

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.

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.