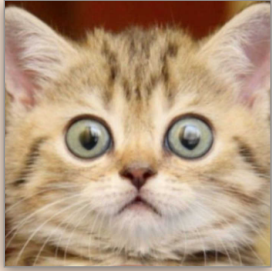


A Kitty's Guide to The PolyVagal Theory~

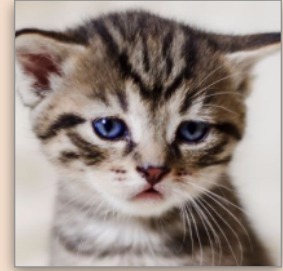
You already know ALL about your Nervous System!
Have you ever felt like a....



Scaredy Cat?



Growly Cat?



Mopey Cat?

If you live in these states all the time~ guess what happens? Cat-tastrophe!

Here's why:

You have 2 branches of your Autonomic (Automatic) Nervous System.

1: "Sympathetic"

~ named because it is "In Sympathy" with the outside environment. This system is in place to save your life— so be thankful! When you sense danger~ your body has an automatic FEAR reaction: you go into "Fight or Flight."

2: "Para-Sympathetic",

~ named because it is your way to Override the outside Environment. "Para" means over— or above. This is your "Rest and Digest" state— where you repair your body. This is YOU taking control of the outside environment, and not letting FEAR run your life.

So, what is the Problem? You can get stuck in "Sympathetic Overload!"

You want to be ready to react to any kind of danger out there. But~ you want to recover quickly, and get back to Parasympathetic "Rest and Digest. You are supposed to be in Rest and Digest" about 85% of the time. Whew! Safe and Secure. Let's see how to get there:

Where you want to be....

How about "Purr and Play"?

Take a deep breath IN through your nose... and make a long PURRRRR sound all the WAY out. Feel your throat vibrating. Its like a Hug from inside. Keep going till you feel SAFE and SECURE. Whenever you feel like a scaredy cat, a growly cat, or a mopey cat— remember to PURRRRRRRR. AND... to feel like a kitten in the Lap of God.

More later! With LOVEfrom Aunt Nancy

