



Lesson #11 — Vagal Stretching & Conscious Tasting

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Welcome back. I hope you enjoyed yesterday's training. Working with olfaction. If you will recall, we began with vagal stretching, and then went into awareness of the breathing process and the sense of smell — olfaction. Then we went back into beta and then went back into awareness of olfaction, the sense of smell, and breathing without using vagal stretching as our mechanism to shift into alpha. So, we are bridging into and associating conscious alpha with various senses using vagal stretching as a means of facilitating that connection or association in the brain. We have also become a little bit more aware, hopefully, of the difference between beta and alpha brainwave states and hopefully we are observing ourselves throughout the day, noticing maybe a little bit more when we are in a conscious alpha brainwave state versus an unconscious alpha brainwave state and maybe also noticing when we are in beta a little bit too much and then able to choose to take a minute or two to shift into a conscious alpha brainwave state.

Today we are going to take the next step, adding another sense which is the sense of taste. And we are going to use vagal stretching again as a mechanism to facilitate that connection or association with the brain to conscious alpha through the sense of taste. So, go ahead, start your stretch, see if you can't do the entire stretch with your eyes open, let your body feel its way through the process noticing the entirety of the physical body at the same time legs, lower back, torso, face, everything simultaneously. When you are done, feel the body deeply. Go ahead and close the eyes and become deeply aware of the sense of taste and the

feeling in the mouth. Feel inside the mouth as if for the first time. Take the perspective of the tongue and its life as if it was an individual organism. Imagine its duties, its feeling, its perspective. The dangers that it has simply moving food around the mouth and not getting bit. It's a dangerous life for sure. Feel the teeth. The walls of the mouth. Imagine the tongue is tasting itself, which it is at all times. Feel the space within the mouth. Relax the body deeply. Notice the cacophony of tastes. You may notice things that you have eaten earlier in the day, but let's move away from identifying those scents individually, and instead feel and taste the totality. Enjoy, as if it were the first time. (Pause).

Remaining aware of the mouth primarily go ahead and open the eyes and keep the visual field secondary. (Pause) Now let us shift back into beta, again, move the body, slap the face, think of some to-do list, a little long division whatever it is that works for you. Get yourself into a task-oriented mindset. Speed up your feeling inside your body. Once you are in beta, we are going to try it again, but this time without the vagal stretching. We are just going to become instantly aware of the mouth and the cacophony of tastes within it. We'll start with the eyes closed. Let us begin.

Relax the body deeply. Enter the mouth, feel, taste — be the mouth. (Pause) Remaining deeply aware, being the mouth, we will open the eyes, but allow visual awareness to be secondary. You might turn away from the screen so that faces don't attract the eyes. (Pause)

Alright, hopefully you enjoyed that practice. With practice your sense of taste will likely become more acute. You will become more aware of the things you are eating, also more aware of your health because your health plays into the taste in your mouth like when you wake up in the morning, that sort of thing.

As homework, just practice as we did here. Vagal stretching, eyes open, go back and become aware of the sense of taste and the feeling in the mouth. Then go back into beta, then once in beta, shift straight into awareness of the mouth, relax the body, be the mouth with eyes closed for a bit, and then open them for at least a minute or two. That's the practice. So, we are associating bodily awareness through the relaxation with the sense of taste, conscious alpha brainwave state, and then enabling the capacity to be aware in the conscious alpha state through the sense of taste with the eyes open. This process is taking us ever toward the ability to be functional in our active daily lives, incorporating awareness or conscious alpha brainwave states into our active daily lives which means more engagement, less stress, more enjoyment of our lives. An improvement of our life quality.

Hope to see you next lesson.