

## Ronald Alexander Ph.D

*Wise Mind, Open Mind: Finding Purpose and Meaning  
in Times of Crisis, Loss and Change*

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2015 CFJTB 20<sup>th</sup> World Congress  
Hypnosis: Roots and Future of Consciousness

TRANSFORMING ERICKSONIAN METHODS

## 000115/83 TRAUMA AND TRANCE

**By: Dr. Ronald Alexander**

The International Society of Hypnosis

Paris, France – Saturday, August 29, 2015  
Presents

**Mindfulness, Trauma, and Trance:  
The 2.0 Model of Hypnosis and  
Mind-Body Healing Therapies**

Trauma lives in our bodies and minds—and so does healing. This workshop will provide tools for shifting clients away from the frozen high-alert state that results from trauma and activating the healing-conductive parasympathetic nervous system. We'll explore how the combination of Ericksonian hypnosis and mindfulness methods can help clients re-regulate their affective experience from negative states to those of comfort and safety.

Specifically, you'll learn the following three trance and mindfulness techniques:

- Age regression, which helps clients safely move into the past to understand how current symptoms fit into the context of their history
- Age progression, which helps clients reimagine a desired future and move into it
- Peak state, which teaches clients to create a heightened sense within themselves that gives them greater access to their capabilities for power and transformation

**The Way of The Buddha is to Know  
Yourself;**

**To know Yourself is to forget yourself;**

**To forget Yourself is to be awakened by all  
Things.**

**- Dogen**

*Creation means finding the new world*

*In that first fierce step,*

*with no thought of return.*

*- David Whyte, "Statue of Buddha"*

*Do not pursue the past  
Do not love yourself in the future.  
The past no longer is.  
The future is yet to come.  
Look deeply at life as it is.  
In the very here and now,  
dwelling in stability and freedom.  
- Buddha*

## Definition of Mindfulness based Psychotherapy MBP

Phenomenological/view, a minimal form of self-consciousness where exists a constant structural feature of conscious experience.

Experience happens for the experiencing subject in an immediate way and as part of this immediacy, it is implicitly marked as *my* experience. It is a process oriented approach that allows the practitioner to evaluate the client to explore, note and categorize the contents of their Mind-Body experience moment by moment.

The method is called *mindful inquiry* an ongoing investigation into moment-by-moment noting of each mind moment and how it includes, thoughts, feeling, emotions and sensations.

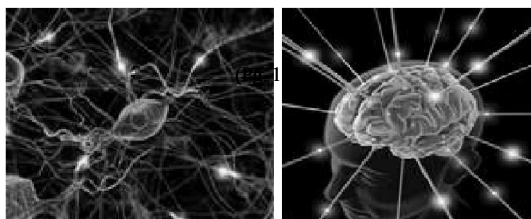
The practice centers on the cultivation of mindful awareness with the intention to empower the client to gain mastery over their thoughts, feelings, emotions and physical and energetic sensations.

It includes both cognitive as well as bodily experiential sweeping and scanning of the mind-body process with the intent to heighten awareness of what arises, exists and then falls away.

Mindful awareness is a laser like method that includes both attention and intention to focus concentration inwardly to increase awareness of awareness. *The cultivation of the witnessing mind.*

It is a Here and Now approach that focuses awareness as a tool to develop (sati) Insight, Compassion, Wisdom and Essential Truth. We study all mind-body and energy flows to empower the client/student to transmute internal material – i.e. content (story) into cultivating the Witnessing Mind –TURYA (Process) Awareness and Presence.

## SCULPTING THE BRAIN



Long term Meditation Mindfulness Practice, Calming practice turns out to be calming physically with, heart and breathe rate slows body metabolism, less anger, fewer heart attacks (Stanford research Institute.)

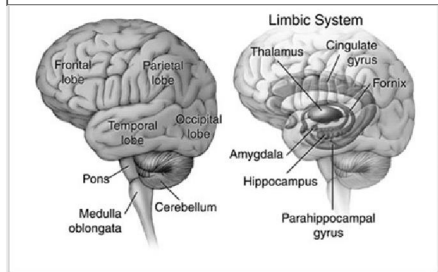
“Change in skills of attention and awareness changes in internal states body/mind/energy. You can manifest inner steady awareness.”

Richard Davidson-University of Madison Keck Research lab

To Change your Brain learn to Change your Mind. To change your Mind learn to change your Brain.

**The Mind can learn to do ANYTHING!**

## PRE-FRONTAL CORTEX

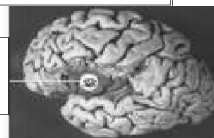


## Insular Process –

Empathy dependent on  
Awareness of Self - increase  
muscle of empathy:

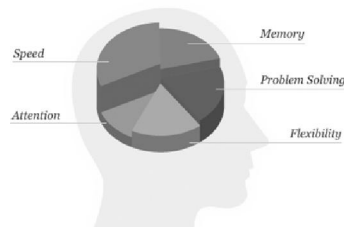
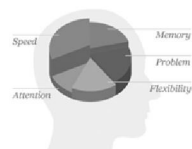
- Mind Strength-*Wise Mind, Open Mind*, by: Ronald Alexander

Insular  
Process



## five core brain areas:

Memory  
Attention  
Speed  
Flexibility  
Problem  
Solving



## Flexibility to bring mind back when distracted.

- Less reactivity with arising of emotions.
- Less aversion, clinging of negative thoughts.
- Greater concentration – the brain becomes quieter with less activity. There is a general principle with the skilled brain – whether it's a monk, golfer or chess player. Use less energy to do a better job.

## Three Stages of Consciousness:

*Wise Mind, Open Mind*

By Author: Ronald Alexander, PhD

**“Wise Mind”**, In the Buddhist sense, to denote a state of consciousness in which one transcends the wholesome aspects of cognitive and egoic mind so that the sense of personal self drops away. The absence of a SELF. Void No thing-ness. Emptiness. THE WISE MIND STATE TRANSCENDS TRAUMA STATES

- Buddhists refer to this stage of consciousness as: **“Wise Mind” or the “No Self”**

## BIG MIND

Freed from the efforts of concentrating or of noting and organizing thoughts, you're so absorbed in the moment that you experience a blissful oneness with all that is. If wise mind is the doorway to the house of self, where your core creativity resides, big mind is the entryway.

## A State of Core Access Creativity, or what's called, entry into the Stage of "Open Mind" ACCESS TO RESOURCE STATES

In this receptive stage, you feel a sense of spaciousness, and timelessness, and willingness to entertain new possibilities  
This is the House of the Self stage of consciousness.

These stages of consciousness mirror the three steps in the art of creative transformation

1. **Let go into wise mind.** By paying attention to your mind flow, you see all the thoughts and feelings that might distract you, but you're wise enough to simply let them go. Opening up, you become ready to tune in.

2. **Tune in to big mind.** As you tune in you ease focusing on your breathing or your sorting process. All becomes quiet and serene as you melt into bliss, the waters of your consciousness undisturbed by feelings, thoughts or sensations. In big mind, there's no individual "I" present. There's a vast, spacious, eternal, and pervading sense of pure, pristine awareness that allows you to move forward.

3. **Move forward into open mind.** You allow the creativity from your core to flow into you, sweeping you up and sending you in the direction of the unknown. Once you've experienced the mystical and transformative power of your core creativity, you can trust in its currents and let it send you downstream: though surrendering to it at first, you then gently steer it as you begin to recognize which way you'd like to go and remember that you have the power to direct your course.

**You're curious, nonreactive, compassionate, and accepting of the present experience, whether it's positive, negative, or neutral. Creative flow STATES occur here in the main part of the house of self.**



Change occurs through acceptance of what is by attempting to not change, fix or repair what is lacking or missing. (in Zen there is no sense of a Self that is broken)

Thereby, the paradoxical theory of change comes into focus "that change occurs not when we try to become what we are not but when we accept what we are"  
Arnold Beisser M.D.

We study and observe mind thought, bodily sensations as energy flows – over time one becomes more mindful of both what is the structure of mind as well as to attend to content, purpose and function.

This inquiry eventually leads one towards enlightened liberation or mindful insight thereby allowing one to arrive at core wisdom as well as having developed the capacity to have stronger "Mindstrength" an ability to become more fluid and flexible and less reactive in mastering daily experience.

### Vipassana-(insight)

- Aim and Sustain-Shamatha the practice for clear seeing-insight into the mind itself.
- Openness to what is
- Observation of self experience
- See mind with objectivity
- The mind is not the totality of the self
- Learn the experience of mind stabilization
- Learn to study and observe the Process of Mind
- To arrive at the true experience of Self

### The Seven Stages of Mindful Inquiry are the following:

#### 1. Concentration Training:

Concentration training is the development of the skill of awareness via focusing on whatever is the object of attention, whether it is the breath, body, emotion, sound, or thought. Concentration training is also known as Satipatanna training (*Sati* is the Pali word for insight).

**2. Cultivation of the Witness- TURYA-** the witness mind is the observing ego, that aspect of consciousness that with increased awareness training can comment moment by moment in a mindful manner on what is occurring and can see the self before it reacts to empower the self to be active and not reactive



**3. Categorization-** Once noted, experiences are categorized, and the individual becomes aware of reoccurring patterns of thoughts, feelings, and sensations and observes cycles and waves of mind-body activity, including affective flow. Emotions are recognized as having three components: sensation, thought, and reactive feeling. Categorization is especially helpful for discovering hindrances of the mind such as anger, lust, jealousy, and so on. It's important to be aware of these patterns and hindrances and observe them.

**4. Investigation -** is looking deeper into what is being experienced in the moment. To investigate requires curiosity and a willingness to explore an experience no matter how uncomfortable. When investigating, we bring awareness to the sensation of the feeling that arises in us, note it, and observe it with fresh eyes. We find the courage to investigate because we trust that the unconscious is ultimately leading us toward healing, creativity, and self-awakening, even if the path to those goals involves discomfort.

**5. Open Mind-** Open mind is the state of expanded awareness in which thoughts, feelings, and sensations have space to appear and disappear without our being pulled into generating feelings and thoughts about them. In open mind, we do not identify with anything that begins to arise during the process of mindful inquiry. We are able to access our core of creativity and tap into a deep internal reservoir of creativity for healing, resiliency, growth, and transformation.

**6. Wise Mind (wisdom)-** Wise mind, or wisdom, is a stage of mindful inquiry in which the mind is empowered to observe before reacting. In Wise Mind, it is easier to make choices that are in synch with *brahmaviharas*, Sanskrit for “sublime attitudes” of loving kindness, compassion, empathetic joy, and equanimity. In wise mind, we experience a sense of order, and harmony with all actions and reactions. We act as a Bodhisattva, an awakened being who does no harm and brings compassion, healing, and transformation. Wise mind is also the essence of the mindful therapist. According to positive psychology, we can attain enhanced creativity and optimism, as well as a greater sense of possibility; both therapist and client are able to access these once in the state of wise mind.

**7. Equanimity** - Equanimity is a balanced state of mind in which we do not identify with the small self and we experience a sense of interconnection with nature and all that exists.



### ***Nine Clinical Attitudes of Mindful Presence***

1. **Acceptance** – This attitude involves acknowledging, understanding, and appreciating things as they are and feeling kind, friendly, and warm toward ourselves and others. An attitude of acceptance ensures that the client does not feel judged by the therapist.
2. **Openness** – An attitude of openness involves a deep understanding of the nature of change as impermanent and helps us to greet change with compassion for ourselves and others and a willingness to discover new insights.

3. **Allowing** – An attitude of allowing is related to acceptance and openness. With this attitude, we can simply allow things be as they are, with no need to try to let go of whatever is present. This helps the therapist to remain present with the client's present feeling state and lead the client in mindful inquiry rather than trying to change or fix the feeling state.

4. **Beginner's mind** – An attitude of beginner's mind allows us to see things as new or fresh, as if for the first time. It awakens our curiosity so that we drop the assumption that we already know all there is to know about a familiar situation or set of circumstances. Kleinian psychoanalyst Wilfred Bion coined the phrase “thoughts without a thinker” to describe the experience of being fully present, free of inherent preconceptions. When we engage in beginner's mind, we enter a space that quantum physics refers to as a superpositional field. It is a space of pure potentiality where creativity is able to unfold.

5. **Non-striving** – An attitude of non-striving is free of grasping to what one doesn't have and free of aversion to change or to what arises in the moment. Non-striving means being present rather than focused on what might be. A non-striving attitude allows the therapist to be present in the relationship yet maintain the potential for countertransference.

6. **Non-judging** – An attitude of non-judging involves impartially observing any particular thought, feeling, or sensation rather than judging it as good or bad, right or wrong, fair or unfair.

7. **Patience** – An attitude of patience involves the capacity to listen deeply with kindness, acceptance, and respect. The therapist's patience creates space for the client and therapist to conduct a deeper inquiry that can lead to essential insights and, ultimately, transformation.

8. **Empathy** – Empathy was defined by psychologist Carl Rogers as the ability "to sense the [patient's] private world as if it were your own." (FN: Rogers, Carl. "The interpersonal relationship: the core of guidance.")

9. **Self-Compassion** – An attitude of self-compassion involves self-love without self-blame or self-criticism. The therapist's self-judgment, worries, or perception of failure when therapy is difficult can impede the ability to cultivate a healing presence.



THE FOUR QUADRANTS-AQUAL-  
(I/We/It/Its) Ken Wilber's stages of  
conscious development. Mindfulness  
naturally cultivates increased sense  
of empathy, attunement in  
relationships, compassion and  
deeper sense of love for self and  
other. **This we call deep wisdom.  
RIGPA**

2 of 2

- **View-** in Dzogchen an advanced form of Tibetan Buddhist practice -concentration meditation is known as Shamatha practice, the cultivation of concentration and absorption leading to a state of expanded consciousness known as the VIEW! When we sit in the view not only have we dropped the narrow egoic view of small mind but also we have dropped into WISE MIND! RIPGA IS ATTAINED. Ripga means Wisdom.

**In WISE MIND:** our entire way of conceptualizing our meaning schemes, beliefs and attitudes about "what is" instantaneously shifts and we enter into a transformed state where Aldous Huxley wrote; "suddenly we experience the doors of perception swinging open," and everything that we once felt to be truth drops away and we enter a pristine new view of all creation! " As though we were witnessing what Adam and Eve experienced on the first day of creation.

2 of 2

- **Mindstrength**: is the ability to very quickly and easily shifts out of a reactive mode and become fully present in the moment, experiencing the full force of your emotions even as you recognize that they are temporary and will soon dissipate. **Mindstrength** gives you mastery over your thoughts and feelings, opening your eyes to whether the products of your mind are useful tools for self-discovery or merely distractions. The more you cultivate mindfulness, the easier it is to stop running away from difficult feelings; to make the choice to break out of denial, stagnation, and suffering; and to act with mindful intention. Cultivating mindfulness is similar to working out in a gym, but instead of building muscle, you're building what I call **Mindstrength**. *By Author; Ronald Alexander,*

*From; Wise Mind, Open Mind*

- **Open Mind**-is the stage of consciousness where we can directly and immediately access our internal core of creativity, in this state of expanded awareness mindfulness enables us to tap deep internal resources for healing, transforming and becoming in touch with our innate reservoir of creativity and healing.

• 1 of 2

**Wisdom**-is a stage of consciousness that mindfulness delivers us to where we develop a wiser mind that is empowered to see reality in advance of our experience of reactivity, in this state choices are made more wisely to align our beings with the total order, harmony and equanimity of life's daily unfolding. We can from this place act as Bodhisattva's "awakened beings that do no harm and bring greater compassion, healing and transformation to our everyday mind." **Dogen Zenzai**

-2 of 2

- **Awakened Intelligence**-is both a stage of enhanced awareness as well as a highly developed function where we evolve through mindfulness to be able to respond to our own self and the needs, wants and desires of others from a place of fullness and contentment. **This deep and abiding sense of inner contentment brings forth a profound sense of openness and caring for the cultivation of emotional intelligence.** In this stage we are other oriented, world centric and concerned about not only our own enlightenment or awakening but the awakening of all beings on the planet.



#### • **MINDFULNESS MEDITATION & BUDDHIST PSYCHOLOGY**

- Mind Body Healing Therapies-A INTEGRAL Somatic-Relational- Based Approach
- **Attention, Awareness to the Breath,**
- **The Pendulation Process,**
- **Release then Healing Integration**
- Afflictive Factors of Mind/Body Healing Transforming Destructive Emotions utilization of Buddhist psychological antidote remedies.

- **Three Factors of Mind**- Roots of Buddhist Psychology-Abidharma text- all qualities of mind/body experience can be divided between.

- 1. Wholesome (Positive)
- 2. Un-Wholesome (Negative)
- 3. Neutral



• Process of Clearing Trauma:

• Core → **Identify EVENT -negative thought, feeling, belief, sensation, energy, symptom or complex of Trauma.** (going from Symptom to Solution-Resolution)

• Create a bridge to a healing space / cultivation of the safe state.

• **Enter an Altered State of Consciousness** – Mindfulness meditation or Trance state- (State Dependent Learning)

• **Identify the Negative afflictive emotion.** Fearful Sensation. **Positive Antidote Remedy** – Create a positive healing state, **Think, Feel, Image.** Cultivate a positive Sensation in the body and anchor it in the body at a specific place. **Process of embodying the antidote remedy.** The antidote remedy must be embodied via the breath as well as imagined in the mind and then connected and grounded in a specific place within the body. **This is a Resource state.**

**Embody the Positive Antidote both in the mind space as well as within the body resource state!**

Negative

Positive Antidote

Anger →

*Love, Kindness, Compassion,  
Equanimity, Tranquility*

Hate →

*Love, Embracing, Acceptance,  
Tenderness, Forgiveness*

Desire →

*Satisfaction, Equanimity, Contentment*

Envy →

*Inspiration, Admiration, Appreciation*

Fear →

*Safety*

Pain →

*Flow*

Dissociation →

*Re-Association*

Mistrust →

*Trust*

Hold On →

*Let Go*

Contraction →

*Expansion*

Discomfort →

*Comfort*

• Frustration →

*Patience, Forgiveness, Tolerance*

• Emptiness →

*Fullness, Sated, Wholeness*

• Sad →

*Happy, Joy, Free*

• Grief →

*Acceptance, Vitality, Completion*

• Emptiness

*No Self*

• Unworthy →

*Worthiness, Actualized,  
Deserving*

• Self Critical →

*Compassion, Acceptance,  
Confirming, Affirming*

• Alone →

*Together, Oneness, Unity,  
Joined, Connected*

**Mindfulness and the Cartography of Affliction and Freedom**

• (FEAR)

• SEPARATION

• SELF

• ISOLATION

• ABANDONMENT

• CONFUSION

• DEPRIVATION

• ANGER

• ILLUSION OF CONTROL

• SUFFERING

• (NO FEAR)

• ONENESS

• No SELF

• UNITY

• CONNECTION

• CLARITY

• ABUNDANCE

• FORGIVENESS

• LETTING GO-  
SURRENDER

• BLISS

Whatever increases, decreases, limits or extends the body's power of action, increases, decreases, limits, or extends the mind's power of action. And whatever increases, decreases, limits, or extends the mind's power of action, also increases, decreases, limits, or extends the body's power of action.

– Spinoza (1632-1677)

## DEFINITION OF A TRANCE

**It is a process for learning to be together and alone with yourself in a variety of ways as you experience yourself shifting, drifting and tumbling down slowly into the middle of KNOW WHERE.**



### Five Stages of Mind/Body Healing Trance

1. Activation - Curiosity-Wonder
2. Transitions Conscious- Unconscious
3. Trance - Access Inner Resources
4. Identify Bridges Working Through Stage  
Inner Dynamics/ Transitional Links to Healing
5. Integration Change, Healing
6. New Learning's Shifts, Transformations

### TRUSTING CORE TO ACTIVATE

----->Trance for Inner Resources

#### STEPS TO EXPLORE TRAUMA

1. IDENTIFY TRAUMA, MOVE FROM SYMPTOM ---->TO SOLUTION for INNER HEALING
  - Underlying Affect States, Feelings, Emotions Contours of Affects
  - Flows and movements of energies/Expansion/Contractions/
  - Flows and movements of thoughts as mind/moments/solid or fluid/flowing
2. PACE WITH COMFORT, TRUST, SUPPORT
3. SUPPORT PROCESS TO "STRUGGLE", is learning that you can heal.

4. SUPPORT PROCESS TO GO INSIDE AND "EXPLORE" UNCONSCIOUS FOR LEARNING, TRANSFORMATION/ DISCOVERY/ UNCOVERING  
----->PROCESS OF MIND/BODY HEALING UTILIZATION OF CREATIVE UNCONSCIOUS.
5. FACILITATE PROCESS OF UNCONSCIOUS RECEIVING FROM CORE RESOURCES.
6. INTEGRATE HEALING WITH MIND/BODY/ ENERGY COMMUNICATION.
7. YES, YOUR UNCONSCIOUS IS LEARNING TO HEAL RIGHT NOW.

### Steps For Clinical Trance

- Relaxation Induction
- Focus of Attention-where do your eyes want to focus?
- Cultivate a safe space
- In Imagination or Inside of the Body-past/present/future
- Use of Breathing to Deepen relaxation and enter trance

### **Induction Example**

- Shift, drift, tumble down slowly into middle of KNOW Where
- Attention - non verbal patterning - establish non verbal rapport-MATCH BREATH PATTERN
- Develop eye fixation and focus on eyes  
Focus by looking at my eyes or go inside to the back of your eye lids and rest
- Use voice temporality & tonality - with resonance - pauses, silences and tempo-tracking skin color changes in farcical tone

### **Induction Example (cont'd)**

- Keep underling beat / rhythms/Use of the Frame drum
- Develop focused attention use of eyes
- Welcome both positive and negative experiences - integrate both during the induction
- Utilization Principle-All is good

### **Trance As Story Telling**

#### **Definition of Problem as Solution**

- Theme of trance: nature - nurture
- Metaphors use of Story and Language
- De-potentate conscious mind for unconscious activation

### **Stages of Rapid Trance Induction**

- Attention - hands / eyes - forehead
- Safety and comfort
- Curiosity and wonder - engage to go inside
- Process of deepening breath and comfort

- Past / Present / Future orientation
- Future pace the problem: see, hear, feel, experience yourself without the problem in the future. one month, one year, three years!
- Who do you see, feel and hear yourself becoming! See your self ahead in the future trauma resolved who are you what do you feel in your body sense of self
- Suggestion to STAY the SAME or to CHANGE or NOT TO CHANGE!

- Process of unconscious search
  - How will your unconscious assist you to learn, grow, shift, transform, heal, resolve, breakthrough, make a decision, discover something new, open into new inner space?
- Ratification - Post Hypnotic Suggestions
- Re-entry - Time for integration

### **Practice Trance Inductions**

- **Practice Trance Inductions Methods**
  - Eyes open / closed - Eye focus
  - Eyes on the back of the eye lids
  - Three point attention: Eyes, Hands, Voice
  - String around 1st finger - hand levitation use of balloon
  - Hands 6-8 inches apart - energy field induction
  - Waking dream

### **The Language of Change Hypnosis**

- What are you interested in?
- What would you enjoy experiencing?
- What are you curious about?
- What are you experiencing / not experiencing?
- What would you like to experience or not experience?

- Language is both a Concrete and Symbolic instrument in the process of change. Therapist as Artist originator for unique happenings to bring forth!
- The Map is not the Territory (Gregory Bateson & Field Theory) as we move from one STATE to another!

- State Dependent learning (Ernest Rossi) the function of Altered States of Consciousness in new learning and healing! Molecular Brain Mind Molecules of Emotion and Healing.
- We utilize Language as a Metaphor for Healing Change

### **Metaphorical Language for Deepening**

- Hope to occur – Be Happy to - Be Willing to Like /not like– Desire - Hoping for / not Hoping for!
- Allow – Imagine – Envision - Entertain – Probe/Look more deeply into- Examine Parts / A Part of?
- What are you Interested in Discovering? Not Discovering?

- **What are you Curious about or do you wish to Explore?**
- **Are you wanting to Entertain, Probe, Examine → Parts or Total Whole?**
- **Can you Imagine seeing the Total Picture? What is the next piece of the puzzle you can imagine choosing to place in your healing process?**

- As you imagine seeing and feeling the Change as it's manifesting or coming into the foreground from your unconscious mind!
- What is it Shifting or Transforming from the Background and or towards the Foreground?

### Finish With! or Move On From!

- What do you want to Build? Create? Bring forth as a Possibility
- Cultivate / Go forward / Proceed towards / Grow into what's next? / Death - Rebirth / Letting go into the unknown and discovering something fresh and original!

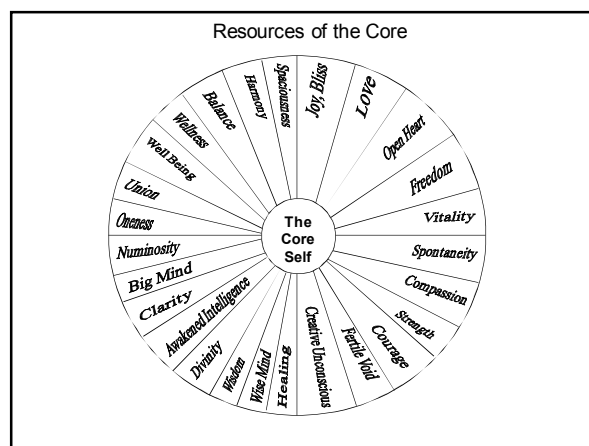
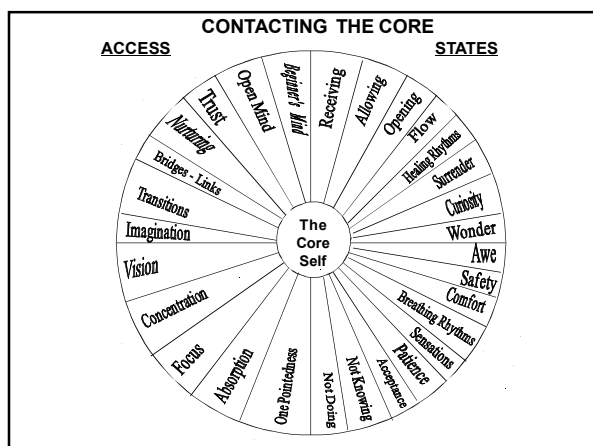
### Regression: Process to Heal or Locate Trauma

- Affect Bridge
  - Positive Emotions
  - Negative Emotions
- Cross over the Bridge River of Time with a positive affect follow river upstream

### River of Time Meditation

Begin the process of mindful meditation, and after a time, envision yourself standing alongside a river, the river of your life. The moving waters are your own vitality, or life force, moving forward continually despite all that happens on the river.

Pick a point along the riverbank and walk upstream towards it, moving into the past. This is a place in your life where you experience regret, loss, crisis, or trauma. Take a seat on the riverbank, and as you gaze at the passing waters, breathe deeply. Watch yourself go through this past painful event as if you were watching an old home movie. Breathe out the constricted energy that has long held the pain, regret, or trauma inside of your body. Observe as it begins to flow out of you. When this life event has finished

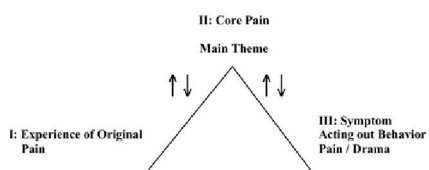




Uncoupled it – Riveted states  
Use the Process of Pendulation for Healing  
Flow State Releases

- Present State – Cultivate a positive ego state of safety and comfort
  - Past State
  - Present State
  - Future State
- Shifting of time – space coordinates across a Time Line

### TRAUMA

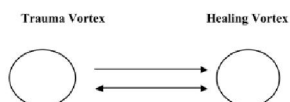


### SARI

- S = Safety & Stability
- A = Access States – Accessing
- Resources Going Inside – Re-Sourcing
- R = Resolution & Renegotiation
- I = Integration

Model by Maggie Phillips & Claire Fredricks,  
Ph.D. – Adapted from book “The Divided Self”

### Pendulation



- Track Experience through following Sensation
- Locate what is Riveted
- Move to Pendulation – shuttle back and forth
- Titration of Experience
- Integration

Model excerpted from “Walking the Tiger” by  
Peter Levine, Ph.D.

### **Energetic Outcome**

- Disrupted – Imbalanced
- Blocked – Feelings sense of immobilized bodily flows
- Split Off – Frayed qualities of psychic experience-distracted and or dissociated/Come into Integration

- Body Parts Frozen – Rigidity
- Numbing – Lack of Awareness
- Positive flow state – Important to locate sense of well being in the body
- Negative – Can't Feel or Feels Empty (no sense – sation)

- Active Absence
- Flattens Entire System – Quality of deadness – non-aliveness
- Blocks Communication – Poor Relationship

- Immobility → Function / Expression  
↓ Immune System →
- Retroflexion – Turning off Emotion Feeling & Sensation
- Need to identify-Identify the Introject
- Inwardly → Repression

- Micro
- Macro → Suppression  
Process Confusion – Dullness, Lacks Vitality, Fire & Passion
- Micro → Shut Down of Open Flow in Mind Body System  
↓
- Increase of Cortisol – Fight / Flight – Stress – Skews Perception – Sympathetic Nervous System is turned on

### Work to Create a Shift

Therapist needs to create a Quiet State for Mind Body Healing:

- Breath, Meditation, Trance Awareness of Mind Body States
- Lowering of Stress Barrier - Quiet State evocation of Relaxation state
- Healing – Mind Body Healing state of parasympathic activity

- Language is both a Concrete and Symbolic instrument in the process of change. Therapist as Artist originator for unique happenings!
- The Map is not the Territory (Gregory Bateson & Field Theory) as we move from one STATE to another!

- State Dependent learning (Ernest Rossi) the function of Altered States of Consciousness in new learning and healing! Molecular Brain Mind Molecules of Emotion and Healing.
- We utilize Language as a Metaphor for Healing Change

## The Brain

### Front of Brain - Thinking Functions

#### Prefrontal Cortex - 9 Functions

##### **NOTE:**

Stages 1-7 promote secure attachment

#### Mid Pre Frontal Cortex 9 Functions

##### **Acceleration and Braking of Body**

**Regulation**, Promotes Balance Reflective Response Rev Up and calm down heart balancing sympathetic and para sympathetic nervous system.

Adapted from *Mindful Brain*, by; Daniel Siegel, M.D.

2. **Attuned Communication** –How we perceive other beings –signals- How we Respond back-attuned manner to others- **join for connected communication.**

Be open to signals of others, resonance, empathic connections tuning in alter psycho physiological states, feeling felt sense of well being, safety and connection.

3. **Emotional Balance** ;Allows lower limbic region for affect regulation, inhibitory fibers calm down limbic areas- too much to little limbic firing –excessive or inhibited emotional flow-chaos or rigid-Harmonious flow established with emotional balance affect states: of anger, sadness joy, excitement in the mid-prefrontal cortex monitoring balance sub- cortical below the skull limbic region regulates hormones Amygdala-affect arousal and regulation/ brain stem the reptilian brain fight /flight, freeze response, threats to survival work with the body both hormones and neurons.



Cont-3.

**Sub cortical affect states; Brain/Body/Heart/Lungs**, regulated through middle prefrontal cortex an aroused life has meaning, pleasure and purpose, emotional balance regulates and influence the mid prefrontal cortex.

4. **Response**; Flexibility, Pause before action –space in the mind- **Impulse control**- space before the reaction.

You say wait-consider **Options** with **Mindful Flexibility** you choose most appropriate action- Signals are received various options sorted most appropriate action chosen.

## 5. Insight. Capacity of the Mind for Creative Mental

### Time Travel/Past-Present/Future.

Penned Tolving( researcher)

- **Self Knowing Awareness**: Mindful Awareness of Now
- **Past and Future Awareness**
- **Aspects of Narrative Awareness**: Waking up Mindfully
- **Trait identification** what I like, what I dis-like  
this is: **Self-Knowing Awareness**- Fundamental to secure attachment parents need to have Deep Understanding of their self.

6. **EMPATHY**- Compassion/ feeling with the other, understanding others point of view as well as their experience, image of others mind in our mind, empathic concern /feel there suffering.

**Mindsight and Mindstrength Create and build the capacities for seeing the mind and not acting out of reaction.**

**To see the Mind of Others and the Self!**

7. Fear Modulation Fear from past Traumatic events like fear of falling in mountain climbing becomes embedded in the sub cortical structures of the brain.

Amygdala- one needs to unlearn fear and trauma involves growing new fibers down from Mid Prefrontal cortex to the Amygdala – The fibers include Inhibitory Peptides -Gaba fibers squirt onto the neurotransmitters and calm the fear

## 8. Accessing Intuition and Wisdom of the Body-Mind

Brain /Neural networks of neurons intensify and send data up into brain to mid pre frontal cortex non verbal information becomes processed here. Be open to wisdom of the Body-Neural Networks around the heart and intestines – PDP-parrell distributor- processor- Spider like networks.

## 9. Morality

**Actions leading to larger social good solid moral imagination leads to moral action- science of “Mindful Awareness” long term meditation, vipassna, insight, yoga, Tai Chi, Chi Gong, Centering and Prayer.**  
**MBSR, John Kabott Zinn 8 weeks-2 Hrs. After 8 weeks flu vaccine immunoglobulin improved EEG activity left shift in the brain**

- **Amygdala;** almond shaped, because amygdale means almond and hence their name center of emotions.
- **Insular Cortex;** or the insula (word origin = island), is not part of the prefrontal lobes; insular cortex (which lies beneath the operculum [Latin for lid] formed by sections of the frontal, parietal and temporal lobes) is anatomically sometimes thought of as a lobe itself (an island of cortex).

### • Fear Modulation

Involves the first seven functions of the

**Pre-Frontal Cortex** Attachment research shows these functions promote secure attachments in relationships.

1-7 All outcomes of secure/parent child attachment all promote areas of the brain promote mindful awareness.

### \*Somatic Attunement

People can develop more mindfulness to focus the mind to change physiology, psychology and relational beingness. The mind becomes open to change the mind as well as mood and relational process. The regulation of information and energy flow open to change the brain. A collection of neurons and neuro-pathways that become distributed throughout the brain/mind/body. A relationship-we share information and energy flows. The Mind regulates and process's how energy and information flow to the brain.

Use intention to pay attention to the process of sculpting the brain!

- Integration – How separate things are linked together
- Differentiation+ integration
- Integrated system is coherent
- Flexible
- Adaptive
- Stable
- Flow

Daniel Siegel M.D.

*My quest is paradoxical; the distant truth I seek lies hidden in the motivation that sends me searching; though it impels me outwards towards the world, I must find a way to bend it back upon itself, and make it illumine its origin.*

- Allen Wheelis

*Wise Mind, Open Mind*

### Discard Unwholesome Self-Judgment

These are the steps to discarding an unwholesome self-judgment that you know is of no use to you and that causes you anguish. Use your mindfulness journal to work through each step:

1. Identity and label the judgment. Give it a simple name or theme, such as "inadequate provider," "insincere," or people pleaser."

2. Discover the quality of the judgment. Ask yourself, "What is this self-judgment causing me to think or feel about myself in this moment?"

Does it make you feel ashamed, angry, or guilty, for example? Notice whether the feelings is wholesome and supportive of your well-being, or unwholesome, making it difficult for you to enter a state of spaciousness, openness, and trust.

3. Find a remedy for the unwholesome thought or feeling. Ask yourself, "Would I like to think or feel something different? What thought or feeling could I generate to shift myself out of this unwholesome state?"

4. Formulate a new thought, image, or feeling, and begin to hold on to it firmly. Experience it in your mind's eye and in your body. Feel a wholesome sensation, such as relaxation, excitement, or expansiveness.

5. Assess whether you've shifted. Ask yourself, "Have I shifted out of the feeling, state, or thought that was unwholesome and let go of my negative self-judgment?" If you have, then enjoy the new sensations, feelings and thoughts you've generated as a remedy. If not, go back and repeat steps 1 through 4.

### **Unwholesome Self-Judgments**

In your mindfulness journal, list what you've always thought of as your negative qualities. Include any criticisms other have made of you that you've been holding onto, whether it's something your siblings and peers used to say to you when you were a child, or what your boss told you in your last annual review. Don't stop to judge whether these judgments are accurate, that step comes next. Simply note what you think of as your flaws.

As your discomfort naturally arises, remain present with it. Recognize that it will soon pass away but for now is still valuable tool for helping you in the process of letting go of your un-wholesome self judgment. Let every painful belief about yourself arise, taking your time to become quiet and mindful, opening yourself up to this flow of awareness from your unconscious mind.

**Next, ask yourself the following questions about each of these unwholesome self-judgment:**

1. Is this true and accurate for me right now?
2. Is it true sometimes? Under what circumstances?
3. Was it true in the past, but no longer?

If your self-judgment is not true and accurate for you right now, then envision yourself dragging these old and unwholesome patterns of thought into the trash, as if you were cleaning up your computer's virtual desktop, remaining files that are no longer relevant or useful. Be forewarned even if you make this choice to delete any particular self-judgment, it will probably continue to linger in your unconscious mind, arising again and again, particularly when you slow down and meditate. However, now you'll see it for what is: an unwholesome, unproductive thought that causes pain and suffering. Be mindful of whenever it reemerges, and set it aside without further examination.

After you've written down all the harsh self criticisms that has come to you, you may want to group them visually, drawing lines and circles to show connections to their origins, such as when your mother told you, "You procrastinate all the time."

**Find the common themes and note them.**

If your self judgment is true, recognize it as a issue you'll be working with for some time. You can consciously change your tendency to cast that quality in an unwholesome light. Begin to write about ways in which this quality has benefited you or might benefit you in the future. You may even want to use a thesaurus to find words that mean the same thing, because it might shed some light on the various qualities of your self-judgment.

Next write out an affirmation of the positive aspect of this self-judgment and recite it to yourself several times, while visualizing the positive feelings within your body (this is called an embodiment of the quality), allowing yourself to feel the truth of the statement . For example.

*You lose your grip  
and then you slip  
into the Masterpiece.*

-Leonard Cohen, "A Thousand Kisses Deep"