



Heel Press and Voo Breathing

Combining the heel press with Voo breathing creates a powerful bottom-up regulation loop that speaks directly to the nervous system. The heel press utilizes proprioception, the body's ability to sense its own position in space, to provide the brain with a strong signal of safety and physical presence. By pushing into a solid surface, you engage the large muscle groups and joints, which sends a message to the brain that you are grounded and physically supported, effectively pulling you out of a dissociative mental state.

When you add Voo breathing, you are moving from physical grounding into physiological tonification. The low-frequency vibration created by the "Voo" sound stimulates the vagus nerve, the primary component of the parasympathetic nervous system. This specific vibration acts as a gentle internal massage for your organs and nervous system, slowing the heart rate and signaling the brain to move from a defensive state (fight or flight) into a rest and digest state. Together, these tools provide an anchor that recalibrates the body's internal baseline.

The Heel Press

- ① Take a moment to notice your feet and legs
- ② Press your heels firmly into the floor for 3-5 seconds
- ③ Feel the resistance of the earth meeting your strength

Voo Breathing

- ① Inhale deep into the belly
- ② Exhale with a low “Vooooooooooooo” sound
- ③ Feel the vibration in your belly and chest

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How to Use this Sheet and Do the Techniques

- **Placement for Success:** Print this guide and place it in a location where you often feel the most noise, perhaps on your office desk, your bathroom mirror, or tucked into your car's sun visor. Seeing the visual cue helps bypass the brain fog that occurs when you are already overstimulated.
- **The 3-Rep Cycle:** When you feel the onset of hyper-arousal or mental fragmentation, perform the heel press and Voo breath together for three full breath cycles. Focus entirely on the physical sensation of your heels and the internal vibration of the sound.
- **The Safety Check:** After the third breath, take ten seconds to scan your body. Notice the weight of your feet and the rhythm of your heart. Use this printed guide as a physical receipt of your commitment to your own physiological autonomy.

Notes on the Heel Press:

- The heel press can be done sitting or standing
- Really take the time to feel your muscles tense and engage, then release and relax

Notes on Voo Breathing:

- The trick to Voo Breathing is to get your chest and belly to feel the rumbling of your voice
- Low and steady exhales supported by a strong, deep inhale

Crystal Moon Lotus

“A regulated center is the foundation upon which every unique mind can grow.”

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