eden method

THE **WANDERING NERVE**

What Happens in Vagus
Doesn't Stay in Vagus



DONNA EDEN
with David Feinstein

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YOUR NERVOUS SYSTEM

The Nervous System Helps the Body's Parts **COMMUNICATE** with One Another

It Does This By Sending Electrical Signals From **ONE NEURON** to the **NEXT**

So Your Nervous System Is an **ENERGY SYSTEM** with Physical Wiring

Like the **MERIDIAN** System, the **NERVOUS** System Carries Information from One Part of the Body to Another

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THE **VAGUS NERVE**



Vagus Means "Wandering"
The **WANDERING** Nerve

Emerges Directly
From the
BRAIN STEM

The **10TH (OF 12)**
Cranial Nerves

The Only Cranial
Nerve to Extend
into the **BODY**

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The Vagus Nerve Has Many Functions

Modulates between rest and stimulation in:

Digestion

Heart rate

Breathing

Elimination

Reflexes such as coughing, sneezing, swallowing, and facial expressions.

Regulates insulin and glucose.

Lowers blood pressure.

Suppresses inflammation.



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THE **VAGUS NERVE**



Your Vagus Nerve Connects Your Brain and Body

85% of the information it carries is to your brain reporting on the complex state of your organs.

The other 15% goes from your brain to your organs telling them what to do next.

Your Vagus Nerve Connects Your Brain

To every muscle in your face

To every organ in your chest area

And to every organ in your abdomen.

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THE **VAGUS NERVE**

Your Vagus Nerve Is Part of Your
AUTONOMIC NERVOUS SYSTEM



Your Nervous System Has Two Branches:

1. The Central Nervous System

Gives you conscious control.

2. Autonomic Nervous System

Operates everything that happens automatically.

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Your Autonomic Nervous System Also Has Two Parts:

1. The Sympathetic Nervous System

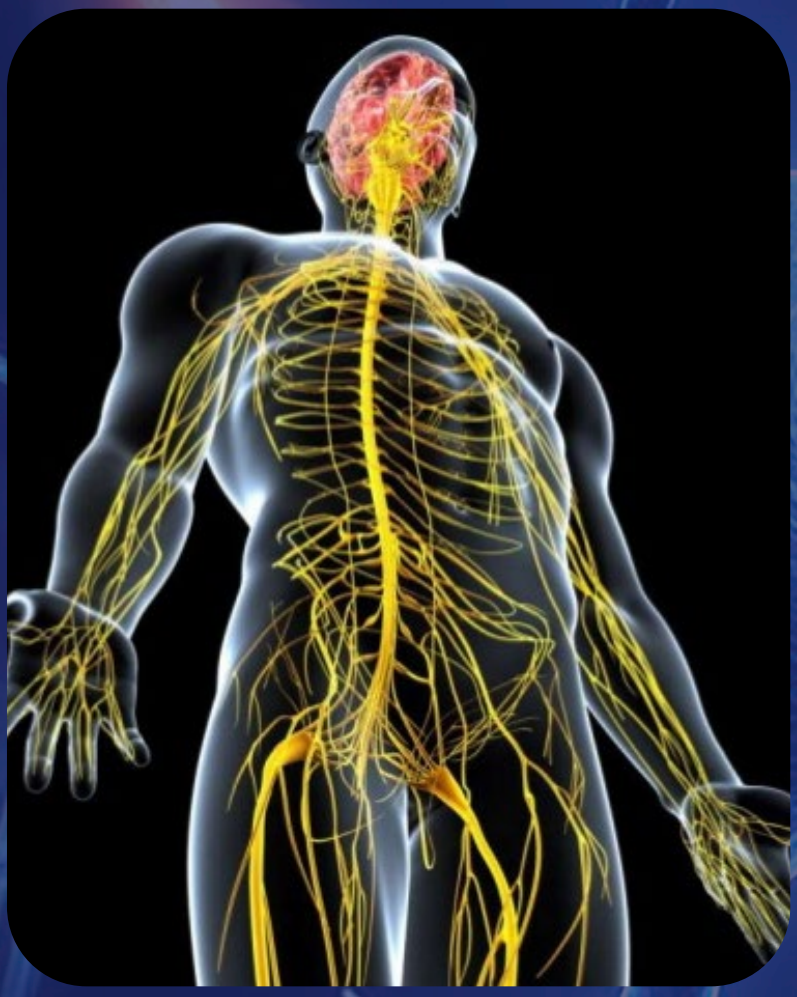
Mobilizes action.
"Presses the Gas Pedal"

2. The Parasympathetic Nervous System

Orchestrates calming and rest.
"Presses the Brake"



THE **VAGUS NERVE**



The Vagus Nerve Is the Main Component of the Parasympathetic Nervous System

DURING A PHYSICAL OR EMOTIONAL THREAT:

TRIPLE WARMER and the **VAGUS NERVE** work as a team.

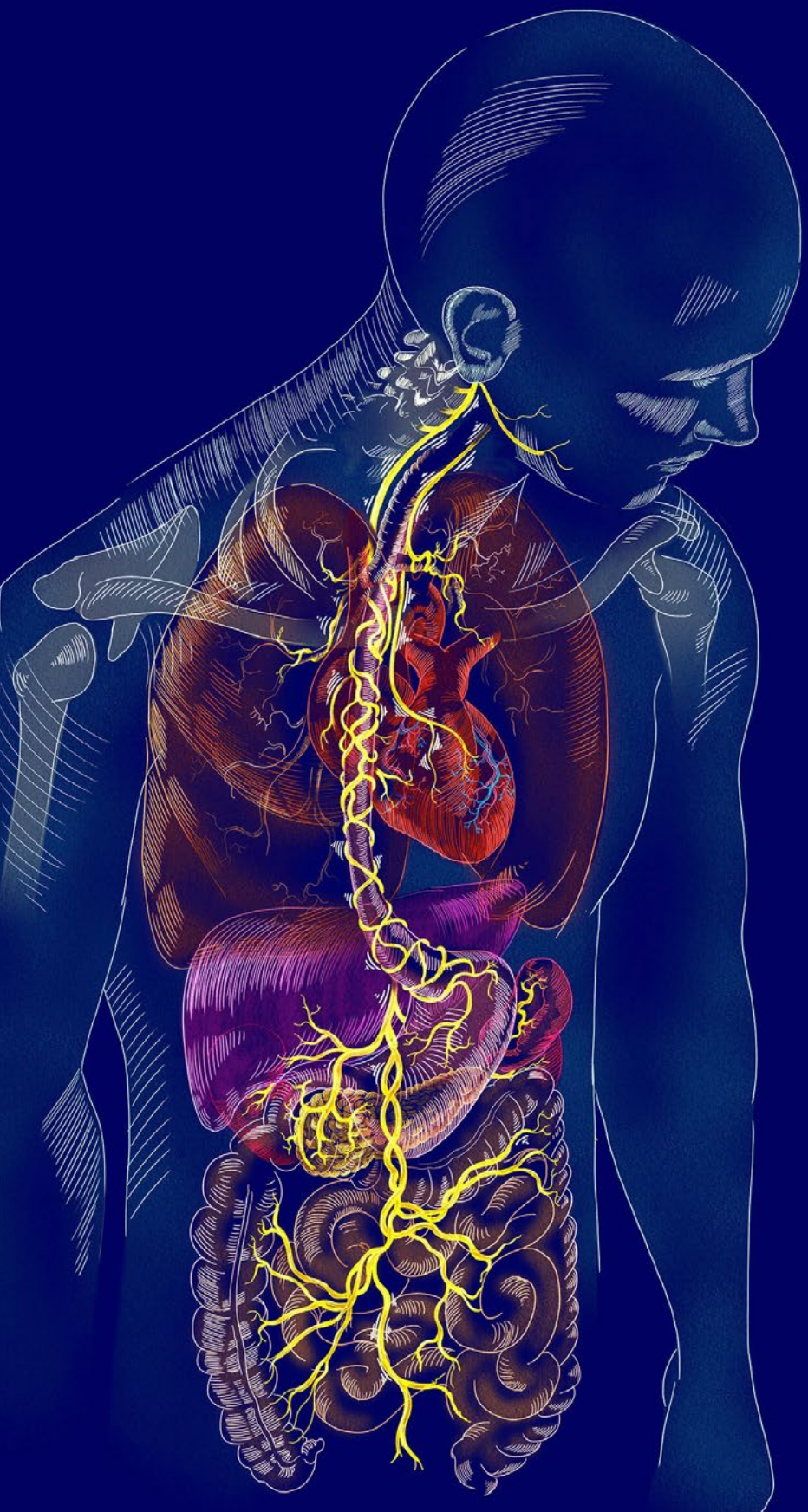
TRIPLE WARMER directs the autonomic nervous system to mobilize life-saving action.

The **VAGUS NERVE** turns off digestion and other non-essential activities.

The Vagus Nerve also helps the body **RESTORE** after stress.

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THE **VAGUS NERVE**



The Motto of Your Vagus Nerve

"Rest, Digest, Calm, Connect"

The healthier your vagus nerve the greater your resilience and the better your resonance with the world.

1. How to Keep the Vagus Nerve Toned

Vagal Tone

An index of a person's vulnerability to stress and reactivity to stress.

Stress has been called public health enemy #1.

The stronger the vagal tone the greater your resilience.

A. Spontaneous Activities

Yawning

Laughing

Sunlight

Humming

Listening to music

B. Easy Natural Techniques

Cold water in the face

Whispering affectionately to your body

Hot/cold/hot shower

Social interaction

Meditating

Singing

Slow belly breaths through nose and slow full outbreaths through mouth

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1. How to Keep the Vagus Nerve Toned (cont'd)

C. Standard Energy Techniques That Also Help Keep the Vagus Nerve Toned

Daily Energy Routine

Darth Vader Breath

Taking Down the Flames

Regulator Flow

Brazilian Toe Technique

Black Pearl

Blow Out

Tracing Spleen Meridian

D. Energy Techniques Specifically for Keeping the Vagus Nerve Toned

Stretching the Chambers

Spooning the Nerve with Figure 8s

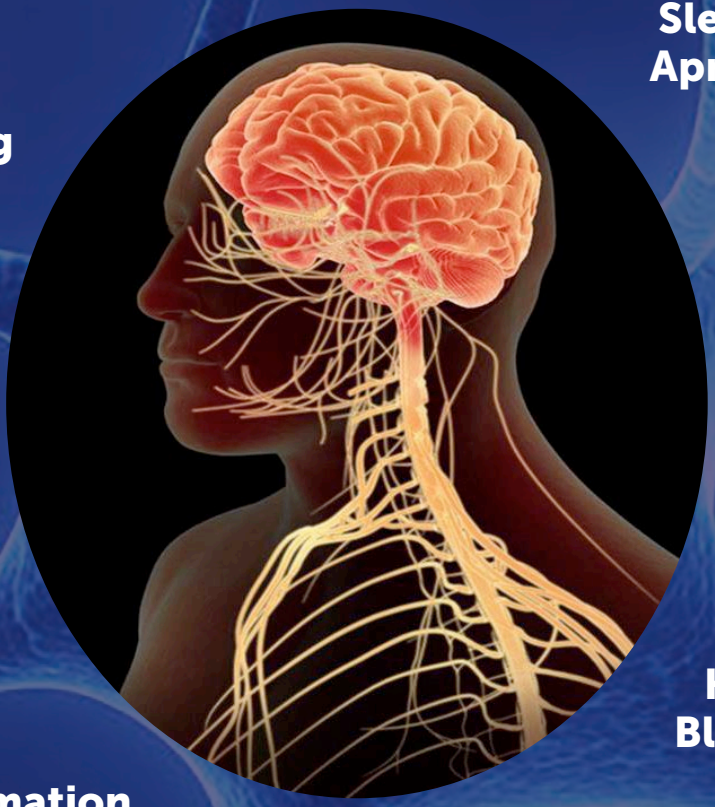
Spinning Magnet Up & Down Vagus Nerve

Triple Warmer/ Vagus Smoothie

Connecting Spleen Meridian & Vagus Nerve

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2. Problems Caused by Vagus Nerve Malfunction



Inability to Catch Breath

Sleep Apnea

Hyperventilating

Depression, Anxiety, PTSD & Anger

Inner Ear Imbalance

High or Low Blood Pressure

Inflammation

Total Body Shutdown

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3. What to Do About Them:

Always Start with the Third-Eye/Naval Hook-Up, the Cross-Over Shoulder Pull, and Balance TW and Spleen

Hyperventilating
Inability to Catch Breath

Over-ride the panic to catch your breath.

↓

Very long, slow outbreaths.

Inner Ear Imbalance

1. Firm stretch of the ears, all the way around.

↓

2. Third-Eye/PowerPoint Hook-Up.

Inflammation

Wrap hand around right side of neck and hold Spleen 21 for a minute or longer*.

↓

May need to sedate triple warmer.

↓

Spin a magnet on a string up and down, from behind the ear down to below the collar bone.

↓

Roll a cow magnet or selenite along the same path.

*Generally valuable for any vagus-related issue.

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3. What to Do About Them: (cont'd)

Sleep Apnea

Do the "Connecting Heaven and Earth" exercise before going to bed.

When in bed, hold one hand over the second chakra and the other over the third chakra for as long as feels comforting.

If you wake up with apnea, place right hand around side of neck and fingers of left hand massaging down the sternum.

Change hands. Have the right hand massage the neurolymphatic points between the ribs on both sides of the body.

Alternative hold: back of neck & frontal neurovasculars.

Always Start with the Third-Eye/Naval Hook-Up, the Cross-Over Shoulder Pull, and Balance TW and Spleen

High or Low Blood Pressure

One hand on Heart Chakra; other on back of neck for 3 to 5 deep breaths.

Alternative hold: back of neck & frontal neurovasculars.

Depression, Anxiety, Anger, PTSD

1. Place both hands over Heart Chakra for 3 deep breaths.
2. Chin in palms of hands; pointer fingers behind ears; thumbs on neck; other 3 fingers on side of face.
3. Tap on vagus nerve on sides of neck with pointer and middle fingers while breathing deeply.
4. One hand on frontal neurovascular points; other with front of neck in "V" between thumb and pointer finger.

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3.1 Explaining Total Body Shutdown

How The Body Is Meant to Work

A balance between sympathetic acceleration and parasympathetic deceleration is necessary to regulate every organ.

For instance, sympathetic and parasympathetic balance in the heart:



Contract, relax, contract, relax,contract, relax...

How Total Body Shutdown Evolved

This capacity to slow down the body's systems orchestrated by the Vagus Nerve can be taken to an extreme during danger.

THIS IS THE FREEZE RESPONSE

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3.1 Explaining Total Body Shutdown (cont'd)

Freeze Response

First line of defense for opossums.

For other mammals it is the last resort after fight and flight haven't worked.

Freeze! Pray not to be noticed!



How It Protects

Another animal can't hear you breathe, they can't even smell you.

I see it.

But I can't smell it.

Can't hear it.

No fun. Bye.

TRIPLE WARMER TO VAGUS NERVE:

I'm out of ideas! Over to you!

3.1 Explaining Total Body Shutdown (cont'd)



THE FREEZE RESPONSE GONE WRONG
The Vasovagal Response

Vagus nerve directs blood away from the brain

↓

Blood pressure drops

↓

Blood vessels dilate

↓

Brain quickly shuts down

↓

Without a steady supply of oxygen the person loses consciousness

↓

Skin goes pale

↓

Blood pools in the legs

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3.2 What to Do About Total Body Shutdown

What You Can Do for Self

Do not try to get up.

↓

Squeeze your muscles as tight as you can, particularly your legs and feet because the blood pools there.

↓

Hook-Up

↓

Lay there and hold your neck with your palms at the side of your neck and fingers touching at back of neck.

What You Can Do for Another

Same as for self-help plus:

↓

Hold the Neurovasculars

↓

Hold the Power Point

↓

Brazilian Toe Technique

4. The Vagus Nerve's Social Engagement System

The Vagus Nerve has 2 Divisions:

1. The Old Vagus

Evolved in reptiles

Slower signal transmission (Unmyelinated Nerve Cells)

Assumes strangers are enemies

Fight/flight/freeze response to threat

2. The New Vagus

Found in all mammals

Faster signal transmission

Allows social engagement

Compassion, cooperation, & self-soothing





The New Vagus links the muscles in the FACE AND HEAD with the Old Vagus' regulation of the HEART AND BREATH

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4. The Vagus Nerve's Social Engagement System (cont'd)

The Social Engagement System is Part of the New Vagus

- This connection is the basis of the social engagement system. It evolved and can be found in all mammals, but it is particularly well-developed in humans!
- All vertebrates are wired for the fight/flight/freeze response to danger. Triple warmer teams with the old vagus system when the danger is immediate.
- That is why you jump away from a moving car before thinking about it. But when danger isn't immediate, the social engagement system can step in and the central nervous system comes on-line.
- You can consciously engage with your automated responses in evaluating the circumstances. Particularly if other humans are involved, you go to social engagement, if possible, before you go to fight/flight/freeze.

Reference: *Clinical Applications of the Polyvagal Theory,* edited by Stephen W. Porges and Deb A. Dana (W.W. Norton, 2018).

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4. The Vagus Nerve's Social Engagement System (cont'd)

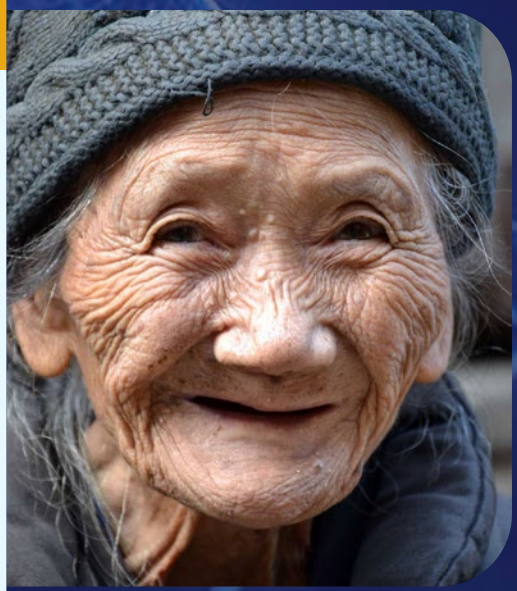


The Social Engagement System is Part of the New Vagus (cont'd)

- Here, the face-heart connection of the new vagus is critical.
- We are wired to look for signs of safety when we encounter another human in a situation that may potentially be physically or emotionally dangerous.
- And the face and voice tone are the windows into what is happening in the heart.

Your Vagus Nerve and Another Cranial Nerve Control Your Facial Muscles

- Your face tells others if they are safe with you.
- Only humans have faces that evolved to let others know if they are safe.
- When we feel safe, our vagus nerve triggers neural circuits that calm the heart, relax the gut, and turn off the fear response.
- This makes intimacy and self-soothing possible even under stress.



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4. The Vagus Nerve's Social Engagement System (cont'd)



Your Vagus Nerve and Another Cranial Nerve Control Your Facial Muscles (cont'd)

- When a face signals threat or danger, Triple Warmer takes over.
- This innate strategy evolved and helped us survive over eons.
- The Social Engagement System adds another possible response!

4. The Vagus Nerve's Social Engagement System (cont'd)

Another Possible Response to Fight/ Flight/Freeze

Replaces a defensive state with safety and trust.

Our newest neural circuits are our preferred response.

This supports cooperative behavior, and makes civilization possible.

What could possibly go wrong with such a beautiful system?







For People Who Have Been Traumatized, Two Things Can Go Wrong

1. **Get caught in perpetual low-level fight-or-flight.**

   (Triple warmer: anxiety, hypervigilance, hypersensitivity, etc.)

2. **Or get caught in perpetual low-level freeze.**

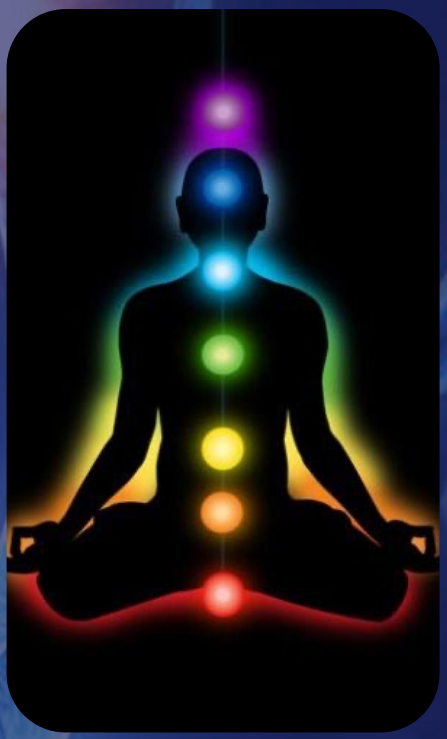
   (Old vagus nerve: depression, inability to think clearly, etc.)

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What To Do For People Who Have Been Traumatized

1. Strengthen vagus tone as shown earlier.
2. Bring chakras into balance while thinking of trigger or memory.
3. Acupoint tapping while thinking of trigger or memory.

#2 & 3 heal the traumatic wound by changing the TW/Vagus response to the trigger or memory.









For Everyone

A quick routine to re-engage your social engagement system.

1. Cross-Over Shoulder Pull
2. Hook-Up
3. Breathe deeply with hands on Heart Chakra.

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