STEP 14: FUNCTION OF THE SIXTH SENSE OF VESTIBULAR SYSTEM

**PREPARATION FOR SESSIONS**

By this session, it should be a standard practice for you to perform the Progressive Relaxation with integration of Deep Breathing and the Yawn and Sigh. Your skill in Mindful Body Scanning and Scanning of Internal and External Senses should be a standard component of your preparation. You have now added Vagal Nerve activation of Eye Rolls, Facial Exercises, Throat Support Muscles, Pelvic Exercises, Tongue & Mindful Eating, Speaking on the Exhale, and Vibrational Auditory Awareness. You have gained the skill of Mindful Movement, and can have the choice of what position you want to take during the session or during the tasks of the session.

If you do not take the time to do this preparation work, then the beginning of your session will consist of this preparation task.

When you start the session in this prepared “mind-state,” we will do a “quick-reset” to begin the session.

**TODAY’S SESSION**

Today, you begin a journey which leads us into Sensory Integration.

For the exercises we will perform today, please watch this video and read the text script:

Self-Help Video #7 Part 2:

Function of the Sixth Sense of Vestibular System

<https://youtu.be/cb36xCpS84g>

(begin at :55 seconds to bypass Medical Disclaimer)

Please download, review and perform the attached vestibular system exercises:

Balance Exercise Instructions (pdf 1)

Vestibular Rehabilitation Exercises (pdf 2)

Vestibular Exercises (pdf 3)

The vestibular system is a crucial sensory system for other sensory systems such as tactile (skin) and proprioception (the focus of the progressive relaxation), as well as having connection to the limbic (emotional) system. Vestibular sensory system has a significant role for further physical, emotional, and psychosocial development. As the fetus matures towards birth, the vestibular system lays the foundation for all of the other senses. It is the vestibular system which enables man to be the “upright walking” human who can do amazing feats with the body structure.

Sensory Integration Dysfunction is present from birth, but sometimes is misdiagnosed. For more information, please read this attached document:

“Science Article on Vestibular Dysfunction”

All of your past psychotherapy which focused upon the vagus nerve have the goal of “balancing” your sensory input, and the mindfulness scans have the goal of enabling your “self-regulation” of your responses to the stimuli.

With this understanding of the vestibular system, you will be able to understand the “connection” between Eastern and Western science on energetic healing, including how the Nadis, Koshas, Meridians, Chakras, and Human Energy Field (HEF) fit together in your psychotherapy. The next IN SYNC steps will continue to make connections with the HEF, especially as this energy relates to social interactions.

Science has discovered why we rock and why it is one of the best relaxation activities to shift to parasympathetic activation. Rocking directly impacts the vestibular system.

<https://www.frontiersin.org/articles/10.3389/fnint.2014.00059/full>

<https://www.alzforum.org/news/research-news/rocking-improves-sleep-and-memory-adults>

Rocking may assist your integration of psychotherapy growth during your sleep:

<https://www.sleepfoundation.org/stages-of-sleep/nrem-sleep>

**REVIEW OF JOURNALS**

**NEW INSTRUCTION:** Please write in your Sleep Journal any vestibular activities (i.e., rocking, vestibular exercises, etc.) you did prior to sleep.

We will review your Daily Journal entries for the prior week and will continue integration of the Sleep Journal and the Dream Journal. We will begin in a chronological order of entries since your last session. You will briefly describe the various “activities” you did during the past week.

Your dreams may begin to increase as your conscious and unconscious mental processes begin to integrate for your health. Remember: Include all dreams as an “event” of the Daily Journal. A dream will be the first entry of the day. Please follow the instructions for your Dream Journal and your Sleep Journal.

When you have a dream event, you will begin our discussion by examining the Sleep Journal. Any factors which impacted your sleep routine may appear in the dream and must be included/excluded before a psychotherapy meaning can be applied.

A dream event will have an impact on the day’s activities. There may be a change in “emotions” (body sensations), or feelings and thoughts (cognitive responses) than how you usually experience an activity. The manner in which you experience your daily activities may have an impact on that upcoming night’s sleep routine, and that night’s dreams.

A dream can be “the signal” of a therapeutic “change” occurring in your “self-identity.” Such a change can impact the direction of therapy interventions.

If a dream event occurred since the last session, then the rest of your session may be focused solely upon this one event.