

THE BIOFIELD BODY GUIDE

TO NERVOUS SYSTEM
REGULATION & COHERENCE



WHY YOUR SYSTEM REACTS
THE WAY IT DOES — AND HOW
COHERENCE RESTORES BALANCE

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THE BIOFIELD BODY



THE NERVOUS SYSTEM MAKES SENSE NOW

Why do I keep reacting even when I don't want to?

If you've ever thought:

"Why am I so easily triggered?"

"Why can't I calm my mind?"

"Why does my body react before I've even had time to think?"

There is nothing wrong with you.

*Your nervous system is doing exactly what it's been trained to do.
Most of us live in a state of low-grade stress without realising it.*

Busy minds. Constant stimulation. Always "on".

Over time, the nervous system adapts to this pace – and reactivity becomes the default.

This is not a mindset issue.
It's a regulation issue.

Your nervous system runs the show

Your nervous system controls:

- how safe or tense you feel
 - how quickly you react
 - how well you rest, digest, and recover
 - how clearly you think and make decisions
-

When the nervous system is overstimulated, the body stays alert.

The mind races.

Emotions feel louder.

Small things feel big.

This isn't because you "can't handle things".

It's because your system hasn't been given the chance to settle.



ANCIENT CULTURES UNDERSTOOD THIS

Long before modern neuroscience, cultures around the world worked with regulation through frequency.

Monks chant.

Indigenous cultures drum.

Sacred traditions hum and tone.

They used sound to calm the nervous system — and in doing so, calm the mind.

They weren't trying to stop thoughts.

They were restoring coherence.



WHAT IS COHERENCE?

Coherence is a state where your body, nervous system, and energy are working together instead of pulling in different directions.

In everyday terms, coherence feels like:

- calm instead of urgency
- clarity instead of overwhelm
- grounded rather than reactive

It's the state your system enters when it feels safe enough to settle.



WHY SOUND AND FREQUENCY WORK

Sound speaks directly to the nervous system.

Your body doesn't need to be told what to do – it already knows.

When the nervous system receives steady, supportive frequency, it begins to:

- slow down
- release excess tension
- reorganise itself
- return toward balance

This is why sound-based practices often create a feeling of calm, clarity, or grounding – even when you're not "trying" to relax.

There is no effort required. Your system responds naturally.



**WHEN THE
NERVOUS SYSTEM
SETTLES,**

**SOMETHING ELSE
HAPPENS...**

As the noise reduces, you
begin to hear yourself
again.

Less internal pressure.
Less mental chatter.
More space.

This is what many people
describe as coming back
into themselves.

Not through force.

Not through fixing.

But through allowing the
body to feel safe enough
to be present.





SIMPLE WAYS TO SUPPORT YOUR ELECTRIC NERVOUS SYSTEM DAILY

You don't need to overhaul your life.
Small, consistent practices make the biggest difference.

Try:

- listening to sound or frequency recordings
- slowing your breathe, in 4, hold 4, out 4
- bare feet on the ground
- spending time in nature
- reducing constant input (screens, noise, multitasking)

These practices signal safety to the nervous system – and that's
where change begins.

WHERE TO GO FROM HERE

If this guide resonated, your system may be ready for deeper support. There are deeper ways to work with your nervous system within your biofield.

You can:

- explore recorded sound journeys designed for daily regulation
- experience 1:1 Biofield Tuning sessions (in person or distance, anywhere in the world)
- join my frequency community for ongoing education and support
- participate in group sessions and retreats

All of my work is grounded in the same principle:

Support the nervous system – and everything else follows.

You're not broken.

Your system just needs the right conditions.

Warmly,

Casey

The Biofield Body