

UNITY

DUALITY

PHYSICS:  
~ Macro to Micro ~  
Polarity as a pump of Creation  
Complementarity  
Yin/Yang

Human Nervous System  
Vagus Nerve: Key to  
Spiritual Evolution.  
PolyVagal Theory  
Extension

S

P

**Sympathetic**

Sympathetic to outside influences. Inhale breath is Sympathetic/Energizing/Active

In Extreme:

Fight /Flight  
FEAR/Anger  
Hyperventilation: Panic  
NO Free Will here.

Outside Influences:  
Environment/ Media.

The job of mankind is to rise above the Sympathetic influences to achieve Self Mastery.



**The Goal:**

**The BALANCE of Dual Forces.  
Respiration/Energy Exchange**  
Bhagavad Gita: "Inhale and Exhale evenly through the nose."

Sustainability/Harmony

Free Will is in the Calm Balance of the Inspiration and Expiration

~ In-Spirit \* Ex-Spirit ~

As in the Aramaic Language of Jesus: Infinite Reciprocity with the Breath of the Divine. Infinite Energy Exchange with The Beloved.

**Parasympathetic**

Para = over. Over-rides Sympathetic influences. Exhalation Breath is Parasympathetic/Calming Rest /Digest/ Restore. Allows Space for Meditative practices

ie; the Calm, Disciplined Warrior (Arjuna/Luke SW/Hero)  
Free Will Here.

Connection with Spirit here, with even or longer exhale

In Extreme:

Dorsal Vagal/Shutdown  
(No Free Will in shutdown)