

# 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.

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