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Five Element Theory is Evolving. A New Perspective of Healing the Body and Spirit is Emerging, and a Paradigm Shift for Clinical Practice is Initiated by a new book:

'The Tao of the Polyvagal Theory'

- ! Classical Asian Five Element theory originated within a world very different to what humanity is experiencing at this present moment, as such a shift in perspective must be considered while we are evolving physiologically, as well as a global society, within the structure of modern life.
- ! *'The Tao of the Polyvagal Theory'* makes a case for the potential for a new level of understanding ancient theory through applied observations of our modern physiology, and the study of how the body internalizes trauma, and manifests disfunction, affecting the way energy moves through the physical tissue systems of the body.
- ! Two new tools of practice are introduced that shift traditional treatment philosophy from a control and manipulation orientation, to a lifting and supporting concept of intervention, assisting with the movement and healing of energy through the whole body system.

Published August 12, 2021, *The Tao of The Polyvagal Theory: A Five Element Perspective for a Future of Healing the Spirit and Balancing the Autonomic Nervous System*, by Nicole Rachelle Keane, MS LMT, explores the relationship between the Five Elements of Asian medical theory, and the role that trauma plays within the Autonomic Nervous System, through exploration of Dr. Stephen Porges' groundbreaking, Polyvagal Theory. Within this book the path of an ancient Taoist concept of the Spirit is set into a landscape illustrated with modern views of how the nervous system responds to distress.

Several new concepts are presented on this journey that assist in the evolution of the Five Element practice, and establish new paradigms for how to address emotional and physiological healing of the internal environment. The *Tan Cycle* and the *Yu Angles* are presented, and described in detail within the chapters; and emphasis is placed on the integrity of *yin* and *yang* energies to support, and lift, each other throughout the transformational process of inner balance.

“Within the *Tan Cycle* the traditional placement of the Spirit affiliations is holographically shifted through the Elements, to imbue a resonance of support within a system where trauma may have fractured the Spirit soul. I have felt this resonance when working hands on with the body in my healing practice for some time, and was guided to illustrate this framework within the context of a book over the past year,” said author Nicole Keane.

Keane suggests that the *Tan Cycle* is not intended as a replacement for the *Sheng Cycle*, the *K'o Cycle*, or any other *traditionally* recognized theory. Rather, it is an addition to those traditions, providing a reference tool that addresses specifically, the Spirit, and how energy is evolving within the collective over time. The introduction of the *Yu Angles* is brought forth as a particularly effective method of treating energy imbalance in situations where there has been a complex, or chronic, trauma history; as treatment with the *Yu Angles* offers a “back door” to working with the nervous system, offering a gentler, and more efficient, *Way* to initiate transformation and the flow of *qi* within the body and mind.

The Tao of the Polyvagal Theory has the potential to open the door to a deeper understanding of the Polyvagal Theory, and its wide ranging potential for clinical applications in the areas of Asian medical theory and Western allopathic medicine, bridging the gap between healing traditions. For more information and to purchase the eBook or pre-sale for print book, please visit: www.gratitudehealingarts.com/publications