

Exploring Polyvagal Theory: The Central Nervous System as Your Command Central

Trauma therapist and passionate polyvagalist Cameron Scott rejoins Lauren in this episode. Together they discuss the build-up of chronic trauma and why changing habitual patterns begins with the central nervous system.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, helps us see and understand habitual emotional patterns enough to interrupt them. In this organic series of on the spot learning, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp guests explore the use of the Polyvagal Theory as a guide for selecting extracts.

Exploring Polyvagal Theory: Activism and your Autonomic Nervous System

Our current times have encouraged many to rally and join forces with local activist movements. But have you considered how that engagement may impact your nervous system?

Maegan and Lauren provide a quick overview of the three principles of Polyvagal Theory which then sets the stage for a first-hand account from guest Christine Terrell. Just back from a local activist opportunity, Christine shares her

experience and what she learned about the pre-conceptual responses of her autonomic nervous system.

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Exploring Polyvagal Theory and Gemmotherapy: Real Life Learning

In this episode, Megan and Lauren share a few of their recent responses to real-life situations that have provided perfect opportunities to explore Polyvagal Theory and Gemmotherapy extracts for emotional resiliency.

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Exploring Polyvagal Theory: Extracts to assist our mobilization out of shutdown

In this episode, Megan and Lauren share insights on nine Gemmotherapy extracts that can assist with mobilization out of a shutdown state (dorsal vagal).

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Exploration of Polyvagal Theory: Tuning into Gemmos for the Sympathetic State

In this episode, Megan and Lauren explore six extracts to organize sympathetic activation and prevent the need for fight or flight.

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Exploration of Polyvagal Theory: Sympathetic Activation through the Polyvagal Lens

In this episode, Lauren and psychotherapist Cameron Scott breakdown a recent sympathetic activation experience using the Polyvagal lens.

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Exploration of Polyvagal

Theory : Making Connections with Psychotherapist Cameron Scott

In this episode, psychotherapist Cameron Scott returns to continue the conversation with Maegan and Lauren. Here they begin to discuss the connection between Gemmotherapy and the Polyvagal lens.

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Exploring Polyvagal Theory and Gemmotherapy: Meet Psychotherapist and Passionate Poly Vagalist Cameron Scott

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Exploring Polyvagal Theory and Gemmotherapy: The Dorsal Vagal Experience

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Exploring Polyvagal Theory and Gemmotherapy: Identifying your State

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Exploring Polyvagal Theory and Gemmotherapy: An Introduction

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What Polyvagal Theory, Gemmotherapy, and Activism Have in Common

“Safety and security don’t just happen, they are the result of collective consensus and public investment.”

– Nelson Mandela

Safety. It is exactly what your emotional core longs for. When you are safe, you can connect. When you connect, you can create. And when you create, you experience freedom to be who

you were born to be.

So how do we achieve safety, especially now, in this unprecedented time? I certainly won't claim to have the answer to that question, but I have been making important connections worth sharing as I strive to take what I know and grow it further.

I know that when something is of great value to my work, it begins to show up in different forms from a variety of sources. That has been my exact experience with Polyvagal theory, the masterful work of renowned neuroscience researcher, Dr. Stephen Porges.

What is Polyvagal Theory?

"Polyvagal theory offers a way to understand the human autonomic nervous system and directly engage with our habitual patterns of response."

This is the definition that Deb Dana, the foremost teacher of Polyvagal theory, shares.

I have found the Polyvagal theory to provide a remarkable lens offering insight into how and why smart, capable people often find themselves stuck in a loop of making forward strides, becoming overwhelmed and then shutting down. This short video cuts to the core of the theory and will illustrate my point.

While there is certainly much more to this theory to address in future posts, I want you to understand this. A perceived sense of safety is the key to step out of the cycle I described. Achieving that can begin with the use of some certain extracts in microdoses.

How Polyvagal theory (PVT) connects with Gemmotherapy

Over the past two years, I have been framing and reframing the use of microdoses of specific Gemmotherapy extracts in search of a coherent and accessible method for selection. I have

looked at extracts through the lens of whether they are stimulating or sedative, what emotion they best address and whether their action on the nervous system is to tonify or harmonize.

While it has all helped me move closer to something useful and applicable, the selection of extract relied on a considerable amount of subjective information. To teach others to make a reliable decision, objective symptoms are needed, and that just may be where the Polyvagal theory is leading me.

Through private tutoring sessions with a colleague of Dana's and discussions with my Gemmotherapy colleagues, I have begun to develop what may be the guideposts I have been in search of all along. The recent pandemic has certainly pushed things along, giving me fertile testing ground for harmonizing jangled nervous systems.

At this point in the development, I am borrowing some PVT language and looking at extracts for the nervous system as either *mobilizers* for the central nervous system or *organizers* for the sympathetic response. The mobilizing extract would be used first thing in the morning to support forward movement, and the organizer would interrupt old patterns of fight or flight when encountered.

And how will this help me be an activist?

Let's now weave Polyvagal theory and Gemmotherapy's support for the nervous system into the present moment. To speak out against injustice, whether it is in the form of microaggressions or the blatant disregard of lives, requires you to begin from a place of safety. If you have suffered from injustices or any trauma, staying both mobilized and out of fight or flight will be nearly impossible.

This is where Gemmotherapy can come in, because the plant meristem cells in the extracts are actually reminding your autonomic nervous system how it is meant to respond,

pretrauma. Combined with therapeutic support, your first steps as an activist, *recognizing there is innocent suffering going on in society, stand up and call it out*, can be successful. You will no longer fall into habitual patterns of response. To do so without experiencing a perceived threat or danger will allow you to call it out again and again without becoming overwhelmed or shutting down. Just think of all the good that could be done.