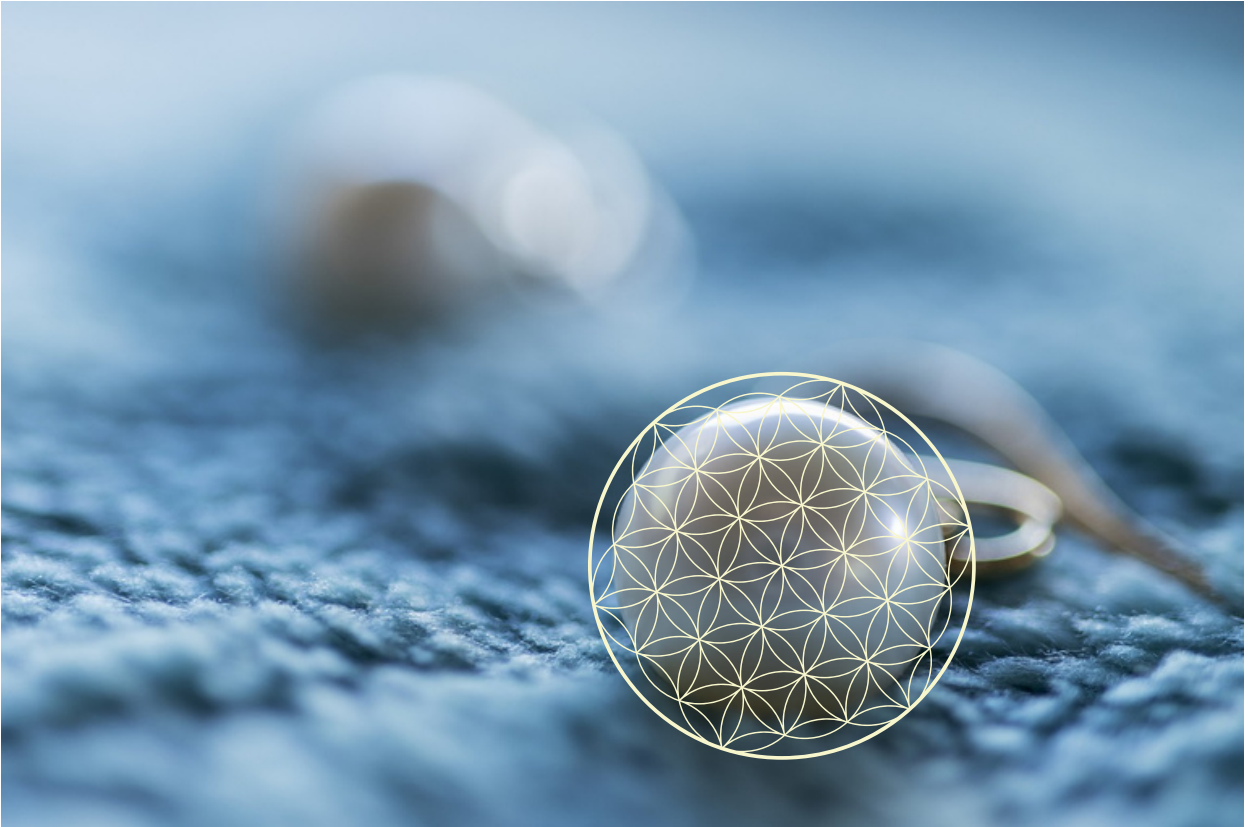


# TREASURE



*Nervous System Regulation*

# Recap & Review

## Video Transcript

Welcome back to Stage 2 Elevate. By now, you would have actively applied the concepts from the Flower of Life to your physical well-being. The previous modules first explained the frequencies of Balance and Harmony contained within this sacred geometrical pattern. This was followed by a practical application of these abstract ideas by exploring ways to enhance nervous system regulation. "Elevate" is all about you placing yourself at the center of the circle. Yes, it's about taking ownership and responsibility for your well-being. But it's also a recognition that you matter, that you have agency and creative control over how you shape the pattern of your life. You're no longer thinking small; instead, you recognise just how significant you are, and you know it's time to upgrade by prioritising your well-being, by placing YOU at front and center.

We do this by cultivating strong roots, so that you are anchored in an unshakable sense of your true worth. So that even if circumstances are challenging and upsetting, you can rest on the firm foundation you've built for yourself. This is actually what being grounded truly means. And in order to be solidly grounded, you have to inhabit your physical body, to release any trauma and tension that's stored there so that you can experience ease and expansiveness in your body temple. By integrating mind, body, and energetics in the previous module, you've learnt what it's like to enjoy an elevated sense of physical well-being. This is absolutely essential in order for you to share your exquisite gifts with the world,

because only when you are in balance and harmony can you ensure that the ripple effects you generate create peaceful and coherent waves, that the actions you take, and the impact you make, come from a frequency of unity, harmony, and beauty.

Now that you've done some practices to elevate your somatic intelligence, we're going to raise things up a notch here by focusing on the central nerve that's crucial to the regulation of your nervous system. We'll be exploring ways to cultivate and strengthen your vagal tone. Let's quickly recap what was covered at the beginning module in Stage 2: the vagus nerve starts at the brain and wanders down your body like a net and encompasses all your major organs. It has been proposed that the vagus nerve, your autonomic nervous system, is central to your human existence and experience, for it touches on the core of each being. Not only is it physically located in a central part of our body, but its ability to function well also impacts our thoughts, emotions, and behaviour.

According to polyvagal theory, your nervous system evolved to allow you to regulate not only the internal state of your heart, your organs like the intestines, but it also evolved to help you assess your external environment for safety or threats. In so doing, it impacts your capacity to connect with others, to have social engagement. Clearly, we are only able to engage and participate fully in the world when we feel safe, when we can regulate our nervous system instead of feeling hypervigilant or threatened all the time. If you are to step out fully, to take up more space, you have to first feel safe and comfortable inside yourself in order to do so.

This is why it's so important to cultivate inner alignment within yourself. If you don't find ways to regulate your nervous system, then when you feel threatened by your external environment, you'll instinctively fall back on fight, flight, freeze or fawn. For example, a lot of people choose to stay small and hidden, they run away, because it feels safer to do so. By becoming more visible, you risk being more exposed to criticism and judgment. But, if you're able to cultivate emotional resilience and develop a healthy, regulated nervous system, then it becomes much easier to own your gifts and show up in the world. I therefore see the vagus nerve as a transformational gateway that can help us shift into a more empowered and elevated state.

When the vagus nerve is functioning healthily, your body enjoys a regular state of calm. Your nervous system gets to operate in a state of “rest and digest” – also known as parasympathetic activation. You'll also be able to bounce back more easefully after periods of stress, and more quickly return to a state of relaxation. And, as a result of feeling at ease within your body and mind, you can access higher cognition and function at an elevated state. With the optimal functioning of your vagus nerve, you'll be able to handle complex problem solving, deep creativity and feel safely connected to other humans.

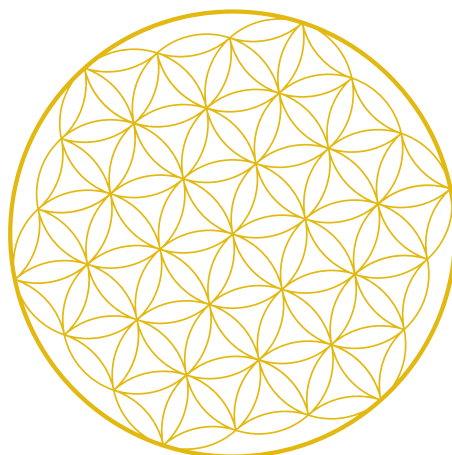
In contrast, when your vagus nerve is over-worked due to chronic stress or trauma, your body gets stuck in a sympathetic nervous system response, where it cycles between fight, flight, freeze or fawn. Poor vagal tone makes us susceptible to uncomfortable symptoms like:

- Digestive issues such as bloating, constipation or diarrhoea
- Nausea, vomiting or heartburn
- Dizziness, fainting, or ringing in ear
- Anxiety and depression
- Medical disorders such as hypertension and chronic inflammation

Because the vagus nerve is so critical to your well-being, it's important to repair and reset it, especially if you've undergone major periods of stress in your life, or if you have experienced feeling constantly tired and wired. For women who are highly sensitive, your nervous system is particularly prone to overwhelm and over stimulation. You probably pick up on the collective energies more than most, and these energies are oftentimes tumultuous and discordant. As a result, your nervous system circuitry believes you are in danger when you are not, and kicks into sympathetic gear for your protection and physical survival. Thus, we have to teach our system to feel safe consciously, and take extra self care to help with all the physiological and psychological disruptions that are caused by stress.

Remember, we don't want to over-stimulate the nervous system. Rather, it's essential to build resilience safely and harmoniously. You want to be able to regulate your nervous system, and to expand your emotional capacity for more. I'd like us to see our nervous system as a container to hold our experiences. When thin or weak, the container is not strong, and we collapse. When strong, sturdy, or stable, we can hold our experiences - the life events as they occur - with greater ease and strength. What

this means is that you build the capacity to receive a lot more sensation without sabotaging, collapsing, or running away. This is a skill you can learn and get better at. And when you gain proficiency in receiving and holding sensation, you get to enjoy greater visibility and success in all aspects of our lives.



# Vagal Regulation/Resilience

## Video Transcript

So we'll be practising new techniques to help us build and cultivate resilience. Resilience is also known as vagal regulation. One thing to note is that your body is brilliant, and that your nervous system is always working. It fluctuates between regulation and dysregulation, and resilience here refers to the flexibility, adaptability and capacity to flex back and forth. So what we're doing here is we're simply enhancing the body's ability to move back and forth from regulation to dysregulation by promoting flow within our circuitry. Now, there are many ways to strengthen vagal tone or resilience, and most likely you are already doing some of them. Movement and exercise, for example, especially interval training and endurance training, these support the toning of your vagus nerve. Massage, especially reflexology, which helps to relax and calm the body, also supports healthy vagal nerve function. And, if you meditate, this practice can help you regain a sense of control over your emotions, thereby enhancing your vagal tone.

The techniques I'm sharing here in this section also help to settle the autonomic nervous system and restore the functioning of the vagus nerve. These practices are a constant in my personal self-care routine, and because they've made such a difference, I've decided to add them in. Because I prefer to take a more esoteric and energetic-conscious approach to my well-being, the 3 practices I'll be covering touch on the subtler aspects of the energy body. These practices are namely:

1. Vagus massage (including Ear Acupressure)
2. Tapping (EFT)
3. Mudra (with Visualisation)

## 1. **Vagal Massage**

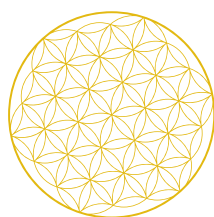
This is self massage you can do for the vagal nerve. This is probably one of my favourite practices to do to enhance my vagal tone, simply because it's such a treat for my nerves. It's pleasurable and easy to incorporate into my daily routine, and I spread them out into short segments throughout my day and evening so they don't take up too much time.

In the morning when I wake and wash my face, I spend a few extra minutes to massage my face, neck, and ears as I moisturise. I find that using a facial oil scented with my favourite essential oil makes it easier to massage, and the smell also adds an olfactory component that helps me relax.

Before bedtime, I love treating myself to ear acupressure because it warms up this area of my body and helps me fall into deep, restful sleep much more quickly. I encourage you to take baby steps and add these practices into your routine as the week goes by. My hope is that you'll notice the pleasurable benefits and keep going with them so they become an easeful part of your daily life. I have included 2 easy to follow video practices for the face and ears that you can watch. Do bookmark and add them to your schedule, and let me know how you go with them.

Now, if the promise of pleasurable touch isn't enough to inspire you, let me share a little more about the science and philosophy behind vagal nerve massage. Ear acupressure, also known as auricular stimulation of the ear, is especially beneficial because the vagus nerve is closest to the surface of the body at the ears. Additionally, in Traditional Chinese Medicine (TCM), it is believed that the ear is shaped like an upside down human foetus, and that the acupuncture points on the ear correspond to the body parts of the foetus shape, with the earlobe representing the head. In fact, the most concentrated area in the body for acupuncture points is the ears. By stimulating these nerve points on the ear, we get to stimulate corresponding organs and bodily processes.

I'd like to introduce you to one particular acupressure point on the ear, and this is Shen Men, an oval-shaped depression inside the upper ear. Shen Men translates to "Spirit Gate," because it is considered a gate or door to access our spirit, mind, and emotions. By opening this gate or door, we can relieve the energy blockage for our spirit, so, basically, acupressure or acupuncture in this area anchors the spirit and calms the mind. It is one of the most calming and relaxing ear points and is used to help with insomnia, pain management, hyperactivity, high blood pressure, fear, and panic attacks. It is also one of the main points on the Heart meridian and, if you only apply acupressure on one point, this is a good one to choose.



# Additional Resources & Practice

## Vagus Massage

### Resources

#### 1. Vagal Face massage

This video provides a concise (and more scientific, i.e. technical jargon that I have deliberately avoided in my teachings) explanation of the vagus nerve (its 2 major branches - dorsal vagal and ventral vagal), and how this nerve is crucial for our social engagement system.

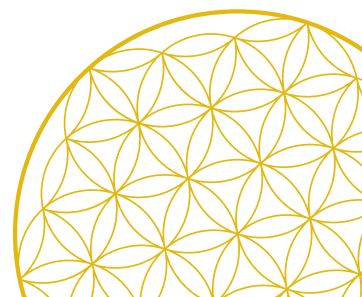
The instructions for the massage begin 3 minutes in, and there's also a component of vocal expression added in as part of the practice.

[VAGUS NERVE MASSAGE: The Best Way to Start Your Day \(10 minutes\)](#)

#### 2. Ear Massage

This is the 5 minute routine which I do when in bed before I sleep. The warmth I experience after my ears are stimulated promotes relaxation and deep rest.

[EAR MASSAGE FOR BETTER HEALTH | VAGUS NERVE ACUPRESSURE](#)



## 2. Tapping (EFT)

### Video Transcript

Another technique I love, similar to acupuncture but it's actually so much more, is Tapping, also known as Emotional Freedom Technique (EFT). In Tapping, you'll also be in contact with many areas on your face and head, and specifically, you'll be using your fingers to tap on key Traditional Chinese Medicine acupuncture points to stimulate energy pathways and restore balance to the body. In the diagram provided here, you can see some of the tapping points and the corresponding meridians. Whilst specific points target certain issues, there's no need to memorise them because we're simply going to go through all the points to ensure a holistic coverage. In case you are new to Tapping, here's a quick overview:

Tapping is a mind-body technique developed by Gary Craig that has been medically proven to help reduce stress and anxiety by lowering cortisol, the body's stress hormone. It has also been shown to reduce symptoms of depression, anxiety, stress and chronic pain, and can also aid in the release of traumatic memories. I see tapping as an energy management system, because it helps to release what gets stuck in the body, what gets stored in our cellular memory, and it liberates them in a safe way. I love it because it is gentle, easy, and effective. It works on the body, mind, and the energetic level. It's very gentle, very non-invasive; and simply by tapping, it reminds us that we are in our bodies. The tapping action directs our attention to the present moment, and the sensation can also be quite meditative and soothing.

ut we don't just stop here. Tapping combines cognitive therapy with somatic stimulation, and so you can also introduce affirmations as you self-stimulate these meridian points. Prior to tapping, you first identify a concern, then state it in what is known as a "Setup Statement." This Setup Statement helps reframe negative thought patterns by doing 2 things: it acknowledges the issue you are facing, and it also carries acceptance for yourself despite the issue that is upsetting you. A common setup phrase is: "Even though I have this [fear or problem], I deeply and completely love and accept myself."

So, to summarise, during a typical Tapping process, we

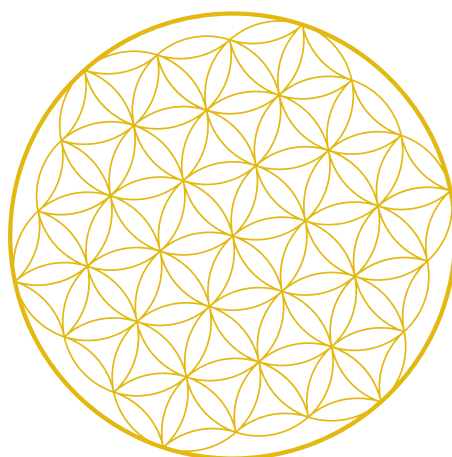
- Identify the issue: the more specific you are, the better.
- Check in: How do you feel about the issue, on a scale of 0-10?
- Tap & Feel: Voice all the sensations that arise.
- Pause & take a deep breath. Check in.
- Tap & Feel: Express what's true for you now.
- Pause & tune in to your body, mind, and spirit.
- Either continue tapping as needed, OR
- Tap & Invite Opportunity, open to possibility/change.
- Reassess, on a scale of 0-10, how you feel.
- Reflect & Celebrate!

This is a diagram that shows the key points we'll be tapping on. I like to go from top to bottom so that it's easy to remember. Whilst tapping, you can use 1 or both hands, it's entirely up to you. We are now going to do 2 tapping practices together. I'll be putting up a visual of the points we'll be tapping on, but I'll also guide you verbally as we tap, so you can

choose to close your eyes and turn inwards, to really feel the body sensation as we tap. I'll pause each time I say out a statement, so you can repeat what I say, or you can just silently tap along.

## Tapping Practice 1 & Tapping Practice 2

- Refer to Video Practices



# 3. Mudra (with Visualisation)

## Video Transcript

If you're new to mudras, this practice will introduce you to the subtle art and science of using your hands to generate shifts in your system. Simply put, mudras are gentle and intentional hand gestures. The word "mudra" comes from Sanskrit and means "seal" or "gesture." This is an ancient practice that involves making specific hand and finger postures to create energy flow connections in the mind and body. Some mudras and other yogic practices can stimulate the vagus nerve to help the body shift into a rest-and-digest response. Others are said to have many benefits for physical, mental, and emotional well-being. Remember what was shared in the earlier module, about how the nervous system resembled that of an electrical circuit? Well, in the science of mudras, each mudra is considered a "closed electrical circuit" that prevents energy leakage whilst also facilitating specific energy flows.

In Kundalini Yoga, we see mudras as a subtle science of arranging your body in a certain way. And by positioning the hands in a symbolic or ritual gesture, we use these hand seals to support the flow of energy. There is something so simple and elegant about this practice, the way that your system's functioning can be altered just by changing the positions of your palm. Many of these ancient hand positions help tune us into higher, transcendent states, and bring in more softness as we move through life. What I most appreciate about using mudras is that it bypasses the mind and sets up a

biogenetic resonance in the subtle fields surrounding our body. By holding a certain mudra, the energies tend to move in a particular way. If you are energetically sensitive, you may start to notice a difference. And even if you don't, keep practising, and one day, suddenly, without expecting it, it will come. This has been the experience of many of my clients; just when they feel like giving up because it seems as if nothing is shifting or happening, I hold space for them to stay, to surrender, and then the breakthrough inevitably comes.

Another core idea is that these hand seals or gestures set up resonance with sacred geometry - in this case of your body - so now your physical vessel corresponds to the higher cosmic frequencies you've been attuning to in our work together. Using mudras as Sacred Geometry reminds us that the same Universal Laws govern the microcosm and the macrocosm: 'As Within, So Without.' Time and time again, I find that it's not the complex, attention-grabbing fireworks that you see in advertising, that are the most potent and profound. Oftentimes, it is the easiest, simplest techniques that are the most powerful. The Key is repetition.

We will now do a mudra practice together as part of a guided meditation to help calm your nervous system and shift into an elevated state of love and Oneness. I will be sharing a mudra that I learnt as part of the Gene Keys Teachings. The Gene Keys, developed by Richard Rudd, is based on a matrix inspired by the Chinese I Ching, and is a powerful tool for self-discovery and personal growth. The idea Richard proposes is that our DNA contains a blueprint for our highest potential, and each of the

64 gene keys contain an insight that helps you to see yourself and live your life in a more harmonious way. He also came up with 7 hand seals or mudras, and the way Richard explains using these hand seals is that your hands become a tuning fork for specific frequencies. When done properly, it can shift your inner state instantly, bringing balance and heightened awareness. He shares these mudras to catalyse the awakening of the heart, and the mudra we are practising is taken from the Gene Keys Synthesis, specifically Gene Key 43: the Mudra of Epiphany.

For this particular Gene key, the idea is that people primarily operate from a place of fear, that they live in survival mode. This is the sympathetic nervous system state that so many people are trapped in because they are caught in the rat race of life. They have forgotten to listen to their inner guidance because there is just too much noise outside of us, and what ends up happening is that they become ungrounded and make decisions based on insecurity and fear. The gift of this key is to trust our inner voice, the insight is that breakthrough comes when we connect with the heart of our being. So this mudra assists in inner alignment, coming back to a state of calm inner peace and freedom. This mudra is to support you in embodying this breakthrough, to help the chaotic energies inside move through your system. This mudra helps you to generate a sense of safety and connectedness, a space of inner light.

And this is how we form this mudra: You take the thumb and index fingers, chain-link thumbs and forefingers through each other in figure-of-eight and you interlace the other fingers, clasp the others

around them so it's snug and comfortable. This mudra/seal will take you to a place of inner light, to allow for a breakthrough, epiphany.

And we begin by sitting comfortably where you are, with your hands in this mudra, which looks so much like a nest, and you rest this nest snugly in your lap. We're going to use the power of your imagination to think healing and loving thoughts about yourself. So, gently close your eyes, feel your spine straight and tall, as if you're being pulled up by a string at the top of your head. Feeling a spaciousness in your body, as you focus on your breath. Gentle inhalations and deep, slow exhalations.

As you continue to relax into this space, you become aware that as you close your outer eyes, you open our inner eye/sight so that you see the light inside of you, and the essence of this light is love. Here within this space, you can surrender to the spirit of love, the essence of who you truly are. This is the core of your Soul, and it may help to visualise golden light filling up every cell of your body.... Head... to toes...

From this divine space, as you are filled up with this golden light and love, we pray: Endless Love and Power are available to me whenever I remember who I am, I am a child of the universe, forever surrounded and sustained by the presence of love. I open my mind today to the recognition of my true nature and the nature of the universe. I open my eyes today to the love that is all around me. With every breath, I remember and will not forget that love is all around me. I acknowledge love's presence in myself and others and breathe in with every breath all the

power that it bestows. May the love that is in my heart blaze forth, creating miracles for everyone here today. May I be fully present for my life today so that my presence may bless this circle, and the world.

