

The Power of Your Face:

Key to Social Engagement, Connection
and Rejuvenation

Companion Guide



by Dr. Susan Lange, OMD, L.Ac.



Welcome!

This is the Companion Guide for the presentation first hosted by Kate White, Director of the Center for Prenatal and Perinatal Programs.

If you'd like to review the video again, on "The Power of Your Face" click here: <https://youtu.be/rMzHrNRPcuk>

Below you'll find a summary of what we covered:

- 1. What is Social Engagement?**
- 2. What shuts it down?**
- 3. What you can do to open it up**

And at the very end we offer you a way to join us and our community to connect and go deeper – if you feel called.



What is the Social Engagement System?

What is the Social Engagement System?

According to Stephen Porges, the Social Engagement System (SES) is a two-way interaction system (receptive and expressive) centered primarily in the eyes, ears, larynx, and mouth. It incorporates the entire face and the torso above the diaphragm. It picks up signals from those around us - such as body language, voice quality, and facial expressions. If the signals are positive, it calms us, and it does so unconsciously. The SES is very powerful and can override stress hormones.

What is Neuroception?

Underneath our conscious awareness, we are always scanning for:

- Cues of safety
- Cues of danger

NEUROCEPTION

SAFETY

DANGER

LIFE
THREAT

“Independent of conscious awareness, the nervous system evaluates risk in the environment and regulates the expression of adaptive behavior to match the *neuroception* of an *environment* that is safe, dangerous, or life threatening.”

Stephen Porges, PhD

Here is a very simplified version of the Polyvagal Theory by Dr. Stephen Porges:

The Polyvagal Theory of Human Emotion

SAFETY

DANGER

LIFE
THREAT

Social Engagement Behaviors
Fosters calm behavioral states and inhibiting the sympathetic nervous system's influence on heart rate. Basis for social bonding and attachment behaviors. Ventral Vagus Nerve (most evolutionarily evolved)

Mobilization: fight & flight behaviors
Mediated by the Sympathetic Nervous System. Increases metabolic output and increases cardiac output

**Immobilization/Death Feigning/
Behavioral shutdown**

According to Dr. Stephen Porges' Polyvagal Theory:

- Safety cues calm the physiological state and enhance Social Engagement behavior
- Trauma and danger distort neuroception and creates defensive reactions

The Polyvagal Ladder (Deb Dana)



Did you know that the best safety cues come from your face!?

The 5 Cranial Nerves of Social Engagement – affecting your face

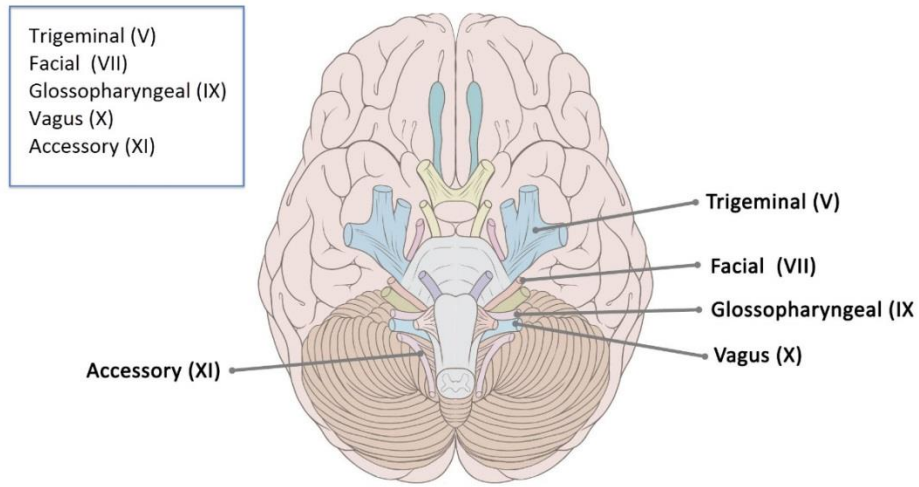
1. Trigeminal (V)
2. Facial (VII)
3. Glossopharyngeal (IX)
4. Vagus (X)
5. Accessory (XI)

Together they regulate the eyes, ears, movements of face and head, and voice to search for cues of safety.

Their functions:

- Muscles that open our eyelids, look and gaze.
- Facial muscles – to express emotions, from love and joy to threat and rage.
- Middle ear muscles – to extract the human voice from background noise- listening.
- Muscles for chewing that help us nourish ourselves.
- Pharyngeal and laryngeal muscles - to vocalize, use language and swallow.
- Muscles to turn the head - to orient and gesture socially.
- The sinoatrial node - the pacemaker of the heart
- Regulate the breathing rate which calms the heart

The 5 Cranial Nerves of Social Engagement



Social Engagement naturally begins at birth

The baby starts sending direct signals to their mother (or other caregivers) through the muscles of their face and head.

This activates the 5 cranial nerves of Social Engagement

It helps the baby know if they're safe so that their nervous system can automatically regulate and they can bond and connect.





What Shuts Down Social Engagement?

What decreases Social Engagement?



- 'A' type behavior – always on the go
- Listening to loud overly stimulating music/noise
- Lack of sunlight and too much artificial light
- Extreme fast-action or violent movies
- Staring at the computer screen or TV or cell phone for hours a day.

Especially:

Botox
Social media (too much)
iPads
Cell phones
COVID fears
Loneliness & helplessness
And, of course, trauma

And any trauma affecting the face and head such as:

Dental
Head injuries
Birth trauma
Emotional trauma such as heart break, betrayal
Toxins

Oriental Medicine believes the biggest reason for low Social Engagement is Lack of SHEN

Lack of SHEN:

When the flow of qi or energy from your heart to your face gets blocked because of fear, trauma, heart break, emotional or physical abuse, the Shen cannot rise into your face.

So, what is SHEN?

SHEN manifests in your face as the sparkle in your eyes, the luster in your skin.

It's your radiance - and it comes from the inside.

It manifests as an inner confidence, an inner resilience, where all is well in your world (even if it doesn't look like it from the outside.)

Giovanni Maciocia, world renowned Oriental Medicine scholar, says the Chinese character for Shen means:

Part 1: Heaven, spirit of the heart

Part 2: "Reaching out to connect."

When your Shen is low:

And you don't have a deep sense of safety or a deep listening connection...

- your heart can't open
- the Shen cannot rise up and illuminate your face

... and Social Engagement is limited.



What Opens up Social Engagement?

Ways to increase Social Engagement and Vagal Tone

- Building those "JOY GROOVES"!!!
- Meditation
- Yoga
- Singing and chanting
- Playing a musical instrument
- Parasympathetic breathing – longer exhale
- Eye contact (when it's safe enough)

- **LISTENING:** Prosodic melodious sound activates the tiny stapedius muscles of the middle ear (the sound of the mother's voice to the baby)
- Ear Acupressure Massage

Essential Oils

YIN Essential oils calm the sympathetic nervous system and upregulate the ventral vagal system:

- Lavender (study)
- Helichrysum
- Rose Geranium
- Rose
- Sweet Orange
- Sweet Marjoram (helps regulate the nervous system)
- Bergamot (study)

YANG Essential oils “elevate mood” and lift depression, from the Dorsal Vagal state:

- Jasmine
- Ylang Ylang
- Lemon
- Lime
- Grapefruit

Essential oils to balance the parasympathetic nervous system - developed by Jodi Cohen of Vibrant Blue Oils “to stimulate the parasympathetic rest and digest state”

- **Clove** – can help clear the vagus nerve from dental toxins and other infections. It increases mental clarity. Also can balance blood pressure and reduce anxiety
- **Lime** - improves mental health, immune function and reduces inflammation

More simple ways to increase Social Engagement and build resources



- Massage mastoid area to stimulate vagus nerve
- Increase the “Fire Element” activities DAILY:
- Activate those ‘Joy Grooves’ again
- PLAY
- Funny movies,
- Laughter and yawns
- Unstructured play

NFR Ways to increase Social Engagement: Facial "Power Poses"

- Nurturing self-soothing touch (Turtling)
- Face Embrace
- Or Baby Face
- "Windows of Heaven" Spread,
- Aka Vagal Spread

KEY: Always come back to Social Engagement

- Always choose to come back to the top of the ladder – where your resources are.
- Follow your cues of safety – the ones that work for you
- This is where you shine.

We've developed a system to help you do this: **Neuro Facial Regulation (NFR)**

It leads you to who you truly are so you can be there for *yourself*, your clients, families and community in a completely different way.

Click here to learn more: <http://rejuvenatemyface.com/nfrspecial/>

Let yourself PLAY!

Honor that natural healthy blueprint, that knows we are biologically designed to connect.

We are hard-wired to connect.

We are all born with this healthy survival blueprint inside us.

We CAN move from trauma and despair to repair

How?

Up-level your game from despair to delight

When your heart opens, your Shen rises into your face and connects with others through the sparkle in your eyes and the luster of your skin.

We need to reach out and connect – from a place of safety -

To reach out and connect energetically with others across the air waves

Share the gift of YOU through your face.

And here's more...



Zoom Tips to Enhance Digital Connection

8 ZOOM TIPS for these times:

1. Reach out gently energetically - and connect while staying connected to self
2. See the other/s on screen as real people not just a 2-dimensional flat image

3. Soften your eye gaze so that you can look directly at the camera and also see their expressions (This takes practice to open up your peripheral vision)
4. Make sure your face is expressive and “reflective”
5. Practice prosody – improving the intonation of your voice
6. Open up your ears
7. Work with your face
8. Settle into yourself so that the whole you comes across (vs a distracted internet you)



Activate Your “Sparkle-print”?

Working directly with your face can activate Oxytocin and other healthy sparkly neuro-chemicals such as Dopamine, Serotonin, GABA, and endorphins

What is Oxytocin

A neurochemical that assists in:

- birth contractions
- nursing
- Bonding and attachment
- Gets released during orgasm

It also:

- promotes growth, restoration, creativity, and closeness.
- Supports the immune system
- Reduces pain and inflammation
- Repairs damaged tissues

And so...

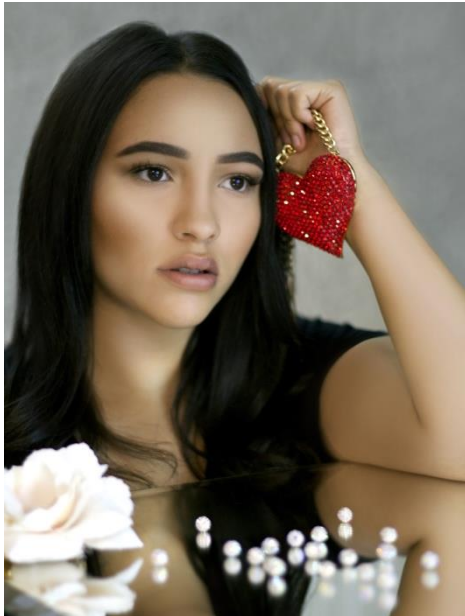
Oxytocin promotes natural rejuvenation!

(However, be aware that too much can create a defensive reaction.)

It's a very complex amazing molecule,

And it is the basis for what Dr. Porges and wife, Dr. Sue Carter, call “A Neural Love Code”

IT'S A CHOICE



Dr. Porges says “We wear our hearts in our face”. The heart is connected physiologically to the face via the ventral vagus nerve.

Remember that if you carry any form of trauma that causes *you* not to feel safe, it reflects in your face and others sense it.

This affects the way you relate to:

- your family and loved ones
- your clients
- the families your work with
- your community

It can either cause them to feel:

- Defensive
- Unsafe
- Withdrawn,
- Shut down

OR

- To feel safe and open up and trust

The way you relate to your family and loved ones, your clients, the families you work with, through your face, can help them to feel safe and open up and trust.

Your face has the power to connect you with others and to help co-regulate clients, families, communities - one heart and face at a time.



Rejuvenate yourself, your practice, and be able to lovingly support those around you during these challenging times.

- It takes commitment to shift from the trauma grooves to the **“JOY GROOVES”**
- It takes repetition
- It takes being in community with others who have gone before you, and those who are walking side by side with you.
- It *really* takes community and connection!

If you'd like to join us for more support and to go deeper into the joyful art of healing trauma through the face, click below for more info:

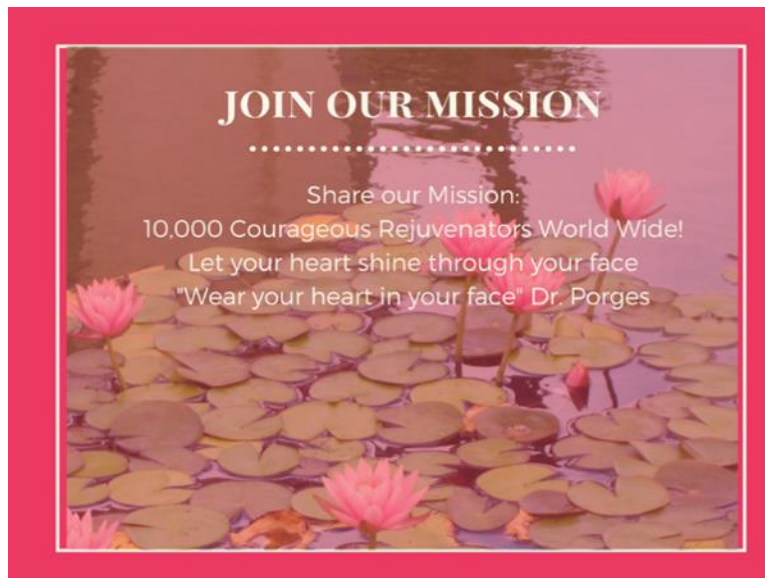
<http://rejuvenatemyface.com/nfrspecial/>

P.S.



And Neuro Facial Rejuvenation

Click here to learn more about our special
<http://rejuvenatemyface.com/nfrspecial/>
And join us!





About Susan

In private practice and teaching for over 40 years.

In 1974 she learned a special system about the “Power of the Face” from Dr. Frances Wong, in Hong Kong, and then from her Aunt Susan’s “Touch for Beauty” program, from Australia.

Standing on the shoulders of these two elders, she and her colleague, Biodynamic Craniosacral teacher, Mary Louise Muller, created the “Lange-Muller Method of Natural Facial Rejuvenation” in 2008.

They also draw on the wisdom of the early osteopaths, the neuroscience of Dr. Stephen Porges, and the latest brain research.

In the early 1980s – she taught at the International College of Oriental Medicine in the UK

In 1992 - she created “The Lazy Way to Looking Good” based on Dr. Wong’s teachings.

It was published in “Let’s Live”, a US Natural Health magazine,

Then she dove deep into the field of trauma healing, somatic psychology, biodynamic craniosacral therapy, family and generational trauma, and early birth trauma healing for many years.

She’s now back full circle and is committed to inspiring practitioners to have more fun and joy with themselves and with their clients - in the process of healing

The “Natural Facial Rejuvenation” Course represents the Fire Element in her larger Program “The 5 Elements of Trauma Healing”.

Her mission is to support each practitioner:

“To share your radiant heart and face with the world – and to inspire others to do the same.”



Rejuvenate Your Practice?

- “I feel as I am living now on a different Level. More calm, more feeling safe, more integrated in myself, more organised, more having trust in my way to work.

And I’ve got so much new information and Knowledge to study and work with. I feel more happy – Wow!”

- – Juliane P., Polarity Therapist, Germany

**If you’d like to join us for more support, and to go deeper into
the joyful heart and neuroscience of healing trauma
through the face, click below
for more info:**

<https://RejuvenateMyFace.com/RadiantAging>



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Rejuvenate Your Practice!

- “I feel more grounded and more assertive without being aggressive.

I have some new clients – so something’s shifted! ...

Thank you both – it’s been an incredible experience – I’m in total AWE of the amount of love and energy you have put in to creating such an amazing and special programme.”

- – Ann. M., Reiki Master, UK



- **Rejuvenate Yourself?**

- “I’ve loved being able to go deeper into my own presence. I love the protocols that I was able to use immediately on my clients. I’ve taught some clients how to Turtle which they were able to see immediate shifts over issues they have spent decades feeling overwhelmed by. I feel empowered!!!!!!

Phase 5 stargazing really helped me shift into seeing myself for the first time... that is amazing...”

- – C. H., Biodynamic Craniosacral therapist, Colorado