

## THE DOVE scenar RELAXATION RESPONSE Protocol

The DOVE Scenar is currently the most powerful way to elicit the Relaxation Response in the body.

The DOVE Scenar is one of a very few technologies that can directly excite nervous fibers without damaging them. That applies, in particular, to the resistant to the external influences fibers of the Parasympathetic Nervous System (**PNS**) – and stimulation of those fibers is precisely what is needed to activate the suppressed under 'Fight-or-Flight' chronic stress response PNS.

The question is, however, **WHERE** do you need to put the DOVE on the body to access those fibers? That's a tricky question, since the PNS is not easily accessible.

While the Sympathetic Nervous System (SNS) seems to be represented everywhere along the spinal column, the PNS has only 2 places on the body where it comes close to the skin surface:

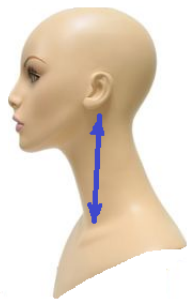
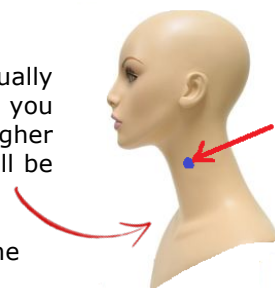
- the **NECK** - the path for the **Vagus nerve** to make its way to the torso (where it then splits in many small and unapproachable branches innervating all internal organs), and
- the **TAILBONE**, where the parasympathetic **Pelvic nervous plexus** lies.

That's it. 2 places on the entire body where you can come close to the PNS. It must be important, if it's hidden so well... No wonder there are virtually no methods or techniques to stimulate PNS directly – there is practically no way to get to it!

But not for the DOVE Scenar!

So here is what you do.

1. Turn the DOVE Scenar on by moving a little switch on the side of the device.
2. Place the DOVE Scenar on **one side of your neck** at the spot where you usually feel the pulse (see picture) and increase the energy level on the device until you feel a pleasant buzzing of tingling (you can go higher, if it's OK with you – higher energy level will elicit a quicker RR; just don't make it painful). The device will be "chirping" talking to your body.
3. Let the device **Dose** (you will hear a regular beep when it does).
4. Move the DOVE Scenar to the **other side of your neck** and repeat the procedure.
5. Now put the DOVE Scenar on your **tailbone** (directly on the skin with a good contact) and let it Dose.



A **variation** of the above (we greatly prefer it): when working on the neck, first slide the DOVE up and down the side of your neck, from the bottom of your ear to the clavicle, looking for a place with the highest resistance to the movement (the "sticky spot") or the most sensitive – and when found, stop there and Dose it. Do it on both sides of the neck – and then move to the tailbone.

That is the **DOVE Relaxation Response (DRR) Technique – a short version**.

It is the most **DIRECT** stimulation of the PNS that can be achieved without invasive procedures. It usually only takes a few minutes and can be done anywhere – in your office, in a car, in a waiting room, even right before you go on a stage to speak (most people are terrified of public speaking; the DOVE Relaxation Response will help get your stress and fear down in a jiffy).

Let's, however, get a little further. If you have some more time on your hands, there are a few things you can do to enhance the procedure. You do not have to do them ALL, but try to cover as much as you can. The more you do the stronger, faster, and longer lasting will be the DOVE Relaxation Response.

## 1. ADD OTHER AREAS OF YOUR BODY TO YOUR TREATMENT: Additional PNS stimulation

- Additional place to approach PNS – the **SOLAR PLEXUS**. Put the DOVE on your stomach right above your naval and let it Dose. You may slightly massage the area and even make slow circles around your naval clockwise – that would not only help the Relaxation Response, but also improve your digestion and bowel movements.

NOTE: if you're moving the DOVE, do not expect it to Dose; it only Doses when kept steadily on one spot.

- The **"Little Wings"** technique. One of our forever favorites, even though requires a certain level of proficiency in working with the DOVE. Can be self-administered, but it is way easier if you have someone to assist you. We consider it an advanced technique.

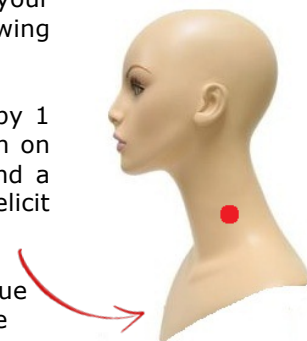
"Little Wings" directly stimulate the Vagus nerve at the same time creating involuntary contractions of your neck and shoulder muscles. This effect removes tension in your neck and shoulders and lifts off the load of your stress in a matter of seconds showing the body what a proper ANS balance should be like.

To perform the technique, move your DOVE to M3 (3 sec. stimulation followed by 1 sec. pause) and firmly press it against the side of the neck at the position shown on the picture. Increase the energy level. You may need to move the device around a little bit (without detaching it from the skin) in order to find a location, which will elicit an involuntary contractions of the neck and shoulder muscles.

The contractions may be very little at the beginning (the muscles are very rigid due to stress), but as you keep your device firmly and steadily on the found spot, the amplitude of shoulder motions will increase. **Ask a client** to help you by being completely relaxed and letting the shoulder go where it wants to go – followed by letting it completely drop at the pause.

Consider getting 5-7 good contraction on each side – and slightly massage the shoulders with the DOVE afterwards to balance the flow of energy.

**NOTE:** The procedure also quickly puts a person in a good mood – you will have a client giggling or laughing out loud almost instantly.

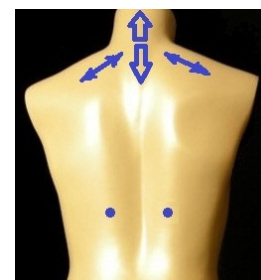


## 2. ADD OTHER AREAS OF YOUR BODY TO YOUR TREATMENT: Calming down SNS

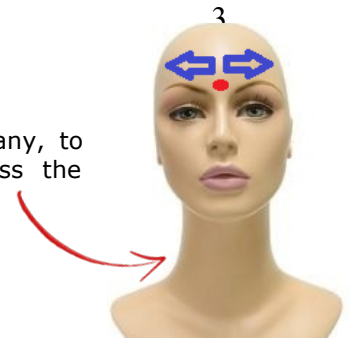
The "short version" of the DRR has an agenda to **STIMULATE your suppressed PNS** – which it will do without fail.

You, however, can enhance this effect by also **CALMING DOWN the over-active SNS**. To achieve that go to places that are related to the Fight-or-Flight Response the most – and the DOVE will do the rest:

- Massage the stiff neck and shoulders with the DOVE (setting it pretty high on energy);
- Dose the areas just above your kidneys accessing adrenal glands – one Dose on each side;



- Slide the DOVE along the forehead and brush the “sticky” spots, if any, to make them “unstick” - and finish Dosing the “third eye” to access the hypothalamus.



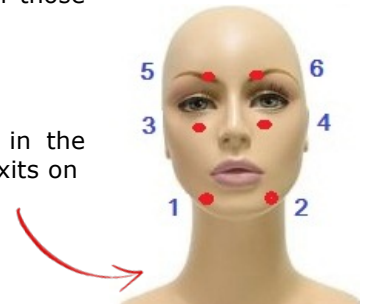
### 3. ADD OTHER AREAS OF YOUR BODY TO YOUR TREATMENT: Rebalancing SNS and PNS

You also can strengthen and prolong the Relaxation Response by **REBALANCING SNS and PNS**. These “two sides of your health coin” will be more balanced after you sedate the SNS and give your PNS a boost, but the Relaxation Response may not last long without the actual “resetting” the ANS.

This is achieved by addressing PNS and SNS **AT THE SAME TIME**. There are a few ways to do that; I will mention the most commonly used ones.

- **“3 Crucial Points”** technique. Dose consecutively: the **“third eye”** point between your eyebrows – your **Tailbone** – the **C7** (the 7<sup>th</sup> cervical vertebra – the most prominent one on the base of your neck). It is important to wait for the Dose on each of those points.

- **6 Points on the face:** as per the picture, about 1 min. on each – in the sequence shown. These are the points of 3 branches of trigeminal nerve exits on the face. Influence these points symmetrically balances the brain.



- VERY quick and effective ANS “reboot” can be achieved by working on the entire spine in the technique called the **“Energy Cleanse”**.



If you plan this technique for yourself, you will need to find an assistant for that, since the procedure is done on the back.

Instruct your assistant to set your DOVE pretty high (to the barely tolerable level) and start slowly moving it along the middle of the spine all the way from hairline down to the coccyx without detaching the device from the skin. Repeat it along the left side of the spine – and then along the right side (all the way down slowly).

If necessary (severe stress), you may repeat the middle-left-right sequence several times.

NOTE: It is normal for a “client” during this procedure to scream and curse the “technician” – the more scream the better the effect.