

Working the Vagus Nerve

Find quiet time in a place where you know you won't be disturbed for at least 15 minutes – on a break between clients, in the morning before work, or last thing you do before getting in bed. This technique is very complementary to meditation, so if you have troubles with a sitting practice, begin with this practice, as it brings you into a deep mindful state conducive to meditation.

The breathing is the anchor to the technique. The longer and slower the exhale the better. Experiment for yourself. Some people can't exhale for a slow count to 8 – that's ok, go for 6 or 7. Most important is that the exhale is longer than the inhale, and that everything is done slowly without worry or rush.

One hand touches behind Left mastoid, the other hand

Touch to the left of the navel – deep inhale 4, hold 4, exhale 8

Touch the navel– deep inhale 4, hold 4, exhale 8

Touch to the right of the navel– deep inhale 4, hold 4, exhale 8

One hand touches behind Right mastoid, the other hand

Touch to the left of the navel – deep inhale 4, hold 4, exhale 8

Touch the navel– deep inhale 4, hold 4, exhale 8

Touch to the right of the navel– deep inhale 4, hold 4, exhale 8

One hand touches Crown of head, the other hand

Touch to the left of the navel– deep inhale 4, hold 4, exhale 8

Touch the navel– deep inhale 4, hold 4, exhale 8

Touch to the right of the navel– deep inhale 4, hold 4, exhale 8

One hand touches top of head, the other hand

Touch to the right of the navel– deep inhale 4, hold 4, exhale 8

Touch the navel– deep inhale 4, hold 4, exhale 8

Touch to the left of the navel– deep inhale 4, hold 4, exhale 8

One hand touches Hairline, the other hand

Touch to the right of the navel– deep inhale 4, hold 4, exhale 8

Touch the navel– deep inhale 4, hold 4, exhale 8

Touch to the left of the navel– deep inhale 4, hold 4, exhale 8

One hand touches middle of eyebrows, the other hand

Touch to the right of the navel– deep inhale 4, hold 4, exhale 8

Touch the navel– deep inhale 4, hold 4, exhale 8

Touch to the left of the navel– deep inhale 4, hold 4, exhale 8