

# RUNES & VAGUS NERVE

by *Bellabianca*

## Affirmations Before Runes

The holistic messages from runes can be consulted on an as-needed basis or as a ritual (see “Autumn 2020” edition). Regardless of scheduled time, a prerequisite should be created for runes by vocalizing affirmations in several ways. This helps us build faith in ourselves before looking toward the universe for answers. By speaking an affirmation out loud, softer, in a whisper, mentally, and feeling, our focus and energy absorb the words more deeply until they reach the superconscious, a world beyond material and ego. Not only does this strengthen our presence with runes, but also strengthens our vagus nerve.

## The Vagus Nerve

The longest nerve in the body, the vagus nerve, begins in the brain stem and travels toward our naval. En-route it influences our facial muscles, voice box, thorax, heart, lungs and gut. There are three levels associated with it: the highest level moves our eyes, ears, facial muscles and voice; the second level taps into our fight-or-flight reactions including a fast heart rate and heavy breathing; the third level is the lowest by the diaphragm, where we shut down our systems.

At the top, we know how to be socially engaged. If we can't come to a resolution in that part while communicating, we move downward into fight-or-flight. Finally, if our body gives up hope while in fight-or-flight, we've reached a collapsed state, sometimes psychologically known as helplessness.

## Healing through Vocals

By choosing to vocalize affirmations and messages such as “Harvest” or “Flow” from runes, this shows the vagus nerve that we won't let ourselves remain in fight-or-flight or learned helplessness. We give ourselves permission to meditatively move forward; we stand with open shoulders and an open heart full of confidence while reciting our affirmation; we lower that open heart when sitting and responding to runes with facial expressions. Though lowered, we still bring energy and heart. Responding with energy to writings instead of reacting with chaos is key. We don't need to be victimized in a situation. Being clear and present with messages and reflecting on an appropriate action reinforces this.

## Heal Ourselves, Heal Outward

The ritual of reading affirmations and runes out loud is a way of strengthening the highest part of the vagus nerve, or the ventral vagal complex. We communicate with ourselves, assuring our mind, body, and heart that we are in a safe space. We're practicing nonviolence and tapping into our parasympathetic nervous system, the opposite of fight-or-flight. Eventually this practice will pour outward in other relationships. The need to physically or mentally flee or shut down can be lessened.

Behind the scenes, vocalizing takes care of us in a much stronger way than just preparing what we're going to say or how we're going to perform. The phrase “use your words” saves so much distress on the person the words are aimed for, as well as the person who is using the words. Being able to vocalize and stay in the parasympathetic state when in conflict takes care of us more than we know.