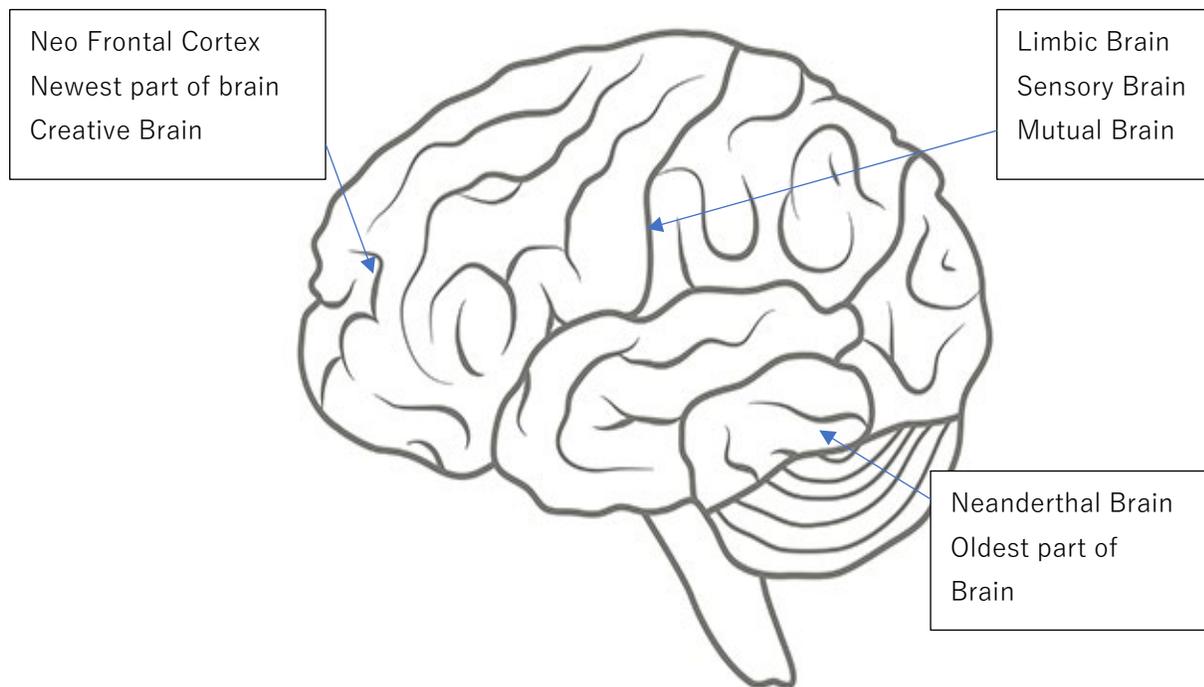


# ***Addendum***

## **Energy Medicine for Developing Emotional Intelligence: The Healing Feelings System**

Energy Medicine Solutions for the Biochemistry of an Emotionally Intelligent Brain

Sara Allen, PhD, EEMAP



### **Neanderthal Brain**

When we are reactive, the blood oxygen and glucose in the brain rushes to the Neanderthal Brain to energize and support a stress response. Our organism is in danger and our neural biology is only interested in getting our bums back to a safe space. The Neanderthal Brain draws from the organism's history. Evolution – learning new patterns for the NFB - is interminably bogged down in protracted means to its end...not dying. It learns very slowly – millions of years slowly.

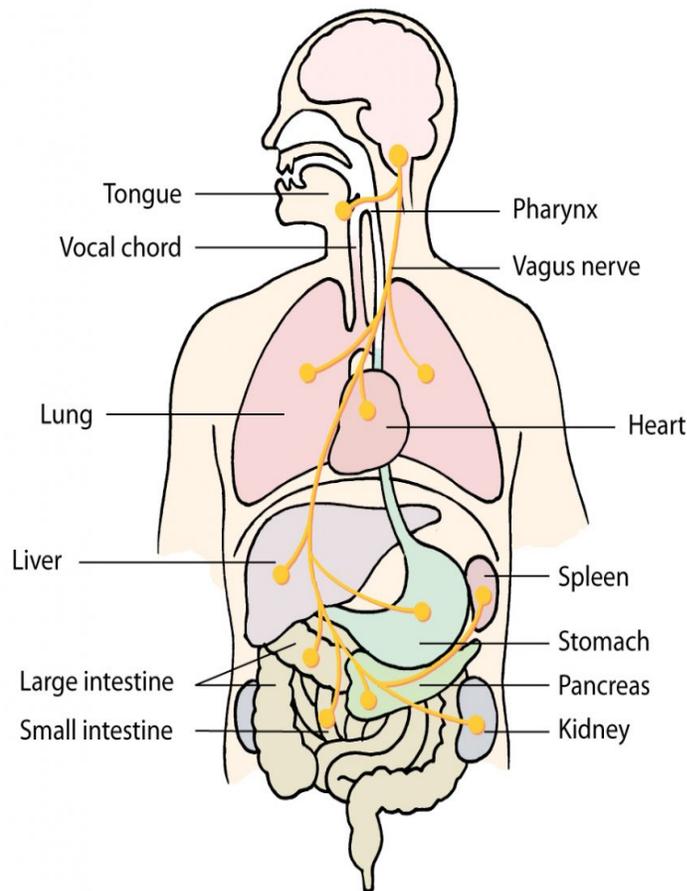
## **Neo Frontal Cortex**

When were in a state of creativity the neo frontal cortex is flooded with blood, oxygen and glucose. Dominate blood flow to the NFC supports life moving forward. It is the part of the brain that cultivates meaningful relationships and meaningful work and inspired problem solving. The NFC is conducive to eloquent speech, profound environmental processing, and an attentive framing of life's sparkle. The NFC learns very fast.

## **Limbic Brain**

Limbic Brain is the root of the Vagus Nerve. It is the part of the brain where ALL incoming environmental data enters the body – all our bodies. Limbic brain is neutral. Neutral in the way water is consider a universal solvent. A universal solvent is neither acidic nor basic. Definition of neutral by [www.chemicool.com](http://www.chemicool.com) is: it is not positively charged or negatively charged. It is mutual. It does not make a decision. It is neutral – some can argue it is amoral.

The Limbic brain is a collector, a receiver, a conductor of the utterly billions of incoming environmental data we meet day by day. Depending on the dominant hormone environment present at the nano second of the incoming data sensed, the Limbic Brain will send those sensations to either the NB or the NFC. How that incoming data is processed is up to either the presence of the creative hormones or the reactive hormones.



pic -Jager

**Emotional self-management IS hormonal self-management.**

**It boils down to this:**

**Emotionally Intelligent folks show a predominant energy exchange between the Limbic Brain and the Neo Frontal Cortex.**

**Hormonal self-management:**

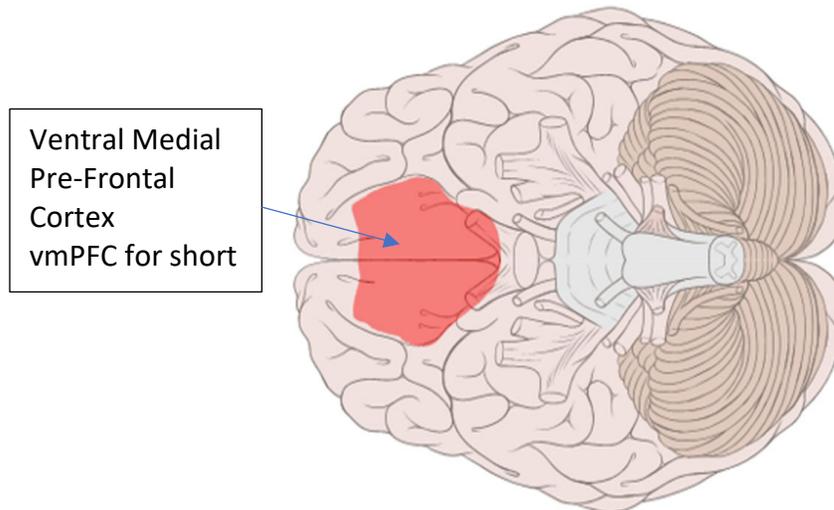
**If we are adrenaline dominant –**

**those sensations caught by the Limbic Brain will travel to the Neanderthal Brain.**

**If we are oxytocin dominant –**

**those sensations caught by the Limbic Brain will travel to the Neo Frontal Cortex.**

# Vagus Nerve and the Ventral Medial Pre-Frontal Cortex



Pic -Parvaz.

So why does it feel like such a struggle to control our hormone flow? Why don't we just send all those sensations forward towards the NFC. There is a very good reason. There is a vulnerable link between the Limbic Brain and Neo Frontal Cortex. It is called the Ventral Medial Pre-Frontal Cortex. For short: vmPFC. The bridge – the vmPFC - that neurons travel on from the LB to the NFC has been chemically severed.

When we are stressed – we really are being chased by a bear – the brain will utterly concentrate blood flow to the Neanderthal Brain. There is really good reason –relaxation hormones become a moot issue if we are gonna get caught by that bear. So, adrenaline has an impact on the bridge – the vmPFC – adrenaline chemically closes the vmNFC so there is no precious blood traveling to the NFC during an emergency. We need a different brain then when the bear is chasing us. This is a good thing and shows masterful commandeering of our energies to keep us safe.

Here is the rub: If we are constantly in a state of stress, and the adrenaline is getting the persistent cue to close the vmPFC, the vmPFC becomes chemically burned. Even when we are in a relaxed state the ability for neurons to travel easily from the LB to NFC is abated at best. Over time the vmPFC is damaged.

Drug addiction is really an issue with a damaged vmPFC. We are chemically incapable of making good decisions... because we cannot access our good decision part of the brain. The blood flow will travel to the NB and we make a decision based on past decisions.

So, what to do about a burned bridge between our sensations and our creative brain. The next two pages are excerpted from my paper *Healing the Seven Generations: EM Solutions for Genetic Diseases and Patterns*, 2013.

## Hippocampus Alarm Point



Location: At the arch of eyebrow on the top of orbital ridge... a small divot in the ridge. That is the Hippocampus Alarm Point. The Hippocampus is the part of the brain – the button – that tells Triple Warmer to stop sending stress hormones after the emergency is over. The problem is that long-term stress, when Triple Warmer is in a constant state of emergency; the hippocampus becomes damaged from the hot stress hormones constantly pounding on it. As a result, the hippocampus loses its ability to send the message to Triple Warmer/Adrenals to stop sending stress hormones. Triple Warmer never gets the word that all is well and keeps firing... and keeps damaging poor hippocampus. As it becomes more damaged and unable to accurately tell Triple Warmer what is really going on. It sucks.

We need to restore the hippocampus ability to send the correct message if we are ever going to get Circulation Sex hormones ruling the Limbic Brain instead of Triple Warmer.

Here's how to do that...

**Adrenal Feedback Test:** Test the Hippocampus points against the adrenal points. The adrenal points are located one inch out and up from the navel. As a practitioner, touch them together on client, and then test using general indicator.

If there is a strong indication on the Adrenal Feedback Test, that means there is a really strong connection happening between the adrenals and hippocampus.

***Strong on this test is not good news.***

**Cortisol Feedback Test:** Test the hippocampus points against the cortisol points. The cortisol points are located one inch out and one inch down from the navel. As a practitioner, touch them together on client, and then test using general indicator.

If there is a strong indicator on the Cortisol Feedback Test, that means there is a really strong connection happening between the hormone cortisol and the hippocampus.

***Strong on this test is not good news.***

**Relaxation Hormone Feedback Test:** Test Hippocampus points against the Mein Mein point. The Mein Mein point is located directly behind the navel (sometimes it is called the Reverse Navel) just barely to the left of the spine.

***Weak on this test is not good news.***

***We want a weak test on the adrenal/hippocampus test.***

***We want a weak test on the cortisol/hippocampus test.***

***We want a strong test on the relaxation hormone feedback test.***

**Remedy:** Hold the Hippocampus points with the Mein Mein for 3 to 5 minutes and retest.

**Homework:** Have client hold the Hippocampus points with Mein Mein at home between 2 and a 1000 times a day (Allen, 2013).

# Bibliography

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