

Detachment
and Regulating Your Nervous System
(with practical exercises)

In today's modern world it is very easy to get entangled into various different situations or find yourself in relationships with others that change over time, and become something else that no longer serves your best interests and instead cause you to suffer.

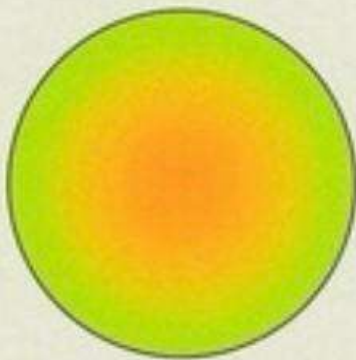
Our daily lives are a non-stop series of tasks, from waking up and eating breakfast to brushing your teeth and going to bed you are constantly on the go. We often forget that rest is progress, recharging is vital for optimum health and well-being. People forget to schedule in rest or downtime; people lose sight of their joy and own well-being.

The media is designed to produce headlines and news items that are decisive and generate strong reactions from the viewer. Media is designed to provoke specific reactions, and the narratives are psychological manipulation on many levels. There is nothing you can do about these events on the world stage so there is no point in trying. Also look at why you are reacting in that way, is it helpful and making your nervous

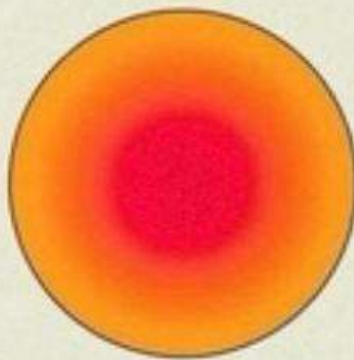
system calm? If it is not making you calm and causing you to have thoughts that make you angry or upset, then it is not giving you a calm peace of mind.

It is better to step outside in nature where you are at your location and see that there is no war where you are. The majority of the world is peaceful, your local neighbourhood is peaceful and so perhaps look out for your little corner, your path and you, and let the rest of the world get on with all that war and death. The less people get entangled in the manipulative narratives of mind control, the less a population lets its government commit wars abroad, the less wars there are.

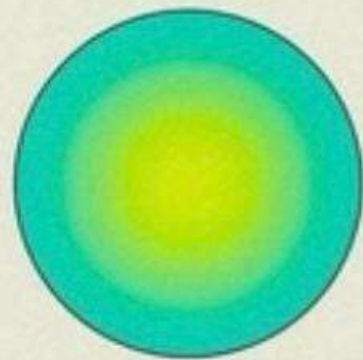
THE LAWS OF DETACHMENT



Allow others to be who they are.



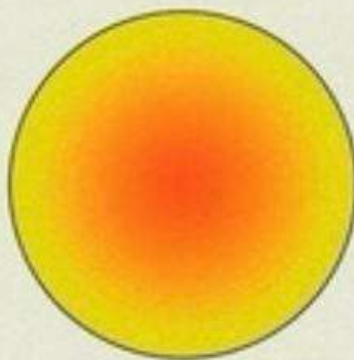
Allow yourself to be who you are.



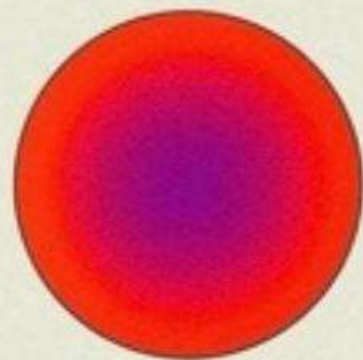
Don't force situations.



Solutions will emerge.



Uncertainty is reality.



Embrace it!



Regulating your nervous system involves shifting from a stressed "fight-or-flight" (sympathetic) state to a calm "rest-and-digest" (parasympathetic) state using techniques like deep diaphragmatic breathing, cold exposure, physical movement, and grounding exercises. Daily consistency is key, including proper sleep, nourishing food, and social connection to build resilience against stress.

Top Techniques to Calm Your Nervous System

- **Breathing Exercises:** Use slow, deliberate breathing. Techniques like "box breathing" (inhale 4, hold 4, exhale 4, hold 4) or lengthening your exhales (e.g., breathe in for 4, out for 6) to activate the vagus nerve.
- **Vagus Nerve Stimulation:** Gargling water, humming, singing, or gently massaging the side of your neck/outer ear can trigger relaxation.
- **Physical Movement & Somatic Release:** Shake your body, stretch, do yoga, or walk to release pent-up cortisol and tension.
- **Grounding & Sensory Input:** Use the 5-4-3-2-1 technique (identify 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste) to pull your brain out of a spiral and into the present.
- **Cold Exposure:** Splash freezing cold water on your face or end your shower with 30 seconds of cold water to shock the system into a reset. Also, an ice-block on the back of the neck calms the Vagus nerve.
- **The Sigh Release:** Taking a deep breath and sighing with a longer exhale of breath, then doing it again.

Daily Habits for Long-Term Regulation

- **Prioritize Sleep:** Establish a consistent 7–9 hour sleep schedule to allow for neural repair.
- **Nature & Connection:** Spend time outdoors and connect with supportive people to lower cortisol.
- **Nutrition:** Eat whole foods, maintain hydration, and reduce excessive caffeine and sugar, which can trigger anxiety.
- **Mindfulness:** Practice observing your emotions without judgment, allowing yourself to feel safe and secure
- **Meditation:** Practice calming the mind through turning off all external stimuli.
- **Learn to recognise your achievements in life and to love yourself without negative critical ego judgement.**

- Find your Joy: Joy is individual, one person's joy is not necessarily another person's joy. Find the things that give you joy, your own particular menu to remember and do regularly. Recognise that joy can be lost if not practiced often.

Allow Others to be Who they Are

Try not to project what you think a person is like as it will be from your own perception, and not necessarily accurate about that person or those people. Be the observer and let them inform you about the type of person that they are. Each person is their own unique universe.

Allow Yourself to be Who You Are

Don't let others define you, allow yourself to make the definitions about who you are and what your motivations and intentions are. So that no one can imprint or project their version of you on to you. Do not accept other people's versions of you if they are not accurate or true.

Be your unappreciated natural self.

Don't Force Situations

You cannot control the universe and the way things unfold. To resist against change in a universe that is constantly changing will cause only resistance in you. Let situations unfold as they will and from that you can make your choices. Trying to predict a situation of random events that have not yet happened is a waste of your energy.

Solutions Will Emerge

By trying to control outcomes and predict situations we invariably always find that life has other ideas. Try not to create any expectations and then you will not be disappointed that life could not match your exacting specific demands. Often you will find that by letting things come to pass, letting them flow, allowing change to happen, we find the solutions come naturally, or that situations often have a way of resolving themselves. It may be the situation where your intervention is causing you to suffer because you are not allowing the universe to find its own better way, that you would never have imagined, of resolving a situation.

Uncertainty is Reality

No one is in control of anything and everyone is just winging it. This is the reality of life. If there are things in your life you can control, then good and why worry about it. If there are things in your life that you cannot control, then equally why worry about it? Often when we embrace the unknown it then becomes full of opportunities rather than full of fears and danger.

Embrace Uncertainty

Change happens whether you like it or not, it happens in the outside world, but it also happens within you. You are not the same person you were a year ago, you have learned and experienced more of life since and changed and evolved as a result. The unknown is neutral, it is what you assign to it, there will always be opportunities in the unknown and everything is temporary.

We live on borrowed time so it's best to be with and choose people who choose you and just leave the others to themselves.

Here are more correct details about the nervous system.

