Explorations of Polyvagal Theory: All About Blended States Recap

You’ve learned Polyvagal basics, the states of protection, the state of connection but did you realize there are blended states? In today’s final recap Maegan, Cameron and Lauren discuss the nuances of blended states which are more common than you might realize. And then just to take it up a notch we play a bit with the idea of the Vagal Brake. This biological function is exactly what permits mobilization without fight or flight.

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.

Explorations of Polyvagal Theory: Reviewing the State of Connection

In addition to your two states of survival, your nervous autonomic nervous system has one state for connection. That state is the ventral vagal state. It is where you not only feel a connection with yourself but also desire connection with others. In today’s third recap session you will hear more about this state and how Cameron, Maegan, and I use

people, places, and activities to anchor ourselves in ventral vagal.

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Explorations of Polyvagal Theory: Reviewing the States of Survival

Your nervous system comes well equipped with two states of survival. One of those is the sympathetic state that provides you with the energy to fight or flee and the other state allows you to disconnect and is called the dorsal vagal state. Knowing the terms is one thing but learning what they feel like is another. Step into our second recap session and learn how Cameron, Maegan, and I experience each of these states.

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Watch this episode on my YouTube channel here!

Polyvagal Explorations: Reviewing the Fundamentals

Catch this first of four review episodes in our months of polyvagal explorations. Today we go back to basics and look at the terms hierarchy, neuroception, and co-regulation and what they have come to mean for us.

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