

VAGUS NERVE – Balancing the Autonomic Nervous System HEALING / BREATHING MEDITATION by Martina Grubmueller

How to use this Healing meditation : record in your own voice and repeatedly listen and perform the basic exercise either lying down or seated. Allow sufficient time for the exercise or pause your recording at the appropriate timing.

I, [insert name] as the I AM Apex being of the now, manifested on two legs in this ever present moment, as a conscious being of knowingness & wisdom, grown as a foetus in my mother's womb, I choose to engage my hindsight and foresight, as my birth right and legacy, to honour and acknowledge my Spiritual DNA Technology and the original blueprint of perfect health, for the expressed purpose of restoring, rebalancing, relaxing and healing my AUTONOMIC NERVOUS SYSTEM, THE SPINAL & CRANIAL NERVES AND IN PARTICULAR ALL THE BRANCHES OF THE VAGUS NERVE that is central to every aspect of my life and living.

This is a tribute to and a healing focus on the vagus nerve, the wanderer, and other cranial friends, that cover a multitude of autonomic functions on their travels from the brain and brainstem into the chest and abdomen. Its selfless contributions of its two branches never fail to amaze, inspire, calm and heal as it wanders through the throat, the oesophagus, the lungs, the heart, into the organs of the digestive and eliminative systems as well as promoting lovingly bonded relationships.

Now, take a deep breath and allow your attention and intention to settle on a version of yourself that feels safe and sound, relaxed and expanded in all directions of your beingness. Keep your focus and allow every inhalation to create more space. Drop any barriers of constriction, in aware- and unawareness and observe every exhalation to maintain that space, cultivating a sense of peace, of purpose of perfect place for meditating and healing.

Now, interweave the fingers of both hands together and place them behind the back of your head, with the weight of your head resting comfortably on your interwoven fingers. Feel the hardness of your cranium with your fingers and thumbs, and the bones of your fingers on the back of your head. Breathe evenly, a deep inhalation followed by a complete exhalation, creating space on the inhalation and maintaining that space on the exhalation.

Allow a feeling of safety to occur inside your body as well as outside of it and allow your structures to relax. Be open to the 'touch' of the sound of your voice to support your mental and physical health, your individual growth & restoration and to optimise the autonomic functions. Acknowledge what it feels like to feel safe in terms of environment as well as in terms of feedback from the proprioceptive nerves that constantly monitor what is going on in the body.

Keeping your head perfectly still now. Look to the right, moving only your eyes as far as you comfortably can. Like that, keep on breathing for about 30 to 60 seconds and do not turn your head. You might want to swallow, yawn, or sigh and that is ok. Your energies are shifting and your body is relaxing. After that, with the head remaining unmoved, look to the left and repeat the process of breathing and keeping your head still for 30 up to 60 seconds.

[allow time in recording or pause]

Now, slowly and gently bring your attention back to your breath. Relax, unwind and release the eyes and hands and take a long inhalation all the way from your tailbone up to your crown and exhale deeply. Observe your body's steady breath, your sympathetic and parasympathetic resting peacefully, your muscles relaxed and the blood flow circulation continuously restoring as the autonomic nervous system calms down even more.

With every conscious breath you take, honour your pranic body, your physical biology, your co-existence in the here and now. No more running from the imaginary tiger, the baddies have left the building long ago. No more withdrawing from the world, avoiding people, intimate relationships, places, spaces of socially engaging. No more hiding in solitary existence giving raise to addictions and disconnecting from this world. Now is the time to bond, to reach out again for mutual contribution in equal co-creation, non-competition, non-hierarchical order.

Breathe evenly and allow the spiritual DNA technology and your magical mystical skill sets to switch on to assist you in making the unknown known. Keep detoxifying and freeing the branches of the vagus nerve from the sharp claws of the global narrative. It is your birth right, your legacy and your responsibility to claim and realise the magic that you truly be and to begin to practice these mystical skills that will raise your frequency and psychic awareness a thousand-fold.

I now invite in all my younger versions of the self that can give testimony of trauma, drama and dis-ease. All aspects of my I AM presence, who in unawareness, through tacit consent, have biomimetically mimicked other people's pathways, pains and realities and embodied those distorted energies of anguish and distress. I call them forth now for liberation. I give them full permission to let go of all the charges and polarity, all the electromagnetic energies of distorted love, stored in the atoms of their bodies and between. Heal, restore back to the blueprint of perfect health and happiness and turn hatred and fear back into love once more.

I herewith demand back my birth right to travel beyond time and space whilst owning the joy of having a physical body that will deliver me the pleasures, the ecstasy, the intensity, the potent re- and co-creation with my fellow kind in deep personal sacred communion and intimate union to reach those higher levels of consciousness with total ease, joy and bliss.

Let us now light the torch of new beginnings and choose awareness over fear, as fear is no longer your friend but foe in times of thrival versus old survival. Do not fall prey to stressful hyper action, defensive triggers of reaction and response leading you astray, away from happiness and joy into depression, aggression, regression, suppression, as neither nor gives you the sense of relaxed safety that you are striving for.

The time is now, the energies are with you. Go, enter the playing fields of conscious awareness exploration, be the wise and sovereign master in sacred neutral co-creation, including everything and judging nothing. Claim back now, your potency, your choice of choices, 360 degr vision to act and react without killing your kind body and to once again embrace your psychic skills to astral travel and become the dreamtime creator that you truly be. Your galactic shards, parts and avatars have been waiting patiently to merge with

and serve you once again and share the way as way seekers, peacekeepers and leaders of this new paradigm.

I herewith clearly state that I do NOT consent to any atrophy, entropy and antipathy of awareness, seen or unseen, not in this or any other reality, dimension and timestream, that diminishes, rips apart, or fights, the harmony and evolution of my autonomic DNA technology functions and my rights as a spiritually awakening sovereign free willed being.

I take on the mantleship of responsibility to consciously connect and activate the new strands of my spiritual DNA technology and acknowledge the importance of trusting and surrendering to a balanced autonomic nervous system. I herewith connect in gratitude to the vagus nerve, the great 'Wanderer' and Magician of all cranial nerves, not only for physically, emotionally resting & restoring my vehicle of experience or for cultivating optimal health, wealth & prosperity, but also for helping me generate and maintain intimate relationships, friendships & communications amongst all celestial sentient kind in this this 5th world of peace.

And so it is. Aho

Now, bring your awareness back to your body, to your breath and take a deep inhalation all the way from the tailbone, along the spine to the crown of your head, hold the breath for a moment and slowly exhale down entirely before you open your eyes and get on with your day.

Have a wonderful day.

MG

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[Sources of inspiration: Andrew Bartzis, Galactic Historian and Accessing The Healing Power Of The Vagus Nerve by Stanley Rosenberg]