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Chakras and the Vagus Nerve: Tap Into the Healing Combination of Subtle Energy Your Nervous System

By: C.J. Llewelyn M.Ed.

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Turn Your Vagus Nerve into a Spiritual Powerhouse for Healing The vagus nerve is the great communicator between most systems in your body, including major organs of the brain, digestive system, and heart. It also corresponds perfectly with the seven chakras. Trauma therapist C. J. Llewelyn reveals how these two systems work together to heal your past and clear your body of intense reactions that no longer serve you. With her guidance, you can access the compassionate energy of your inner light. Chakras and the Vagus Nerve teaches you how to identify the information your nervous system is sending and work toward calming it. You'll discover the psychological dimensions each of your chakras hold and how to release pain instead of running from it. Featuring more than forty-five exercises and prompts, this book demonstrates how to fully engage with your energies. When you understand your wiring, you can heal body, mind, and Soul. Includes a foreword by Ann J. Clark, PhD, RN, Michael Newton Institute Life Between Lives Facilitator and Usui Reiki Master tags:

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