

PolyVagal Theory
Extension:

“Feel Safe in the
Arms of Another”...

and— “Feel Safe in
the Arms of the
Divine”...

**The “Soul Danger Response”~
This can override all other Danger Responses.
You must feel “Safe in the Arms of the Divine”**

Cell Danger
Response

Sell Danger
Response

Smell Danger
Response

Other Danger
Responses

**You MUST have a philosophy to live by that
makes you feel SAFE. Otherwise you will be
in a subtle Sympathetic Overload.
All cultures from time immemorial created a
mythology to live by and be able to navigate
the world.**

Create “A Religion of Your Own”

Here is a glorious example...

A beautiful philosophy is described by Neil Douglas Klotz, PhD. He is a middle eastern scholar and has translated the language that Jesus Christ spoke: Aramaic. He says that this language was developed by a nomadic people who thought of the Creator as genderless, existing all around and within them. They created their language to express the concept that the Divine breathed them into existence— and that they had a reciprocity with the Divine through the breath.

They used sounds of the breath to describe the Divine: a soft “Haaah” was the action of the Divine coming through them. Hence their name for the Divine: Jehovah— with the “ahhhhh” as the very breathy long exhale deep from the diaphragm.

This is a philosophy that kept them in constant Parasympathetic Balance— just by speaking with deep long diaphragmatic exhales. More on Dr Klotz’ site, with audios of this language: Abwoon.org