

# Safety through Context, Choice & Connection

In this third episode of our #HowWeHeal #podcast, we explore the concepts of context, choice and connection, relating back to our discussions from our #polyvagaltheory recaps (see my channel's content for more on this). Listen in and explore with us on how polyvagal theory explains the "why" question we ask ourselves when we enter states of discomfort or danger.

Watch this episode on my YouTube channel here. Follow us on Instagram to stay updated @howwehealpodcast

To learn more about polyvagal theory and gemmotherapy, visit my website at [laurenhubele.com](http://laurenhubele.com)

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