

## Healing Pathways to Love

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### Introduction

In my explorations of life, I began to notice that there seemed to be something missing in my understanding of love. In short, in spite of all that I had discovered about life and about universal love and consciousness, the mystery of love between a man and woman seemed to be something that still avoided me. What confused me is if we all seek love why is it so hard for us to have fulfilling relationships?

This dilemma is not a new one. Great minds have puzzled over the problem since time began. Due to a unique and personal series of events, a fascinating answer to the question of love occurred to me. I could only consider it a gift of some divine order.

Synchronicity is a Jungian idea, which states that events in our lives are not random, but rather have a divine meaning. While I was exploring the question of love relationships, I had an, "in-your-face" kind of synchronicity. I couldn't have missed the meaning if I had tried. I believe we all have that kind of experience at one time or another, so I created a tape to share synchronicity's lessons about love with others. Transcripts of this tape are available via email..

That was in 1998, and time constraints kept my transcripts unfinished, however I realized that the knowledge had a universal applicability, and might be important. Over the next four years, I sent these incomplete transcripts to nearly a thousand people and received tons of positive feedback.

Although in its essence these transcripts contained everything that I had learned, it was clear to me that certain dimensions needed expansion for clarification sake. In spite of what I saw as drawbacks, hundreds of people emailed or called to thank me for these transcripts. Many said that their lives were changed for the better. Many thanked me for sending it because they finally understood what was going on inside of them. Some broke down in tears of relief. From this genuine outpouring of thanks, I knew that even with the drawbacks, the preliminary version of my paper captured something very important.

I rewrote the transcripts in 2002 and again in 2005. This is the latest version and includes information about a unique form of energy work similar to EFT or Tapping on Acupuncture Points with one's fingers. By combining Tapping with meditation and nutrition, I found that the effectiveness of my private practice increased dramatically. Healings occurred that astounded even me! The majority of my clients had unsuccessfully seen other psychotherapists prior to working with me. Amazingly, after completing our work, they walked away totally changed. Even life coaches, other therapists, and counselors sought out my help in their personal lives. They too were astounded by how fast and how well this holistic program works. I truly feel that these new energy therapies will truly revolutionize psychology.

I believe that all of us have instinctive protection mechanisms that help us survive intense pain and fear. In fact, they are crucial to our survival in a very stressful world. Because most of us encountered stress and/or had dysfunctional childhoods, we all suffer from trauma reactions and residues to some degree. This happens because when stressed, we are wired to allow the primitive parts of our brain to take control from our more evolved, higher brain. These protection mechanisms do their job so well that they actually keep us from loving fully. To heal the wiring within our brains, a spiritual solution is necessary. If we allow our individual consciousness to

expand and experience the same unbounded Universal Force that created the universe, we can change this innate response pattern.

This Universal Consciousness is the same force that created the stars and galaxies. It lies within all of us, waiting to be tapped and used for growth and love. In order to heal from stress and trauma, we must we learn to “let go” and enter a spiritual place within ourselves. Although there are many paths to the same goal, it is extremely difficult to change the wiring in our brains from one of “protection from love,” to one of “embracing love” unless we do some form of spiritual practice on a regular basis.

The information in this paper should help us, whether we think we have blocks or not, to gain greater awareness and healing of the instinctive patterns that negatively influence our ability to love. First, I will attempt to give you an intellectual understanding of how stress and trauma affect our brain and subsequently limit our ability to experience love and intimacy. Second, I will explain how by holistically combining Meditation/self-hypnosis, Tapping on Acupuncture Points, and Nutrition, we can actually re-wire and heal our brain pathways. Several published scientific studies now provide ample evidence that these techniques can change the brain pathways that will release us from these old blocks. To help us understand how this occurs, we will rely on the Vedic philosophy of Maharishi Mahesh Yogi, who brought Transcendental Meditation to the western world, and on Dr. Levin, who wrote the book “Waking the Tiger”. Gary Craig’s energy work technique, EFT (Emotional Freedom Technique or tapping acupuncture points), is also a valuable tool in this process. Lastly I will touch on recent research indicating that new brain cell connections can develop through nutrition.

This paper is full of hope because no longer do we have to be a slave to the wiring in our brain. Even though all of us encounter blocks on our path, there is now a way to heal them easily and for the most part completely. Through these energy therapy’s discussed here we can change these old patterns and no longer be caught up in some kind of play in which the same act keeps happening over and over again. We can become free of the old patterns and gain the ability to make choices that will lead us to greater fulfillment in life.

## **GENERAL OVERVIEW**

Many great thinkers and spiritual leaders say that our mind has unlimited potential. During the last 15 years numerous scientific studies validated the profound power of the mind. In particular, research on meditation and prayer found that an individual’s thoughts could greatly influence the outer world. For instance, numerous studies on prayer found scientifically validated statistical improvement in the conditions of sick individuals who are prayed for. Likewise some of my own published scientific experiments on meditation have found that large group meditations can improve the quality of life by reducing crimes, auto accidents and even suicides.

The movie “What The Bleep Do We Know” cited some of this research as the basis for a remarkable study done in 1992 where six thousand meditators went to Washington DC for 6 weeks. During this time the meditators reduced the crime rate by over 20%. Other studies found that large group meditations can even reduce the amount of death and conflict within a war zone. Amazingly, no known energy emanating from our brains can account for these results. Several scientists have gone so far as to hypothesize that our minds contain abilities similar to those seen in quantum physics on the unified field.

Physic’s has long postulated a unified field where matter and energy seem to function without time and space boundaries. This idea will be developed later in the paper. For now let us say that numerous studies have found that our abilities within our own consciousness appear greater than

we dreamed possible. Unfortunately, these abilities often remain blocked by old stresses and traumas.

Perhaps the hardest quest of this lifetime is to get beyond the so-called blocks to our growth and live a life that radiates love and wisdom. Many great spiritual leaders and mystics talk about the incredible joy and bliss that comes when we are finally free from what has held us in check. In fact, most of my clients *intellectually* know what holds them back, but are unable to change. Like a scratched record, they only go so far and end up repeating negative patterns over and over again.

I propose that this problem is caused by innate structures in our brain. They not only protect us from pain, but also keep old wounds unhealed. These innate protection mechanisms do their job so well that we often avoid (both consciously and unconsciously) the very things that will heal us. So the problem becomes, how do we heal these old wounds without reactivating the innate protection mechanisms and creating more traumas?

Traditional psychology provides woefully inadequate answers to this problem. Traditional techniques often are found lacking because most of them interact with the rational thinking part of the brain, our cortex. However, the traumas from our past reside in a part of the brain not affected by rational thought. Therefore, knowledge about our problems does not necessarily influence healing. In fact, even talking about these problems may make them worse. Many of us feel that pushing problems out of our awareness in some way makes them better. Unfortunately that is not the case. Unhealed blocks often come up and bite us when we least expect them. What is the use of attempting to heal these problems if they get worse when we approach them? I believe there are entirely new remedies that heal these old wounds while avoiding much of the heaviness and pain and allowing us to lead the kind of life that we know deep down to be our destiny.

Since the brain is basically electrical in nature, its cells communicate by electrical stimulation through particular neuronal pathways. Until recently scientists felt that after we become an adult, our brains were basically set in stone with very little chance for change and development. The implications of this were that basically our development was dependent on our experiences during childhood and there was very little we could do to change things. Since most of us have experienced some form of dysfunctional family life or trauma during our youth, these old negative brain pathways have become our normal way of operating.

Unfortunately, old traumas also create hidden negative thought patterns that interfere with our ability to move forward in life. These patterns generate all kinds of barriers, including the inability to love fully, overachieving (especially as a subconscious way of avoiding love relationships), underachieving, depression, addictions, weight problems, midlife crisis, life out of balance, and the inability to make life changes. However, changing a negative pattern to one that embraces positivity is not always easy.

This problem is confounded further because many of our negative thought patterns are actually in our unconscious, where we are not totally aware of them. The most common block is caused because our parents were not able to love us in a way where we felt safe and secure. Our younger self interpreted this lack of support from our parents by deciding that we were not good or worthy enough for love. The pain of this perceived rejection, caused our innate protection mechanisms to suppress the severity of this experience. However our brain then had this unhealed pain as a permanent part of its structure or in other words as a preferred electrical pathway. Subsequently these unconscious insecurities are now a permanent part of our functioning adult brain. Fortunately, they don't have to be.

Cutting edge research in the past few years has found that even adult brains can create new brain connections, leading to the conclusion that we can change whatever patterns were etched in our

childhood. The technology now exists to actually break through these defense mechanisms and not only heal the old wounds that have held us back, but also lead us to a life far beyond anything we could have dreamed possible. Three of the techniques that I use in my practice are self-hypnosis/meditation, nutrition, and tapping on acupuncture points, and they have been extremely successful in achieving a total life transformation.

Modern science explains that all nerve and brain cell transmissions in our body occur thru electrical energy. Hence, our whole physical system is governed by the flow of electrical energy within our body. According to acupuncture theory, when there is a block in the energy flow, it creates a corresponding effect in our body causing disease or pain. For thousands of years, acupuncture practitioners have found that by stimulating certain energy centers, or meridian points, they can heal many different types of physical problems. In fact, during many scientific studies acupuncture has actually healed conditions that eluded traditional medicine.

I utilize a tapping technique similar to Gary Craig's EFT (Emotional Freedom Technique). Clinical reports found that EFT often shows immediate results even with traumas or pain that have resisted years of therapy or energy work. I believe that EFT combined with self-hypnosis/meditation and nutrition has the potential to revolutionize the way that we achieve unlimited growth. I use this energy therapy in my practice, and have seen amazing cures for my clients. This includes cures for such diverse problems as fears (including public speaking, commitment in relationships, sports and business performance anxiety, and crowd and height anxiety, etc.), as well as addictions (including weight problems such as food binging and purging and the inability to control overeating, as well as drugs, alcohol, sex addictions, and even smoking), deep rooted anger, love relationship issues, depression, panic attacks, and even physical problems (such as asthma and arthritis and the inability to sleep to name just a few). This technique takes only minutes to do, and the result is frequently permanent, often surpassing the effectiveness of traditional psychology therapies. In my practice, I have seen lifelong fears and traumas completely healed within a few months.

In my practice I combine self-hypnosis/meditation with Tapping on Acupuncture points so that we actually utilize the same quantum force that created this universe as a vehicle to increase the effectiveness of Tapping. In a sense what I do is create a type of meditative state/trance that allows the healing to become deeper and more permanent. This unique way of using the Tapping Technique allows us to go very deep into the core issues that are holding us back. I have found that by uniquely combining these techniques, we can not only clear out negative blocks to our growth, but also can redirect these energies and use them as a positive, proactive force in our lives. It is reasonable to assume that if these energies hold us back, they also have incredible potential to propel us forward into material and spiritual abundance.

This paper demonstrates that by combining these three techniques in a unique way (Meditation/Self-hypnosis, Nutrition, and Tapping on Acupuncture points), we can actually create totally new brain pathways. We can be free from negative brain patterns that have haunted us for many years. This gives our positive thoughts a more fertile ground to work with. By changing the wiring in our brain from one of protection to one of openness and love, we drastically improve our ability to create miracles with our thoughts! By teaching my clients how to utilize these techniques they in a sense become their own therapists and become capable of doing much of their growth on their own.

However I find that help given by an experienced energy healer with good intuition can be extremely beneficial. In this regard I offer phone consultations to help begin this incredible journey. My clients love Phone consultations. First of all the consultations are extremely convenient and save an immense amount of driving and waiting time. Secondly I can work with clients in the privacy of their own home. This allows them to be freer with their thoughts and feelings. Thirdly since we work by going into a slight meditative trance together, it is actually more beneficial to be in

an environment where the client feels most comfortable. Most of all doing phone consultations allows much more flexibility to work on an issue immediately rather than waiting for the next scheduled appointment.

When we are using energy work, it is critical to work on problems as they arise thus allowing the healing to occur at a much deeper level. If we wait to work on problems, the innate defense mechanisms push the problems out of our awareness and make them more difficult to resolve.

Most of the blocks in love relationships seem to be related to one of the following issues that will be addressed in this paper. Most of us have experienced one or more of these issues in our lives.

Why are so many of us attracted to people who are not available emotionally or to people who are severely wounded?

Why is it so hard to commit to another person?

Why do we feel insecure when we are in a relationship?

Why do we seem to fall apart or to be a completely different person when we fall in love?

Why do we seem to be attracted or get into relationships with people who are not really on our same level emotionally or spiritually?

Why do we continually seem to be attracted to someone who needs rescuing?

Why do our relationships always start out well but seem to fall apart after a few months?

Why are we attracted to those who are not available (like married men or women)?

Why do we pick relationships with people who we know will not work out but stay with them anyway?

Why do we find it difficult to fall in love?

Why do we avoid relationships?

Why are we successful in our professional lives but seem to fall apart and become totally insecure when we start to fall in love?

Why do we go through periods where we are addicted to sex and are promiscuous?

Why do we try to please others at the expense of our self?

Why do women go into prostitution?

Why do we become so compulsive about someone when we are involved with them?

Why do we become very needy when we fall in love?

Why is it hard for us to feel things deeply?

Why do we feel that things are too intense when we are in love?

Why do we have difficulty talking things out when we have problems in a relationship?

Why do we feel like leaving whenever this is a problem in a relationship rather than working things out?

Why do we blame things on others when we have a bad day?

This paper will address these issues plus many more.

## **WHAT ARE THE BLOCKS AND WHAT CAUSES THEM?**

The first question we must address is, "What causes the blocks which limits our growth and constricts our love relationships?" The most well known things that cause blocks or trauma (for our purposes here trauma is equivalent to blocks), are events like war and sexual abuse. Other examples include being abused in marriage or being abused as a child. Sexual abuse, especially when one is young, is now recognized as a one of the most severe kinds of trauma and is very difficult to heal. Some scientists have forecast upwards that a third of all women have been sexually abused in some way or another when they were children. But there are also events that can cause trauma reactions within us that we normally do not associate with trauma, like operations, particularly when anesthesia is used, automobile accidents and high levels of stress, especially

when we don't feel like we have any control over what is going on. Another very common trauma is witnessing the death or intense suffering of a loved one.

**However, the most common way that the blocks are formed is from lack of love when we were young.** Dysfunctional family life is epidemic in society today. As a result, many of us feel as if love is something to be avoided, because falling in love, is associated with a lot of anxiety and pain. This paper will explain the root causes of this pain and how we can break free to fully experience unbounded love with another human being

To help us understand what causes blocks to our growth, we are going to borrow some of the theories of neuroscientists. In this regard, our approach is rather novel, as most psychologists try to understand trauma by analyzing the psychology of the mind rather than the physiology of the brain. However, the position taken here is that trauma is basically physiological in origin and, as such, does not easily lend itself to traditional psychological analysis and therapies. In addition we will make a strong case that all of us have many of the symptoms of trauma because our brains are wired in a certain way. Although there are many theories about trauma, I will start by analyzing how our brain operates and use that as a springboard to fully understand our reaction to trauma. I will simplify things in order to be brief, because otherwise this paper will expand way beyond our purposes here.

Neuroscientists explain that there are three levels within our brains. First, the most primitive part of our brain is called the reptilian part of the brain. The reptilian part of the brain is responsible for our instincts. Most of us are aware of what instincts are; they include primary survival mechanisms like breathing, eating, sexual activity, and running from danger. The interesting thing here is that often these instinctual processes go on without our awareness. This is a very important point, because later we are going to see how many effects of trauma are not in our conscious awareness. Because they function completely by instinct, reptiles are the lowest form of animals. For instance, reptiles mate and make eggs, eat when they're hungry, and run when they are attacked. If they happen across one of their own babies, they will eat it because they have very little emotional or intellectual capacity to understand what's going on in their outer surroundings.

The second level within the brain is called the limbic brain, or the emotional brain. It deals with emotions. The more evolved animals like dogs and cats have a lot more emotions and intelligence than do reptiles. For instance, under normal circumstances, a dog or cat recognizes its own babies and would never eat them.

Third, neuroscientists explain that the most evolved part of the brain is the neo-cortex. The neo-cortex is the thinking, rational part of the brain. It also is the moral part of the brain, which makes judgments about what is right and wrong. This part of the brain is the one that is most unique to us as human beings.

Now here is where this topic starts to get really interesting. Neuroscientists have proposed that whenever we have a trauma, it produces a huge amount of stressful energy in our system. Dr. Levin, in his book "Waking the Tiger," points out that if this stress is not immediately dissipated, they fester and can have very profound negative effects on us throughout our whole life. Unfortunately, it is often very difficult to become healed from trauma. As a result the brain reacts to this unhealed stress by activating innate protection mechanisms that helps protect us from the full damage of these energies. So in a sense, these protection mechanisms are a good thing in that they help protect us from the full impact of the trauma. However Dr. Levin explains that when one becomes traumatized, the instinctual part of the brain (or the reptilian part of the brain) takes over the higher brain, or the cortex. This occurs because whenever a person is threatened, the instincts for survival take over. Scientists point out that these survival instincts have been wired into our system through

millions of years of evolution. The two most basic protection instincts are the flight and fight responses, which most of us are quite familiar with.

However, in modern life, it is often very difficult to fight or flee a traumatic situation. For instance, if one is in an abusive or traumatic marriage, often one can't easily obtain a divorce due to consideration for children or financial reasons. And if one is at the frontlines of war, we cannot just abandon our post in order to escape the trauma. So when people or animals cannot easily avoid a trauma, another very important instinct takes over - the immobility response or "freezing response." Dr. Levin explains that the freezing response is the key for understanding most of the long-term symptoms of trauma.

Now let's look at this more closely. For most people, the immobility or freezing response can be a confusing concept. In fact, in all the years of my graduate training in psychology, not one book or teacher ever mentioned the freezing response as being one of the basic instincts. Yet, when you think about it, it's as common as any of the other basic survival instincts. For instance, all of us have seen a rabbit or a deer freeze when it is startled or under attack. Neuroscientists point out that the freezing response is a mechanism that helps us deal with the stress and pain of the trauma so that later those life-damaging energies can be gotten rid of. However, in many cases, as in a war or an abusive marriage or in an abusive childhood, there is no way to get rid of these energies. So what happens is, the freezing response becomes a permanent part of one's personality. When that happens, the pain and stress from the original trauma does not heal and thus, continues to impact us.

Before we go on, let's look at some examples of this freezing response in humans. We have all seen actors or actresses suddenly forgot their lines on stage, in other words, they froze up. Another example documented in scientific studies is that over 80% of soldiers on the frontlines of a war never fire their guns, because they are unable to act due to fear (freezing response). So when one encounters this kind of extreme stress, one can easily understand how the freezing response works.

Unfortunately, in today's dysfunctional life we find a lot of freezing responses that are not so obvious. In fact, the most common question I received about the first version of this paper was, "How does the freezing response apply to my life?" The best example I have to explain this phenomenon is that quite often when we are in love with someone, we find that we are unable to talk with him or her about what we are feeling. Relating the freezing response to this common situation, greatly clarifies this issue. At some point, we have all been unable to talk with a loved one, because we have frozen up.

Does this sound familiar? In much the same way, it is difficult to talk or communicate, because we are frozen up. And like the rabbit, we then try to find a way to leave the situation rather than talk things out to get to a new level of intimacy. Once one understands that the freezing response is the mechanism that keeps us from communicating and getting closer to others, it becomes much clearer why this keeps us from experiencing deeper levels of love.

What we will discover here is that the freezing response is most often in our unconscious and is activated because we are afraid of experiencing the rejection and pain we received as a child. For instance, in talking with others we may avoid telling them what we are feeling because we are locked up or frozen. Maybe we are afraid of their reaction, but most likely we are afraid of becoming closer to that person. Relationships are built on communication, and when we are unable to communicate fully, then the connectedness between our loved ones and us is lost. What we will discover here is that the freezing response is most *often in our unconscious and is* activated because we are afraid of experiencing the rejection and pain we received as a child. So it is the

traumas from our youth that actually block our ability to get closer to others and are the springboard for the freezing response.

## **SYMPTOMS OF TRAUMA**

What we have seen so far is that the immobility response is a way to cope with huge amounts of stress and trauma. In that way, it is a good thing. However, as Dr. Nile points out, because the freezing response locks in all those energies, it also keeps those energies from being healed. So until those energies are released, they will build up and start to manifest the symptoms of trauma. So just what are the symptoms of trauma?

Dr Levin says that if you are experiencing symptoms you are unable to explain, they could be arising from a traumatic reaction to past events that you may not even remember. Perhaps the most pervasive symptom is a vague sense of what Dr. Levin calls a feeling of dis-ease. He is not referring to a disease, but rather a type of dis-ease, or a vague feeling that that something is not right or a feeling of uneasiness. This feeling may or may not be there on a regular basis but it is in the field of love relationships that most of the symptoms of trauma seem to manifest.

There is a myriad of symptoms that seem to be caused by trauma. Many of these problems are physiological in nature, which is understandable since the mind-body connection is starting to become established. It is quite understandable that when a young child faces rejection or is ignored by their parents, they will in turn direct some type of negative thought patterns inward. These negative thoughts (usually unconscious because of the protection mechanisms discussed earlier) will often eventually create diseases or in some way affect ones physical or mental health. I will go through most of the common symptoms, but keep in mind that whether we are aware of symptoms or not, is not the important issue here.

Some examples of the symptoms include panic attacks or not wanting to lose control, the inability to make commitments in love relationships, very low physical energy or chronic fatigue. In addition, physical problems often emerge, such as immune system problems, allergies, neck and back problems, and digestive problems like spastic colon, and are all possible manifestations of unhealed trauma. Depression and psychological illnesses are also quite common, as well as feelings of detachment. It is quite typical to have a decreased interest in life, with possibly a fear of dying or of having a shortened life. Other symptoms include frequent crying or abrupt mood swings and reactions such as rage or temper tantrums, exaggerated or diminished sexual activity (my experience has found that highly traumatized individuals often go from periods of promiscuity or prostitution to periods of celibacy). Other possibilities include avoiding the feeling of being helpless, a reduced ability to deal with stress, and difficulty with sleep (inability to fall asleep or sleeping too much) that may include nightmares and strange dreams, especially during periods of stress. ***However, as we shall see, the most common symptom by far is the inability to have a deep loving relationship based on good communication and intimacy.***

## **FORMS OF TRAUMA**

There are two forms of trauma. The first is called “shock trauma” and is the kind that we are most familiar with. Shock trauma occurs when we encounter an isolated, intense stress to our nervous system, like from an automobile accident, being involved in a war, or being abused in a relationship. The second kind of trauma is called “developmental” trauma, which is a stress that occurred when we were in the crucial stages of childhood development and often happens over a longer period of time. When one thinks of childhood trauma, we usually think of sexual abuse. However even something as simple as the neglect of a child, by ignoring them or not being there emotionally is extremely stressful for a young child and can cause symptoms later in their adult years. Developmental trauma is by far the most prevalent in the clients that I have seen.

There have been some interesting studies that show strong support for this position. For instance, in one study, research psychologists studied the length of time it took for a mother to react to her baby's crying. If the mother reacted quickly and came to the aid of her child within 30 seconds, that child would later grow up to be very self-confident and self-assured. If the mother did not react within 30 seconds, that child did not have adequate self-confidence as an adult. Unfortunately, many of our parents in the past two generations were taught that to train a child to be independent meant allowing it to cry without responding to its needs. In essence, they accomplished the exact opposite effect by contributing to trauma and abandonment issues in a child's later adult life. Imagine a terrified child who feels helpless when mom or dad does not respond to his crying? The child is worried if his parents are going to come to his/her aid or whether they really care enough to respond. Is it any wonder that later on as an adult they will unconsciously avoid love relationships or commitments because of this fear they had as a child? This is, of course, just one example of developmental trauma, but it does give us an idea that even something as simple as ignoring a child can have a large impact in our adult years.

## WHY WE AVOID INTIMACY

However, the most common effect from lack of love during childhood is a tendency to avoid intimacy. The main point is that we tend to choose partners that mirror our experiences in our youth. And since the model we had in our youth was lack of love (or in many cases, we were rejected by one or more of our parents), we tend to mirror that pattern in our adult years. ) In essence if we were rejected or ignored by one or both of our parents during our childhood, in our later years we often are attracted to people who are not available emotionally. I have also found that since most of us were not adequately breast-fed, this also contributes greatly to the perceived isolation that many adults seem to have in today's world.

When we think about it, a young child is very vulnerable. They know that they cannot speak or communicate, and they know that they are totally helpless and dependent on their parents for their very survival. This makes them super-sensitive as to whether they feel total support from their parents who are in control. As we have seen, many of our parents were not taught adequate parenting skills, which lead to the many dysfunctional families we see today. These parents entirely neglected their children due to work or other family demands. In addition, many parents tended to entirely neglect their children because of work or because they had other favorite children. Being ignored in this way created a situation in the vulnerable child's mind. He would feel not "worthy" of love, neglected, or worse, rejected by the very people who created him. The lack of unconditional love sent the message that the child was lacking or not lovable for himself. As a result of this perceived rejection, the child would attempt to find ways to escape the pain.

Quite often, children would instinctively find ways to reduce the pain by pushing it out of their awareness. In addition, deep inside their emerging consciousness, they start to feel that depending on someone else creates pain because when they were dependent as child they experienced rejection. Hence later on as an adult they become afraid of losing control because it reminds them of the pain they had as a child.

Another common reaction is that the child attempts to do things that will create attention by using achievement as a means to get attention (i.e., love). In this case, achievement or performance then becomes a substitute for love and a way to gain attention from one's parents. This pattern is quite common and is one in which the person becomes an overachiever because, in essence, "performance becomes love!" Because the child was not loved unconditionally for itself, the natural love bonds were never fully developed between the child and his parents. In short since most of us never experienced unconditional love as part of our maturation process we were left feeling inadequate. And that inadequacy translated itself to a feeling of "I am not good enough or worth

enough to be loved unless I perform well". So in essence we become married to our work or else choose work where performance is emphasized (i.e. prostitution) and end up avoiding true intimacy.

This, in turn, creates a child who is very dependent on what others think for their self worth. For instance, I have found through numerous interviews, that those suffering from anorexia or bulimia almost always have had severe developmental trauma when they were children. As a result, deep down in these women (usually women suffer from this far more than men) they subconsciously feel that unless their bodies are a certain way, that they will not be loved. In support of this psychological studies have found that anorexics/bulimics are typically over-achievers, which is an independent verification of the pattern that for them love has become performance. The model an anorexic/bulimic child had when they were young was a rejection for who they were, because the message her parents gave her was that she would never be perfect enough or lovable enough. In short, she was not loved unconditionally for who she was. So she attempted to make herself perfect based on a standard that can never exist, because no matter how perfect her body would become, the basic rejection pattern still remains wired inside her brain. For bulimics the same pattern exists, except for them food has become a way for them to fill up the emptiness as a child.

But this pattern also has many other manifestations apart from anorexia and bulimia. For instance, the insistence of many women to get breast implants (which can be a serious health risk) in order to help their self esteem is another example of this dependency on appearance as a substitute for real love. Although studies have found that in the short term there does seem to be a positive increase in self esteem after breast augmentation surgery, long-term research has found the exact opposite to be true. Several recently published studies have found that after two years there is a significant increase in depression for those women who had breast implants, when compared with women who never received breast implants. Unfortunately, this attempt at gaining self-esteem by changing one's body will never work because it does not change the way the brain is wired.

### **AVOIDING THE PAIN BY DENIAL AND COMPARTIMENTALIZATION (or Dissociation)**

One of the most interesting things about trauma is that a person may not be aware that they were traumatized. As we have seen, a child it is extremely threatened when they are abused or ignored; so as a result, the instinctual, survival part of the brain, takes over. When this happens, the child then freezes up in order to cope with this stress. In fact, this freezing response can be so powerful that it can even suppress the memory of a traumatic event. Many psychologists use the term "denial." as the inability of a person to deal with issues from their past.

Unfortunately, denial has a negative connotation, because it suggests people are not facing things that psychologists feel they should be facing. The term denial implies that we have a choice, but we prefer to look at it differently here. From our perspective, denial is a way to adapt to huge amounts of life-threatening stress, so that later, when we are stronger, we can deal with that stress. Denial in this sense is not a bad thing; it is a way to survive stress.

Many experts in trauma point out that it doesn't matter whether we remember the event or not; unhealed energies will eventually manifest as problems. As we have seen a very common form of denial is the lack of awareness that one has a problem. Remember that in order to survive the pain of rejection, the young child had to cope, and the most common coping skill was to push the pain out of their awareness. The problem is that this same coping skill is now completely wired into their adult brains suppressing the awareness of problems. This makes it very difficult for the traumatized person to realize that he has a problem. Although this same pattern exists to varying degrees in all of us, those who have had less love in their childhoods are on the more extreme end of this phenomenon.

What makes this even worse is that since the defense mechanism was developed when the brain was still forming, it became a permanent way of dealing with stress. We see this especially in love relationships where a person goes from relationship to relationship because of the inability work through problems.

Dissociation is another coping mechanism. Like denial, dissociation alleviates some of the painful energies of stress. In dissociation, we often feel separate from events or even from our bodies. It can extend to the time sense where most often it manifests as a kind of “spaciness.” We tend to feel distant from life, instead of having the connectedness that we all yearn for. But by far the most common form of dissociation is the tendency to compartmentalize our lives so that we can avoid facing pain. Another way to look at this is that compartmentalization is a process whereby a person separates mind, body and heart so that these different parts can function without interference from one another.

Promiscuity or prostitution is an excellent example of compartmentalization. In order to do these types of activities there has to be a separation between ones heart and soul and their body. Anorexia/bulimia is also an example of this because by being totally obsessed with ones body also creates separation from ones spiritual and emotional sides. Another example of this phenomenon is with spousal infidelity, where typically the excuse is that it did not mean anything because it was only sex. Even though these examples are extreme, most of us have experienced compartmentalization of some type at one time or another.

The problem is that instead of facing difficulties and communicating with others, when stress arises the person avoids problems entirely and focuses on other things. The end result being that the problems stay unresolved because we have effectively avoided dealing with them entirely. Many of us tend to drift from relationship to relationship, because without having the ability to work out problems, every relationship is doomed from the start. I want to make a clear distinction here between love and work-related activity, because in work-related issues, many of those who suffered from dysfunctional childhoods perform quite well (remember for many of them love has become performance).

## **INTIMACY AND THE FEAR OF SURRENDER**

This brings us to one of the most amazing things about trauma and certainly one of the most confusing things. As we have seen, in order to heal the stress or trauma, one must let go of the protection mechanisms. But by letting go of the freezing response, this also unleashes all the locked-up pain from the original trauma. Hence, the freezing response, which is the very thing that’s been protecting us, is also the very thing that keeps us from being healed. It is no wonder people are confused. We may have this vague feeling that something is wrong and so instinctually, deep in our soul, we feel the need to get rid of this unhealed part to live a more fulfilling life. So what happens when we start to heal? One may start feeling a vague feeling of uneasiness, a little anxiety, or may feel like leaving the situation. So as a result, because of this uneasiness, one starts to close up again. No wonder this process is so confusing! The very act of healing means that one has to face some pain.

Deep inside, every person feels a need to release these unhealed traumas, because within all of us is an innate desire to become healed and whole and to become spiritually actualized. In fact, those individuals who have had near-death experiences report that we are spiritual beings inhabiting a body, not the other way around. So there is a Divine force within us that is guiding us towards growth and self-actualization. But in order to become healed, we must face the pain of the past wounds, which means that healing brings with it a feeling of discomfort. As a result most of us have a fear of letting go. In other words, we try to maintain control. Looking at it from this perspective, it becomes understandable why many of us have a need to not lose control.

Unfortunately, when one has an intense need to control life, this wreaks havoc with one of the most basic human needs - the need for love – because in order to fall in love, one must let go. So many great song lyrics have been written about the union that grows during love. A Garth Brooks lyric speaks volumes about the experience - **“Holding you, I held everything.”** The rock band Fleetwood Mac sung the classic line about how all of us are seeking in some way **“to drown in the sea of love.”** Obviously, one of the most unbelievable experiences a person can have is falling in love. And yet, if one must always maintain control, it becomes very difficult to fall in love. **That’s because in order to fall in love, one must undergo a complete metamorphosis from a “me” to “we.”** Therefore, falling in love does involve letting go.

This joy of life is often denied to a lot of people who have been traumatized because they are afraid to surrender to another human being. It is in the field of relationships that the symptoms of trauma are most dramatic. Usually one of three different patterns occurs. The first is when the trauma victim jumps from relationship to relationship, leaving one destroyed dream after another. Nothing they do seems to work. The second pattern is that they may get involved with someone they are not in love with - someone safe. The third pattern is they don’t get involved with anybody. Very often they may try to keep relationships at a very superficial level because as they get more and more intimate, the pain of the trauma starts to re-emerge. So they end up avoiding intimacy by pushing potential partners away (usually on a subconscious level). Another more bizarre way of avoiding intimacy is for trauma victims to be attracted to people they can’t have, such as married people, or being attracted to others on a very superficial, physical, promiscuous level.

### **AVOIDANCE OF INTIMACY THRU WORK AND ADDICTIONS**

Another common way we avoid intimacy is to become “married” to our work. Being constantly busy at work provides a safe way to feel productive, and at the same time avoid the possibility of feeling the pain from our past. Since dysfunctional childhoods left many workaholics with the idea that, performance is love, overwork is very safe and comfortable for them. Unfortunately, these avoidance techniques do not heal us - and as time passes, one starts to feel that something is missing in one’s life. As many researchers point out, avoiding intimacy will not heal trauma, because eventually the negative symptoms of trauma will start to emerge no matter what we do to avoid it.

Because the symptoms of trauma will eventually manifest themselves, many of us who have suffered dysfunctional childhoods resort to some type of addictive behavior. Some estimates are that up to 75% of all trauma victims are abusers of one thing or another - drugs, alcohol, sex (this is a very big one these days with pornography rampant on the internet), video games and even shopping become a way to self-medicate the residues of pain and tension from our past.

Another interesting variation of this is that many traumatized people have sexual addictions or periods of promiscuity. In a sense, sex becomes another attempt to reduce the discomfort of the unhealed pain. Since the sexual centers of the brain are located in the reptilian part of the brain, any kind of developmental trauma or dysfunctional childhood would probably affect one’s sexuality in profound ways. Again, the problem with using sex as a means to reduce trauma symptoms is that this sets up pathways in the brain that make it more difficult to have a truly loving relationship. Recent research on the brain has found that the brain tends to develop neuronal pathways depending on the use of the brain. So if one is promiscuous, the brain develops pathways where the electrical impulses go right to the reptilian part of the brain. The problem is that the sexual part of the brain is so powerful that stimulating it without being in a loving relationship tends to isolate its connection with the other brain centers. Hence by having a promiscuous lifestyle it would be more difficult to change that behavior if one would ever want to have a meaningful love relationship. Because the sexual centers are so dominating, having a sexual addiction can be numbing and separates ones heart, mind, body, and soul from each other. Interviews with ex-prostitutes have verified this phenomenon because they quite often report feeling other sensations (such as the heat

in a bath) more vividly after giving up the profession. Unfortunately, using addictions to self-medicate the pain never works because it creates brain pathways that make it harder to change one's behavior.

These examples show how the unhealed traumas keep us caught in what could be termed a relationship trap. Although we really want to be intimate, but the problem is that closeness with another human being eventually elicits pain or discomfort. Even though many psychologists call this behavior self-destructive, the position that we are taking here is that most of this behavior is really an attempt by the person to find intimacy with another human being. In a sense, sex is a kind of communication in that we feel something concrete with another human being, and promiscuity is an attempt to reach out and gain connection. However, as we shall see, having sex without an emotional and spiritual connection tends to close down the most important parts of our brain and lessens both our-self worth and the possibility of a truly loving relationship based on spirituality. In this regard, interpersonal relationships are very important barometers of how far along the path we are to becoming healed.

## UNDERSTANDING PROTECTION MECHANISMS

So it is easy to see that the intellectual understanding of trauma and stress is necessary in order to become healed. That is because these reactions are very confusing. How can falling in love cause pain, make one have anger or want to run from relationship to relationship? Obviously, these kinds of responses are not what you typically think of when you see a Hollywood movie.

The lack of understanding of trauma reactions also has a disruptive effect communicating with our loved ones. Neuroscientists point out that trauma reactions basically reside in the primitive reptilian part of the brain. As a result, when we start to have a feeling of uneasiness caused by a trauma reaction, then the intellectual part of the brain tries to interpret and understand this feeling of dis-ease. Because the reptilian part of the brain is separated from the cortex, the cortex often misinterprets this feeling of uneasiness. As a result, the intellectual brain tries to locate a cause for this feeling of uneasiness in the outer environment. It feels as if his children, wife or boss is causing this negative feeling. This is because the source of the uneasiness is not understood as being caused by the trauma trapped inside. The traumatized person may start yelling at his kids or his wife because he feels that those who are dear to him must be the source of his uneasiness.

He then will feel more tense and anxious, and will most likely freeze up again. But unfortunately, this freezing up also has a huge effect on communication. For example, a person may need to talk to his wife about a problem he is having, but because it is bothering him, he freezes up to protect himself from the pain. So because he freezes up, he finds it impossible to communicate with his wife about his problem. So instead, he might talk about something else - like why the dishes are not done or why their kids aren't in bed. So to avoid the pain we focus on something extraneous rather than what we really need to talk about. Although this may temporarily reduce the pain, this lack of communication takes a huge toll on one's intimate relationships.

What is most intriguing here is that this avoidance pattern is, for the most part, totally unconscious. Most of us do not even realize what is going on, because the brain pathways are structured in a way to avoid pain, even at the cost of intimacy. This becomes so habitual, that it is very difficult to change, **because these avoidance pathways were formed in childhood and have now become the preferred pathways in our brain.**

Psychologists typically use all kinds of phrases to explain this avoidance process, like, "You are not dealing with your issues." But the approach we want to take here is that the person really wants to be healed. But the problem is that they do not have the ability to deal with issues when one is feeling pain, or anxious. Instead of having the freedom to make a choice, the pain or the response

pattern chooses for you. There is an old quotation that addresses this: **“When one tries to avoid pain, one lets fear rule one’s life.”**

Many modern-day psychologists believe that the only way to heal trauma is to confront the trauma head-on in their therapeutic practice. As a result traditional therapy does not have very good track record in healing childhood trauma. A few enlightened psychologists, such as Dr. Levin, explain that it is virtually impossible to heal trauma by confronting it, because if one does that, you can actually make it worse by re-traumatize the person. **However what we are presenting here is a remedy that allows our blocks to be healed without confrontation and pain, which will revolutionize the way that psychology is practiced.**

## **AVOIDING INTIMACY BY SABOTAGING RELATIONSHIPS**

Another common accusation that psychologists make about people who have been traumatized is that they sabotage their love relationships. Again, psychologists are making a huge assumption that people really want to sabotage relationships, but our position here is that this is not exactly true. Traumatized people have their own inner wisdom. Intuitively, they feel they can’t deal with these issues. That is why they use all these techniques to avoid them. They want to have intimacy as much as anyone. The problem they have is that, for them, intimacy means facing pain. The intimacy that they crave the most is actually what causes them pain; the problem for them is they don’t have a technique to deal with this dilemma.

To fully understand how people sabotage relationships, we must understand the nature of love itself. As we have seen, to fall in love means one must let go, and this process of letting go means that one surrenders to the other person to some degree. If we are is not fully healed from all the pain and trauma from before, then that **‘unconscious’** unhealed pain starts to come to the surface. As a result, we might start to feel insecure (or any possible emotion that we had when we were traumatized) as we start to fall in love. Unfortunately, when the unhealed pain starts to come to our awareness, this is quite confusing. As a result we tends to misinterpret this stress by thinking that it has been caused by our new love interest. But what is even more amazing is that, subconsciously, we are often attracted to the type of person who caused us the pain in the first place. This may seem confusing, but let me try to explain it this way.

By far, the most common scenario I have found in today’s dysfunctional family life is that one or both of the parents did not give their child adequate love during childhood. This lack of support is a very traumatic experience for a young child. Children like this become more vulnerable to sexual abuse because they tend to look for affection wherever they can get it. Regardless, the offspring of distant parents become grownups, who tend to get into relationships with emotionally distant partners. That is because they equate being emotionally distance as “being in love” since that is their first experience of love. What they are doing is re-enacting the same drama that occurred in their childhood.

The consequence of this is they tend to run away from people who are emotionally capable of loving them. In addition, since the early message they received was that they were not worthy of love, when love does come their way, deep down they do not feel they deserve this gift. In fact unconsciously they might even think that there must be something wrong with the person who is in love with them because the message that they are not worthy of love is such a permanent part of their brain pathways.

So how does this work out as far as sabotaging relationships? Remember that the freezing response is precipitated because the closer one gets to someone, the more their protection mechanisms start to kick in. Eventually the fear of more pain wins out because the current relationship is starting to be associated with the stress from the past. So rather than face love and, hence, possible rejection, they rid themselves of the potential pain before it manifests. They will do

things subconsciously to sabotage the relationship so that their partner leaves the relationship. Quite often they are attracted to people who are unavailable and then once they have them, they then want to run away. For some reason, I have seen this sabotaging phenomenon most often in my female clients.

For instance, to sabotage a relationship, a woman will quite often ignore her potential partner or do things to push him away. She knows that this will set off a scenario in which the man will leave so that she is freed from the unconscious fear of rejection. The woman unconsciously does not want to talk things out because that would lead to more intimacy and hence would increase her anxiety. She attempts to find an excuse to get out of the relationship because, deep down, she is afraid that the man will leave her or that she will be hurt. Keep in mind that this fear is largely unconscious and rather than feel anything specific, the woman most often will feel bit uncomfortable or feels smothered. I have seen many different variations of this pattern in my clients, including such things as not returning phone calls, hanging up in the middle of intense conversations, creating an argument over something totally stupid, ignoring the man or flirting with other people during a date, and even being unable to make love with their partner. Remember, the woman may not be aware that she is stuck in this pattern, because the protection mechanisms are in a different part of the brain from the rational cortex.

What makes this even stranger is that the men who would make good partners are the ones they usually avoid the most. I was amazed by how many women admitted to me that they push out men who would be good partners and only seem to be attracted to ones who were wrong for them or else who were unavailable. Many of them admitted that this process had been going on for a long time, but only recently were becoming aware of this pattern. More amazing still, they admitted that even with the awareness of this pattern, they were unable to do much about it. Again, we see that this phenomenon is one that is mostly unconscious and will continue to influence us until we develop a way to change the wiring of the old pathways in our brain.

It is no wonder that this is very confusing, because everything is the exact opposite of what it appears to be on the surface. That's because one's mind is telling us one thing, while our protection mechanisms are telling us the opposite and our intuition is telling us something entirely different. So one is being pulled in three different directions, with nothing making any sense. That's because the very things that have protected us and have made us strong, defeat us in the field of love. I have seen this pattern in my clients many, many times. And I also know how confusing and difficult it is to climb out of this trap. Because in order to escape it, **we have to “distrust” the very instincts that have helped us survive and cope with life all these years.** So the confusion we feel is quite normal, and the way most individuals cope is by avoiding or suppressing it thru denial or dissociation.

Dr Levin explains that the intellectual understanding of trauma, although helpful, is not enough. Likewise in my practice, I have found that, a person must heal the more primitive, reptilian part of the brain because that is where the trauma is located. And therein lies the problem, because most of the techniques of psychology deal with the intellectual part of the brain - or the cortex. The problem is that unless we can somehow heal the reptilian brain, the blocks will wreck havoc on our love relationships, as the next section explains.

## THE NEED TO CONTROL

The need to control is simply an attempt to avoid feeling the pain that we experienced as children when we were vulnerable. What we have seen so far is that the need to control is actually an adaptive response to keep us from being vulnerable. But as we all know, it's very difficult to control our outer environment or our relationships. So the need to control can sometimes be focused inward as it is for those suffering from anorexia or bulimia. Since it is difficult to control things in our

outer world, a person may obsess about controlling their body and appearance. For many anorexics, weight gain causes anxiety, which in turn leads to reactions very similar to the freezing response of persons who have been traumatized. The anorexic feels that she will never be loved for who she is, so she tries to make her body perfect and thus worthy of love. When she gains weight she starts to subconsciously feel the same kind of rejection that she experienced as a child. This fear of being rejected is now associated with her eating habits. However, this same pattern occurs to some degree in all of us since all of us have suffered from some kind of trauma. I think many would agree that the huge obsession in our culture and media with the size of female breasts is correlated with the large number of women whose parents did not love them unconditionally. Ladies feel that are more loveable when they have larger breasts. Luckily other cultures do not seem to have this obsession.

One major point of this paper is that people who are traumatized want to maintain control. That is a confusing concept, because most traumatized people do not feel that they have any tendency to “control” their relationships. In fact, most of them seem to be free spirits, so on the surface it does not look as if they make any attempt to control their relationships. Again, how it works is this; traumatized people usually end up attracted to partners who are not right for them, or they run away from relationships when they start to get close emotionally. For example control comes into play when a woman allows only emotionally unavailable men to get close to her. Remember closeness reminds her subconsciously of past pain. So these women do not try to control men by making unreasonable demands, but rather, by attempting to control the kind of man that they eventually spend time with. They choose men that will not threaten them. In this sense, they control the outcome of their relationships, not the relationships themselves. In short, they pick men they will not fall in love with, ones they know will eventually reject them, or ones who are distant from them. Another possible variation on this theme is having a series of sexual relationships and, thus, avoiding closeness to anyone in particular. Because intimacy is associated with pain, control means running away and avoiding the possibility of truly intimate relationships.

I have found this same pattern with many women who are spiritual. Many of them are attracted to men who are not spiritual at all or else only pay lip service to spirituality. Again, this is an attempt to have a safe relationship because, deep down, they do not feel worthy of a spiritual man.

## **USING SEX TO AVOID INTIMACY**

This same pattern exists in women who are prostitutes or people who are promiscuous. The position taken here is that those who engage in prostitution are really not any different than anyone else, because the same protection patterns exist in all of us to some degree. However, because prostitutes usually have greater trauma than the average person, they tend to be more at the mercy of their protection mechanisms. Because of childhood rejection, deep down in their subconscious, they do not feel worthy of a spiritual, emotional union with another person. However, a man’s sexual desire provides these women with a thrill because it gives them a false sense of self-worth and temporarily fills up their emptiness.

For many women, prostitution or promiscuity simply re-enacts how they experienced love as a child. Because performance was the primary way they attained love during childhood, performing a service through casual sex provides them with a way to feel better about themselves. Unfortunately, having a series of sexual escapades reinforces the deep subconscious feeling that they are not truly worthy of a genuine love relationship. They may feel a deep sense of conflict because one part of them gains self-esteem by performing a service; while a deeper, more hidden part feels that something is missing. But remember, because they have learned to survive trauma by pushing pain from their consciousness, many of them are not aware of these subconscious feelings. In a sense, they remain in control because they already know the outcome of events. As we discussed earlier, love for them has become performance based. They actually feel an increase

in self-worth by performing this kind of service. They are attempting to find little bits of love through sex, because the intimacy of love is too difficult for them to face. Many prostitutes engage in risky behaviors such as unprotected sex with special clients because they feel such a desire to perform that it overrides their own ability to decide what is best for them. In addition some may attempt to avoid certain behaviors such as kissing so that they feel that they have reserved something for their private lives.

Interestingly, studies have found that when a man falls in love with a prostitute, she often becomes very uncomfortable and refuses to see him. Movies such as "Pretty Woman," in which the prostitute and client fall in love, are usually Hollywood fantasy. At the first sign of deep feelings, most prostitutes avoid the client. Sex does not work as a substitute for intimacy. In fact casual sex only makes the trauma trap deeper. The control a woman feels is false, because it keeps her from the profound healing that her soul secretly craves. Love then becomes even harder to find because as we have seen the pathways become more heavily entrenched into the trauma centers of the brain.

Many prostitutes in support groups report that it is very difficult to leave their profession because of the excitement involved. Sex has become an addiction and a way to self-medicate past pain and discomfort. In order to survive childhood pain and rejection, they learned to shut down their feelings. Although this technique helped them survive abuse, it made it very difficult for them to handle the ups and downs of a love relationship. They would often misperceive this as a rejection or assault on them personally and would then leave the relationship, rather than work through these ups and downs to attain greater levels of intimacy. Unfortunately not only prostitutes have this problem as this tendency is wide spread in relationships today.

Unfortunately the same protection mechanisms used to push out pain in our childhood now sabotage our relationships by pushing love away. Love is nature's way of healing pain. The problem is that to move beyond the pain, one must in essence learn to "love the pain!" When someone loves you, this is saying to you that you are indeed worthy. Which, of course, goes against the subconscious mindset telling us we are not worthy of love. Unfortunately, if we avoid love, we also avoid the most powerful healing agent in this Universe. If we can learn to work through this period of turmoil, then we can arrive at a total healing, freeing us to a great extent from the pain of the past. This process of loving and embracing our pain becomes the ultimate healing force and will work the miracle that we all secretly want...to be free from the past! Many great Healers have remarked on the fact that the experience of love and the experience of fear are incompatible. If we can learn to love our pain, then the fear of facing love will be diminished. This is why a spiritual technique is so critical to losing the fear, which in turn will help us embrace love, the ultimate healer.

Some question whether monogamy is an appropriate lifestyle and have promoted alternative lifestyles such as "polyamory" (one samples many different partners instead of settling down with one). Some new sects of westernized Tantra also embrace this lifestyle. The question has always been whether this lifestyle is one that actually enhances intimacy or is really an unconscious way to avoid intimacy. Certainly, on the basis of most research, a good case can be made that this lifestyle actually avoids intimacy, as it takes a long period of time to develop the trust and security needed to become intimate with another person.

But a recent intriguing study takes a physiological approach to this question. Biologists have long known that certain species of animals are naturally monogamous and others are polygamous. Since polygamous animals are exposed to more germs through a promiscuous lifestyle, biologists became curious as to why these animals did not become sick. One possibility was that perhaps their immune systems are different from those of monogamous animals. When biologists studied the immune systems of the two different kinds of animals, they indeed found significant differences.

This indicates that the immune systems of monogamous animals are not built in a way to sustain a polygamous lifestyle. Of course, the question came up about whether the human immune system was built to sustain a monogamous or polygamous lifestyle. Biologists discovered that the human immune system is definitely built in a way to sustain monogamous relationships. It appears that Mother Nature intended for humans to lead a life of monogamy.

An ironic side note to this is that one of the founders of the Polyamory Tantra movement in the United States, Deborah Taj Anapol, recently cited in her newsletter that she has found the love of her life and will soon be retiring from the lifestyle she promoted all these years. It seems she wants more time to devote to her new beloved. Is this a surprising development? Not really, when we realize that a higher power gave us an immune system built for monogamy. Many have claimed that with the advent of condoms, it does not matter if we are promiscuous. However, recent research on STDs has found that they are epidemic and that condoms do not protect against many of them. In fact, the largest killer of women between the ages of 30 and 45 is cancer of the cervix (as well as ovaries), which is caused by an STD that causes genital warts. This virus is microscopic, and condoms do not protect against its transmission. In fact, recent research reports that this virus now affects over 25 million people. The spread of several other STDs are also not prevented by condoms. The idea that condoms are safe is a fallacy.

## **UNCONSCIOUS AND CONSCIOUS CONTROL ISSUES**

The issue of control is a huge factor in male/female relationships today. No one likes to be controlled or to be thought of as being controlled. However, when a person has been through a dysfunctional childhood, women especially become super-sensitive to the interactions with men and start to perceive that they are very controlling even when men are not consciously doing so. Radio psychologist Dr. Toni Grant who wrote the book "Being a Woman", explains this phenomenon by coining the term "Amazon women." She has found in her practice that accomplished, successful, independent women often cannot find fulfilling love relationships (has performance become love for these women?). In her investigation into thousands of these cases, she found that an "Amazon Woman" generally had a poor relationship with one or both of her parents and very often came from a dysfunctional home. In short, they were traumatized although she does not use that name.

The critical factor was these women always felt as if men were trying to control them. Grant explains that men by nature are protective, and that today's "dysfunctional woman" tends to misinterpret that tendency as control. She makes a very compelling case in her book that a woman should find a way to surrender to a man, so that she can receive the love that has been missing from her life. Dr. Grant explains that by surrendering to a man, the woman is telling the man that she trusts and believes in him. This act of surrender allows her basic femininity to emerge, which in turn inspires the man to surrender to the woman. This process works, because allowing some vulnerability permits the man to feel needed. Of course both have to surrender to each other for this to work. But Grant's point is that the woman must take the initiative.

This paper comes to similar conclusions, but from a different angle. I do not believe it's easy to surrender to someone else. However, I do think that finding a spiritual center within makes it much easier to surrender to another human being. This is because after finding the spiritual core, we view the potential love interest as an extension of God or our self. In short, we understand that God creates opportunities for growth and healing through openness and closeness to others. When people attain that peace within and experience the spiritual aspect of life, then it becomes much easier to surrender to each other.

If we did not have the love we needed as a young child, it becomes very difficult to trust that any love will be lasting or nourishing enough. That is because our model for love was never fully developed during youth. The model was based on rejection and feeling unworthy of love. Scientific

studies have found that those who did not receive adequate love as children have a difficult time trusting other people to do anything for them or accepting help from others. They quite often have a difficult time trusting those who are trying to help them including psychotherapists. Because they never had the love they needed as a child, they had to manufacture their own love and learned to trust only in themselves. To have a fulfilling love relationship requires the element of surrender or the ability to trust another. The problem is that any time they go in that direction, it also stirs up all the unhealed childhood pain from when they felt helpless and insecure. It is no wonder that love relationships can be difficult.

As we have seen, surrender is one of the key ingredients to fulfilling love relationship. The great psychologist Carl Jung coined the idea of “synchronicity” to explain why the things that occur to us are not random events, but rather happen for a reason. Often, the universe seems to be giving us clues on how to “transform our life.” The problem is that in order to listen to these messages, we must learn how to open up, or surrender, to what we are given. Too often we think in terms of what we do not have, rather than what we have. As a result, we then miss out on the gifts that are right there before us. This is especially the case in relationships. Instead of emphasizing what is good in a person, too often we look at their weaknesses. The problem with this approach is that we are creating more weakness.

There was an interesting study done in which experimental subjects were put on a fake bowling team made up of players who either gave them positive or negative feedback. Later the same player was switched to a team that gave the opposite kind of feedback. This study found that this player performed far better when given positive feedback than when given negative feedback. It is amazing what you can do by praising someone! Too many of us forget that all of life is a gift. And when this is translated into love relationships, it means that we too often create our own misery because we focus on what is lacking, rather than what is wonderful. What is more amazing is that many of us go from relationship to relationship always blaming our partner for what went wrong. Perhaps if we changed our attitude to one of reverence for life’s gifts, we might finally find the love of our dreams. As the old saying goes, “We create our own universe.”

As we are starting to see, in order to be healed, in order to release the painful energies from our past; it is best not to face them head on. In fact, Dr. Levin uses as an example the Greek fable about Medusa and equates it with how to heal trauma. In this fable, if one were to look at the Medusa directly, one would turn to stone. So the hero devised a plan to confront the Medusa by looking at her through a mirror. Without facing the Medusa directly, he was able to defeat her. Dr. Levin explains that modern-day therapy, in its attempt to heal trauma, has been to a large extent unsuccessful, because it attempts to face these energies head-on. In this regard, many patients report that they have gone from therapist to therapist to no avail. It is amazing that even though patients seem to intellectually understand this pattern, they still behave in the same ways. So the question becomes, how do we get out of this trap?

I have found that a holistic approach is the best way to heal the stress and traumas that are blocking our growth. In this regard there are basically three forms of treatment that I use in my practice to release these blocks and to actually create new brain pathways. The first is through a form of Self-Hypnosis/Meditation technique that reduces stress and changes the electrical connections in our brain. The second way is through energy work that utilizes some of the same principles taught in Acupuncture. And the third way is through nutrition. We will cover each of these techniques and explain how they help release these blocks and let us experience a life free from the pain in our past.

## HEALING THE BLOCKS THROUGH MEDITATION

The knowledge of trauma, even though very helpful, is not enough. As we have explained, in order to heal the blocks, one must somehow remove therapy from the intellectual part of the brain and heal the more fundamental reptilian brain. In short, we need a different form of therapy. In this regard, there is a promising new approach to healing trauma, that of meditation. To help us understand meditation, we will borrow some of the Vedic theories of Maharishi Mahesh Yogi, founder of Transcendental Meditation (TM). Maharishi has had a large influence on our understanding of human psychology. Popular published doctors who studied with him include John Grey (Men are from Mars, Women are from Venus), Deepok Chopra, Barbara DeAngelis, and Harold Blumfield.

I have taught thousands of individual and group meditation sessions and have found them to be transformational when done on a regular basis. Meditation, when done correctly, is an easy, effortless technique. Techniques of meditation like Transcendental Meditation are not considered a religion, nor are they a belief system. In fact, one does not even need to believe that it will work, for it to work. So it is not a technique of positive thinking; it is an effortless, mechanical technique.

The biggest problem most of my clients have with mediation is how to deal with thoughts so that they can settle down enough to meditate. In fact most of them had unsuccessfully attempted meditation in the past. In this regard I have developed a technique using the principles of self-hypnosis as well as working with the heart center (charka) as a way to quiet the mind so that it increases the quality of experience during meditation. In addition Tapping on Acupuncture points will aid this process and allow a much better meditation experience. As we shall see meditation actually allows us to experience the same force that created this universe, and will help us manifest greater abundance and love in our lives.

During meditation the mind settles down to progressively quieter levels of functioning, and thoughts are experienced at increasingly subtler levels until, eventually, all thoughts are transcended and left behind. The meditator at this point experiences pure consciousness, which is not a particular thought, but rather the source of all thoughts. Many mystics claim pure consciousness to be the source of the universe.

One of the keys to successful meditation is the understanding that we don't "do" anything, instead simply let go. Many forms of meditation actively pursue a goal, such as visualization or contemplation on something meaningful. Some are basically concentration techniques where you focus the mind on one object. However there are techniques of meditation like Transcendental Meditation that are unique from concentration or visualization, because you don't focus on anything or have any goals. At least five published research studies have compared effortless forms of meditation with techniques using concentration or contemplation. These studies found that the results from effortless meditation techniques are significantly greater than with techniques employing concentration.

The key to success is to find a technique that allows your mind to let go. Let's look at an example of why this is so important. Almost everyone has had the experience that as long as you make an effort to fall asleep, you can't. Only when you stop trying to fall asleep can you actually succeed. This works much the same way with meditation. As long as one is at war with one's mind, then it is almost impossible to meditate successfully. As explained earlier, it is difficult for trauma victims to let go. So the obvious question is whether it would be difficult for people to successfully do this type of meditation? To understand why letting go doesn't create more stress; lets borrow some ideas from modern-day physics.

Modern-day physics theorizes that a unified field is at the basis of the entire physical universe, and that because it is the basis of all creation, this field has unlimited creativity and unlimited intelligence. It is called the vacuum state in physics. Now on the surface one might wonder how a field with nothing in it (i.e. a vacuum) could be the basis of this Universe? Well physics has found that the vacuum state is not exactly nothing but rather is a field of what is termed unmanifest wave (energy) functions that seem to have the ability to interact beyond the space-time continuum. For instance if one cuts a photon of light in half and then shoots it into a vacuum, miraculously the half photon becomes a full photon. So as unbelievable as this may seem something, came from nothing. Another fascinating experiment also demonstrated the limitless nature of the unified field. Physicists found that electrons do not really circle an atom in a particular point in time and place. Instead an electron is everywhere at once and thus can be found at many places at the same time. Of course this is impossible according to the normal laws of the universe. Einstein was probably the first physicist who attempted to unify all the forces of nature into the Unified Field Theory. Today many great physicists have made incredible strides towards accomplishing this goal, and numerous studies verify that the unified field is beyond normal time space boundaries.

Maharishi, in his Vedic theories, proposes that the field of pure consciousness is basically equivalent to the unified field in Physics. So exactly what is pure consciousness? Perhaps the best way to explain this is that In order to experience a thought, feeling, or perceptual object, one must first have consciousness or what could be termed pure consciousness. Pure consciousness is hidden most of the time because what we think about, feel, or perceive usually dominates our consciousness. But consider this, pure consciousness must exist in order for the 'consciousness of something' to exist. It must be the basis of our awareness of things in the outer world. If pure consciousness is equivalent to the same force that created this universe, then contacting this field connects us with everything in this universe. |

There are interesting research studies that add support to the idea that we are contacting the creative source of the universe when we meditate. The movie "What the Bleep Do We Know?" reported that that 6000 meditators who went to Washington DC for 6 weeks, were able to reduce the crime rate by over 20% while residing there. The movie also cited some of my earlier published research where I found that by just by meditating we could reduce crimes, auto accidents, and suicides in the city the meditators resided in. These research findings are similar to much published research on Prayer, which also found that positive thoughts could influence ones health at a distance. There is no known energy in science to account for these amazing findings. In fact, because the electrical energy output from our brains does not radiate outside of our skulls, scientists need sophisticated instruments to measure it. So how could our mind influence the outer world without any known energy transference unless something exists that connects us with the primal creative force of the universe? In a sense then this large body of research has found that consciousness is not limited by the normal space-time boundaries. So a good case could be made that the field of Pure Consciousness is equivalent to the unified field in physics.

The implication of this indicates that the knowledge of the entire universe is structured inside of us. In a very real sense, the same intelligence that governs the entire universe is within us. If we could capture that intelligence, it would seem that no matter how bad the block or trauma was, it could be dealt with. Not only dealt with, but we could blossom into the person we really want to be.

The scientific research on meditation adds strength to the idea that we can actually change our brain pathways when we meditate. At this point there have been over six hundred studies on meditation completed at such prestigious universities as Harvard, MIT and UCLA and numerous others. These studies came up with amazing conclusions about what goes on when we meditate. Some of the more obvious things are that meditation produces the exact opposite response of the fight/flight protection pattern. For instance, numerous peer reviewed studies demonstrated that there is much less anxiety for those who meditate, and those who meditate adapt to stress much

faster than non-meditators. In other words, a stressful situation is no longer bothersome. Furthermore meditation has been found to reduce the stress hormones adrenaline, cortisol, and lactate, as well as a reduction in high blood pressure, again indicating that the innate anxiety mechanisms are diminished by meditation.

Research has also found improvements in several neuro-transmitters such as dopamine and serotonin during meditation. Of course, we all know serotonin because of its “Prozac” fame. Instead of taking a pill, meditation actually increases serotonin levels in the brain naturally without side effects. When serotonin levels increase we experience a pleasant relaxed feeling. It is like watching a sunset on a mountain while feeling peaceful and one with nature. Dopamine is another neurotransmitter that creates high levels of positive feelings and is also increased by Meditation. (As a side note, recent research calls Prozac’s usefulness as a depression cure into question. For instance, a study found that physical exercise reduces depression as effectively as is Prozac. Also when compared to a placebo sugar pill, in three studies out of five, there was no significant difference between the sugar pill and Prozac.)

Perhaps the most important research finding on meditation, is that when we meditate we actually change the electrical connections within our brains. Scientists have long known that our brains have numerous parts and that each of these parts has a different brain wave pattern. However during meditation a unique event occurs. The brain waves (as measured by EEG), all line up in the same electrical pattern implying that the actual brain pathways have changed. No longer does the brain operate in isolated channels but rather in a holistic manner. This affords us great hope that meditation can actually change our brain pathways away from “protection from love” to “embracing love.”

In fact, good scientific evidence supports this exciting conclusion. Dozens of published studies demonstrate that meditation dramatically improves interpersonal relationships. Also a landmark study published in a scientific journal was also done on Transcendental Meditation as a treatment for a type of unhealed trauma called Post Traumatic Stress Disorder or PTSD. This condition has exactly the same kinds of symptoms mentioned earlier in this paper. The PTSD study found meditation far more effective in healing trauma than more traditional forms of psychotherapy. After three months of meditating twice a day, only 15% of the participants felt the need for further therapy. In other words, 85% felt that they were healed! This is a huge difference from traditional therapy where PTSD patients often go five or ten years with many of them not showing noticeable improvement. So this exciting body of research affords us great hope that we can indeed change the wiring in our brains.

In one of Maharishi’s earlier publications (1963), he proposed a theory that helps us understand why it is so difficult to change the wiring in our brains. Maharishi proposed ideas similar to what we would term a ‘cellular memory theory’. The basic tenant of this theory is that trauma actually gets imprinted into the cells of the brain. He explains that all sensory impressions are funneled into something called a “chit.” The chit is located in the brain and is the storehouse of past impressions. Memories of all of our experiences go into the chit where they resonate with other impressions from our past. This in turn creates an effect producing desires or feelings that are the basis for our future behaviors. So what we have is a cycle of impression, leading to desire, leading to action.

Hence any negative impact on our nervous system, such as when we did not get the love or support we needed as a children, also would be stored in the chit. These traumas can in turn influence all future feelings and behaviors. Maharishi explains that as long as the mind is associated with these past impressions, then it is very difficult to get rid of their influence. Interestingly, this model explains why trauma manifests in many different ways. For example, one of psychology’s major findings is that any particular stimulus which influences a response can be paired with some other stimulus, which in turn will illicit that same response. For instance, when

you give cat food, it starts to salivate. If you also pair the food with a light, eventually the cat salivates at the light even if no food is present. According to this model, those past impressions or traumas associate with other events in much the same way.

This explains why traumatized patients often leave psychotherapy or love relationships. Just as the light became associated with food in our cat example, even talking about the trauma elicits the original pain. This model also explains why so many people find having meaningful, intimate relationships difficult. Because the pain we had in our past became associated with intimate relationships, we connect any powerful feelings, such as falling in love, with the pain of trauma. For this reason many people feel that everything is too heavy or that their partner is too intense. Those dear to them become the perceived cause of their pain. As we have seen this pain has nothing to do with the current relationship.

In fact, Dr. Levin in “Waking the Tiger” explains that even talking about trauma can actually make it worse. This is contrary to much psychological thinking, because for some people talking out problems actually helps them. It is not as easy for those who have had dysfunctional childhoods. As Dr. Levin points out, once the pain of the trauma comes into our awareness, the automatic survival instincts from the reptilian brain take over, and we are likely to freeze up again. Luckily, there is a way out of this trap!

When we meditate the mind goes to a place of greater safety. This is the key, because proper meditation allows us to let go to a place where the mind feels secure. We can call this field “transcendental consciousness” or “pure consciousness.” When our mind reaches this field, it feels at home. It feels bliss. It feels good. It welcomes this kind of letting go. In a sense, it transcends of the memories of past impressions. Therefore, it doesn’t feel any of the negative things associated with the original trauma. This is the key to understanding how meditation produces such dramatic results in those suffering from the effects of severe trauma (PTSD). Maharishi points out that after regular meditation, the mind becomes associated with the blissful transcendental field, rather than with the storehouse of past impressions. Many great teachers call this “enlightenment.”

Another way of looking at it is that if trauma has imprinted itself within our cellular memories, also contained within the cell is the memory of the divine intelligence that created and rules this whole universe. This force is far more powerful than that of trauma and easily explains why those individuals in the PTSD study, found relief after only three months of meditation. I want to repeat that this is a huge breakthrough, because often times treating someone who suffered from trauma tended to make it worse. Most therapists realize the limitations of traditional therapy and are as frustrated as their patients. They sincerely want and need new techniques to help face and release blocked energies in order to heal. **Lucky we now have ways to effectively release blocks to growth without causing more pain.** This next section will deal with another amazing breakthrough, ‘Tapping on Acupuncture Points’.

## HEALING THE BLOCKS BY TAPPING ON ACUPUNCTURE POINTS

The Tapping Technique is one of the most exciting techniques I have ever encountered. I personally have seen miracles occur on seemingly insurmountable problems in my client’s lives. As we have seen, there are innate structures in our brains, which not only protect us from pain but also keep old wounds unhealed. These innate protection mechanisms do their job so well that we often avoid (both consciously and unconsciously) the very things that will heal us. So the question becomes how we can heal these old wounds without creating more pain? Unlike many traditional forms of psychotherapy, tapping on acupuncture points heals these old wounds in a way that causes minimal pain.

This technique is based on an ancient eastern healing technique called acupuncture. Modern science explains that all nerve and brain cell transmissions in our body occur thru electrical energy. Hence, the flow of electrical energy within our body governs our whole physical system. According to acupuncture theory, when there is a block in the energy flow, it creates disease or pain in our body. For thousands of years acupuncture practitioners have healed different types of physical problems or blocks by stimulating certain energy centers or meridian points. In fact, many scientific studies found that acupuncture sometimes heals conditions that have eluded traditional medicine.

Psychologist Dr. Roger Callahan was one of the first who applied the principles behind acupuncture to psychological and emotional problems. He achieved incredible results by tapping the energy points with his fingers while addressing problems in patients' lives. Tapping on specific meridian points enabled him to heal negative emotions and limiting fears including depression, anger, grief, guilt, post-traumatic stress syndrome, and performance anxiety in the arts, sports, business, etc. This technique took only minutes to do, and the result was usually permanent and, in fact, greatly surpassed the effectiveness of traditional psychology therapies.

Gary Craig, one of Dr. Callahan's students, expanded these ideas further and developed EFT (Emotional Freedom Technique). EFT is one of the most exciting developments in the field since psychology became a science. Craig developed a system in which these techniques could be done by anyone, even those without extensive acupuncture training. The program has three different elements:

*1) Evoking energy disruption or negative emotion:* In order to heal a block in our energies, we must first activate the negative feeling or event that caused this block. There are specific meridian points that when tapped help stimulate this process. Even if we do not remember the specific event that caused the stress or trauma, it is still possible to clear the energy channels. Unlike traditional psychology, this technique does not emphasize dwelling on negative emotions, but rather uses them as a starting point.

*2) Clearing out the blocks:* After the trauma memory or event is evoked, we then tap on the master meridian points. When stimulated, these points will clear the subsidiary meridian points as well as all the unhealed blocks. This tapping process is done while repeating out loud positive words or affirmations about the patient. Although tapping on the meridian points is an effective way to clear out blocks, it is only temporary, unless we also change the negative thought patterns that caused the block.

*3) Changing negative thoughts into positive ones:* To change negative thoughts into positive ones, we speak positive affirmations coupled with the problem; all the while tapping on the master meridian points. Negative thought patterns can be conscious, but most often are unconscious and usually involve an underlying mindset that is critical of who we are and what we do. Often these patterns are picked up in early childhood because we never felt worthy of love. Tapping on the meridian points, not only clears the blocks but also reinforces this with a positive verbal expression. For example, if I had a headache, I would repeat out loud while tapping: "Even with this headache, I deeply and completely accept myself."

So by tapping on these points while activating negative blocks associates the blocks with the experience of positive energy flow. This reduces and eventually eliminates the negative experience. It becomes neutral or positive in nature. How this works is unclear, but it most certainly has to do with some kind of quantum healing force that transcends the boundaries of normal time-space physics.

There is one limitation on the tapping technique. If we do not address the correct underlying core issues, then the blocks will return. For instance, let's imagine that you have a fear about giving

public lectures, and this fear is based upon the core issue that your parents never gave you support and unconditional love as a child. If you were to tap about your fear of public speaking, pretty soon that fear would be diminished. However, because the core issue is really your parent's lack of support for you, the fear of public speaking would again come back. So in order to resolve this fear permanently, you need to tap on the issue concerning your relationship with your parents rather than that of public speaking. However even if you were not able to address the correct core issue, you would still receive beneficial results from tapping.

I became interested in the tapping technique a few years ago when several new clients came to me after starting EFT with another practitioner. Although they had experienced incredible healing using this technique, they sought my help uncovering actual core issues that still eluded them. After working for just a few weeks the clients made so much progress that they no longer needed my help (except for an occasional pick-me-up session). That is one reason I like teaching this technique because my clients become a proactive force in their own healing; in a sense acting as their own therapist.

In my practice I have often seen immediate results even with traumas or pain that resisted years of therapy or energy work. Simply put, this technique has the potential to revolutionize the way that we achieve unlimited growth, especially when combined with self-hypnosis/meditation and nutrition. I have participated in amazing cures for my clients on diverse problems such as fears (including public speaking, commitment in relationships, sports and business performance/success, crowd and height anxiety etc.), as well as addictions (including food binging and purging, the inability to control over-eating, drugs, alcohol, sexual addictions and smoking), deep rooted anger, love relationship issues, depression, panic attacks and even physical problems (such as asthma, head aches, arthritis and sleeplessness).

In my practice I combine self-hypnosis/meditation with Tapping on Acupuncture points so that we utilize the same quantum force that created this universe as a vehicle to increase the effectiveness of Tapping. In a sense I get my client into a type of meditative state/trance that allows deeper and more permanent healing. This unique way of doing the Tapping Technique not only clears out blocks to our growth, but can also heal unconscious negative thought patterns from our childhood. Once these patterns are healed it leaves clients free from subconscious doubts that have held them back.

The hardest thing to understand is often our own 'stuff'. Many people miss out on the full benefits of tapping because they do not understand how to reach the core issues underlying their blocks. Often times the answers are right in front of us, but because they are so close, it is almost impossible to see this forest because of the trees. . In addition by putting my clients in a type of meditative/self-hypnotic state while we are tapping, we can achieve results much quicker and more complete than by doing these therapies in isolation. Utilizing a therapist that has good intuition can also help one find the right road map that will guide your journey. In fact numerous people do not get the full results from tapping simply because they never sought help to uncover their negative thought patterns. I cannot emphasize enough that tapping works best when done with someone else. In addition tapping with others increases the healing energies in a way similar to the increased energies associated with group prayer and meditation.

This problem is confounded further because many of our negative thought patterns are actually in our unconscious where we are not totally aware of them. The most common block is caused because our parents were not able to love us in a way where we felt safe and secure. As a child we would interpret this lack of parental support by feeling that we were not good enough or worthy of love. Because of the pain involved with this perceived rejection, the child's innate protection mechanisms would suppress the severity of this experience so that they could survive in their everyday life. However the young child's brain would then have this unhealed pain as a **preferred**

**electrical pathway**, and Subsequently these unconscious insecurities are now a permanent part of our functioning adult brain Once we uncover these unconscious patterns we can then tap out these old emotional blocks leaving one free once and for all from their effects. I have seen my clients literally change over night with just a few extended in-depth tapping sessions once we uncovered these unconscious negative thought patterns.

However what excites me the most about the Tapping Technique is that it can also be used to manifest abundance and lead us to live a life far beyond anything we dreamed possible. Most EFT practitioners primarily use this technique to cure problems. However, it seems logical that the next step after removing negative blocks is to redirect these incredible energies to expand our own life into one full of material and spiritual abundance? It certainly makes sense to me and to my clients.

## **NUTRITION AND THE HEALING OF TRAUMA**

The approach I take in my private practice is that nutrition and supplements play a primary role in healing. This makes sense because we know that our bodies function as machines creating thousands of necessary chemicals that daily. If we lack just one nutrient, it can throw our whole system out of balance and correspondingly affect our ability to live a life radiating love and abundance. Yet traditional psychology almost totally ignores nutrient deprivation as a possible contributor to addictions, depression, anxiety, obesity and lack of energy. Researchers have found that the modern-day diet lacks many nutrients needed to run our bodies. Therefore, it seems logical to look at nutrition as the first ingredient in most kinds of self-improvement.

Through nutrition, there are now some very exciting ways to naturally help your brain create its own feel-good chemicals without any of the destructive side effects of drugs. New scientific studies find that natural substances such as herbs, amino acids and other nutrients dramatically influence our mood (especially alleviating depression in natural ways). This research shows that nutrition helps alleviate hormone imbalances, anxiety, autoimmune disorders, panic attacks, diabetes, attention deficient disorder, chronic fatigue syndrome, and even can even help prevent life-threatening diseases such as cancer. These new developments create a better way to approach mental health but require a person knowledgeable about nutrition in order to truly improve a client's psychology.

Of primary interest here is why so many of us in today's world suffer from depression as well as addictions to food (including Bulimia and Anorexia), drugs, sex, alcohol, gambling, shopping or smoking. As a partial explanation I have found that many of us are lacking in the nutrients that make the so-called 'feel-good chemicals in our brain'. Hence out of desperation many of us look to other things to help us cope with life. Even those who do not suffer from these problems often live unfulfilling lives. So if we increase these brain chemicals in a natural way, it gives us an incredible ability to deal with stress in today's world. My unique approach to wellness uses a variety of natural products to help amplify these 'Feel-Good Chemicals' in our brains. This allows us to not only be strong enough to rid ourselves of addictions but also to heal the wounds from our past. In short, I teach my clients how to get High Naturally without the use of drugs!

The most importance aspect of self-improvement using nutrition is to reduce cravings because they are the primary reason individuals return to their addictions and have problems with weight loss. By using a unique holistic approach I have been able to solve the problem of cravings by attacking it on three levels, mind, body and spirit. This allows unprecedented success treating addictions and depression. Many of us had dysfunctional childhoods and have been unable to feel really good because of these old, unhealed traumas. This approach actually heals the root cause of problems, so that we are free to live a life full of abundance and love.

I have found that simply taking a fresh vegetable juice cocktail once a day can dramatically reduce many forms of depression. Of course, properly treated depression requires more than just a

vegetable cocktail; however, this illustrates that depression can improve without drugs. The problem is that many therapists today seem almost “addicted” (pun intended) to the idea of drugs as the primary treatment for almost everything. So although the drug may help us temporarily, it inevitably creates another form of imbalance, usually termed “side effects” by the medical establishment. Furthermore simply giving people Prozac and its derivatives only masks the problem and usually causes other imbalances.

In fact there are many different feel-good chemicals our brains, so no one drug or nutrient that fits everyone’s needs. I have found that most of my clients need nutrients tailored to their individual body chemistries in order to get the best results. This approach makes my treatment especially effective.

This paper makes a strong case that our brain is wired so that its more primitive parts interfere with our ability to live fulfilling lives. However, promising new scientific research finds that it may be possible for the brain to create new neurons and change its pathways. This is especially good news because most scientists felt that new brain cells could not be created after childhood. In particular researchers have found that mother’s breast milk contains certain nutrients critical for brain growth. Unfortunately most of us were not adequately breast-fed, and infant formulas include virtually ‘none’ of the nutrients critical to brain development.

Since most of us did not receive all of the nutrients needed for optimal brain growth, it is no wonder so many of us has problems with addictions and depression. The good news is that these special nutrients are now available and effectively increase brain function when used in a holistic way with energy and meditation therapies. This is especially important for those who have abused drugs or alcohol as these substances can cause brain damage.

As a health, addiction and wellness counselor, I utilize unique nutritional strategies to help create new brain cells and neuronal pathways that lead to a healthier lifestyle. Because each person’s needs and nervous system are different, it is necessary to create a totally individual program incorporating spiritual and mental techniques. In addition I specialize in Anti-Aging strategies that reduce weight and dramatically increases the Youthful Vigor.

I have studied nutrition for over 25 years and use this knowledge as an integral adjunct to my treatment programs. I have considerable experience with integrative medicine, herbs and treatments, body work, energy medicine, nutrition and exercise and keep abreast of the latest in conventional medical drugs and treatments. In addition I utilize both Western and Eastern approaches to nutrition. Holistic ayurveda approaches are of particular interest to me. I have recommended ayurvedic doctors to some of my terminal cancer patients and have seen success in their treatment as well as cures for autoimmune diseases such as lupus. In fact, numerous studies have found that certain Ayurvedic herbs not only prevented cancer in rats, but also cured them. This research was recently replicated on people, finding good results in women with breast cancer as well those with colon cancer. In addition, these herbs dramatically helped alleviate many of the negative effects of chemotherapy as well as depression and high cholesterol.

In my private practice I have great success utilizing nutrition as one of the primary ingredients in healing. However I do not feel that nutrition without energy work and meditation is an effective tool to actually change the brain pathways. New pathways that might be forged through nutrition are not necessarily improvements over the old ones. So in essence we must do the work!

## SUMMARY

We made the point earlier that we all have old blocks and traumas that keep us from being healed. As we have seen these old stresses are for the most part in our subconscious and have a huge influence on how we feel about life. Because these feelings are in our subconscious, when we are feeling stressed or negative we seem to feel as if someone else that's causing it; my job's causing it or my kid's causing it. In reality, if we change how we feel on the inside, we will discover that our kids are wonderful, and; believe it or not, these good feelings will enable us to find a way to make the job work for us. That's what we are talking about here, having the freedom not to be bound by a stress or a trauma that has kept us from being ourselves and feeling full of wisdom and love.

It becomes really simple. All relationships, all of life, are simply a mirror of our own self. When we start to feel anxious, as if life is closing in, most likely there is some unhealed anxiety within us. Relationships are like a mirror. Life is like a mirror. What we are looking into is simply a reflection of our own self.

**The beautiful hope here is that through meditation and Tapping on Acupuncture Points, we become connected with the same healing force that created this universe.** Modern-physics hypothesizes that the unified field is the basis for the entire universe. In much the same way, when we meditate and Tap, we build a bridge that nourishes intimacy with other human beings, and fulfilling relationships creep back into our lives. What makes this program so effective is that we not only heal whatever limiting emotions come our way but we can also release our self from unconscious thought patterns that have held us back. For instance let's say there is a problem that we need to discuss with our loved ones. Instead of running from the problem because of anxiety, all we have to do is Tap on our Acupuncture Points to release our anxiety about talking with them. In a sense we now have an immediate tool to aid us whenever we feel anxiety or fear. Even the mundane kind of anxiety one has about hitting a golf ball or as important as a company presentation can be successfully improved by Tapping on Acupuncture Points.

We take the position here that there is an innate wisdom inside of us attempting to guide us towards growth and fulfillment, towards our destiny. If we look at it from this perspective, perhaps the reason why people seem compelled to make the same mistakes over and over again is that this is an attempt by the person to be healed. Instinctively, they know that they need to release these past negative energies to get out of the trauma trap. The compulsion to be with another person or to do certain things is often born of the desire to be healed. On one level, repetitive behaviors can be seen as mistakes. From our point of view they are simply an attempt to be healed.

Within us, our own divine inner intelligence knows that we need to face these unhealed energies from our past in order to be healed. The problem is that we need to face these energies in a way that does not create more pain. Using energy techniques such as Meditation and Tapping, allows us to be connected with the same intelligence that created this universe, thus healing us in a safe manner.

Many great thinkers have claimed that love is the supreme healer, and thus as we become more capable of fully embracing love, we in turn are released more fully from these blocks that have held us back for so many years. Avoiding love **either consciously or unconsciously**, creates a situation, where many of us never get a chance to completely heal from the past rejections and pain. Gaining the ability and courage to embrace love allows us deeper levels of fulfillment as we continue on our journey in this life. Love can be the greatest healer in the universe.

The meditation/spiritual/prayer element is the key for this healing to take place. We all need a technique in which we shower ourselves with love from the Divine aspect of life. When done on a

regular basis, these energy techniques will counteract the negative conditioning that we have all experienced. **In addition by combining nutrition with these energy techniques, we can actually change the pathways in our brain that have kept us locked in the same behavior patterns.**

It seems fitting to end with the words of Maharishi himself. "Love and God" and was published about 30 years ago. It relates back to the theme of love, which is the theme of this paper.

## LOVE AND GOD

"Love is the sweet expression of life, it is the supreme content of life.  
The flower of life blooms in one and radiates love all around it.  
The heart overflows with bliss of love.  
And the waves of life begin to roll on the ocean of love."

"Love takes life from the pang of separation to the bliss of eternal union. The delicate and kind hand of love takes life from the patch of thorns, to the softness and tenderness of a rose. On the softness of the cradle of love, the life swings from the loneliness of a desperate quest to the rich plains of fulfillment. A tender spark of love lights the light in loneliness. It burns alive the pangs of the bygone past and spreads the light of hope, joy and fulfillment. A tiny spark of love does it. Love is the most precious gift of God to us. Let us use it for all good. Let our life be filled up with love. Let not the din of the world and the thick and thin of life disturb the fullness of love within us. Let us be full of love and full of light and let our heart be of full use to ourselves and to our fellow man."