Self-Help Video #5 Part 2

Integration of Yawn and Sigh

<https://youtu.be/xvM7WcAuwm4>

(Begin at 1:10 minute to bypass Medical Disclaimer)

We are going to add an additional component to your basic Integration routine. Please perform Progressive Relaxation with Deep Breathing, with the 4-8 breath pattern. You are in the lying down position.

“Yawn & Sigh”: The first facial muscle relaxation is for the throat, which will also be the first technique for the vocalization exercises presented in Video Number 6. You will begin to vocalize on the exhale with a sighing sound. Just relax and sigh as you exhale. Then lengthen the sigh to last the entire time of the exhale.

DO NOT breath-hold in order to lengthen the timing on the sigh. DO NOT “exhale rapidly” and then breath-hold! DO NOT sigh and then exhale. Simply insert the sigh into the exhale. As you extend the “sigh” then allow the relaxation to create a “yawn” to your throat muscles. If you do not know how to do a “yawn” then please watch this video:

<https://youtu.be/I0dQx4SNSwE>

The “science” of the Yawn: We return to the “top-down” developmental model as we integrate the facial muscle exercises. Fetuses begin yawning in the womb about the 12th week of gestation. Research has revealed that the yawn is vital to proper brain development. The “face” and the “brain” originate from the same source.

There is an old saying: “The face predicts the brain” which indicates that, historically, humans have relied upon facial expressions as a way of determining whether an individual has gestational brain damage. But, chronic facial muscular tension can also impact cognitive efficiency in fully developed brain neuronal functions.

<https://www.researchgate.net/publication/228659427_Fetal_yawning_assessed_by_3D_and_4D_sonography>

A simplified developmental history lesson: By the third month of gestation, the naso-frontal and premaxillary structures are joined to the anterior brain; the maxilla-mandibular and anterior cervical structures are joined to the brainstem and its nerves. The fetus show the first oral and pharyngeal motor sequences with suction and yawning.

Every “yawn” generates a cascade of both new neuron synapse formation (and release of dopamine and oxytocin) and impacts respiratory, cardiac, digestive, and sexual systems. Oxytocin is a key regulator of emotional and social reward, thus yawning is viewed as a primitive, unconscious form of empathy.

<http://www.scholarpedia.org/article/Yawn>

<http://baillement.com/english/yawn-triggered.html>

[www.karger.com/Article/Fulltext/307075](http://www.karger.com/Article/Fulltext/307075)

<https://lifesciences.umaryland.edu/neuroscience/Research-Focus-Groups/Synapses--Circuits/>

Yawning also directs the mature individual from the DMN (default mode network) state of passive internal thought (such as OCD thoughts) to activation of cognitive attentional state. In other words, a yawn “wakes you up” to participate in the external sensory environment. Because the “yawn” creates new neurons, it is a vital part of brain neuroplasticity (growth and re-organization of the brain functions), thus a vital part of psychotherapy.

<https://www.sciencedirect.com/topics/neuroscience/default-mode-network>

<https://home.hellodriven.com/articles/how-neuroplasticity-changes-the-brain/>

Because of the biological power of the yawn, from this point onward, you will always perform the “yawn and sigh” activity as you perform the integrated Progressive Relaxation and Deep Breathing. Do not proceed with the other integration activities of Mindful Scanning, Mindful Senses, and Mindful Movement until you are able to sigh on each exhale and permit the spontaneous emergence of the “yawn” when your nervous system requires this action. This is vital to breaking false “social manners” that one does not YAWN in the presence of others! It is also vital to retrain the brain for the vocalization techniques presented in Video Number 6.

STOP EVERYTHING FOR THE YAWN! Surrender to the yawn. Allow the entire yawn cycle to complete itself. If another yawn immediately follows, surrender to that one too. This spontaneous yawning action is vital to the unconsciously controlled healing processes. The more your cognitive OCD thoughts (to be addressed in later video) can surrender completely to the spontaneous yawn, the greater the integration between conscious and unconscious “mind” as well as integration between body brains (head, heart, gut).

Your “time senses” are also impacted—objective time, subjective time, brain time, cellular time, psychological time See Treatment Video “IN SYNC Stage 3 Part 1” for more information on “time sense”:

<https://youtu.be/LD_Fh6bf1Sk>

After the yawning cycle is completed, then perform five deep breaths to allow for “time sense” to reset. Then resume your practice from the point at which the spontaneous yawn began. If the spontaneous yawn arose due to tension-holding body segments, you may experience another cycle of spontaneous yawning, or burping or “gas passing”! Surrender to all tension-releasing bodily functions.