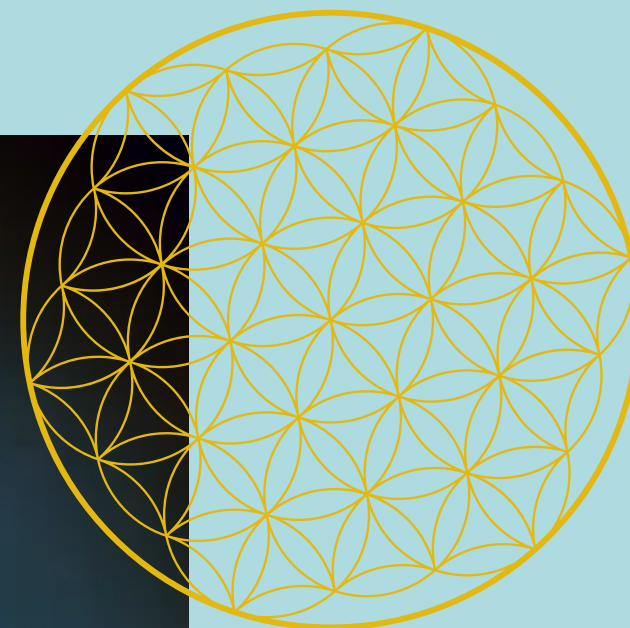
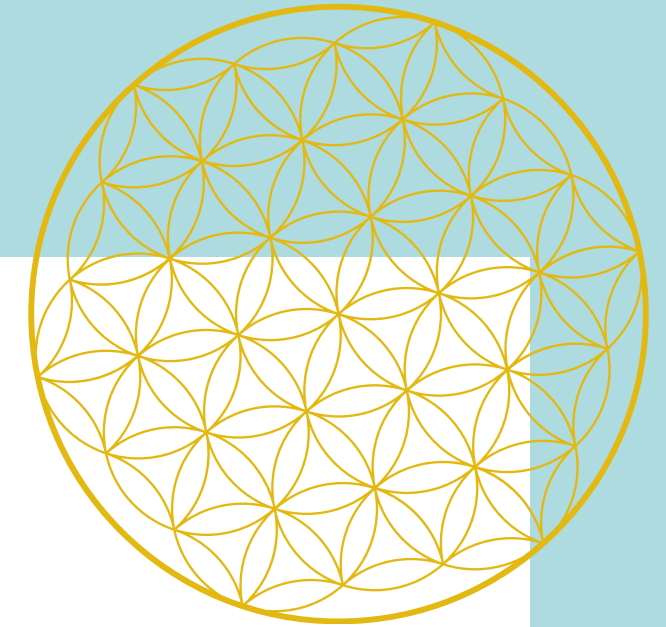




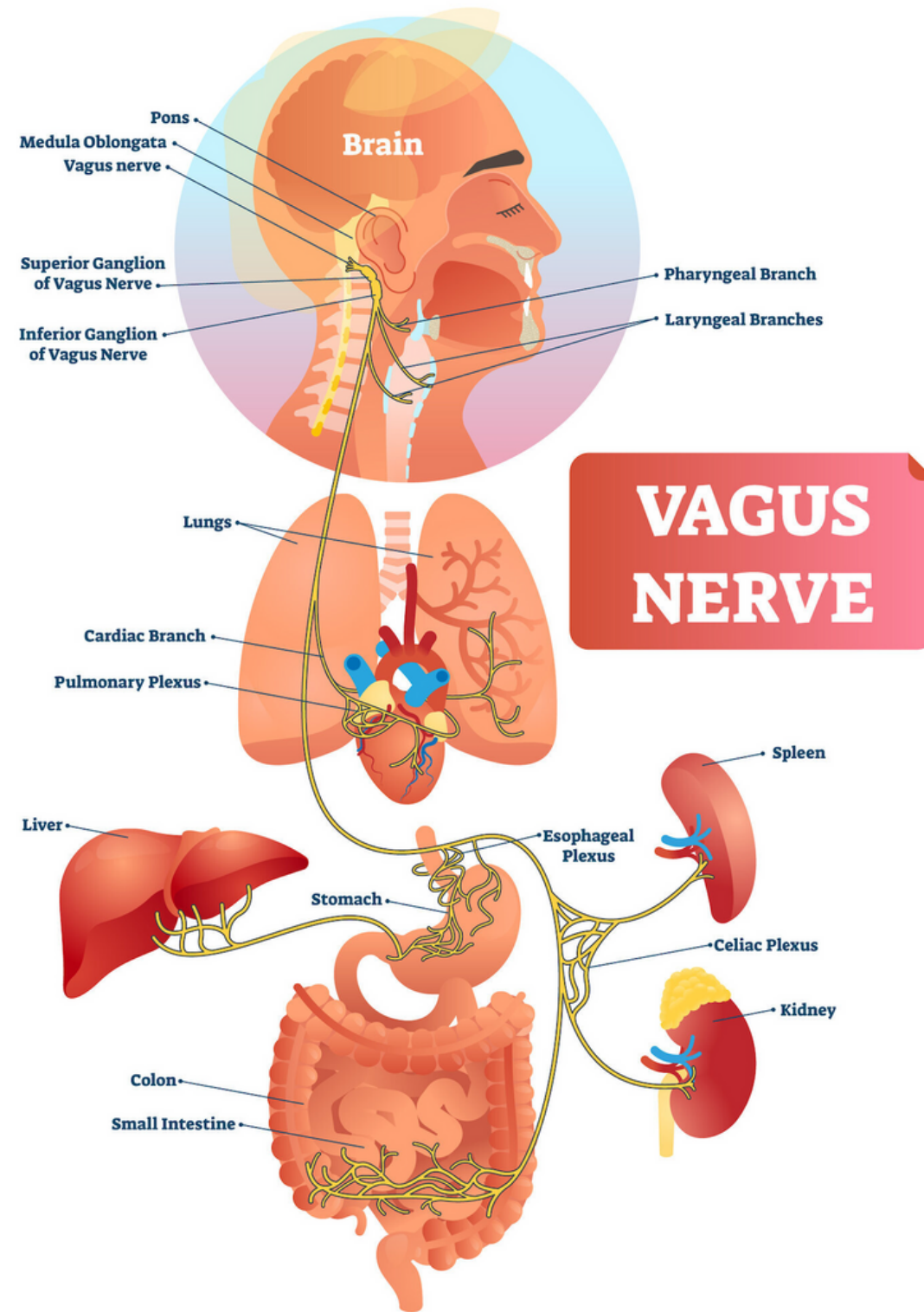
Nervous System Regulation





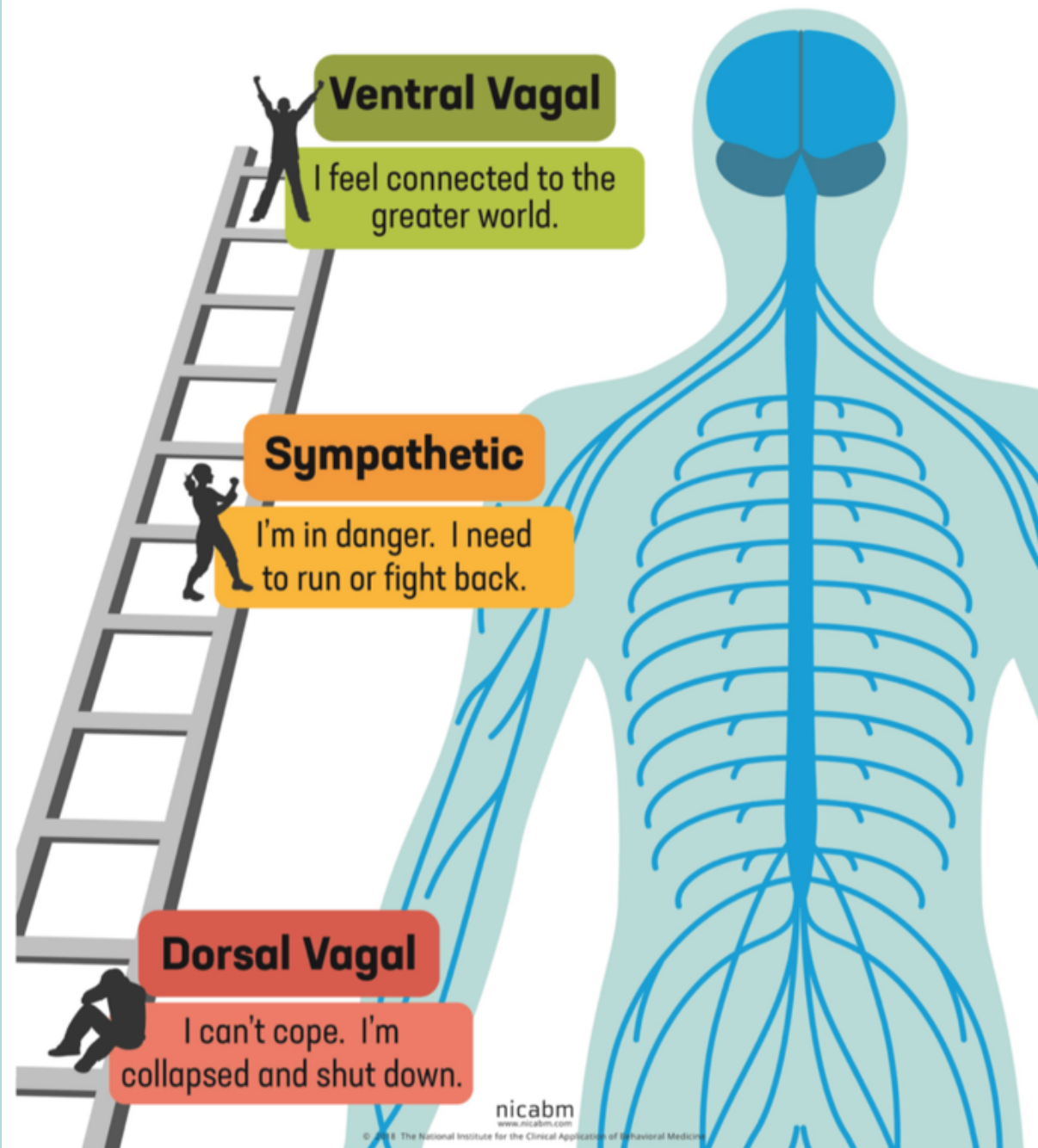
Vagus Nerve Recap

- Central to your human existence and experience, for it touches on the core of each being.
- Its ability to function well also impacts our thoughts, emotions, and behaviour.



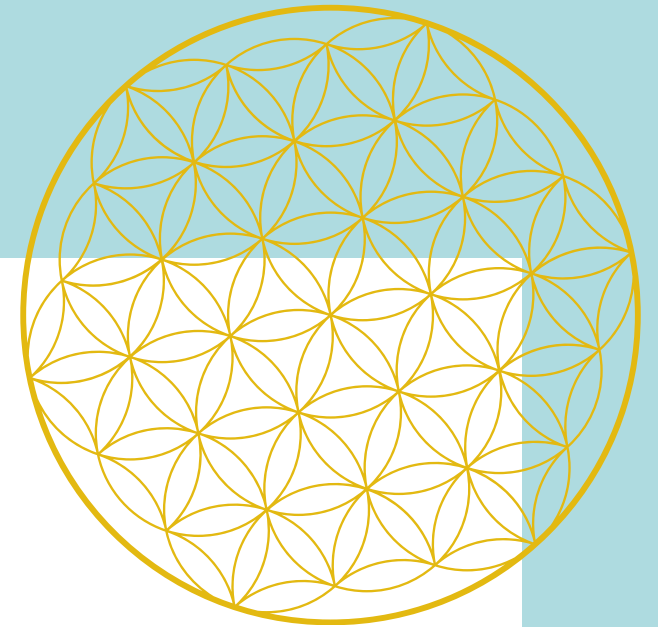
Polyvagal Theory: The Autonomic Ladder

Understanding the Nervous System
Adapted from Deb Dana, LCSW



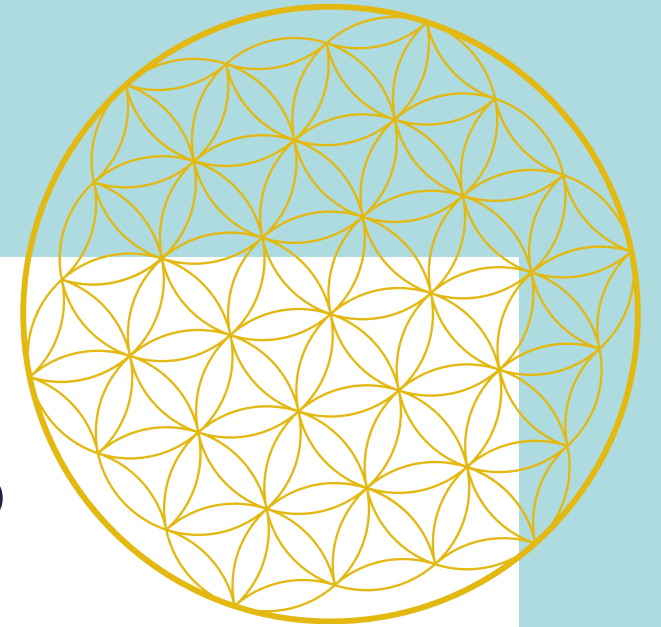
Vagus Nerve Recap

- Regulates functioning of internal organs
- Also impacts your capacity for social engagement
- A transformational gateway that's key for inner alignment and outer participation with life





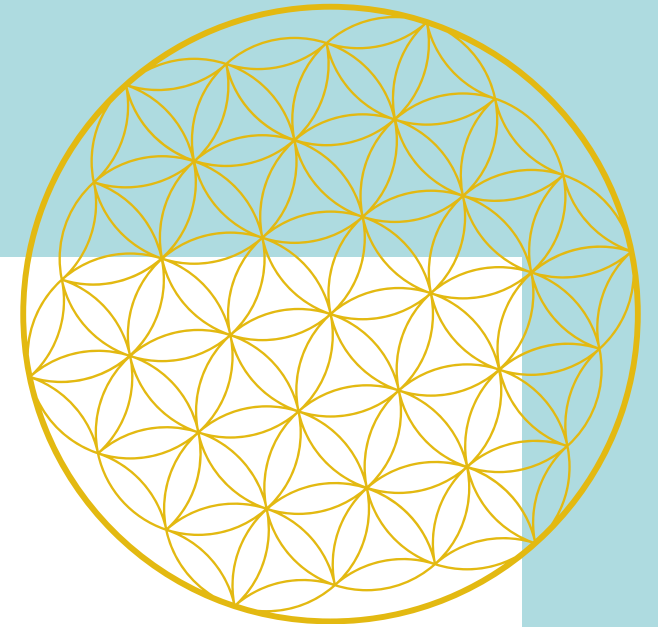
Vagus Nerve Recap



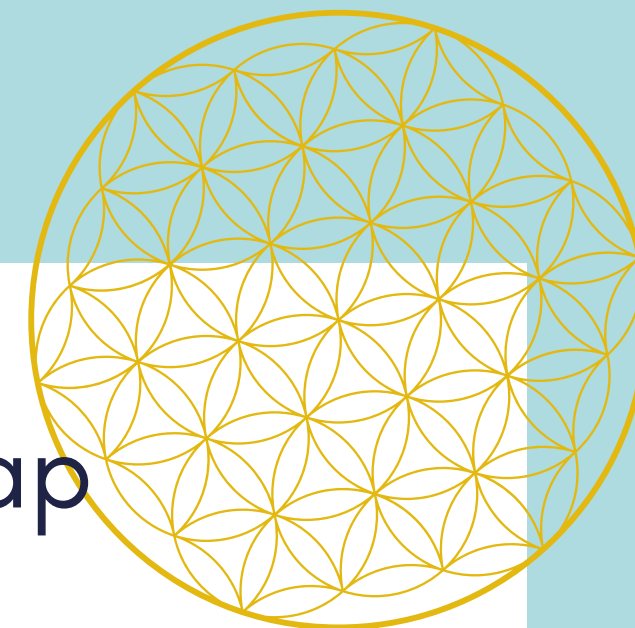
- Healthy vagal tone promotes parasympathetic activation: 'rest and digest.'
- Ease in body = elevated mental function



Vagus Nerve Recap

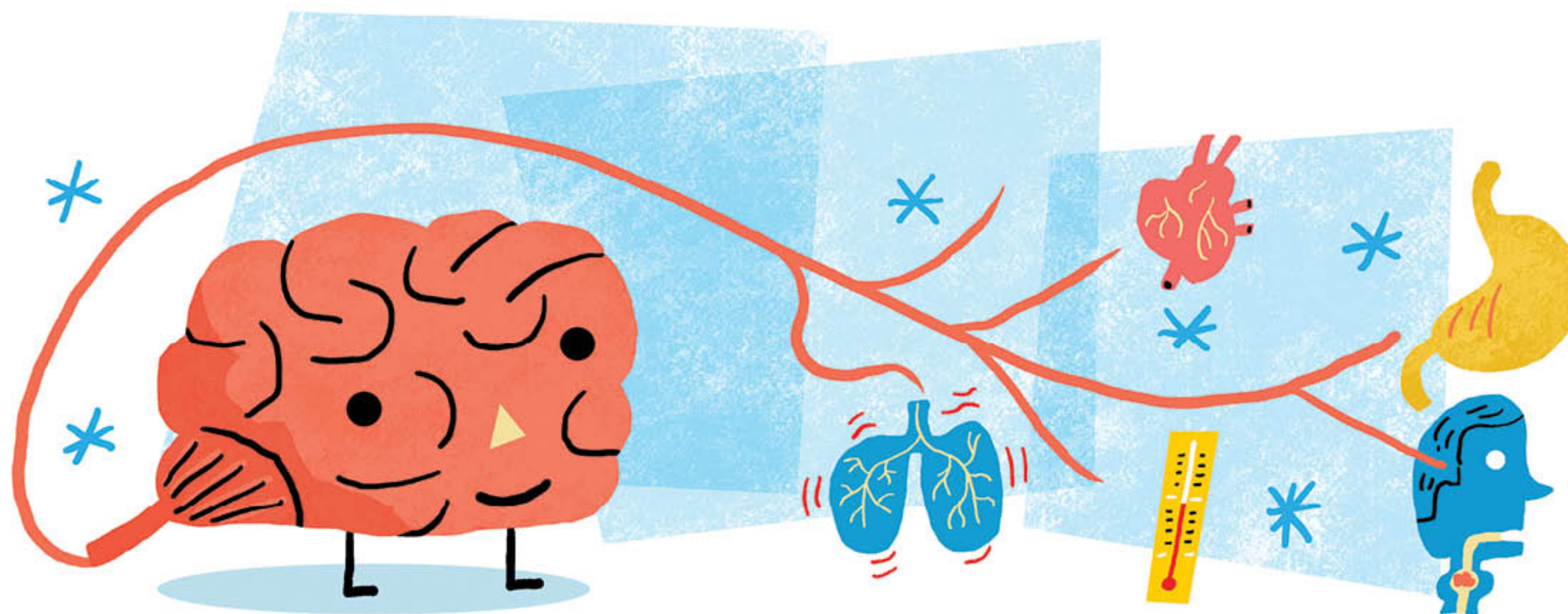
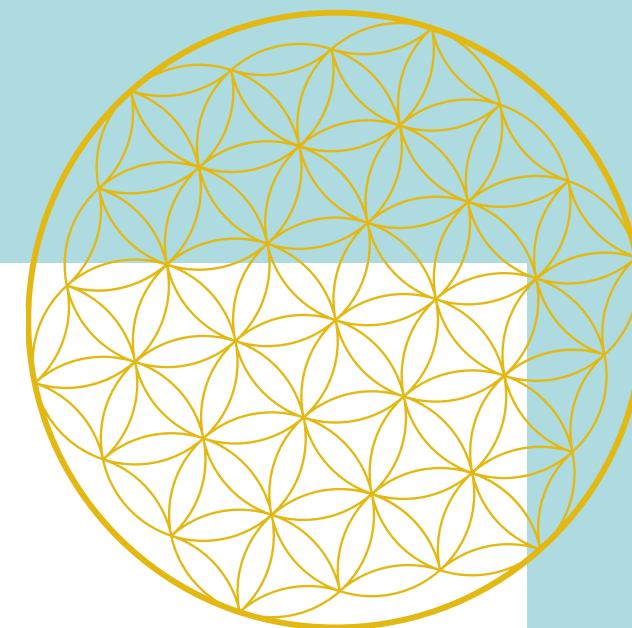


- Poor vagal tone:
- Digestive issues
- Nausea, vomiting or heartburn
- Dizziness, fainting, or ringing in ear
- Anxiety and depression
- Medical disorders

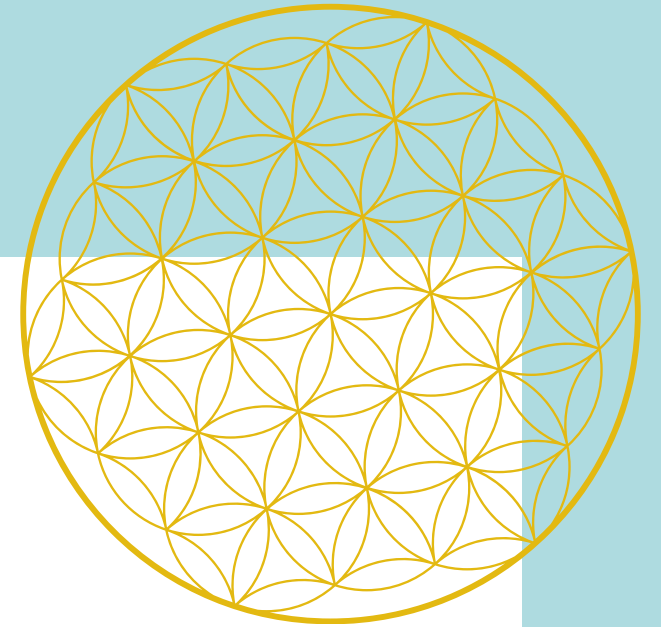


Vagus Nerve Recap

- The nervous system of highly sensitive women is particularly prone to overwhelm and over stimulation.
- Extra self care is essential

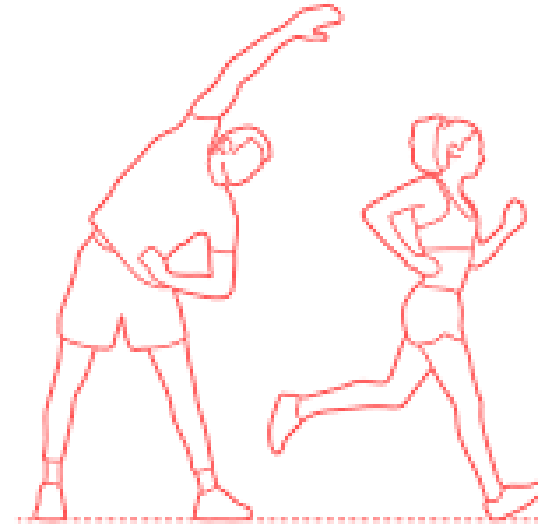
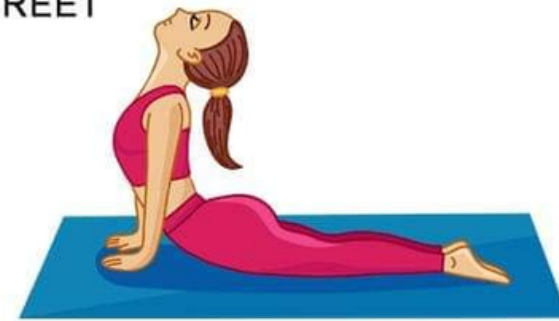
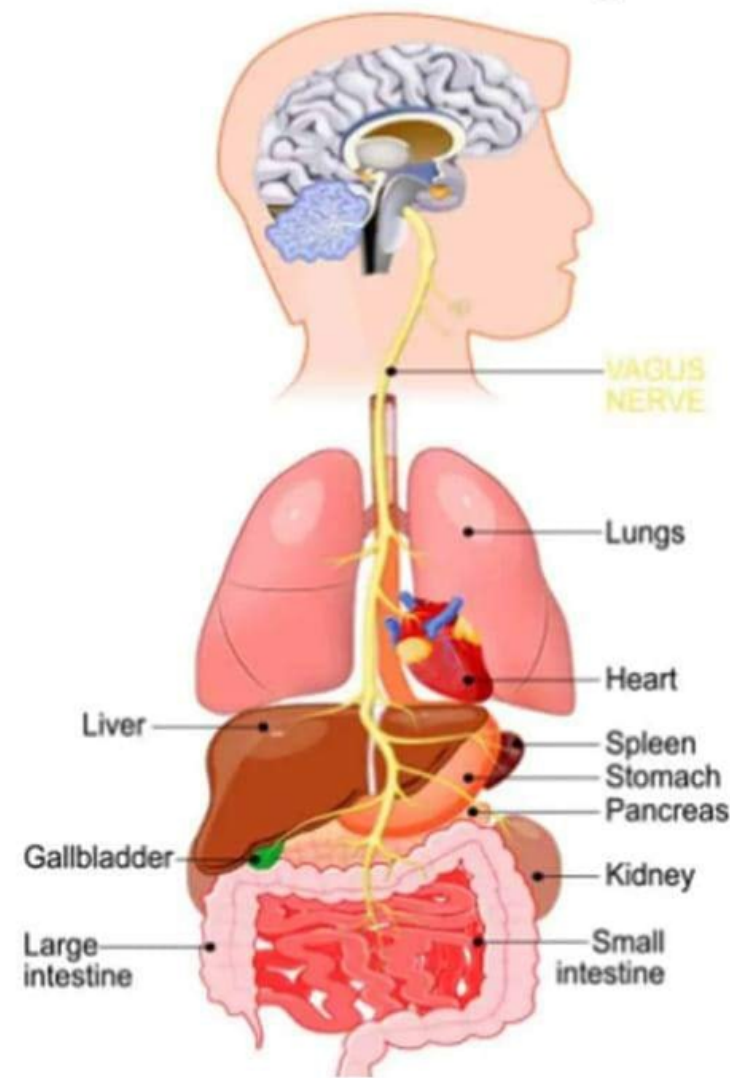


Vagal Regulation/Resilience

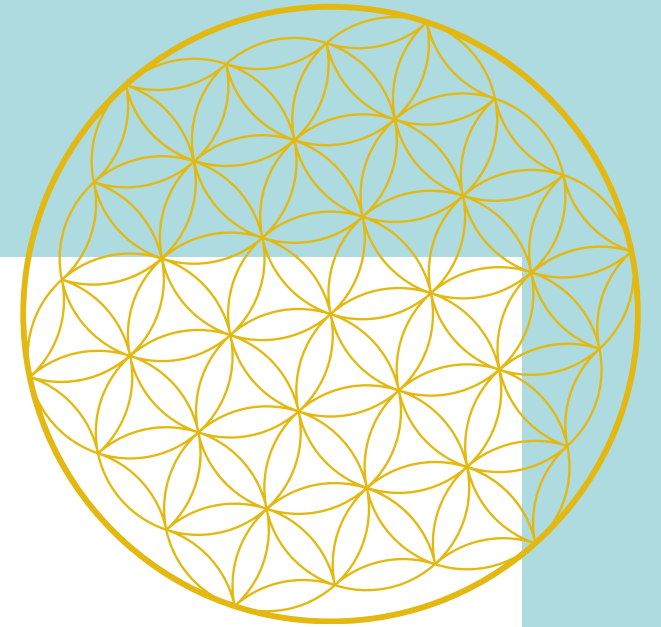


ACTIVATE YOUR VAGUS NERVE

@HEALTHY_STREET



Vagal Regulation/Resilience

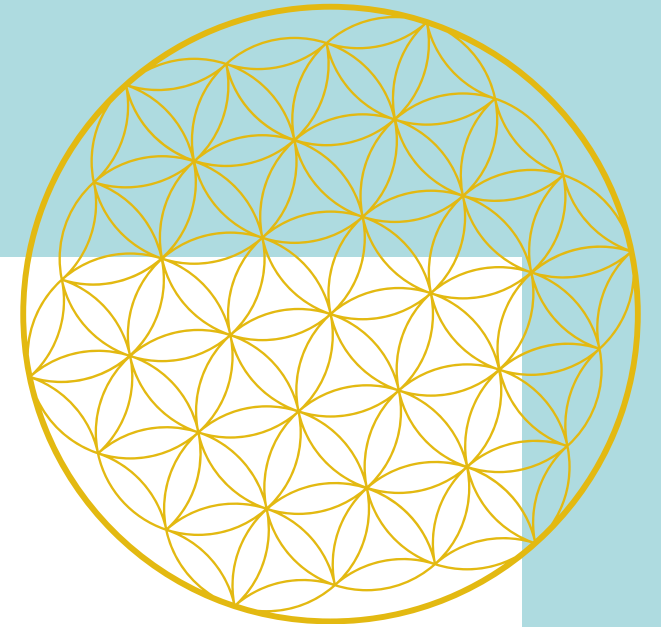


1. Vagus massage (including Ear Acupressure)
2. Tapping (EFT)
3. Mudra (with Visualisation)

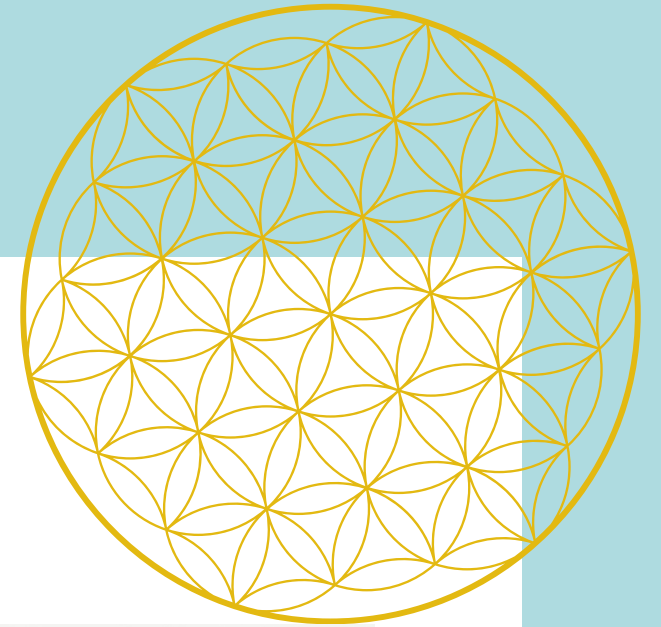
1. Vagal Massage



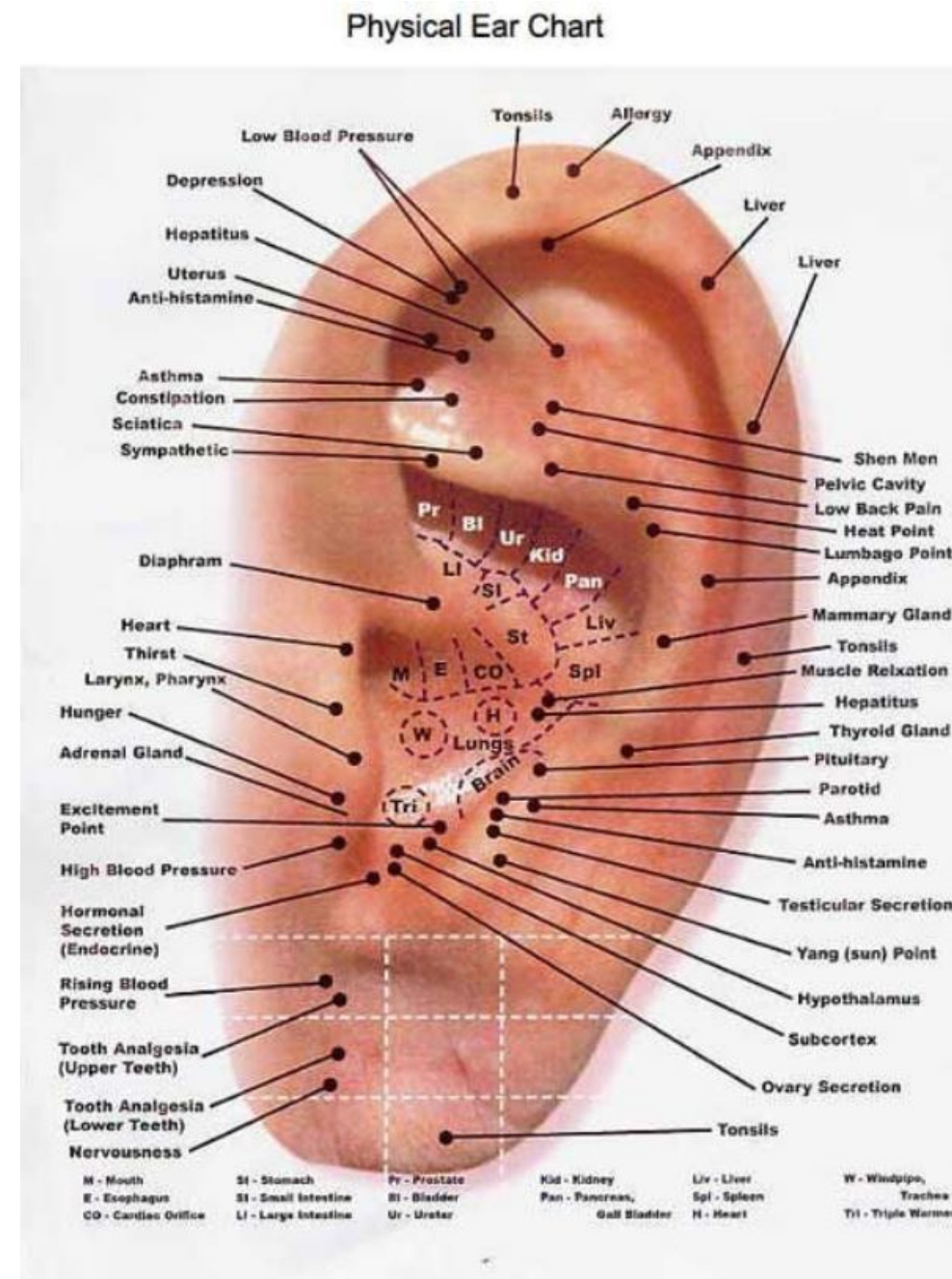
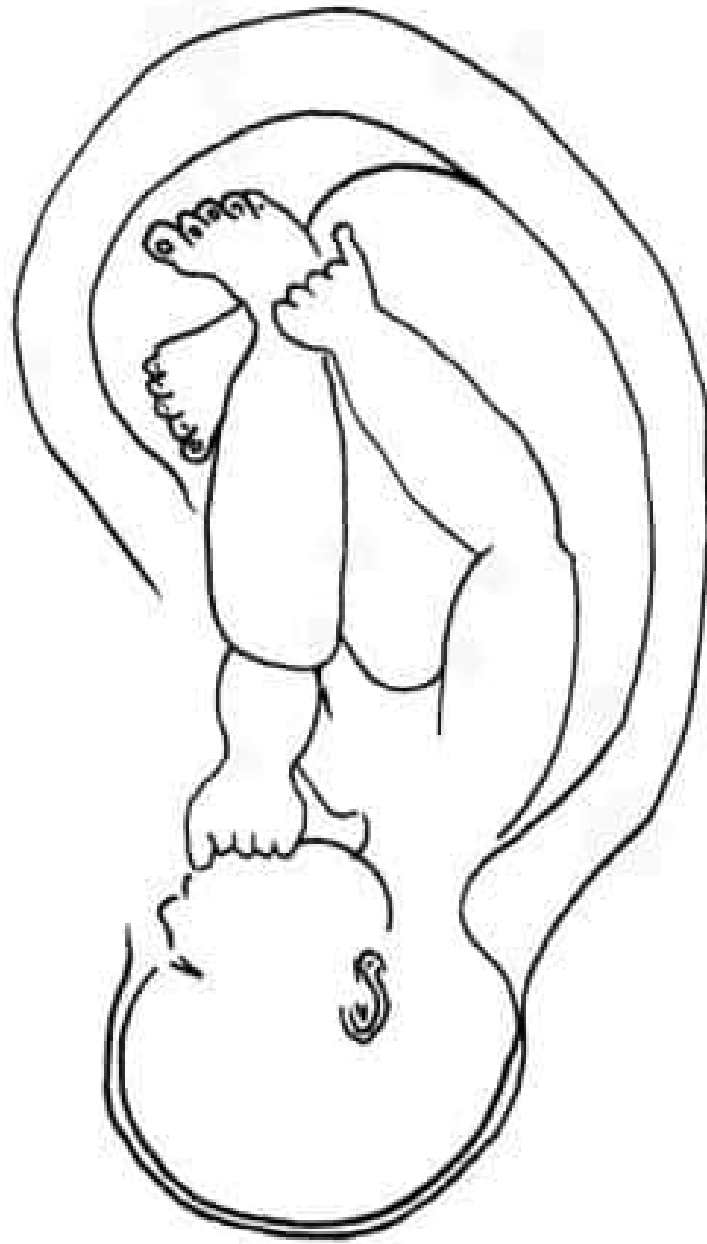
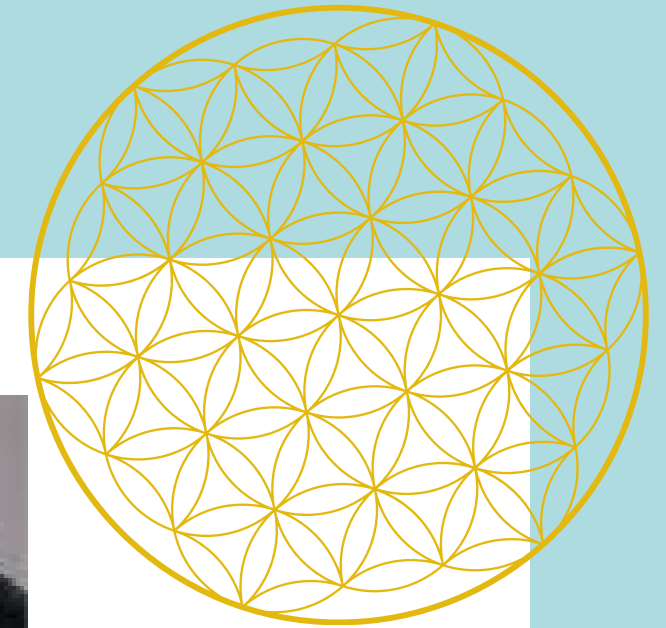
1. Vagal Massage



1. Vagal Massage



1. Vagal Massage: Ear Acupressure

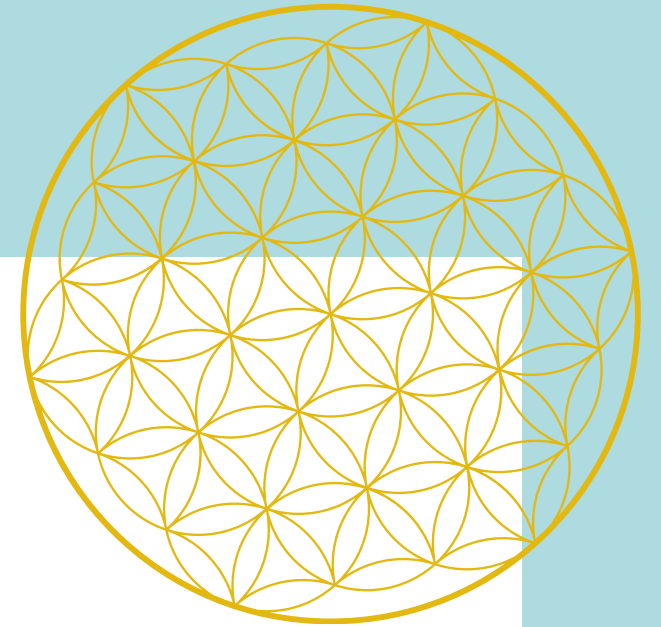


1. Vagal Massage: Ear Acupressure

SHEN MEN



“Spirit Gate:”



- anchors the spirit and calms the mind
- one of the most calming and relaxing ear points

Location	Picture	Meridian	Releases	Allows
Top of Head		Governing & Bladder Meridian	Inner critic, lack of focus and 'hamster wheel' thinking	Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity
Eyebrow Point		Bladder & Stomach Meridian	Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread	Inner peace and emotional healing
Side of Eye Point		Gallbladder, Triple Warmer, & Small Intestine Meridian	Rage, anger, resentment, fear of change and muddled thinking	Clarity, compassion and understanding
Under Eye Point		Stomach Meridian	Fear, anxiety, worry, emptiness, nervousness and disappointment	Contentment, calmness, feeling safe – 'All is well'
Under Nose Point		Governing Vessel & Large Intestine Meridian	Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals	Self-empowerment, self-acceptance and compassion
Chin Point		Conception Vessel (Central Meridian) & Stomach Meridian	Confusion, uncertainty, embarrassment, shame and in-decisions	Certainty, clarity, self-confidence and self-acceptance
Collarbone Point		Kidney Meridian	Psychological reversal, worry, indecision, feeling stuck and general stress	Ease in moving forward, confidence and clarity
Under Arm Point		Spleen Meridian	Guilt, obsessing, worry, hopelessness, insecurity, and poor self-esteem	Clarity, confidence, relaxation and compassion for self and others

2. Tapping (EFT)



Tapping on key Traditional Chinese Medicine acupressure points to stimulate energy pathways and restore balance to the body

2. Tapping (EFT)



- Emotional Freedom Technique (EFT)
- A mind-body technique
- An energy management system
- Gentle, non-invasive, grounds us back in our body



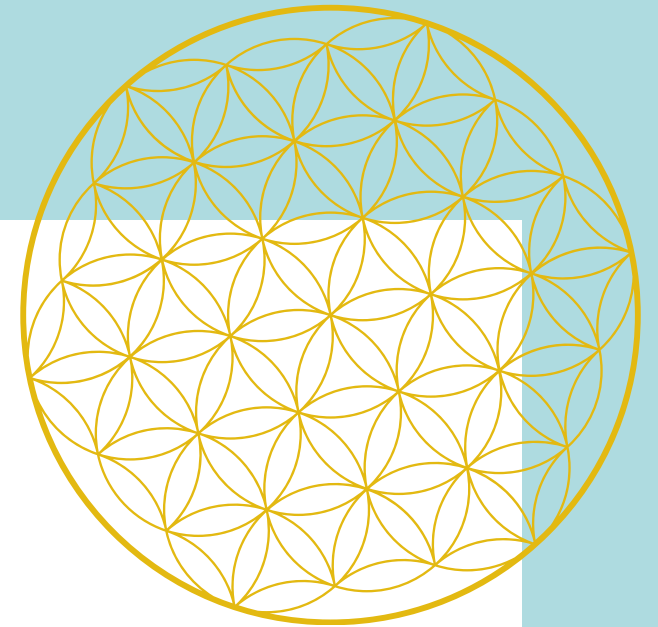
2. Tapping (EFT)



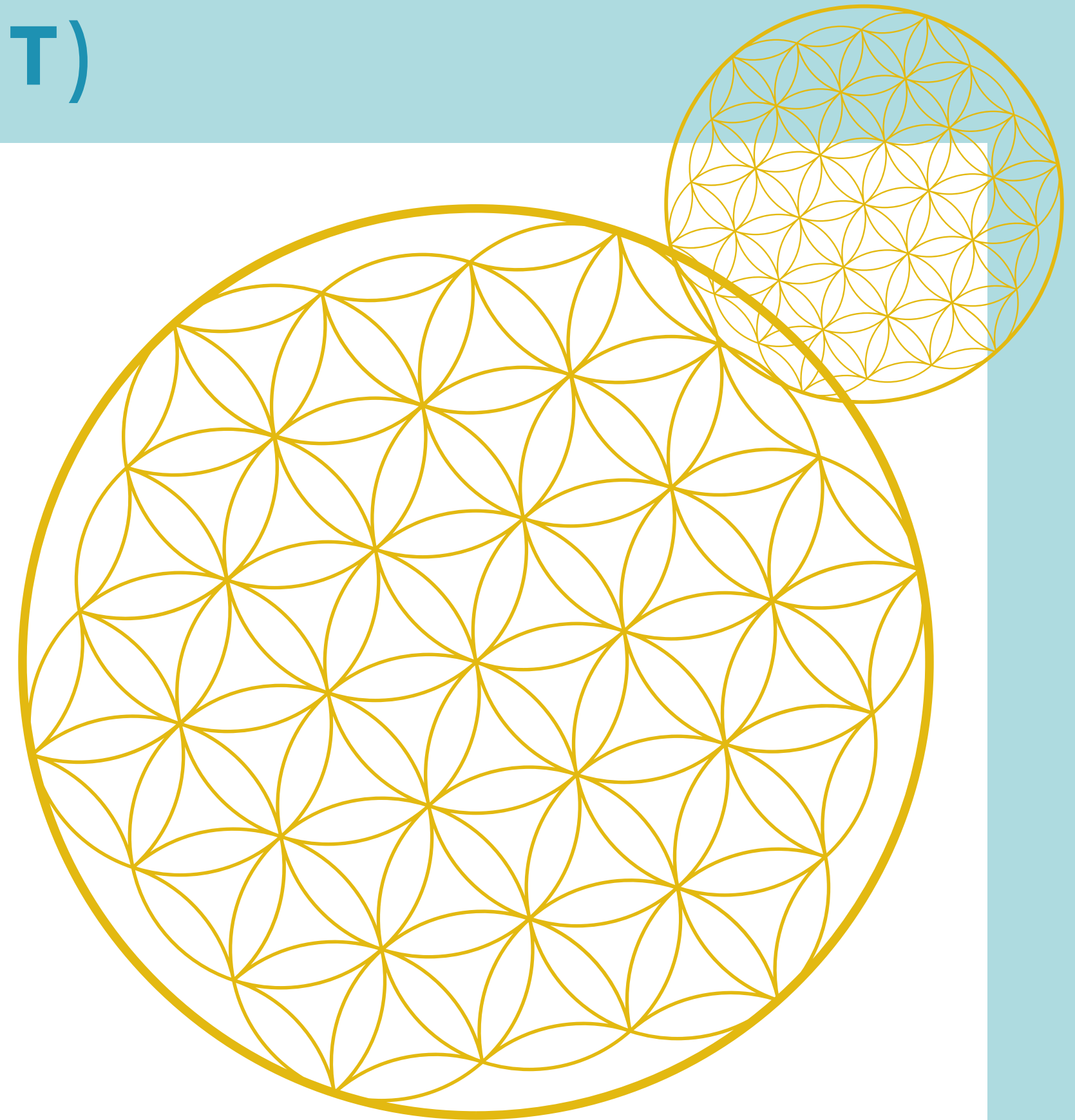
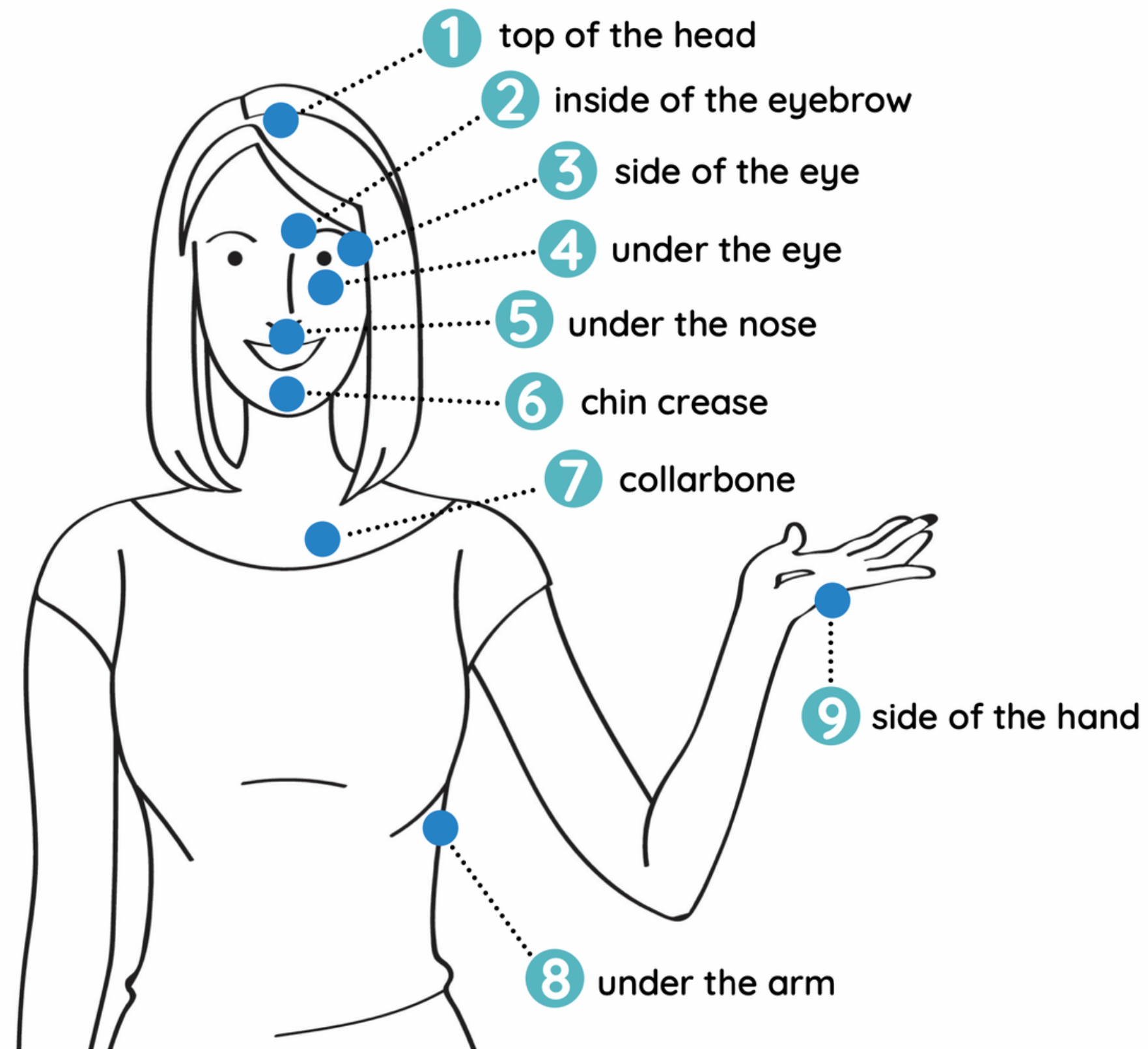
- Combines cognitive therapy with somatic stimulation
- Setup phrase: “Even though I have this [fear or problem], I deeply and completely love and accept myself.”

2. Tapping (EFT)

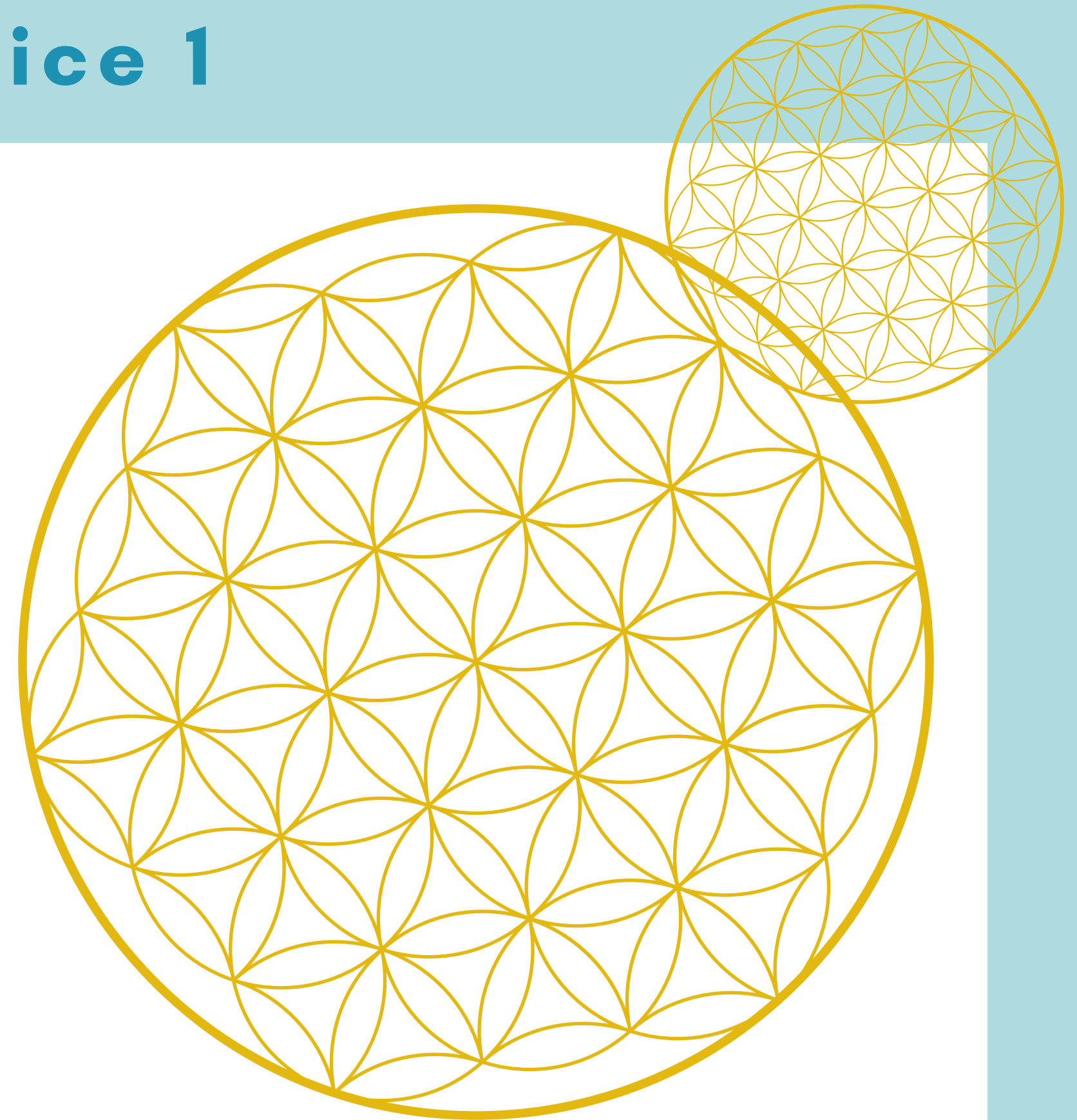
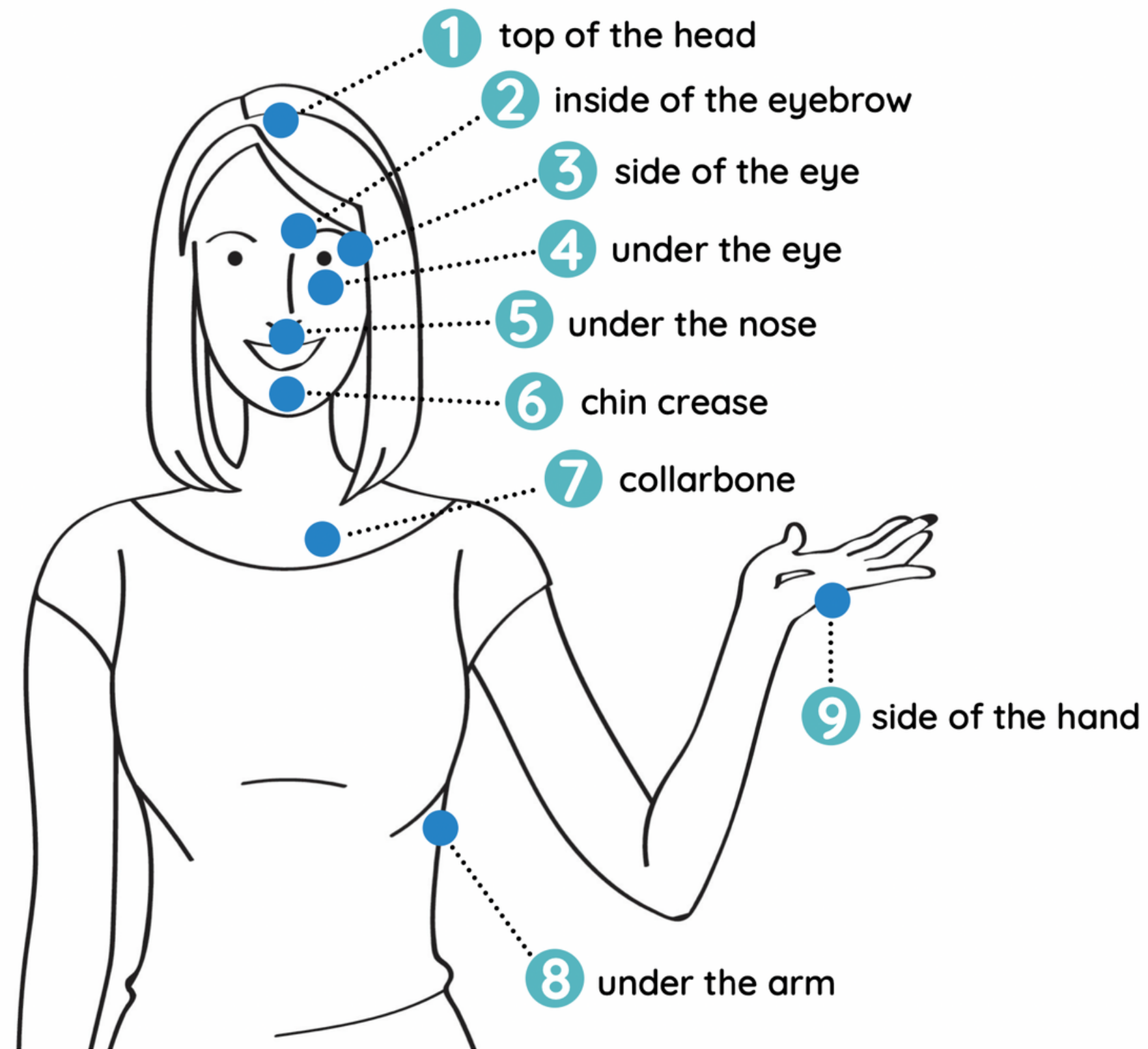
- Identify the issue: the more specific you are, the better.
- Check in: How do you feel about the issue, on a scale of 0-10?
- Tap & Feel: Voice all the sensations that arise.
- Pause & take a deep breath. Check in.
- Tap & Feel: Express what's true for you now.
- Pause & tune in to your body, mind, 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!



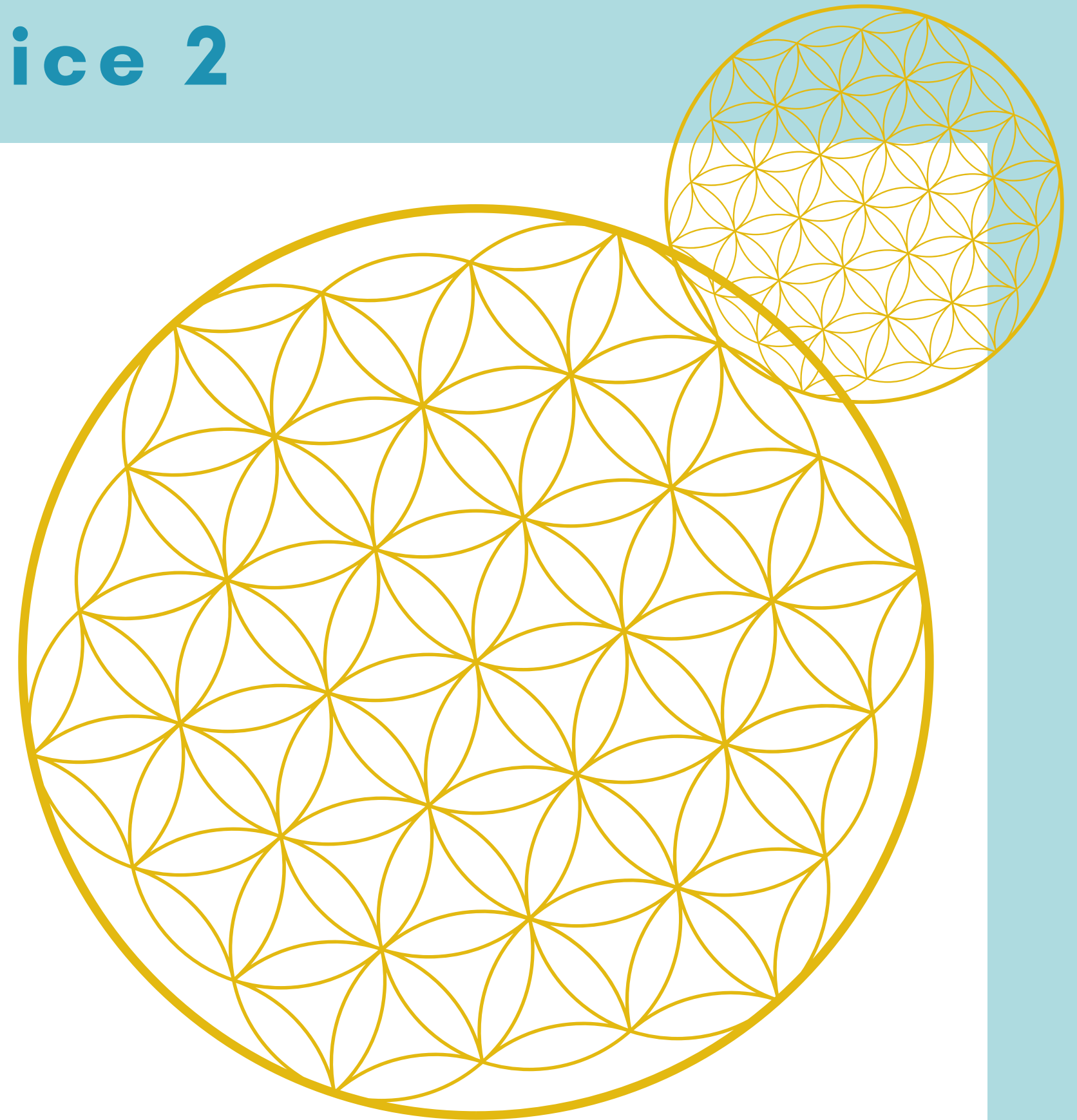
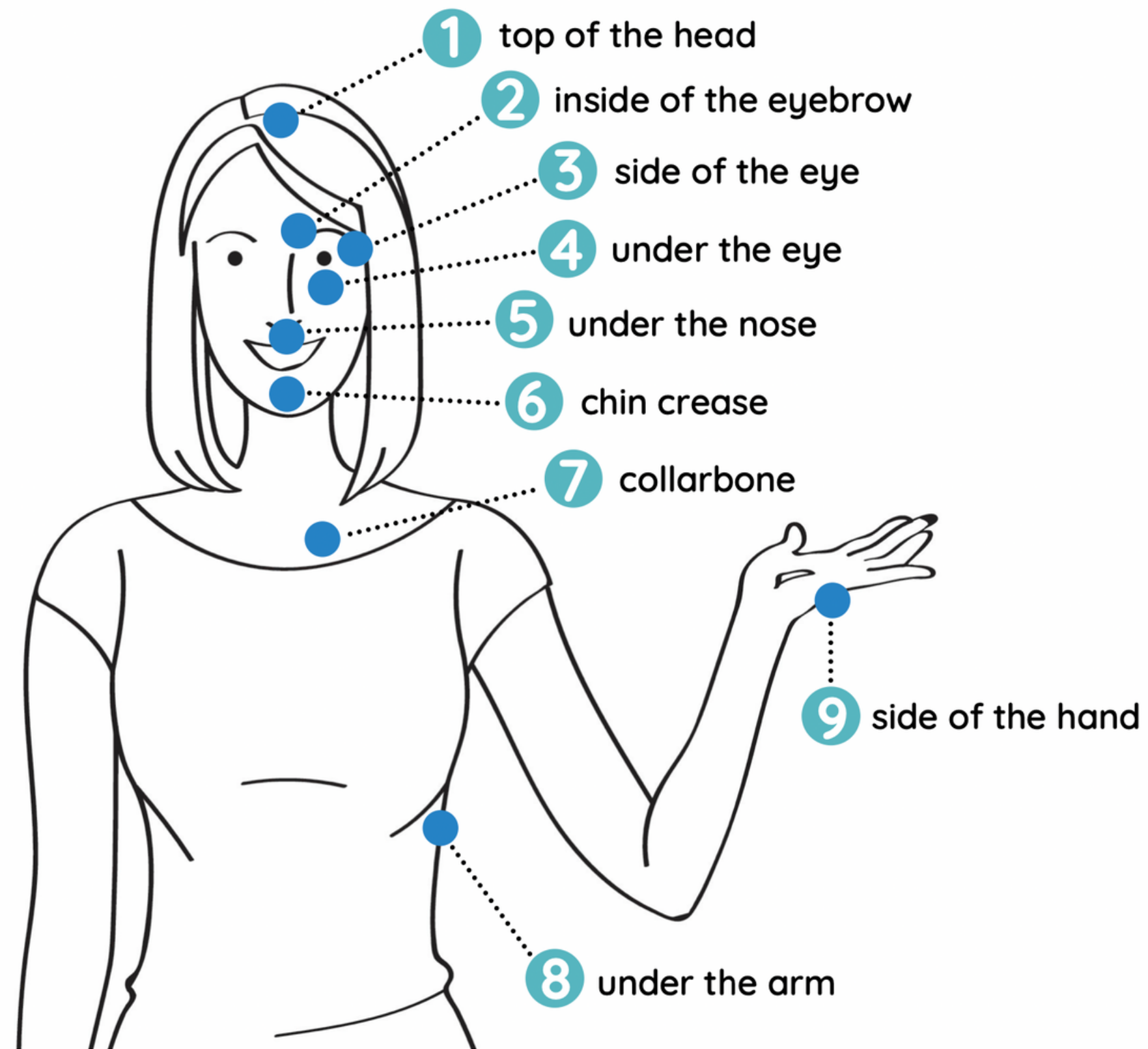
2. Tapping (EFT)



Tapping Practice 1



Tapping Practice 2

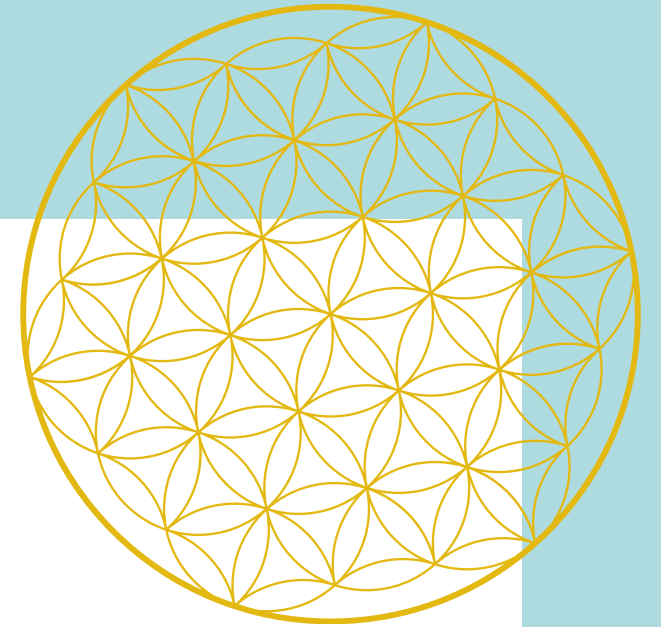


3. Mudra (with Visualisation)

- "mudra" comes from Sanskrit and means "seal" or "gesture."
- An ancient practice: making specific hand and finger postures to connect energy flows in the mind and body.
- Each mudra is a "closed electrical circuit" that prevents energy leakage whilst also facilitating specific energy flows.



3. Mudra (with Visualisation)

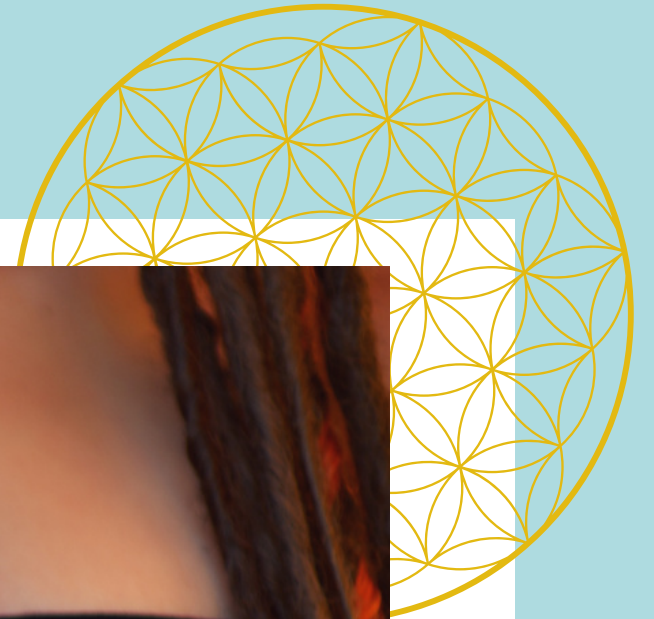
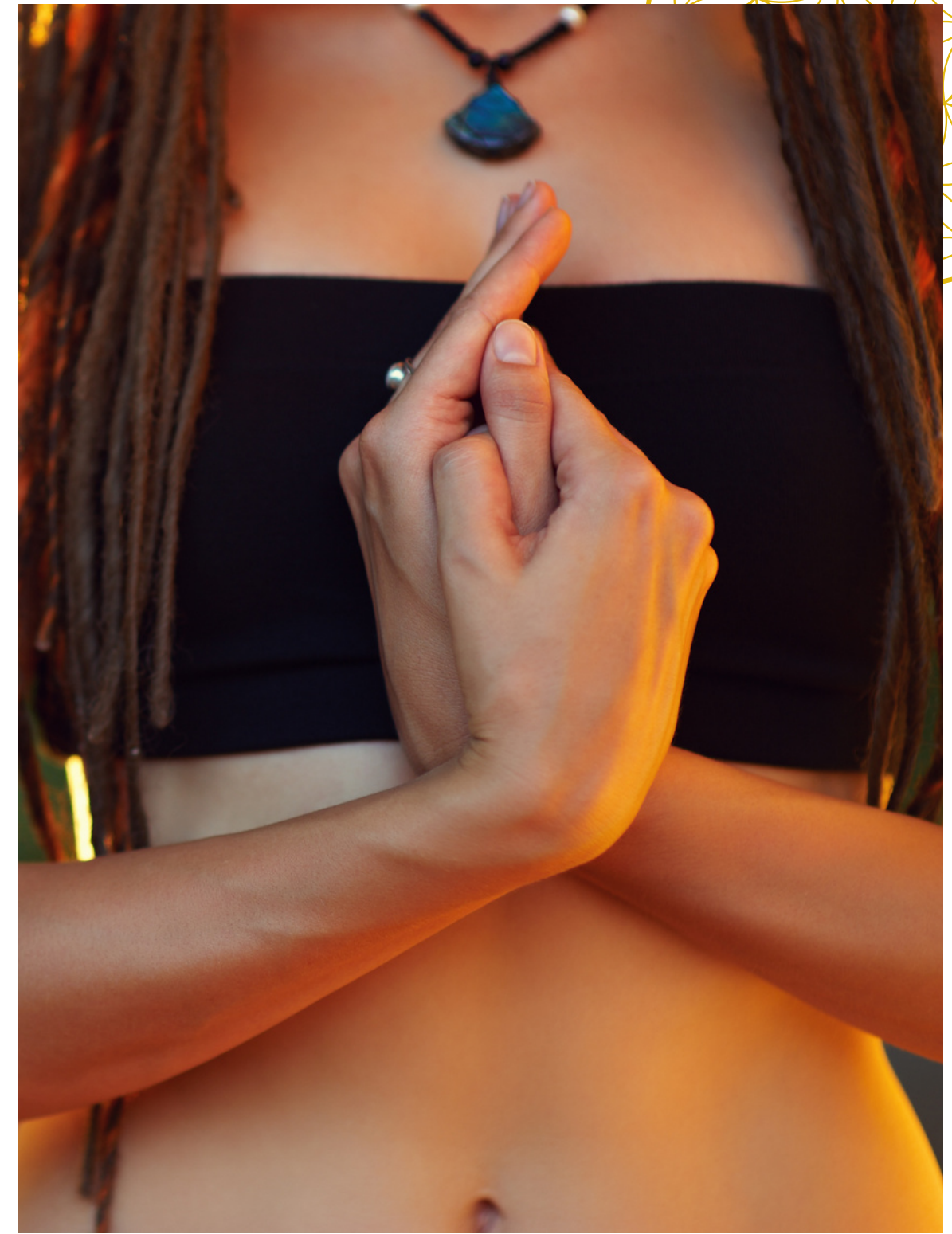


- A subtle science, simple and elegant
- Your system's functioning can be altered just by changing the positions of your palm.
- bypasses the mind and sets up a biogenetic resonance in the subtle fields around the the body



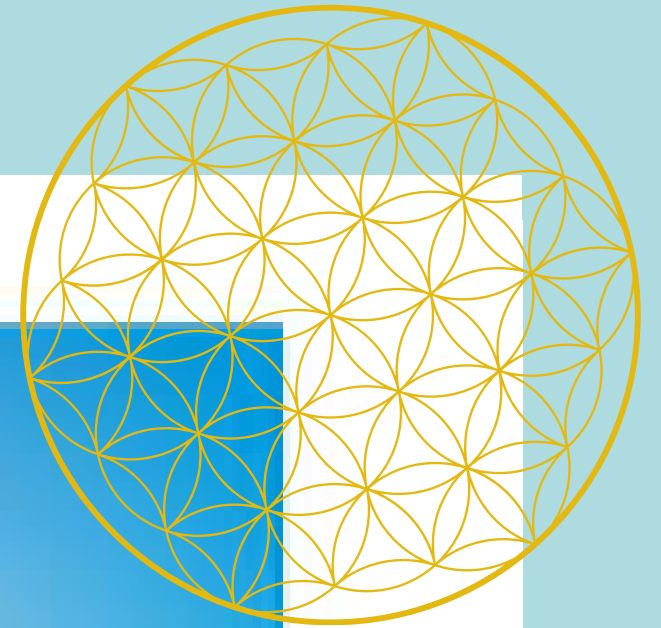
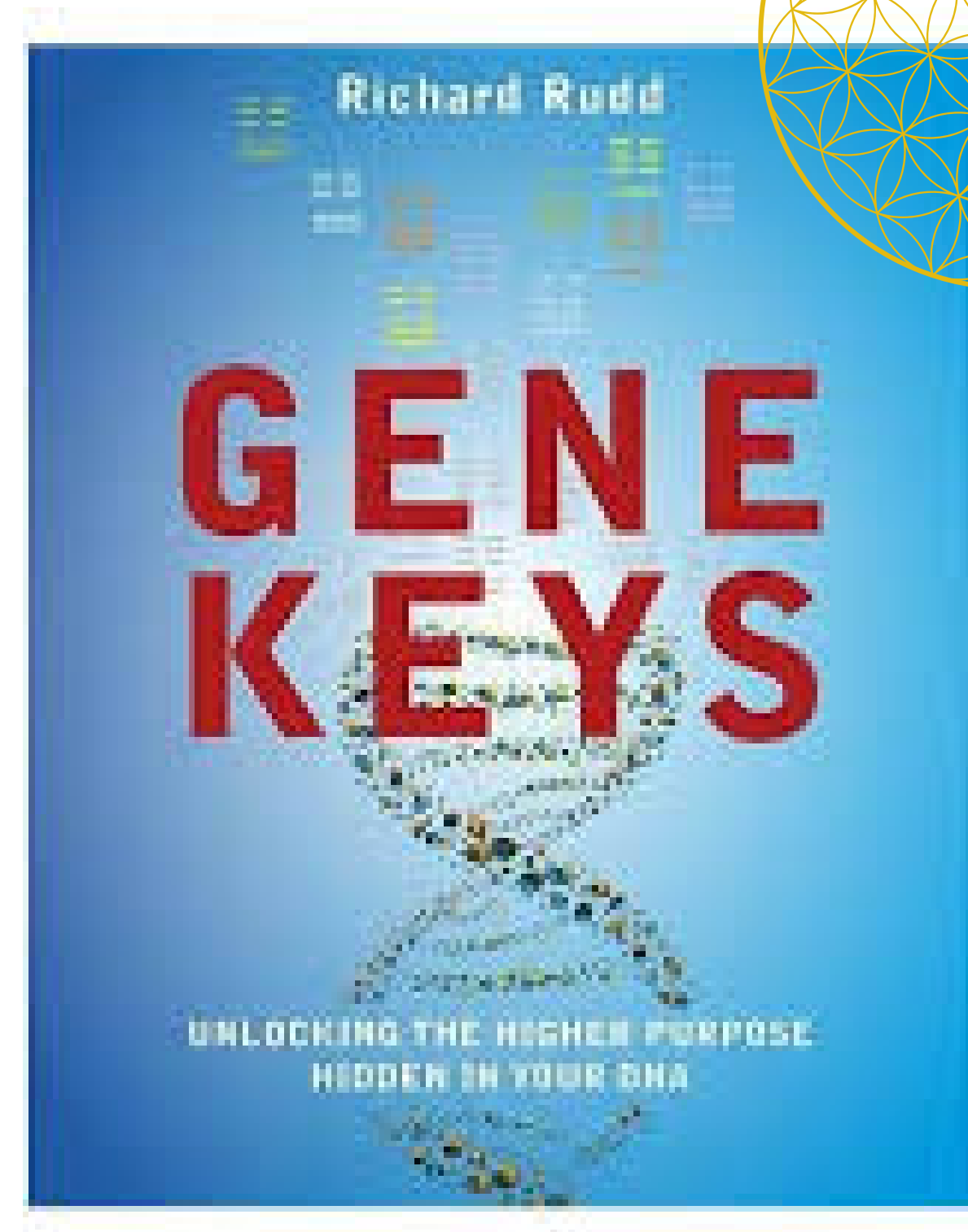
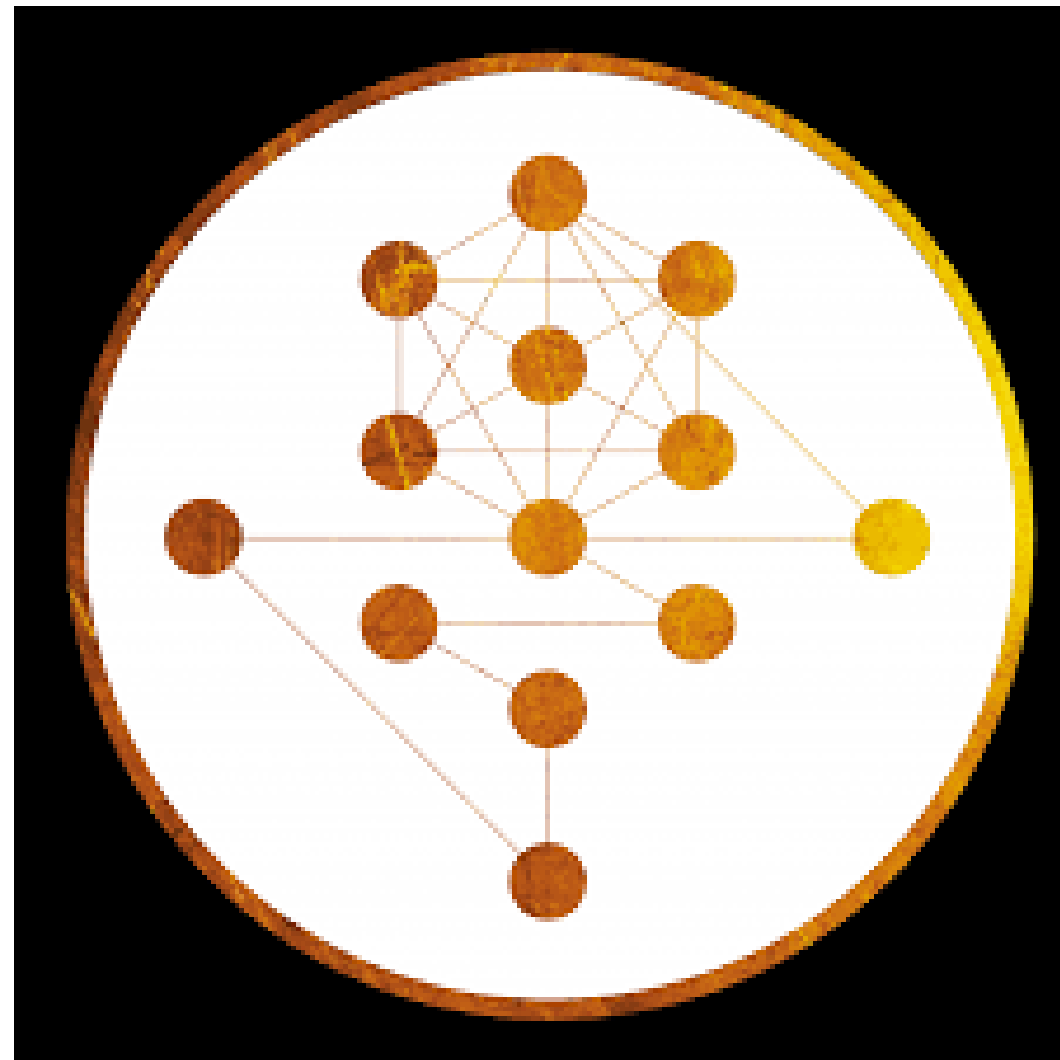
3. Mudra (with Visualisation)

- Resonance with your body's sacred geometry
- *As Within, So Without.'*



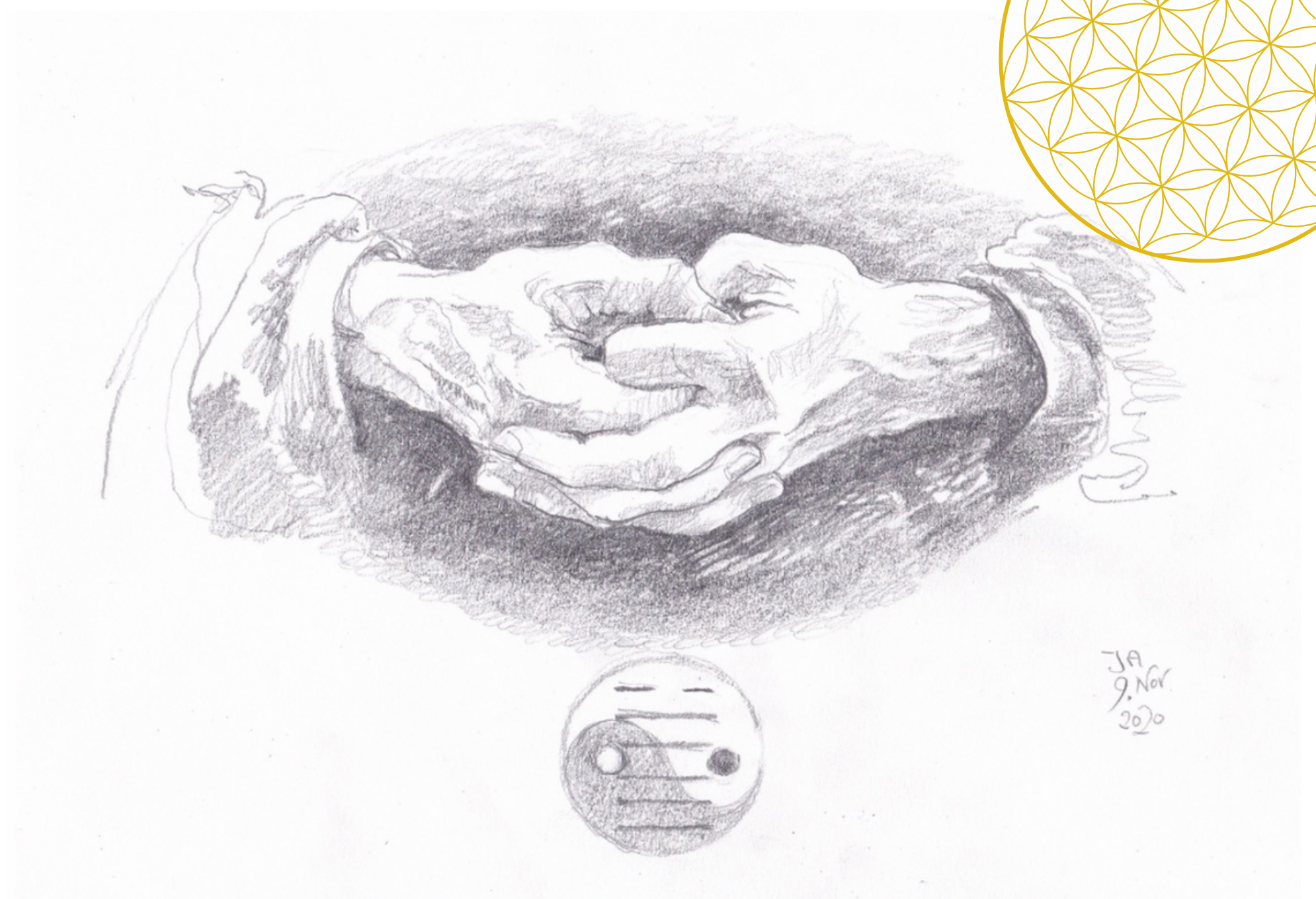
3. Mudra (with Visualisation)

- Gene Keys
- 43: the Mudra of Epiphany.

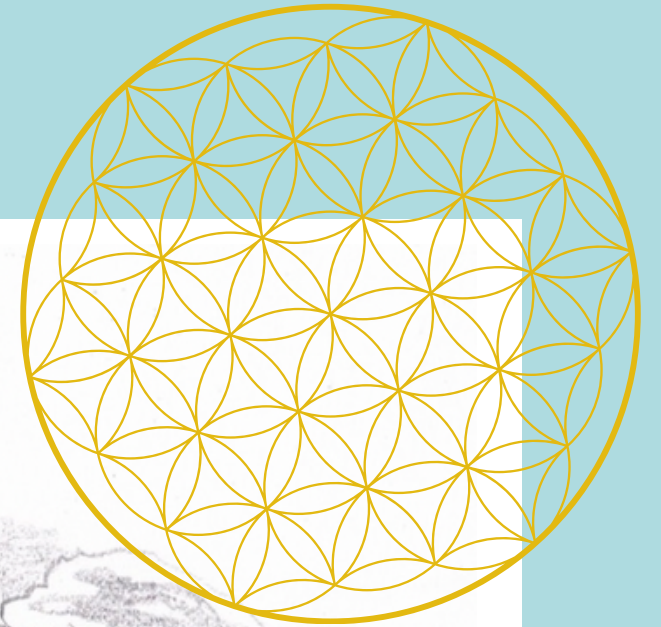


3. Mudra (with Visualisation)

- Problem: Fear, insecurity, survival mode – sympathetic nervous system state
- Key: trust your inner voice
- This mudra assists in inner alignment



Gene key palm mudra 43 – chain-link thumbs and forefingers through each other in figure-of-eight and clasp the others around them. Epiphany is the All or “pleroma”.



3. Mudra (with Visualisation)

