

Vagusonar-Therapy – the powerful bridge between coherence-resilience-salutogenesis

The Corona-Pandemic has brought about the focus on the topic of the autonomic nervous system (ANS). The usage of controlled breathing, humming and even gargling received public interest. Attention was given to equalizing the sympathetic nervous system by stabilizing the parasympathetic nervous system with its vagus nerve. This subsequently led to evidence-based research and numerous publications.

Vocal therapy is a rather subordinate part within music therapy. According to an online survey entitled: *Singen-Sprechen-Atmen* (2020), in which almost 140 respondents of all ages and professions took part throughout Germany, it became clear that only a few of them were recommended singing by their treating doctors or music therapists in the event of illness.

Although it has a proven effect on the ANS, the whole-body singing approach, generally referred to as "classical singing", is hardly used. The reason for this may be the perceived lack of sound quality on the part of clients *and* therapists, not infrequently coupled with a sense of shame and fear of criticism.

The Vagusonar idea can be a powerful bridge here without vocal judgement. This form of vocal therapy is characterized by the downward leading of the speaking and singing voice to **below the diaphragm**. Thus, the vagus nerve can be innervated in its entire length and width by means of the resulting sound vibrations during a calm, flowing exhalation.

These holistic effects have a stabilizing and health-promoting impact on most relevant clinical pictures within modern forms of music therapy.