



## QUESTIONS

When we have a question sometimes it can stop us taking in other information, so jot them down on these pages with this symbol, so you can ask them at the end of the day. At the end of each day we will review to make sure that the question is answered. We will always have time for questions.

## BRAIN RELAYS

### REMEMBER TO THINK LIKE AN ANIMAL

A sheep that loses its lamb to a wolf is prone to develop test cancer; the side depends on whether it is right or left footed. However, commonly the sheep resolves this conflict by bearing another lamb.

The following example may illustrate the original survival value of this mechanism. Let's assume a lion chases an antelope. The antelope must immediately mobilise all its resources to survive. The sympathetic nervous system takes over and in addition a specific brain centre becomes active, that stimulates lung activity. After the successful escape the animal rests and the parasympathetic nervous system becomes dominant for a while to normalise body functions.

- Now think of self experiences or events/situations and fill in blanks and alongside what possible symptoms would start occurring and which phase? FOR ALL FIVE BRAIN RELAYS.

### BRAIN STEM EVENTS/SITUATIONS

#### 1. AFRAID TO DIE, AFRAID OF SURVIVAL, AFRAID OF NOT BREATHING EVENTS

- a)
- b)
- c)

#### 2. CANNOT KEEP SOMETHING IN, FOOD HAS BEEN TAKEN AWAY

- a)
- b)
- c)

**3. ABANDONMENT, ISOLATED**

- a)
- b)
- c)

**4. FEAR OF STARVATION**

- a)
- b)
- c)

**MID BRAIN**

- 1.
- 2.
- 3.
- 4.

## CEREBULLUM THEME EVENT

Iain grew up in northern Ireland. He was only protestant to get on bus every day, his so called school friends on the bus spat at his back nearly every day. He felt ATTACKED, resulting in Acne.

Event 1:

Event 2:

Event 3:

## **MEDULLA EVENT THEME**

Event 1: Not feeling strong enough to keep walking on in life.

Event 2: Moving in the wrong direction.

Event 3: Redundancy, feeling that loss.

## **CORTEX THEME**

1. Common Cold.

2. Influenza

3. Chicken Pox

4. Hepatitis

## TERRITORIES

### MY TERRITORY

Think about your life and where you are right now. Which area you live, where you work, who your friends are, what your possessions are, your life values etc.

What are your personal territories, that when someone would take that away you felt like a loss of your domain, your territory, your area of expertise.

Describe your major territory and why it would have a huge impact on you when you would lose that.

- 1)
- 2)
- 3)
- 4)
- 5)

### MOST IMPORTANT TERRITORY

Now underline your most important territory from the list above, the one that is of vital importance to you, the one that if someone messed with it you would be most uncomfortable with.

IF lost? What would happen that would or could happen if you lost all of this?

### WHAT TO DO?

What could you do, TO replace that lost territory?

## HEALING PEAK

Describe Healing peak symptoms for:

1. Brainstem

2. Midbrain

3. Cerebellum

4. Medulla

5. Cortex