About The Gentle Rebel Podcast

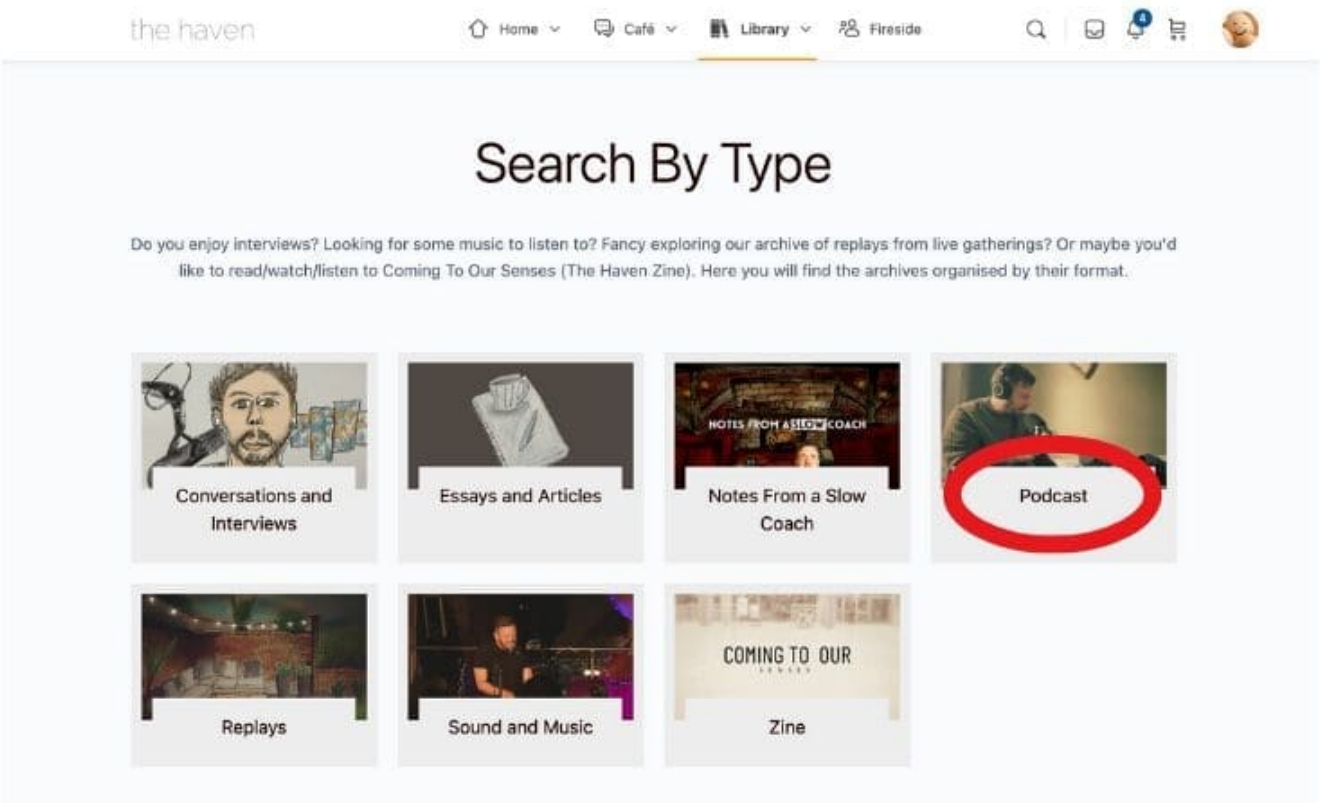
General Information · https://the-haven.co/docs/gentle-rebel-podcast/

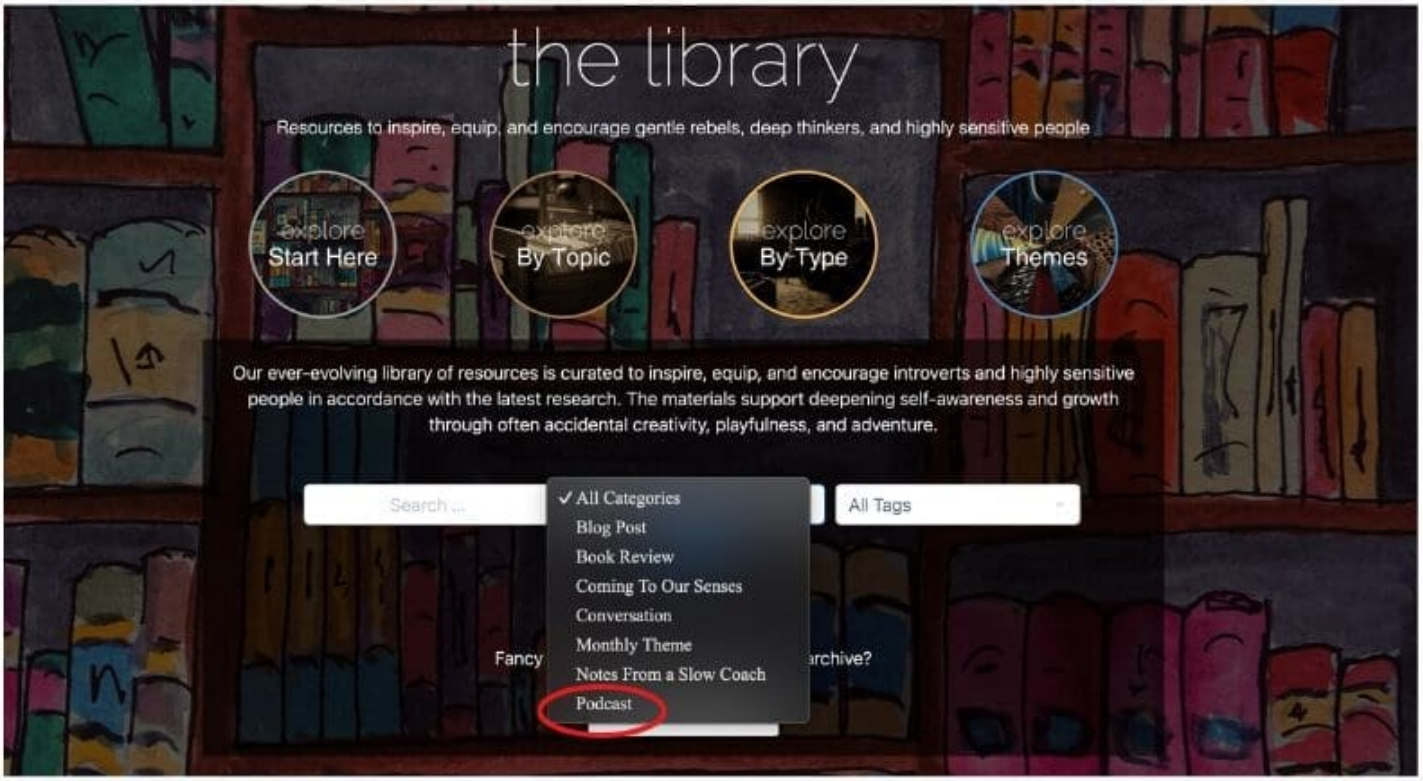
I've been producing ***The Gentle Rebel Podcast*** since around 2012, though the feed has been refreshed a few times since then, and many of those early episodes are for my ears only now!

The Gentle Rebel Podcast explores the intersection of high sensitivity, creativity, and the influence of culture within, between, and around us. Through a mix of conversational and monologue episodes, I invite you to question the assumptions, pressures, and expectations we have accepted, and to experiment with ways to redefine the possibilities for our individual and collective lives when we view high sensitivity as both a personal trait and a vital part of our collective survival (and potential).

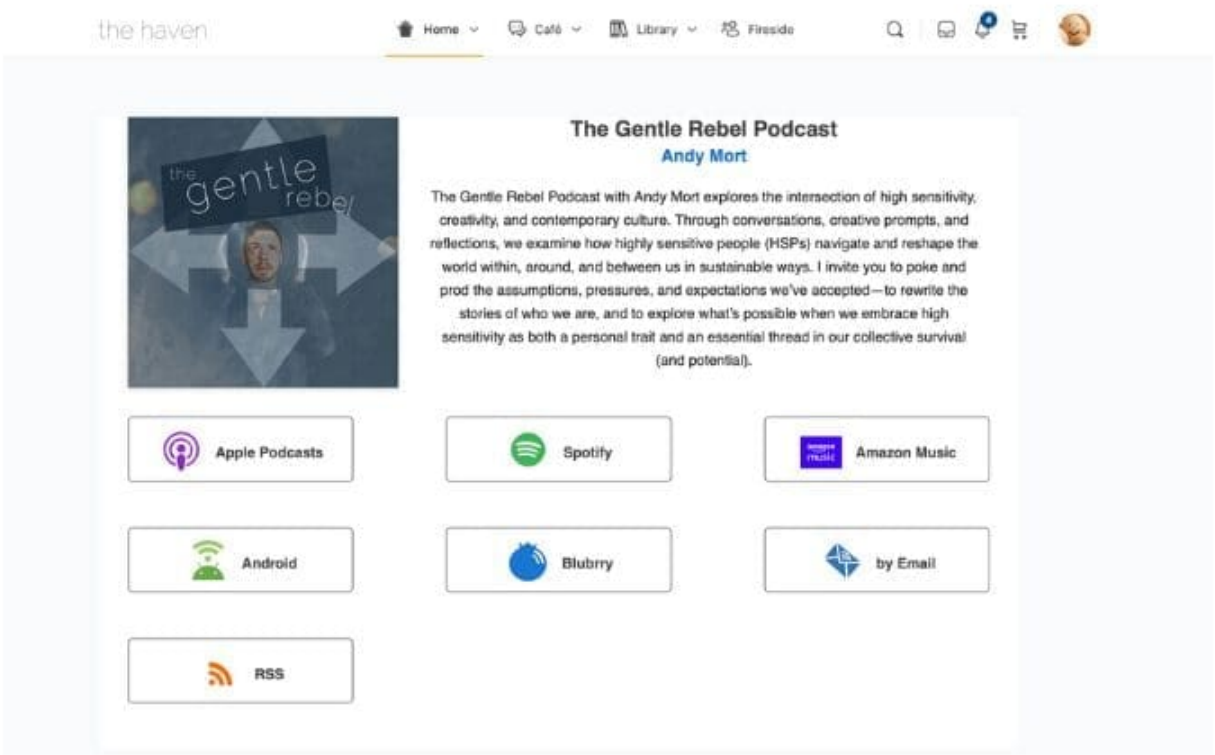
Finding The Podcast Page

You can find the podcast page through the Home tab on the main menu and via The Library.

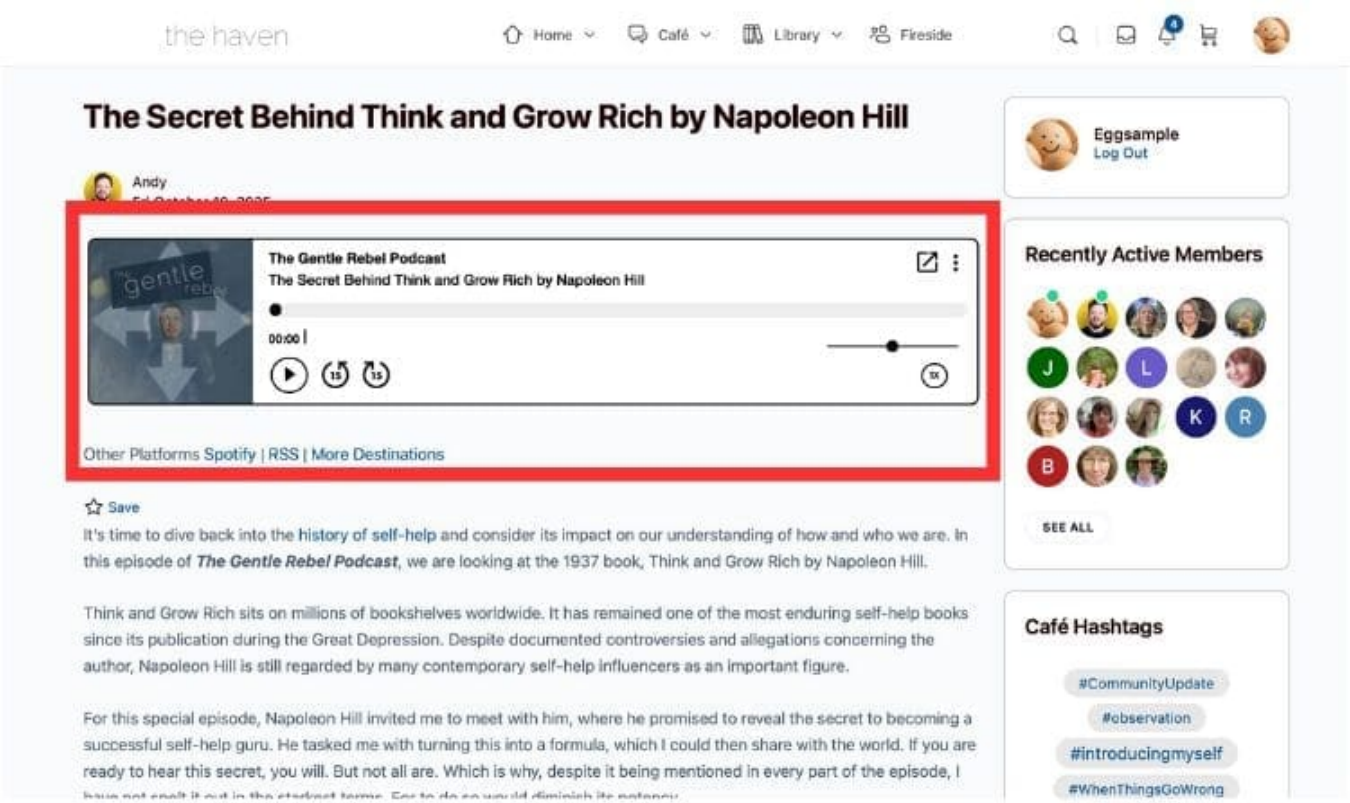




The Gentle Rebel Podcast page gives you subscription options. If you use a different podcast player, search for The Gentle Rebel in it, and it should come up.

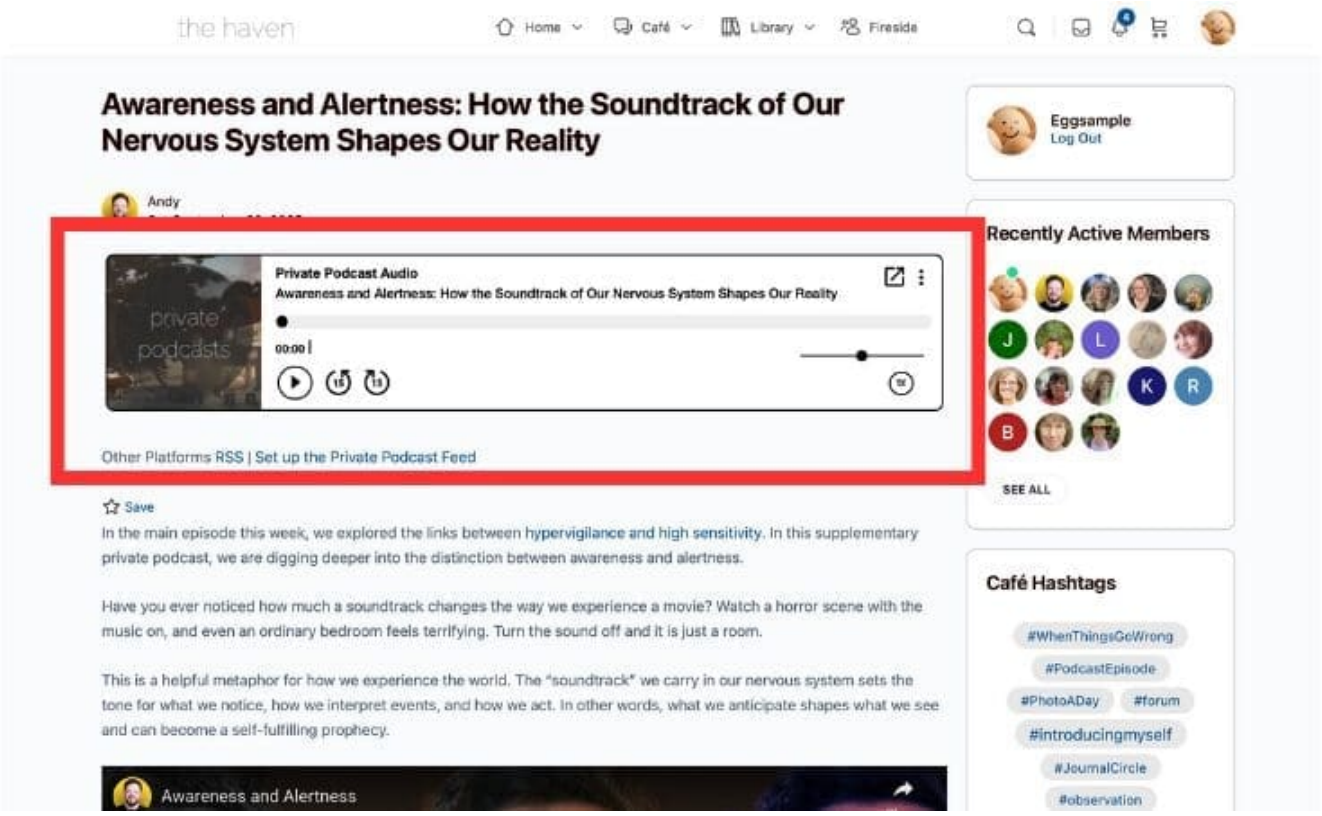


You will find podcast episodes alongside other types of post on the blogroll. If there is an audio episode attached to the post, you will see this podcast player at the top of the page.



The Private Podcast Feed

There is also a Private Podcast Feed that carries some audio episodes that are not available through the Public Gentle Rebel Podcast. To get your bespoke private feed (if you want to subscribe in a podcast app), follow these instructions. You can also listen to individual episodes on any post you see this player.


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In the main episode this week, we explored the links between hypervigilance and high sensitivity. In this supplementary private podcast, we are digging deeper into the distinction between awareness and alertness.
Have you ever noticed how much a soundtrack changes the way we experience a movie? Watch a horror scene with the music on, and even an ordinary bedroom feels terrifying. Turn the sound off and it is just a room.
This is a helpful metaphor for how we experience the world. The "soundtrack" we carry in our nervous system sets the tone for what we notice, how we interpret events, and how we act. In other words, what we anticipate shapes what we see and can become a self-fulfilling prophecy.
Awareness and Alertness
Eggsample
Log Out
Recently Active Members
SEE ALL
Café Hashtags
#WhenThingsGoWrong
#PodcastEpisode
#PhotoADay
#forum
#introducingmyself
#JournalCircle
#observation