

Resourcing for Safety

Safety isn't the absence of challenge — it's the presence of support.

Glimmers: Small Moments of Safety and Connection

In Deb Dana's Polyvagal work, glimmers are those tiny, everyday moments when your body feels a little more at ease — the sunlight through a window, a friend's laugh, the warmth of your mug. They're the opposite of triggers — micro-moments that remind your nervous system it's safe enough to soften.

Take a few minutes to notice and list some glimmers you've experienced lately. You can jot words, draw images, or even name sensations that arise when you feel safe or connected.

1. _____
2. _____
3. _____
4. _____
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22. _____
23. _____
24. _____

(Tip: Notice where you feel these glimmers in your body — warmth, spaciousness, softening, aliveness.)

Inner & External Resources

We all have both inner resources (qualities and capacities we carry within) and external resources (also known as Anchors of safety) When you can identify both, your nervous system has more options to return to regulation and presence.

[illegible]

(Inner resources might include: breath, curiosity, humor, prayer, groundedness, creativity. External resources might include: a safe friend, nature, music, community, touch, movement.)

Somatic Practice: Receiving Safety

This practice invites you to engage the body as an active participant in building safety. By slowing down and savoring moments of ease, your nervous system learns that safety is not only conceptual — it can be felt. The more we practice resourcing through the body, the more capacity we have to stay present, especially when our Enneagram patterns feel activated or protective.

Why we savor...

Deb Dana reminds us that savoring a glimmer helps the nervous system anchor in safety. It's not just about noticing a good moment — it's about letting it land in the body.

When you notice a glimmer, pause. Take three slow breaths and allow yourself to linger — about 11 seconds is enough. Let your body receive it as if you were opening a small gift. You don't have to hold onto it — just let your system register, "This is safety."

These small moments of savoring help weave steadiness and connection into your system, one gentle pause at a time.

Here's the practice:

1. Sit comfortably and let your attention settle inward.
2. Bring to mind one glimmer or resource from above.
3. Take three slow breaths as you savor it like a gift — feeling it in the body rather than thinking about it.
4. Stay with that felt sense for a few moments. Notice what shifts — maybe a softening, warmth, or breath that comes easier.

This is how we begin to “resource” our Enneagram patterns — by creating enough inner safety to stay present with what arises.