

VAGUS NERVE ENERGISER SCRIPT

Vagus Nerve Energiser is a gentle exercise that combines tapping on the upper chest with humming and making soothing sounds.

Here are the steps of the Energy Flow® Vagus Nerve Energiser exercise:

1. Place both hands on the upper chest, one above the other.
2. Gently tap the upper chest while making a long, relaxed “ahh” sound.
3. Continue tapping and this time, breathe in deeply.
4. As you exhale, hum, allowing the vibration to move through the chest, throat, and face.
5. Repeat this sequence for several rounds.
6. Pause at the end and notice any shifts in your body, breath, or mental state.

Reflection questions:

1. What sensations do you notice in your chest, throat, or breath after humming and tapping?
2. Did the vibrations or tapping change your level of tension, energy, or calm? How?
3. Do you feel more grounded, settled, or aware of your body compared to before the exercise?