loudest. Not the most dramatic. Just the most real.

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# Five

## The SoulLine™ Way

Now that we've talked about why things feel the way they feel, let's talk about how to start shifting them.

The SoulLine™ Constellations is a way of looking at what's happening beneath the surface. This isn't to analyze yourself to death, and not to dig up old wounds for the sake of it, but to gently see what's present, understand where it's rooted, and find a real path through it.

We use the image of a constellation because healing isn't a straight line. It's layered. It's relational. Just like stars in the night sky don't exist in isolation, each one gains meaning through its relationship to the others. Neither do the things we're carrying. They're connected. To each other, to our history, to the people we love.

And we want to be honest with you here: this work is not purely analytical. It's also energetic. We believe the body holds an intelligence that goes beyond what we can think or explain — and that healing happens when we learn to listen to that intelligence, not just manage around it. We approach this with both feet on the ground and a genuine openness to what we can't always see. That combination is, in our experience, where the real shifts happen.

There are three layers to how we look at what's happening. Think of them not as steps to complete in order, but as different ways of seeing the same truth.

### The First Layer: What's Showing Up

This is the visible stuff. The behavior your child is doing. The reaction you keep having. The argument that replays. The exhaustion that won't lift. This is the doorway to what brought you here. But it's not the whole story. It's just what your system is ready to look at right now.

Think of a mother we know. We'll call her Maria. Every morning, getting her son out the door for school became a war. He'd shut down, she'd escalate, and they'd both arrive at

their days feeling defeated. That was the thing showing up. The meltdown. The standoff. The door slamming. But that wasn't the whole story.

### **The Second Layer: Where It's Rooted**

This is where we get curious — gently, compassionately — about what's underneath. Not to blame, not to analyze, but to understand. Where is this pattern stored in the body? Where did it come from? What old story is running beneath the surface of this moment?

For Maria, when she sat with it, she realized that the morning chaos activated something deep in her. A feeling she'd had as a child of never being allowed to be slow, of being rushed and shamed and never feeling like enough. Her son's shutdown triggered her. Not because he was being difficult, but because his stillness looked like her own helplessness as a child. When she saw that, everything shifted.

### **The Third Layer: The Path Through**

This is not a prescription. It's an invitation. What does your body need in order to move through this differently? What small shifts — in awareness, in breath, in how you speak to yourself — create a new pattern?

For Maria, it started with five minutes each morning before anyone else woke up. Not meditation, not a perfect ritual. Just five minutes of quiet where she reminded her own nervous system that there was no emergency. She wasn't a child being rushed anymore. She was a grown woman who had time. Her son didn't change overnight. But she did. And that changed everything between them.

***This isn't about leaving your life to heal. It's about living inside it differently than you were taught.***

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## Five Things We Know to Be True

After years of working with families and living this inside our own homes, these are the truths that keep showing up. We offer them not as doctrine, but as doorways. Take what resonates. Let the rest pass by.

### **SoulLine™ Truth 1: "What's happening isn't random — it's patterned."**

Most of us have asked ourselves some version of: why does this keep happening? Why do I keep ending up here? The answer is almost never that something is fundamentally wrong with you. It's that something in you learned how to survive a certain kind of moment — and it's still running that same program, even when the moment has changed.

*Seeing a pattern isn't a diagnosis. It's an opening. It replaces shame with curiosity, and curiosity is where everything starts to shift.*

### **SoulLine™ Truth 2: "Your body is reacting to more than just right now."**

The moment you're in isn't the only moment your body is responding to. Stacked experiences, nervous system memory, emotional layering — they all contribute to why a small thing can land like a large thing.

*Your body remembers faster than your mind understands. This one truth alone can change how a parent sees themselves and their child.*

### **SoulLine™ Truth 3: "Kids are often the signal, not the problem."**

Children don't just live in your home. They live in your field. They feel what's unspoken. They mirror what's unresolved. They carry what hasn't been processed. This isn't their fault, and it isn't yours.

*But it is something you can work with. When the field shifts, behavior follows.*

#### **SoulLine™ Truth 4: "You don't fix behavior — you shift state."**

Most parenting advice focuses on the behavior: correct it, manage it, redirect it. But behavior is downstream. State is upstream. When the nervous system settles, when the emotional root is addressed, behavior changes. And it doesn't change because it was forced to, but because it no longer needs to carry the signal.

*When the state shifts, behavior follows. Not perfectly. Not instantly. But consistently.*

#### **SoulLine™ Truth 5: "Healing doesn't happen outside your life — it happens inside it."**

We are not retreat-based. We are not escape-based. We built this work for the kitchen table. It was built for moments when you are finally in your bedroom at the end of the night with your partner and you're both spent from the day, the car line, the Target aisle. Because that's where real life happens, and that's where real healing has to be possible.

*You don't have to leave your life to heal. You learn to live inside it differently. That's not a small thing and somehow, it's the most radical thing we could have said.*

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## Six

### Real-Life State Shifting

This is the part that matters most, because this is where it all lands: in the kitchen at 6:30 PM. At the music recital. When you are online paying bills and you hear an argument your teen is having on the phone. At the end of a week when everything went sideways and the last thing you have is patience.

State shifting is the practice of noticing where you are — in your body, in your nervous system — and gently moving toward something more settled. Not forcing yourself to feel calm when you don't. Not pretending. Just creating a little more space between stimulus and response.

Here's the most important thing: the parent regulates first. Always. This is not because you're more important. It's because you are the anchor. When you settle, the whole room has permission to settle. You cannot pour regulated energy from an empty, dysregulated vessel. And you cannot ask a child to do something you haven't done yourself.

### At Bedtime

Bedtime is a particular kind of hard. Everyone is tired. The day has piled up. Your child, who seemed fine at dinner, your teen that was so talkative earlier suddenly cannot function. No one can find clean pajamas, wants to brush their teeth, or can get to sleep without one more drink of water. Then someone starts to cry and when you ask what's wrong they say "Nothing." Someone needs to tell you something very important that can absolutely wait until tomorrow but feels like an emergency right now.

Before you engage with any of it, notice your own state first. Take one slow breath — not a performance, just a breath. Feel your feet on the floor. Your body in the room. Then enter the bedtime chaos as someone who has a little more ground beneath them. Children who struggle to settle at night are often carrying the day in their bodies. They need your nervous system to say, through your presence and your tone: it's safe now. The day is over. You can rest. In the morning, after rest, things will look lighter.

## **In the Middle of a Meltdown**

When a child is mid-meltdown, they have left the building. The logical part of their brain has gone offline. No amount of reasoning, explaining, or consequence-delivery will reach them in that state. What they need is a nervous system to borrow. That means yours.

If you can stay regulated or get regulated quickly while they are falling apart, you create the conditions for them to come back. This doesn't mean you stand there emotionless. It means you slow your breath. Lower your voice. Get on their level physically. Don't match their chaos with yours. We don't fix behavior. We shift state. And state shifting in a meltdown is as simple and as hard as: my child needs to borrow my calm right now. Can I find some?

## **In Public, When Everything Falls Apart**

You're in Walmart. Or Target. Or the parking lot outside the YMCA after soccer practice. Your child is done, you are done, and there are strangers watching. And your body goes into its own kind of survival mode. There is often immediate emotions of shame, urgency, the need to make it stop right now.

Take thirty seconds. Yes, even here. Breathe. Notice the shame and don't fight it, just set it to the side for now. The most important thing you can do in a public meltdown is not lose yourself inside it. If you escalate, they escalate. If you can find just a thread of steadiness, something shifts. You don't have to be perfect. You just have to be present.

## **However Your Home Is Built**

However your home is built, this work doesn't stay contained to you.

When you begin regulating yourself, noticing your patterns, showing up differently in the hard moments it ripples. To your kids, yes. But also to every other adult in the house, or in your orbit. This book is about parenting, not partnerships. But parenting

doesn't happen in a vacuum. It happens alongside other people who matter to you, to your children, to the whole atmosphere of your home.

If you have a partner, you'll likely notice the shift before they name it. The dynamic between you starts to move when one person starts living more awake. Sometimes that's uncomfortable at first. Sometimes it opens something neither of you expected. When both people are willing to lean in, even imperfectly, even one honest conversation at a time — it becomes some of the realest work a family can do. We could write a whole other book about what this looks like inside a partnership. We won't do that here. But if it's something you want to explore more deeply, it's absolutely part of what we do in our work.

And if you're doing this on your own — carrying the whole house, making every call, holding every rope — we see you. This isn't one more thing to add to an already impossible load. What it actually does is start to lighten it. Not because your circumstances change overnight, but because you change how you're moving through them. A grounded, regulated, aware parent running a solo home shifts the entire atmosphere of that home. Especially then, actually. When there's only one of you holding it together, the steadier that one person becomes, the steadier everything else gets to be.

However your home is built, you don't need it to look a certain way to begin.

You just need to begin.

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## Seven

### Tools You Can Actually Use (What you've been waiting for!)

These are not practices for perfect conditions. They are not things to try when you have thirty minutes, a quiet house, and a large iced coffee in your hand.

These are for the real moments. The ones where your spouse is asking you a question about the calendar, your teenager is somewhere between ignoring you and a meltdown, and your ten-year-old just smashed his finger in the door — all at the same time. The moments where you have approximately zero bandwidth and something still has to move.

We've been there. We are there. That's exactly why we built these.

Pick what feels accessible. Try one thing. Repeat it until it's yours. Over time, not all at once, not perfectly, these small practices rewire the patterns. Not because you forced it. Because you showed up, imperfectly, in the middle of everything. Again and again.

#### ◆ Pause + Notice

*Before you respond, just notice. Where am I in my body right now? Is my jaw tight? Is my chest clenched? Am I holding my breath? You don't have to fix anything. Just see it. That moment of seeing is the beginning of choice.*

#### ◆ One Slow Breath

*Not a dramatic deep breath. Just one slightly slower exhale. The exhale activates the part of your nervous system that allows rest and connection. It tells your body: we are not in danger. One breath. Anywhere. Anytime.*

#### ◆ Feel Your Feet

*When you're spiraling, feel your feet on the floor. Press them down. Notice the ground beneath you. It's hard to stay in fight-or-flight when you're genuinely feeling the earth under your feet.*

### ◆ Name What's Happening

*"I notice I'm getting activated right now." "I can feel my body starting to tighten up." Naming is not weakness — it's neuroscience. Putting words to your experience engages your thinking brain and creates a tiny bit of distance between the feeling and the reaction.*

### ◆ Co-Regulation Through Touch

*When your child is falling apart, sometimes the most powerful thing is being physically present. A hand on the back. Sitting down next to them on the floor. Not talking or fixing, just being there with your body. Your regulated nervous system communicates through proximity.*

### ◆ Simple Emotional Release (Kid-Friendly)

*Help your child move the energy through their body. Jump ten times. Shake out your hands like you're shaking off water. Blow your breath out like you're blowing out birthday candles. Run to the end of the driveway and back. These aren't distractions. They're physiological releases that help the body's system complete its stress cycle. Make it playful when you can.*

*Teens need this too, just differently. They are exquisitely aware of looking silly, even in front of you. So the tools have to be quieter. If you notice your teenager starting to shut down or spiral, offer them something discreet. Clench both hands into fists, hold for a breath, then release completely. Place a hand on the heart or belly, breathe in slowly all the way to the top of the head, then exhale like you're sending the breath all the way down through the soles of your feet. It sounds a little strange. It works.*

*And here's the thing — you can do all of this too! Right there beside them. Sometimes the most powerful thing isn't coaching your child through regulation. It's just doing it with them, without making it a lesson.*

### ◆ Ask Your Body a Question

*When you're reacting strongly to something, gently ask: how old does this feeling feel? Sometimes the answer surprises you. Sometimes the reaction belongs to a much younger version of you. The child who needed something they didn't get. That awareness alone creates compassion. For yourself. And from that compassion, for your child.*

## ◆ Teach Your Kids the Language

*Children are spectacular learners. When we teach them to notice their own states. To pause and ask "am I carrying someone else's feeling right now?" or to simply say "I need a minute to settle" something remarkable happens. They start to use it. And then, slowly, they start to teach us. Ask us how we know!*

*Beth has watched her teenager stop mid-conflict, slow her breathing, and get genuinely curious about why she's reacting the way she is. That's not just a parenting win. That's a generation changing.*

*Jana is raising her children in this language from the beginning. She's teaching them that emotions move through us like weather, but we are the tree. Not the wind. The storm rolls in, the sun comes out, the temperature drops. And the tree remains. Rooted. Steady. Able to bend without breaking. It doesn't become a storm-filled tree or a sunburned tree. It just keeps being a tree that weathers whatever comes without becoming it.*

*We don't have to absorb the weather. Neither do our kids. But someone has to teach them that. It might as well be us.*

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# Eight

## Choosing a Different Way to Live

This is the section that isn't really about your kids at all. It's about you.

Because here's the thing — every reactive moment, every pattern that keeps repeating, every feeling that seems too big for what's actually happening — it's all an invitation. Not to judge yourself. Not to fix yourself. But to notice yourself.

Most of us were not taught to live with awareness. We were taught to keep moving. To push through. To manage the outside world with every tool at our disposal and to either ignore or override whatever was happening inside. We were taught that strength meant not feeling too much, not being too much, not slowing down.

And then we became parents. And all of a sudden, there was a small human in front of us who was absolutely, completely, unapologetically themselves — feeling everything, needing everything, showing us everything we'd learned to push down.

Children have a way of calling out what's unfinished in us. Not cruelly. Just honestly. Because they need us to be present, and presence asks something of us. It asks us to stop running.

***This isn't about leaving your life to find yourself. It's about living inside your life differently than you were taught.***

And here's what we've seen happen when people do this work long enough: they start asking a different kind of question. Not just "why do I keep reacting this way?" But: am I actually living the life I want to be living? Or have I been on autopilot — moving through the motions, surviving the days, never quite stopping long enough to ask if this is the direction I actually want to go?

That question is a gift. Even when it's uncomfortable. Because it means the awareness is working. It means you've gotten steady enough inside yourself to finally look up and take stock of the view.

Healing, at its fullest, isn't just about releasing what's old. It's about reclaiming what's true. Who you actually are, underneath all the patterns you inherited and the survival strategies you built and the roles you've been playing. That version of you is still there. She didn't go anywhere. He's been waiting.

You will not do this perfectly. That's not the goal. The goal is awareness — the kind that grows slowly, steadily, over the course of a lifetime. The kind your children will absorb just by watching you try. Because what they remember is not the perfect days. They remember how it felt to be in the room with you. Whether that room felt safe. Whether you were someone they could breathe around.

You get to choose that. Not in some ideal version of your life — in this one. In the real, messy, beautiful, hard one you are already living.

And here's what we've watched happen, again and again: you make the small shifts. You practice the pause. You start living just a little more awake. And then one day — maybe six months from now, maybe sooner — you look up and something is different. Not everything. The gas prices are still what they are. The laundry is still there. But something in the way you're moving through it all has changed. Things feel lighter. The overwhelm has a little more space around it. You have a little more of yourself back.

That's not nothing. That's actually everything.

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## A Last Word to You

You are not failing. You are not the reason everything is hard.

You are a person who loves your kids and has been doing your best with the tools and the patterns you were handed. Some of those tools work beautifully. Some of them — the ones forged in someone else's difficult season, or in your own — are just ready to be updated.

That's what this work is. It's not dramatic. It's not about tearing your life apart and rebuilding it from scratch. It's about learning to live inside your life differently. To notice. To pause. To choose slowly, imperfectly, faithfully to begin a new way of moving through the moments.

Your children don't need a perfect parent. Your partner doesn't need a perfect mate. They need a present one. Someone who is willing to do their own work without going to a retreat somewhere far away, but right here, in the living room and the car and the parking lot and the morning chaos.

They need someone who is becoming more themselves. More aware. More grounded. More free.

***Every step you take toward your own healing creates space for them to breathe and ripples outward.***

Mother's intuition is that quiet knowing, that sense of what your child needs before they can name it. And it's real. Your children have it too, whether they are 7 or 17. They are attuned to you in ways that go beyond words, beyond logic, beyond what either of you can fully explain. That bond is not fragile. It is one of the most powerful forces available to a family. And when you tend to it through presence, regulation, through your own willingness to heal, it becomes the foundation everything else is built on.

You just have to be willing to begin. Again and again, in each ordinary moment. That's enough.

With love and deep respect for the work you're doing,

***Jana Alley-Rohkar & Bethany Herscher***

## Working With Us

If this book opened a door for you — if something in these pages landed in a way that felt like recognition — we want you to know that there's more.

SoulLine™ goes deeper than what a book can hold. In our work with families, we sit with the whole picture: not just the child's behavior, not just the parent's stress, or your partner's overwhelm, but the invisible threads that run between all of you. The patterns. The history. The emotional and energetic field that everyone in the home is living inside.

We work with families in intuitive, body-based, constellation-style sessions that weave together nervous system and body-based awareness, energy work, including reiki, deep listening and other individualized approaches. We don't come with a rigid script or a twelve-step program. We come with presence, with genuine attunement to what is actually happening in a person's body and field. And with the SoulLine™ map, which helps us see the layers of what's presenting and where it's rooted.

We work with the whole family, not just the child. Because the child is almost never the problem. They are the signal. And when we shift what's happening in the family field, children who seemed unreachable often begin to settle, to open, to heal.

If the word “energy” feels unfamiliar or a little outside your comfort zone, that's okay. You don't have to have a framework for it. What most people notice in sessions is this: something that felt stuck begins to move. Something that felt heavy gets lighter. A pattern that seemed permanent starts to loosen. We've seen this happen for skeptics and seekers alike. The body doesn't require belief, it just needs a little space and the right kind of attention.

We want to be clear about what we are and what we're not. We're not therapists. We're not retreat guides. We're not Reiki practitioners who'll send you home with homework that evaporates the moment real life starts again. SoulLine grew out of energy medicine, nervous system work, ancestral healing, and years of intuitive practice — and it landed somewhere none of those things fully covers on their own. What we've built is a way to bring the mountaintop experience into the Walmart parking lot. Into the moment when your car is on empty, everyone is overstimulated, dinner still needs to happen, and something in you is about to give. That's the only place we care about this work. We've seen it work there, in those conditions, with real families — and first — with our own families. That's why we trust it. If you're curious about taking the next step for yourself, your partner, your child, or your whole family, we'd love to hear from you.



✧  
**About  
the  
Authors**  
✧



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**Jana Alley-Rohkar**  
*Spiritual Builder • Intuitive  
• Energy Practitioner*

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**Bethany Herscher**  
*RN • Master Reiki  
• Energy Practitioner*

*SoulLine*<sup>™</sup> was not born in a classroom or a clinical setting. It was born in the middle of real life. Born in the tension between Beth's twenty-five years inside the medical system and Jana's lifelong attunement to the patterns beneath the patterns. Two different roads that kept arriving at the same realization: the way most people had been taught to understand healing and return to a more divine wholeness was missing something essential.

Beth came through nursing and watching good people do their best inside a system that often-addressed symptoms while the deeper roots went untouched. That gap sent her looking. Acupuncture first, then Master Reiki training, then a deepening into energy medicine and the quiet language the body speaks when we slow down enough to listen. What she found changed everything she thought she knew about how healing actually works.

Jana came through years of prayer and seeking the path of faith, art, and a bone-deep sense that the invisible things like the patterns, inherited emotional blueprints, the energetic field between people, and spirituality were at least as real and consequential as anything you could see.

Motherhood sharpened that sense into something she could no longer ignore. She watched her own child reflect her states back to her in real time, felt the transmission between them in her body, and knew this is the work.

Together, they began mapping what they were seeing. Not as a theory, but as living practice. Session by session, family by family, the *SoulLine*<sup>™</sup> Constellation Method revealed itself. A way to see the whole picture: what's presenting on the surface, what's underneath, and what the path forward actually looks like in a real person's real life.

They are both wives, mothers, and practitioners who have never left their lives to do this work. Beth still runs trauma-care nursing shifts and is preparing her youngest for college. Jana is raising her child and her soul tribe's children inside this methodology, watching the next generation grow up with a different kind of map. Neither of them is operating from a mountaintop. Both are in the trenches and that's exactly what makes this work trustworthy.

*Beyond SoulLine™ sessions, Beth and Jana also offer:*

- ◆ [SHiLOH BI](#)◆ Biospiritual AI for real-time healing support between sessions
  - ◆ Moon Gatherings & Community Events  
— collective ritual and fellowship at The 5th House
- ◆ SoulAcademia — wonder-led unschooling and whole family learning
- ◆ [Substack: “Holy in the Messy Places”](#) reflections on faith, healing, everyday life
  - ◆ [Coming](#) Soon – The SoulLine App and further support for daily life

The SoulLine™ Constellation Map  
*The living map behind every session.  
Three rings, one constellation, your story at the center.*



✦ *Turn the page when you're ready to use it.* ✦

**MindAndBodySymmetry.com** | *Real life. Real healing. Right where you are.*



***A Companion for the Real Moments***

*The book you just read is meant to shift how you see what's happening.  
What follows is meant to help you work with it right in the middle of your  
actual life, whenever you need it.*

*Consider this your field guide.*



*Let these pages meet you exactly where you are, offering support and  
insight for your everyday journey.*

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# Your Constellation in Real Life

If the way of working described in this book has resonated with you, what follows is the same framework we use inside SoulLine™ sessions — simplified, distilled, and made available for the moments when you're in it.

Not reflecting on it or reading about it but inside of it.

In the kitchen or the drive home. In that moment where something rises up in you before you even have time to think.

This is for those moments.

***You start to recognize the moment sooner. You feel the trigger before it takes over. You notice your body before it locks up. You catch the pattern while it's still forming. That's the constellation revealing itself.***

Not as something outside of you. But as something you're learning to see from within.

Over time, something shifts. Not all at once. Not in a dramatic way. You just begin to know yourself a little better in the hard moments. And that knowing — that fraction of a second of awareness before you react is where everything can change.

## How to Use This Section

What follows is a set of seven Constellation Points. These are seven places where patterns tend to show up in real families, in real life. Each one names what's happening, helps you recognize it, and gives you something simple and body-based to do with it.

You don't need all seven at once. You don't need to memorize them or work through them in order. Just notice which one names what you're experiencing right now. Start there. That's enough.

These aren't rules. They're doorways. And every time you walk through one — in the kitchen, in the car, in the middle of whatever today brought — you're doing a version of the work we do inside our sessions. This book is where the journey begins. When you're ready to go deeper, we're ready to go there with you. You'll find us at [MindandBodySymmetry.com](http://MindandBodySymmetry.com)

## The Seven Constellation Points

Self • Body • Emotion • Trigger • Family Field • Not Mine • Reset

### SELF

*Your inner state right now*

***“You’re not doing it wrong. You’re becoming aware.”***

#### **In this moment:**

- Pause and check in: where am I right now?
- You don’t need to fix everything. Just notice.
- Awareness is already the shift.
- One small reset is enough to begin.
- Come back to yourself. That’s the whole move.

*The work doesn’t start when you get it altogether. It starts in the here and now. Because that’s when you need it.*

### BODY

*What your nervous system is holding*

***“Your body thinks this is an emergency. It isn’t.”***

#### **In this moment:**

- Drop your shoulders. Unclench your jaw.
- Exhale longer than you inhale.
- Feel your feet on the floor. Press down.
- Nothing needs to be solved this second.
- Your body is trying to protect you. Thank it. Then redirect it.

*The body responds to physical cues faster than thought. Use that. When the body feels safe, thoughts begin to slow and become more rational. This is “mindfulness” outside of the yoga studio when you need it the most.*

## EMOTION

*Something is moving through you*

***“This feeling is real. And it is not the whole story.”***

### **In this moment:**

- Name it: anger, grief, overwhelm, fear, shame.
- Let it be there without immediately fixing it.
- Emotions move when they're felt and witnessed. When we push them down, they don't just disappear. They settle into the body, into the subconscious, into the way we read every room and every situation that comes after. Sometimes what feels like a bad day is just an unmet feeling from three days ago, still waiting to be seen.
- You are not the emotion. You are the one holding it.
- Ask: is this feeling mine? Or did I absorb it from the room? This isn't as abstract as it sounds. You've walked into a room and known someone was angry before they spoke. You felt anxious in a chaotic space even when nothing directly happened to you. We are constantly picking up the emotional atmosphere around us and most of the time without realizing it. What you are feeling right now may have entered the room before you did.

*Feeling it is not weakness. It's how it moves through. What moves through you doesn't have to take up residence in your body, in your mood, in the room you walk into next. Emotions do one of two things: they move, or they wait. Feeling them is what keeps them moving.*

## TRIGGER

*The reaction that's bigger than the moment*

***“This feels bigger than it should. Because it is.”***

### **In this moment:**

- Pause before you respond.
- One slow exhale.
- Ask: how old does this feeling feel?
- This may not be about right now.
- You don't have to react to it. You can witness it first so you can get to a place of how your loving, rational self wants to respond.

*A trigger is a doorway. What's behind it is older than this moment. It's something that has been circling back, again and again, waiting to be felt rather than survived. Often, we are presented the same opportunities until we're ready to walk through them. Not as punishment but as invitation. When we finally do, something stops needing to repeat in your body, in your patterns, in the lives of the people you love.*

## FAMILY FIELD

*The emotional weather of your home*

***“Your child might be signaling something that belongs to all of you.”***

### **In this moment:**

- Look at your own state before addressing theirs. We often see those around us, especially our kids, are reflections of our own moods, emotions, sense of urgency, etc.
- Soften your tone — even before you speak.
- Get physically closer, or calmer. Perhaps even settling in closer to the height of younger kids. Soften your body, unclench your jaw. This shifts the field.
- Ask: what is the atmosphere in this room right now? Is your child responding or reacting?
- Shift the field, not the child. The child will begin to follow.

*Kids don't just live in your home. They live in your field and your emotional weather.*

## NOT MINE

*Patterns that were carried in before you*

***“Some of what you're feeling may not have started with you.”***

### **In this moment:**

- Ask: is this mine to carry forward? What would it look like if I began to move without it?
- Notice if it feels old, familiar, or bigger than the moment.
- You are allowed to set it down.
- Breathe as if you're releasing something that was never yours. Allow your arms to feel lighter. Allow your spine and lower back to feel that release.
- The pattern stops moving forward when someone finally sees it.

*You are not your ancestors' pain. But you may be the one who ends it so your kids don't keep feeling it.*

## RESET

*Starting again from right here*

***“We need a state shift. That’s all. Just a shift.”***

### **In this moment:**

- Shake out your hands like you're shaking off water. Physical movement creates a cascade in the body. It interrupts the pattern at the neurological level before your thoughts even catch up.
- Step outside or change rooms, even for sixty seconds. It sounds almost too simple. But removing yourself from the physical space of the moment is one of the fastest ways to interrupt a state. The nervous system responds to environment. Use that.
- Take three slow breaths —longer out than in. No one being chased by a lion exhales longer than they inhale. A long exhale is a signal to your body that you are safe. It's not a trick. It's biology.
- Splash cold water on your wrists or face. The body responds to sensation. This is a shortcut straight to the nervous system.
- Start again. You are always allowed to start again.

*A reset isn't giving up. It's choosing differently mid-stream. Shift your physical state first, so that what comes next from your brain, your words, your reactions comes from a different place entirely.*

# The Map Is Already in You

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The more you work with these seven points, the more they stop feeling like tools and start feeling like language. Your own language that your body has been speaking all along.

You'll start to hear yourself thinking: this is a trigger. This is field. This is not mine. And in that recognition, even if nothing else changes in the moment, moves you outside the pattern long enough to see it. That's everything.

***The constellation isn't something outside of you. It's something you're learning to read from within.***

These seven points mirror the same map we use in every SoulLine™ session. In a session, we go deeper. We trace the root, we work with the body's intelligence, we follow the thread through the energetic and generational layers that a book can point toward but not fully reach.

But this right here, in the middle of your life is where you can begin.

And beginning is the whole thing.



***If something in this section opened a door for you,  
we'd love to walk through it with you.***

**MindAndBodySymmetry.com**

*Real life. Real healing. Right where you are.*

