

PolyVagal Theory Extension:  
This Proposal is a Side by Side Ladder...  
which allows for Duality to be Foundational.

<p><u>Green Safe Zone</u></p> <p>Sympathetic and Parasympathetic are in Infinite Balance</p>  <p>Sympathetic is alert for danger, but not overactive. Respiration is Even for Inhale and Exhale.</p>	
<p><u>Yellow Zone is Sympathetic</u></p> <p>It starts with Hyper-vigilance— Over-excitation Overstimulation</p>	<p><u>Parasympathetic</u> is mostly Green Zone</p> <p>We are meant to be in Parasympathetic dominance 85% of the time. <u>“Rest and Digest”</u> Social Interactions are Harmonious and Supportive— we co-regulate each other with Cues of Safety. Blood goes to brain. Breathing is calm. Oxytocin is produced. The more</p>
<p>Threat to Safety&gt; Danger Response</p> <p><u>FEAR drives you into “Fight or Flight”</u></p> <p>Your Nervous system is designed to take over in times of threat to save your life. You need blood in your limbs to Run or Fight— your digestion shuts off, your pupils dialate to see better. Adrenalin is produced for the short burst of speed you need.</p>	<p>As you increase spiritual practice, you become able to override the baseline Sympathetic response. “Para” means over. Here the body can detoxify,</p>
<p>More Threat: Cortisol shallow breathing, mouth breathing</p> <p>More Threat:</p>	<p>Spiritual Mastery: Control over threat response “Resting in Being, perform action.”</p> <p>High altitudes require a longer exhale to deliver oxygen</p>
	<p>Yogic Mastery: Control of the bodily functions</p>
<p>More Threat:</p> <p>The problem comes when your nervous system gets stuck in sympathetic overload— you see everything as a threat. You cannot think clearly— no blood to the brain— your breathing is shallow— not deep</p>	<p>Wake Zone— ie: “Finnegan’s Wake”</p> <p>In the past, people where thought to be dead— even buried — but they were just in Dorsal Vagal. Hence the term “Wake” when they awoke.</p>
<p>Red Danger Zone</p> <p>Most Threat: Sympathetic Extreme Blind Panic * Hyperventilation * Flight- Fight is poorly executed</p>	<p>Red Danger Zone</p> <p>Bottom of Parasympathetic</p> <p>Dorsal Vagal Shut Down</p>
<p>D E A T H      Z O N E</p>	

Note: My “Top of Parasympathetic” corresponds to Dr Steven Porges’ PolyVagal Theory “Ventral Vagal.”  
My Bottom of Parasympathetic is his “Dorsal Vagal.” See Page two for more detail