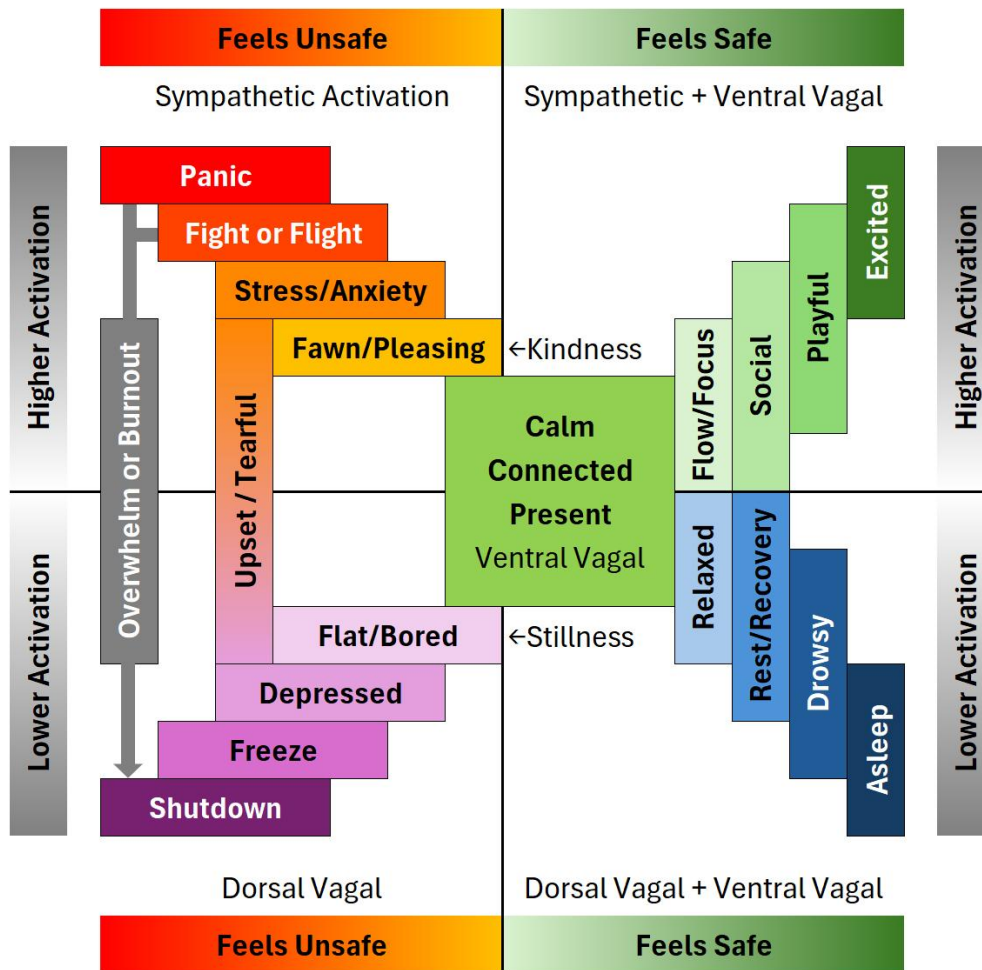




The Nervous System Map



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The Four Quadrants

Quadrant	Sympathetic (throttle)	Dorsal Vagal (brake)	Ventral Vagal (attuned driver)	Driving Metaphor
Top-Left: High arousal, unsafe	On	Off	Off	Runaway vehicle
Top-Right: High arousal, safe	On	Off	On	Sporty driving
Centre: Regulated	Regulated	Regulated	On	Smooth cruising
Bottom-Right: Low arousal, safe	Off	On	On	Parked up
Bottom-Left: Low arousal, unsafe	Off	On	Off	Broken down

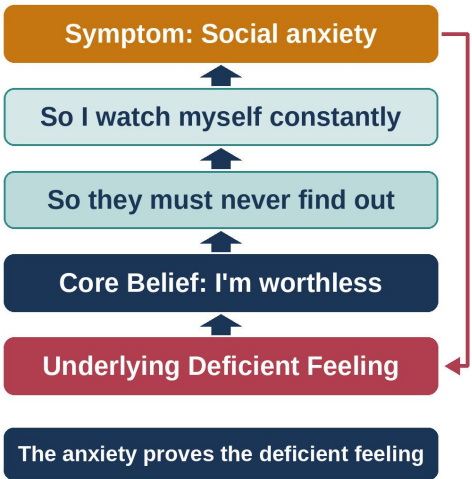
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The Protection Map



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Layer Upon Layer



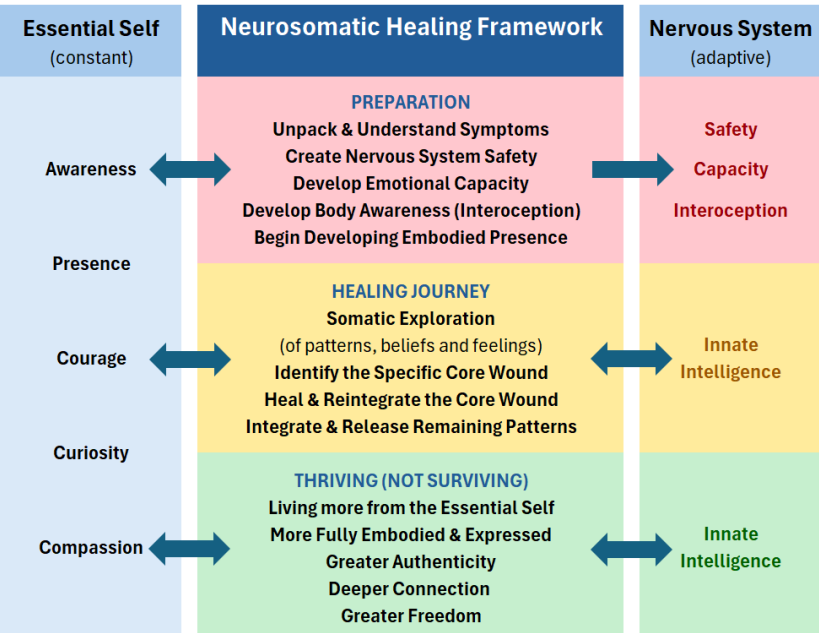
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The Whole Journey



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The Neurosomatic Healing Framework



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