

# Trailer for How We Heal

Healing can begin only once you feel safe, in your body and in our world. What will it take to learn to feel safe enough to heal?

Get a quick glimpse of all the juicy goodness to come in these rich doses of organic conversations with Japanese Acupuncturist Maegan Lemp, Gemmotherapist Lauren Hubele and Polyvagal Consultant Cameron Scott.

Listen to this alchemy of healing as these wise women offer proven practices, real life experiences and personal insights to guide you to safety.

Listen here and subscribe to my YouTube Channel so you don't miss a beat.

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Send in a voice message: <https://anchor.fm/how-we-heal/message>

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## **Explorations of Polyvagal Theory: All About Blended States Recap**

You've learned Polyvagal basics, the states of protection, the state of connection but did you realize there are blended states? In today's final recap Maegan, Cameron and Lauren discuss the nuances of blended states which are more common than you might realize. And then just to take it up a notch we play a bit with the idea of the Vagal Brake. This

biological function is exactly what permits mobilization without fight or flight.

In this organic series, Gemmotherapy expert and educator Lauren Hubele, Japanese Acupuncturist Maegan Lemp, and the Passionate Polyvagalist Cameron Scott explore the blended use of the Polyvagal Theory, Asian Medicine and Gemmotherapy extracts to restore a sense of safety and connection.

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## **Explorations of Polyvagal Theory: Reviewing the State of Connection**

In addition to your two states of survival, your nervous autonomic nervous system has one state for connection. That state is the ventral vagal state. It is where you not only feel a connection with yourself but also desire connection with others. In today's third recap session you will hear more about this state and how Cameron, Maegan, and I use people, places, and activities to anchor ourselves in ventral vagal.

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# Explorations of Polyvagal Theory: Reviewing the States of Survival

Your nervous system comes well equipped with two states of survival. One of those is the sympathetic state that provides you with the energy to fight or flee and the other state allows you to disconnect and is called the dorsal vagal state.

Knowing the terms is one thing but learning what they feel like is another. Step into our second recap session and learn how Cameron, Maegan, and I experience each of these states.

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Watch this episode on my YouTube channel [here!](#)

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## Polyvagal Explorations: Reviewing the Fundamentals

Catch this first of four review episodes in our months of polyvagal explorations. Today we go back to basics and look at the terms hierarchy, neuroception, and co-regulation and what they have come to mean for us.

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## **Polyvagal Explorations: What will it take to feel safe enough to connect?**

When your autonomic nervous system sends you into a place of a shutdown and disconnect what do you crave? I believe you need reminders that you exist. What those look like for you might be different for me because of our different trauma histories.

That is exactly why an individualized approach to trauma is critical. In this episode, we explore this idea and more diving deeper into discovering pathways to heal complex trauma.

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# **Explorations of Polyvagal Theory: What are cues of safety for a dorsal vagal state?**

Deb Dana shares with us that the dorsal vagal pathway responds to cues of a life-threat, causing us to shut down, become numb, and disconnect from others. But what are the different flavors of dorsal vagal and what does that state ask from us?

Those are the questions I can not stop asking myself and others who share my interest in Polyvagal Theory. Step into the room with Cameron and I as we explore these themes together.

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# **Explorations of Polyvagal Theory: Addressing trauma, can we do better?**

Do you or someone you love suffer from the effects of developmental or complex trauma? If so you won't want to miss a minute of this conversation.

Listen in as we make serious inroads into understanding the subtle but significant challenges that disrupt the process of healing trauma. Six months ago we set out to explore what Polyvagal Theory could add to what we already knew about Asian Medicine and Gemmotherapy. We knew for certain that our current tools weren't reaching all the nooks and crannies where trauma likes to hide. But what could we discover by blending all three together? Might we be able to better meet individuals where they are with exactly the energy that would provide the necessary cues of safety? While we don't claim to have all of the answers we are closer than ever before.

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## **Explorations of Polyvagal Theory: New Meanings for Old Words**

This new year deserves our pausing to consider what in our day to day interactions could benefit from some updating. In today's episode, we consider updates for a few everyday words. Listen in to our conversation as we explore words like vision, invite, and allow and revision them together.

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restore a sense of safety and connection. The polyvagal theory helps us build an understanding of emotional patterns enough to interrupt them and change the ways in which we habitually react.

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## **Exploration of Polyvagal Theory: Offering Live Client Support for Dorsal Vagal States**

You won't want to miss this pilot episode offering live support to Art teacher and mom Ashley Dalme, who is finding the continued challenges of the pandemic weigh her down. You'll hear our suggestions from the Polyvagal, Asian Medicine and Gemmotherapy lens.

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# **Polyvagal Explorations: True Life Holiday Survival Tales**

We're back and so excited to share our holiday tales and lessons learned. Pour a cup a tea and come along on our Polyvagal adventure as we out brief together what worked and what didn't this holiday season.

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## **Exploring Polyvagal Theory: A Question from our Audience to Clarify States**

Enjoy our teamwork in action as Maegan, Cameron and I work out some answers for our listener in Texas in the special episode.

You won't want to miss these pre-recorded mini-podcast episodes, as we break from our normal recording schedule during the month of December.