

# **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.

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.