

The Social Vagus

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The reason I had gotten myself into this mess in the first place was that I had become socially isolated. I set my neurology up for a fight it could not win. My body was internally screaming for attention, and when that didn't work it started to play dead. You can see people in these three stages everywhere around you. When you start to understand this, it's as if a veil has been lifted.

One Summit presenter, Joe Dispenza, focused on the frequencies that the brain and body give off. A baby exhibits a brain-wave pattern that scientists designate as the subconscious mind. All of the keys to survival are written into this subconscious mind by a specialized set of nerve cells called mirror neurons. These mirror neurons help us to write the program for what to do later in life when we encounter a threatening situation.

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