

What Alaska Taught Me About Living Within Capacity

Hi, I'm Nancy from NeftTi, founder of Conscious EFT and I am just back from a two-week Alaska cruise and I wanted to share some of the learning and the impact that experience has had on me. It was profound, perhaps maybe the vastness of the ocean and the glaciers, perhaps it was having coffee and croissants delivered to my stateroom every morning, perhaps it was just the opportunity for quiet time to sit on the deck and just receive the signals coming from the environment around me. One thing that has really stayed with me is the relationship I witnessed between the people of Alaska and the wildlife and the environment.

I had a chance in Juneau to go on a whale watching excursion aboard a very, very small boat. There's only about 20 of us along with the captain and the guide and I was filled with awe and wonder at the respect and the honor and even sacredness I felt in their relationship with the humpback whales. The humpbacks migrate to Alaska in the spring to feed in its nutrient-rich waters throughout the summer and then they return to Hawaii or Mexico, the warmer Pacific waters in the fall to breed and give birth over the winter.

But the guides recognized individual whales by the unique markings on the underside of their tail flukes. These weren't simply anonymous animals passing through the water, they were known, they were seen, and they were cared for. That honor and respect for our biological nature is such a profound part of Conscious EFT.

And yet one of the most important experiences of my cruise happened not while I was watching the whales or looking at the glaciers, it happened on Monday morning when I was lying in bed. Now I had flown from Toronto to Vancouver on Saturday and then came finding the transfer bus, the whole embarkation process, finding my stateroom, orienting to this entirely new environment and it was delightful and it was easy and I enjoyed meeting members of the crew and some of my fellow passengers. So Sunday was another lovely day of exploring the ship and learning where everything was and then Monday morning arrived.

My croissants and coffee were delivered to my room as usual. I got up and I thoroughly enjoyed them and then it was as if I'd been hit by a ton of bricks. I was absolutely exhausted.

There was no question about what my system was communicating. I needed to return to bed. Now this isn't at all usual for me in my everyday life but the signal was so strong that I simply collapsed back into the pillows.

And then even as I was falling asleep another voice appeared. It was a more judgmental shame-based voice. What's the matter with you Nancy? Get up, get dressed, walk around the promenade deck and get your steps in.

You paid a lot of money for this cruise. You need to make the most of it. You shouldn't waste any part of the day by sleeping.

You just make yourself do it. And then a phrase came to me. Just because you can doesn't mean you should.



There was no question that I could have forced myself to get dressed and walk around that deck but the fact that I was capable of overriding a biological signal didn't make overriding it the wisest choice in that moment. And so there I was experiencing two very different signals in the moment. One was the present day biological capacity signal saying I'm exhausted.

This system needs rest and time to process all the information it has been exposed to. And the other carried historical shame and judgment. You should be able to keep going.

There's something wrong with you if you don't. Now it took a few moments to stop arguing with the presence of either signal. I did a little tapping, allowed both to be there.

I'm exhausted. This nervous system needs sleep. And I also have another signal telling me I shouldn't need that sleep.

But you see nothing had gone wrong. This is human being 101. My body wasn't trying to sabotage my holiday.

It was communicating what the preceding days of travel leading up to the travel, the novelty, the orientation had required of it. Now ultimately I returned to bed and received the rest that my system needed in that moment. And so what changed wasn't necessarily the exhaustion.

What changed was my relationship with exhaustion. I stopped treating it as a limitation I had to overcome and I began treating it as information. I wasn't wasting Alaska.

I was creating the conditions in which my whole system could receive and enjoy the rest of the cruise. And that's exactly what happened. I slept for perhaps another hour and when I woke naturally I was ready to walk around the promenade deck.

I was ready for the rest of the day. And this is what I mean when I say that capacity is living information. Capacity isn't this permanent judgment about what someone can or cannot do.

It's living, changing information about what the human organism can sustainably meet now. Sustainably meet now. Our present capacity is affected by what has already been asked of us.

How much novelty, how much uncertainty we've been processing, how safe and supported we feel, our physical health, the emotional demands we have been and are carrying, the energy required by the biological processes of living, and what resources, what resources are currently available to us. Biology is always communicating. Whether it's fatigue or agitation, difficulty concentrating, irritability, shaking, or an inability to receive one more piece of information.

Maybe these aren't problems to eliminate. Maybe they are capacity signals, information being offered to us. When we regard capacity as a limitation, we ask, how do I overcome this? How do I change this? How do I get myself to keep going? I mean, looking back across



my own lifetime, I see many, many chapters during which I forced myself to override the current capacity of my nervous system.

And I can also see the implications that had for my experience of my life in my health, in my wealth, in my relationships, in my spiritual relationships, all across the spectrum of life experience. But you see, Conscious EFT invites different questions. It asks, what has this nervous system already been carrying? What is it carrying now? And what is it communicating in this moment? And what conditions would genuinely support it in this moment? Now, it doesn't mean we must automatically obey every impulse to stop, to withdraw, to avoid.

It means we include our biological information in the conversation, rather than allowing the shame, expectation, or the sheer force of will to make the decision alone. Perhaps living with incapacity isn't about making our lives smaller. Perhaps it is about how we can create the conditions under which our biology can restore, reorganize, and become genuinely available for life again.

Now, in my next audio, I'm going to explore why respecting these present-day capacity signals can be so difficult. How the historical blueprint that I talk about in the Map of Being Human document can use shame to make forcing feel necessary. If you haven't read that document yet, it's a free download at [nefty.com forward slash map](https://nefty.com/forward/slash/map).

But for now, perhaps you might be willing to simply notice one place where your biology is offering you information today. And what changes when instead of immediately trying to overcome that signal, you become curious about what it's communicating.

Take good care, and I look forward to our next meeting.

Nancy Forrester

Download the [Map of Being Human](#) to explore deeper.

