Vagus Nerve Activation
Engaging the New Physiology

A modality of Vagus Nerve Activation
Outlining the control of heart rate variability,
coherence and heart effectiveness
as a form of communication.

The Vagus Nerve Activation
by Steve Rother
The Vagus Nerve, is also called:

The Pneumogastric Nerve because it communicates both to the lungs and the stomach. Also known as The Cranial Nerve X.

It is the tenth of twelve paired cranial nerves, emerging directly from the brain.

The medieval Latin word vagus means literally “wandering.” The wandering nerve.
Branches of the Vagus Nerve

The vagus nerve is attached to thought the body, providing output to the various organs.

The vagus nerve conveys sensory information about the state of the body’s organs to the central nervous system.

The vagus nerve is responsible for the control and function of almost all of your internal organs.

The vagus nerve begins from the brain stem at the medulla oblongata.

The vagus nerve connects to several of the body’s organs maintaining a communication to the brain.

The Vagus Nerves - X
- A mixed sensory and motor nerve
- “Wanders” into thorax and abdomen
- Parasympathetic innervation of organs

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The vagus nerve is the longest cranial nerve in the human body and because it goes through the neck and thorax to the abdomen it has the largest distribution of sensory communication in the body.

Some examples of the cranial nerves are optical nerves. An example of optical nerves are vision and eye control, acoustic nerve for hearing, facial nerve for feeling skin and face sensations, muscle control of facial muscles, like the tongue and many others.

Activation of the vagus nerve conducts the energy elevation that will in turn deliver to several other organs and areas in the body.
The autonomic nervous system is responsible for monitoring the internal organs and glands, which happens unconsciously.

The autonomic nervous system has three main areas. One of these areas is the parasympathetic nervous system.

The parasympathetic system is responsible for stimulation of “rest-and-digest” activities that happen when the body is at rest, as well as sexual stimulation, salivation, lacrimation or making tears, urination, absorbing foods, and excretion.

The actions of the parasympathetic system, as listed above, are matching to the other main branch of the autonomic nervous system, the sympathetic nervous system.

The sympathetic nervous system is responsible for stimulating activities associated with the “fight-or-flight” response or the “acute stress response.”
Stress and the link with the Vagus Nerve.

The easiest way to understand a simple purpose of the vagus nerve is starting from a basic description of your body's nervous system and the body's stress system.

How does my autonomous nervous system work?

Some of the bodily functions you can easily control yourself, such as if you want to raise your arm you can just do so. Yet there is a large percentage of our body we cannot control ourselves. An example would be your stomach contracting, bowel movements, breathing, our heartbeat, blood pressure, etc. This part of our body which we do not control ourselves is controlled by our autonomous nervous system.

This is our body's very own auto pilot. This autopilot consists of two parts:

On the one hand you have a stimulating nervous system and on the other side you have the relaxing nervous system.

On one side we have the Sympathetic nervous system = (+) stimulating and the Parasympathetic nervous system = (-) relaxing. These two nervous systems are usually both active at the same time and they create a balance in our body. The way these nervous system's produce their effects is by nerve-fibers and hormones.

The Vagus Nerve connects to:

**Sensory fibers** (guiding sensory information towards the brain) to:
- Ear.
- Tongue.
- Pharynx.
- Larynx.

**Motor fibers** (brain sends controlling fibers to the muscles) to:
- Pharynx.
- Larynx.
- Esophagus.

**Parasympathetic and Visceral Fibers** (autonomous nervous system) to:
- Thoracic viscera. (heart, lungs, oesophagus)
- Abdominal viscera.(stomach, small intestine, large intestine, liver, gallbladder, pancreas
STIMULATING NERVOUS SYSTEM
(Sympathetic Nervous System)

RELAXATING NERVOUS SYSTEM
(Parasympathetic Nervous System)

ACUTE STRESS REACTION =
FIGHT OR FLIGHT REACTION.

heart start beating very fast
blood pressure goes up
Pupils are wide open
(see the danger coming, react to environment)
Increased respiration
  Fast, shallow upper body breathing
mucle tension increases
Blood flow to the muscles and the brain
  Increases, has the main priority
Sugar is rushed into your blood.
  ensures a quick supply of energy
  into the blood

EVERYBODY ON FULL ALERT

WAR - LOGIC

On a cellular level :
  Reserves are used up.
  Cells are not restoring themselves.
  Debris accumulates in the cells.
  evacuated. Cells clean up !

Persistent over activity results in:
  Exhaustion

VASOVAGAL SYNCOPE
(in its most extreme form)

heart beat calms down, decreases
blood pressure drops, decreases
Pin point pupils
decreases respiration
Slow, deep, abdominal breathing.
mucle tension decreases, becomes almost
  non existing
Blood is sent mainly to your internal
  organs. Your skin is very pale.
sugar is stored away. Mainly into the liver Liver
ensures a quick supply of energy
  into the blood

ALL AT EASE.

PEACE – LOGIC

On a cellular level :
  Reserves are installed, harvested.
  Cells are restoring themselves.
  Waste material is processed and

Persistent activity results in:
  Regeneration
VAGUS NERVE STIMULATION

VNS

Used for Extreme Cases of:
Epilepsy, Depression, Bipolar,
Obesity, Schizophrenia,
Mood and stress related,
Extremely High Blood Pressure

COMPASSION AND THE VAGUS NERVE

POLYVAGAL THEORY

http://www.youtube.com/watch?v=8RKC3Ga6shs
Cortisol is another stress hormone released at the same time as adrenaline. But unlike adrenaline, you won't usually feel the effects for an hour or so. What does cortisol do? It makes you want to eat!

The vagus nerve is a major part of the system that balances, counteracts the stress-system in the body.

Many people enjoy forms of relaxation because these things create a mental relaxation so they activate your passive side, your parasympathetic nervous system.

The vagus nerve is the main nerve of the parasympathetic nervous system used in relaxing.
Cortisol is the reason you feel like you've got no willpower. Cortisol wants high-fat, simple carbs like macaroni and cheese, chocolate brownies and those potato chips.

"Cortisol is one of the most potent appetite signals we have," says nutritional biochemist Shawn Talbott, Ph.D. It can affect you in a couple of ways. First, cortisol may interfere with brains signals that control appetite and satiety. Second, cortisol may cause your brain to want sweets. Combine these two factors and it explains how you can crave dessert even after a big meal when you're feeling stressed.
Let us begin by saying that the human body is hard-wired for compassion and empathy to others.

In the lower vibrations from which you are evolving, this was not evident. At that time the focus of life was more about adapting than expressing individuality.

It is ours to remind you that you are god. And in doing so also remind you that you not the only god.

Now we say that how well you get along with the other gods will determine your quality of life on earth in the New Earth.
The Vagus nerve and many of its subsystems are one of the next areas ready for evolutionary steps within all humans in the days ahead. This empathetic connection will strengthen all connected to it.

From the group

This one nerve we considered to be the spirits direct interface with the world. It determines how you experience the world through a physical body and will facilitate the shift to the next level of consciousness.
MICRO TAPS

Variable rate tapping

"The energy fields around the physical body have the same control mechanism. We will help you learn to use that consciously."

Tube Torus field
Faster than Light neutrinos
Reuters News Service

Extra 4th Dimensions

New York Times

National Geographic  Einstein’s theory  proved by Gravity probe.

“A vortex is formed when energy moves in a circular motion.”
“When a vortex is nurtured, it evolves into a portal. This is accomplished through the magical form of the tube torus.”

This heart rate coherence makes a physiological signal to the emotional brain that everything is OK. The emotional brain replies to this by increasing the heart coherence. This will continue to create a positive feedback loop.

A high level of heart rate coherence creates a state in which we can easily face up any situation.
How many “F’s” are present in the phrase below?

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS.

A) *** There are 6 “F’s” Listed above.

Practice:
- Say the color of each word out loud.
- Do not read the words.

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YELLOW  BLUE  ORANGE
BLACK  RED  GREEN
PURPLE  YELLOW  RED
ORANGE  GREEN  BLACK
BLUE  RED  PURPLE
GREEN  BLUE  ORANGE

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With the Bodies Tube Torus open the energy has an even-flow through the body. Being thrown out of balance, our Tube Torus can be pinched and disturb the open channel possibilities the body can hold.

Another example is trying to drink from a straw that is pinched and not allowing the drink flow up the straw. When our channel is open energy can easily flow through.
“At the density center of every torus is where the energy is processed and converted. In the larger fields this is known as a black hole. These are dimensional portals that can be used.”

Activating your vagus nerve means giving the signal to your body to start relaxing, start recuperating, start rejuvenating. Activation of the vagus nerve typically leads to a reduction in heart rate, blood pressure, or both.

The link between heart coherence and the vagus nerve is very interesting! The more love we feel the better our heart functions!!

The tube torus is surrounding every form of life and that which compiles life, such as our atom and cells.

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VAGUS NERVE ACTIVATION

STEP 1 EFFLEURAGE
- Light touch hands both palms and backs of both hands and forearms

STEP 2 DIRECT ACTIVATION
- Stand behind your client, lightly touching the Vagus Nerve with your two middle fingers.

STEP 3 COMPASSION TORUS
- While doing step 2, Start running your own Tube Torus and drop in compassion in the center.
TONING TOOLS
Vagus Nerve Exercisers

MAINTAINING TONE
AFTER
THE ACTIVATION

- Use the two tools below as an example for maintaining Tone.

EDUCATION

LEARNING TO DEAL WITH STRESS DIFFERENTLY

- Educate your clients
- Choose different kinds of music, change it up.
PHYSICAL STRETCH #1

- Turn your head to one side and extend your mouth open wide.

PHYSICAL STRETCH #2

- Rolling of your head.
- Lightly roll your head in circles.

ACTIVATION JOURNEYS

- Supply or have your clients watch the Activation Journey

COHERENT BREATHING

- Practice / Teach your clients about Coherent Breathing.
- Great examples at: www.Heartmath.com
- Learning to control your heart with your breathing.
- Give your clients specific exercises in compassion
- The 10 minutes video of Fathers coming home from the war was used as an example.

**FOCUS**

- Also known as “STOP BREATHING” and Focus

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Cortisol is the reason you feel like you've got no willpower. Cortisol wants high-fat, simple carbs like macaroni and cheese, chocolate brownies and those potato chips.

IN THE NEWS

National Geographic  Einstein's theory  proved by Gravity probe.

IN THE NEWS

Faster than Light neutrinos

Reuters News Service

Extra 4th Dimensions

New York Times
http://www.youtube.com/watch?v=Axekt43d6IE&feature=g-vrec
THRIVE Trailer

Soldiers returning home
http://www.youtube.com/watch?v=uSMlIM9zLio

Faces
http://www.youtube.com/watch?v=_U3hVsmtYf8&feature=fvwrel

Gorilla
http://www.youtube.com/watch?v=IGQmdoK_ZfY

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Vagus Nerve Activation Course
Presented by Steve Rother