



DORSAL VAGAL

NUMB

SLEEPY

SHUT-DOWN

FREEZE

SELF-CRITICAL

SUPER-EGO

EGO DEFENCES

ACTIVATED

FRIGHTENED

SYMPATHETIC

FLIGHT/FIGHT

BIG EMOTIONS

JUDGEMENTAL

CONTRACTED

SEPARATED

COMPETITIVE

SURVIVAL

VENTRAL VEGAL

CONNECTED TO THE WEB OF LIFE

mauri ora  
inter-being

creative

restoration

expansive

generative

connection

safety

CONNECTED TO EARTH