

Vagus Nerve Reset

Based on exercise in Stanley Rosenberg's book: Accessing the Healing Power of the Vagus Nerve

Check your necks range of motion

- Looking forward, then turn your head as far to the right as you can comfortably go. Notice how far you have turned.
- Come back to center.
- Then turn all the way to the left as you can go comfortably. Notice your range in this direction

Basic Vagus Nerve Reset

1. Sitting or lying on your back with your head facing forward, interlace your fingers and put your hands behind your head
2. Continuing to look forward and use your hands to support your forward facing head.
3. With your head facing forward, move your eyes to the right as far as they can comfortably go. Hold this position for at least 30 seconds, but as long as you like. You may find yourself swallowing, yawning, sign, wiggling, burping, gurgling. After 30 seconds or when those experiences stop, bring your eyes back to center looking forward.
4. Now repeat that experience looking to the left.
5. Back to facing center, release your hands and re-check your range of motion. Notice what is different in your mind, body and spirit.
6. If you are feeling dizzy or nauseous, take some deep breaths as you allow your body to reset in this new state.

Vagus Nerve Reset – Variation

1. Put your left hand on the top of your head, bring your ear toward your left shoulder without lifting the shoulder to meet it
2. Look to the right (only go as far to the right with your eyes as is comfortable)
3. Hold your gaze to the right and breath for thirty to sixty seconds or until you feel your body release.
4. Then look to the left, (only go as far to the left as is comfortable), hold your gaze and breath for thirty to sixty seconds or until you feel your body release.
5. Then let your head come back up to neutral, and shift your eyes to look forward again.
6. Put your right hand on the top of your head, bring your ear toward your right shoulder without lifting the shoulder to meet it
7. Look to the right (only go as far to the right with your eyes as is comfortable)
8. Hold your gaze to the right and breath for thirty to sixty seconds or until you feel your body release.
9. Then look to the left (only go as far to the left as is comfortable), hold your gaze and breath for thirty to sixty seconds or until you feel your body release.
10. Then let your head come back up to neutral, and shift your eyes to look