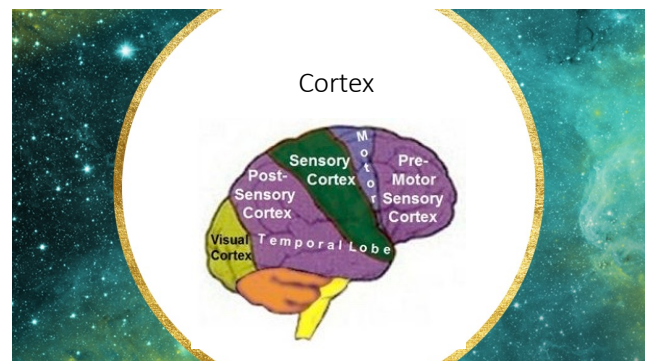
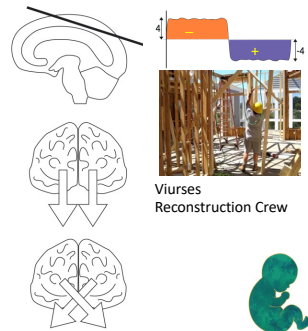
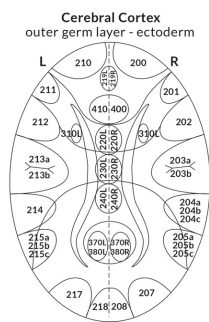
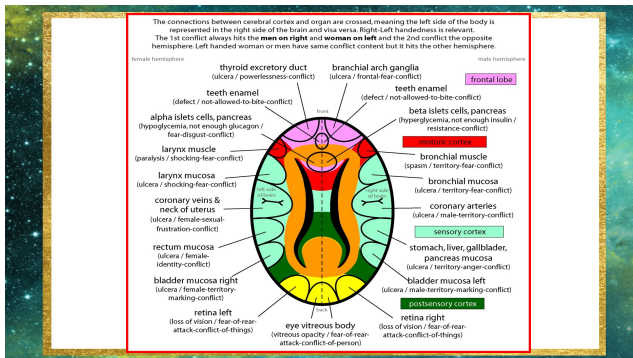


WEEK EIGHT

“He who fears he shall suffer,
already suffers what he fears.”

Michel de Montaigne 1533-1592





United Cerebral cortex

1st phase: cell minus / minus function

2nd phase: cell plus / function plus

Helpers: virus

Theme: social, territorial conflicts
 for example separation, feminine identity, breaking barriers, etc.

METaphor

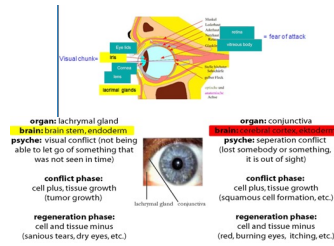
What does that area of your body represent?

Boundaries, skin separates us from Outer world Do we feel connected

United Cerebral cortex - the eye

SEparation SEif

EYES



Nasal mucosa

Brain relay: Cerebral cortex, Endoderm

Trauma: Nose-stinking-conflict, i.e. something stinks or gets on my nerves.

Biological meaning: Cell reduction, ulcerative dilatation of nasal mucosa.

Nasal mucosa

- 1. Phase:** Cell minus, ulcers, usually not bleeding, but crusted. The longer the conflict lasts, the larger and deeper the ulcer becomes.
- 2. Phase:** Swelling and possibly also an inflammation of the nasal mucosa (Rhinitis) that is frequently accompanied by nose bleeding.

Paranasal sinuses mucosa

- 1. Phase:** ulcers in the paranasal sinuses, usually no major complaints.
- 2. Phase:** swelling of the mucosa in the ulcer area (with or without viruses). Typical symptoms are a running nose with serous secretion. With a syndrome it may develop as a sinusitis. At the end of the regeneration phase the ulcers are healed.

Gall Ducts- Hepatitis

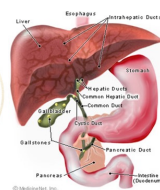
Gall (bile):

Bile is a yellow-green fluid that is made by the liver, stored in the gallbladder and passes through the common bile duct into the duodenum where it helps digest fat.

The principal components of bile are cholesterol, bile salts, and the pigment bilirubin.

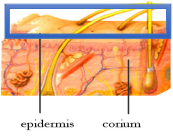
Hepatitis:

Hepatitis is the Latin word for liver inflammation. It is characterized by the destruction of a number of liver cells and the presence of inflammatory cells in the liver tissue. A person can develop hepatitis if they contract one of the viruses that can cause liver inflammation, or as a result of exposure to substances that can cause hepatitis - alcohol, fungal toxins and certain medicines.



RIGHT male NHS	Territorial anger conflict	Stomach, Bile ducts, Pancreatic ducts		
LEFT MALE NHS	Territorial anger conflict	Rectum surface mucosa*		
RIGHT MALE LTS	Identity	Rectum surface mucosa		
LEFT MALE LTS	Identity	Stomach, Bile ducts, Pancreatic ducts*		
RIGHT F	Identity	Rectum surface mucosa		
LEFT F	Identity	Stomach, Bile ducts, Pancreatic ducts*		
RIGHT FEMALE LES	Territorial anger conflict	Stomach, Bile ducts, Pancreatic ducts		
LEFT FEMALE LES	Territorial anger conflict	Rectum surface mucosa*		
NHS = Normal hormone status LTS = Low testosterone status LES = Low estrogen status				

United Cerebral cortex - epidermis



epidermis corium

Theme: Separation, segregation, lack of physical contact, avoid touching

Conflict Phase: Cell Minus, tissue dies - Gives scratches, sores, pale, dry, cold, numb skin

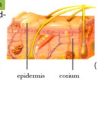
Regeneration phase: Cell Plus, tissue repair - gives inflammations, redness, heat, eczema, dermatitis

Biological purpose: to lose feeling in skin, so separation is not felt

Your tactile irreducibility without the sense awareness

Boundaries

Skin



epidermis corium

organ: skin, corium
brain: cerebellum, mesoderm
psyche: defilement-deformed-integrity-trauma-conflict

conflict phase: cell plus, tissue growth (acne, melanom, zoster, etc.)
regeneration phase: cell and tissue minus (pimpel, inflammation, etc.)

organ: skin, epidermis
brain: cerebrum, ectoderm
psyche: seperation-conflict

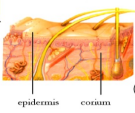
conflict phase: cell and tissue minus, ulcer (pale, dry, cold, neurodermatitis, etc.)
regeneration phase: cell and tissue plus, repair (red, hot, eczema, dermatitis, etc.)

Itching starts usually a few minutes after the conflict resolution

Neurodermitis develops stress hormones suppress symptoms skin is pale, dry hand and feet are cold

Neurodermitis symptoms, inflammation appears skin is red, hot, inflamed hand and feet are warm or hot usually after 6 to 72 hours

Example: skin



epidermis corium

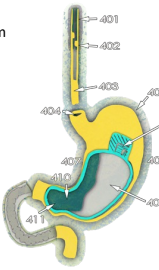
organ: skin, corium
brain: cerebellum, mesoderm
psyche: defilement-deformed-integrity-trauma-conflict

conflict phase: cell plus, tissue growth (acne, melanom, zoster, etc.)
regeneration phase: cell and tissue minus (pimpel, inflammation, etc.)

organ: skin, epidermis
brain: cerebrum, ectoderm
psyche: seperation-conflict

conflict phase: cell and tissue minus, ulcer (pale, dry, cold, neurodermatitis, etc.)
regeneration phase: cell and tissue plus, repair (red, hot, eczema, dermatitis, etc.)

Example: Stomach



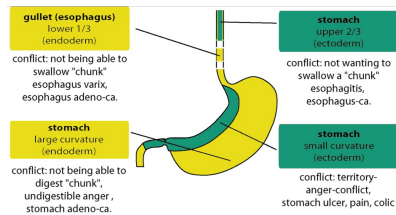
Esophagus endoderm
Not being able to swallow

Esophagus ectoderm
Not wanting to swallow
Separation conflict

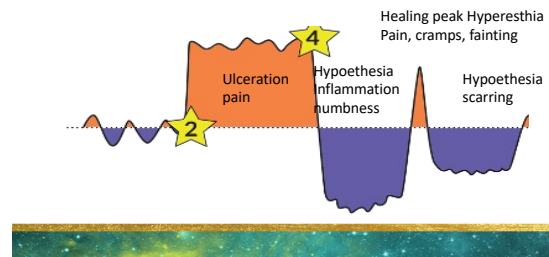
Small curvature
Conflict territory
anger Ulcer colic

Large curvature
Endoderm
Not being able to Digest

Example: Stomach



Gullet gastro-intestinal tract (GI tract).



Bronchial mucosa

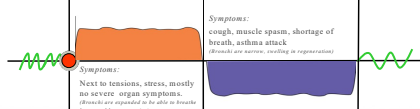
Brain relay: Cerebral cortex Ectoderm

1. Phase: Bronchial cell loss, mostly without intense symptoms. Organism is attuned to stress and conflict resolution, processing hurting feeling

2. Phase: Proliferation of bronchial cells. Typical cough symptoms, lack of ventilation (atelectasis) due to swelling of the bronchial mucosa. Healing crisis is asthma attack. Can be diagnosed as a benign bronchitis or malignant pulmonary tumor.

Trauma: Sensory territory-fear-conflict

Biological meaning: dilatation. to be able to compete better.



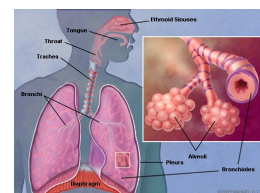
BRONCHIAL MUCOSA

Diseases:

Bronchitis (acute or chronic, unspecified or specific (i.e., tuberculous) inflammation of the bronchi.

Asthma bronchiale (narrowness of respiratory system and sometimes shortage of breath, caused by spasm of bronchi, mucosa edema and hyper secretion of viscous mucus.)

Bronchial tumor (lung carcinoma with origin in epithelium of the bronchi; most frequent tumor in western countries; main cause of cancer deaths with men and second with woman.)



Pneumonia

Treatment might include any of the following, depending on the stage of the illness, age of the patient, color of the sputum, and season of the year (8) 16th century doctor bleeding a patient

*Bleeding

*If fever, the bowels were opened with clysters

*If pain, hot water in a bottle or bladder, a sponge of hot water, or cataplasm of linseed was applied to the hypochondrium

*Linctus containing galbanum and pine fruit in Attic Honey or...

*Sothernwood in oxymel

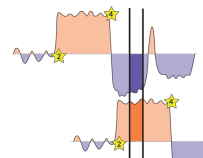
*Oppoponax (a bitter resin with a garlic taste) mixed in oxymel
*Drink of pisan made from huskey barley and mixed with oxymel

purulent pneumonia BRAINSTEM



*Pneumonia is inflammation of lung tissue
Pneumonia may possibly be the leading cause of death all time. Surely other maladies popped their ugly heads from time to time, and surely tuberculosis gave it a run for it's money, yet one consistent and deadly malady throughout human existence is that of pneumonia.

Pneumonia=Bronchitis with KCT syndrome



Syndrome

Two (or more) processes running at the same time, in the same or different phase i.e. Blocked nose and Dry Eyes

Lenke



Cerebrum Medulla (white matter)

- Directs Muscular tissues

- Themes: Movement and Stability, not good enough, not strong enough, not stable enough

- Constellation: Malignant

- Tissues: Muscle, Bone, Blood vessels

Cortex

- Directs Endocrine tissues

- Themes: Social and Territorial, territory fear, territory loss, separation, identity

- Constellation: Schizophrenia

- Tissues: Rings of most organs, bronchi, coronary vessels, alpha-beta cells

Cerebellum

- Directs Muscular tissues

- Themes: Precision and Integrity, fear of attack

- Constellation: No emotion

- Tissues: Inner and outer skins, breast glands

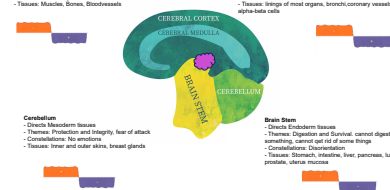
Brain Stem

- Directs Endocrine tissues

- Themes: Digestion and Survival, cannot digest something, cannot get rid of some things

- Constellation: Disorientation

- Tissues: Stomach, intestine, liver, pancreas, lung, aorta, prostate, uterus, muscles



Healing Peak



BRAIN STEM

- Intestinal Cramps
- Diarrhoea
- Liver Cramps
- Excessive Urination

CEREBELLUM

- Pus will be released
- Excessive in area of the conflict – a squeezing feeling

MIDBRAIN

- Atrial fibrillation with tachycardia

Healing Peak cont

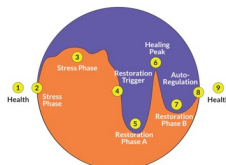
CEREBRAL MEDULLA

- Bone Ache
- Muscle Cramps
- Muscle spasms
- Twitching of the muscles
- Continuous movement or shaking
- Arrhythmia of heart

CORTEX

- Migraines- Headaches
- Intense Itching
- Coughing Fit
- Asthma Attack
- Heart Attack (initiated in brain)
- Panic Attack
- Heartburn
- Feeling well for the day – middle of cold or flu
- Fainting (in sensory conflicts)

9 Points and Phases + 5 Levels



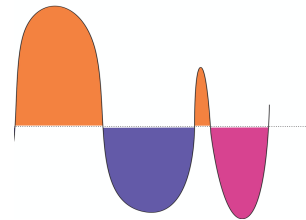
Organ – Stress Trigger – Emotion – Belief

6 Levels of Organism

1. Organ (Tissue)
2. Energy (Chi, Life Force, Chakras)
3. Mind (Emotion, Thoughts, Beliefs)
4. Brain (Relay)
5. Autonomous Nervous System
6. Social-Environment

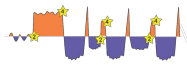
- 1) **Health:** Normal day activity and night relaxation
- 2) **Stress Trigger:** Trauma (UDIN) or Conditioned Reflex
- 3) **Stress Phase:** Stress-active sympathetic, conflictive
- 4) **Regeneration Trigger:** Real-life solution or inner soul-ution
- 5) **Regeneration Phase A:** Stress-passive, parasympathetic, repair
- 6) **Healing Peak:** Short stress-active and sympathetic peak
- 7) **Regeneration Phase B:** Stress-passive, parasympathetic, excretion
- 8) **Return to Health:** Auto-regulation, normalization of organ function
- 9) **Health:** Return to normal day activity and night relaxation.

Insert the numbers and names of the 9 points



Migraine

One or more disease processes



Headaches

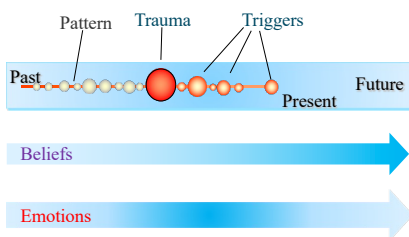
Sinus: pain is behind browbone and/or cheekbones	Cluster: pain is in and around one eye	Tension: pain is like a band squeezing the head	Migraine: pain, nausea and visual changes are typical of classic form



Migraine - approach

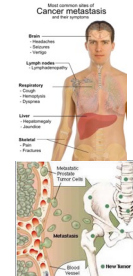
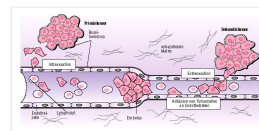
1. Is it a migraine?
2. Which theme is *definitely* in play?
3. Which Brain Relay is related?

Emotional Patterns and Beliefs



Metastasis-Traditional

A few invasive cells of the primary tumor penetrate the extra-cellular matrix (stroma) and the endothelium tissue of a blood or lymphatic vessel, aggregate and connect in capillaries as emboli. From there the extravasations and the migration into the secondary tissue begins.



Metastasis possibilities

Breast intraductal: outer germ layer, ectoderm – Cerebral cortex

1. phase: cell minus, necrosis

2. phase: cell plus, swelling of lymph nodes, growth

Conflict: separation fear conflict

Secondary cancer caused by FEAR ??? POSSIBILITY?????

Lung-aveoli: inner germ layer, endoderm – brain stem

1. phase: cell plus, tumor growth

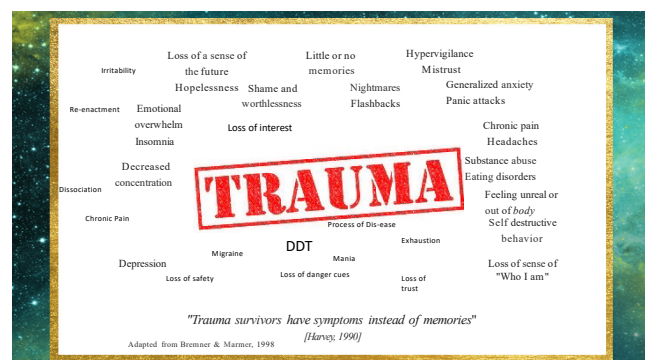
2. phase: cell minus, decomposition of tumor, encapsulation

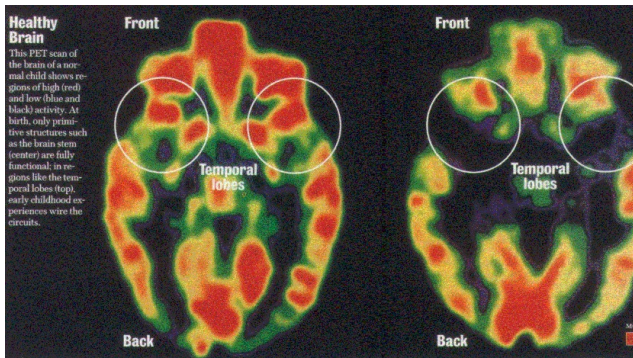
Conflict: fear of death conflict

TRAUMA CAN
HAPPEN TO
ANYONE. IT
DOESN'T
DISCRIMINATE.
IT HAS NO
BOUNDARIES. IT
KNOWS NO
LINES.

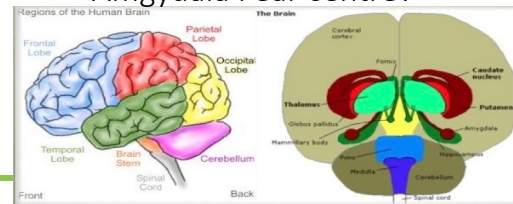
B T

What Is Trauma?



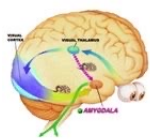


Amygdala Fear centre?



There are functional differences between the right and left amygdala.

In [one study](#), electrical stimulations of the right amygdala induced negative emotions, especially fear and sadness. In contrast, stimulation of the left amygdala was able to induce either pleasant (happiness) or unpleasant (fear, anxiety, sadness) emotions.



The Slippery Slope of Fear - Joseph LeDoux

'Fear' is used scientifically in two ways, which causes confusion: it refers to conscious feelings and to behavioral and physiological responses. Restricting the use of 'fear'

Trends in Cognitive Sciences April 2013, Vol. 17, No. 4

www.trends-cs.com



Amygdala

One important set of outputs result in the secretion of chemicals throughout the brain (norepinephrine, acetylcholine, [dopamine](#), serotonin) and body ([hormones](#) such as adrenalin and cortisol). In situations of danger, these chemicals alert the organism that something important is happening. As a result, attention systems in the neocortex guide the perceptual search [the environment](#) for an explanation for the highly aroused state. The meaning of the environmental stimuli present is added by the retrieval of memories. If the stimuli are known sources of danger, "fear" schema are retrieved from memory. My hypothesis, then, is that the feeling of "fear" results when the outcome of these various processes (attention, perception, memory, arousal) coalesce in consciousness and compel one to feel "fear." This can only happen in a brain that has the cognitive wherewithal have the concept of "me," or what Endel Tulving has called "autonoetic consciousness."

In sum, there is no fear center out of which effuses the feeling of being afraid. "Fear" is, in my view, better thought of as a cognitively assembled conscious experience that is related to threat processing, but that should not be confused with the non-conscious processes that detect and control responses to threats.

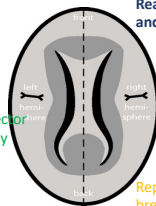
Correlation Does not necessarily reveal causation



Brain scan shows that when we remember a traumatic event, memory centers in frontal lobes shutdown, feelings and impulses take over

Amygdala, smoke detector and emotional memory centre

Brainstem, responds, we speed up or shut down, hyperventilate, muscles tense



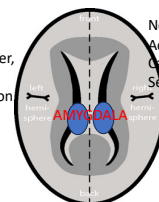
Thinking brain, frontal lobes
Reasoning, memory for events and facts.

Limbic
Non verbal, emotional,
Relational experience
Traumatic memory

Reptilian, instinctive, heart, breathing

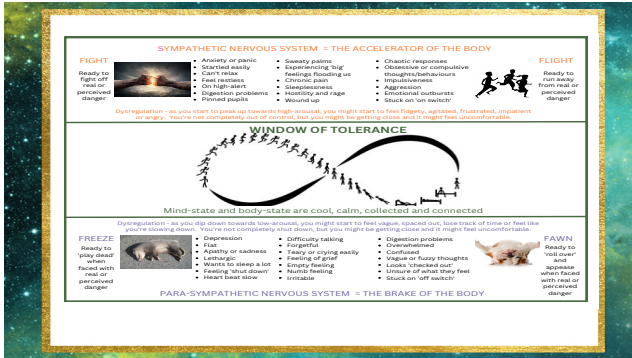
Memory Reconsolidation

Working memory in conjunction with thalamus, story telling, problems solver, so it cannot resolve the trauma NO direct connection with amygdala



Noticing brain, awareness, Activation (mindfulness, Calms body and somatic Sense of safety is restored.

Brains stem, responds to limbic, when amygdala turns off, becomes calmer



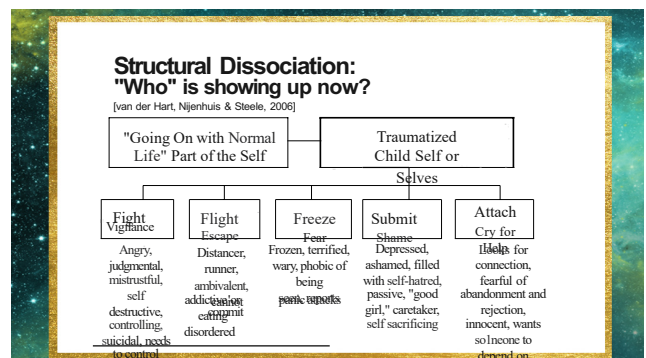
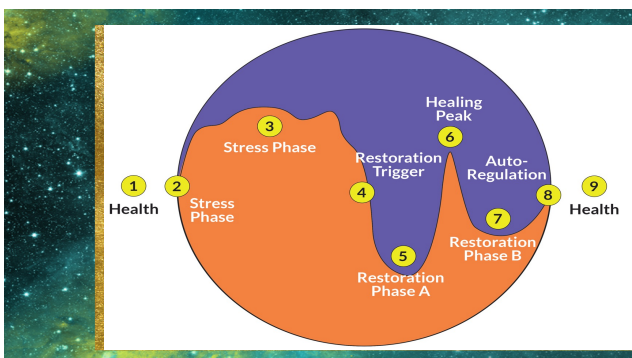
After trauma, the nervous system remains prepared for danger [Ogden, Minton & Pain, 2006]

emotional overwhelm, panic, impulsivity, hypervigilance, defensiveness, feeling unsafe, reactive, angry, racing thoughts

Signs of Chronic Hypoarousal

numb, "dead" passive, no feelings, no energy, can't think, disconnected, shut down 'not there' can't say no ashamed

Siegel 1999





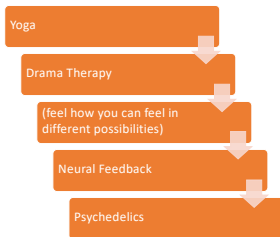
Creating Island of Safety for Client



Shut Down versus Freezing

- Collapse
- Goal activate sympathetic
- Stimulating movement
- Tonic immobility
- Micro movement
- Goal to movement
- Intercostal muscles
- Breathe
- Part of the body

TOOLS

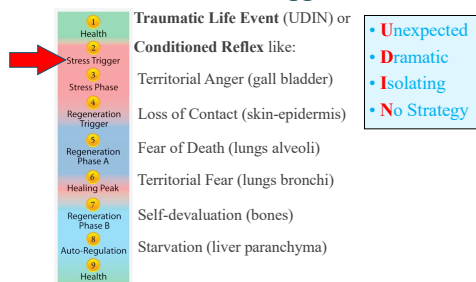


"Healing from Trauma is an experiment"
Bessel Van Der Kalk

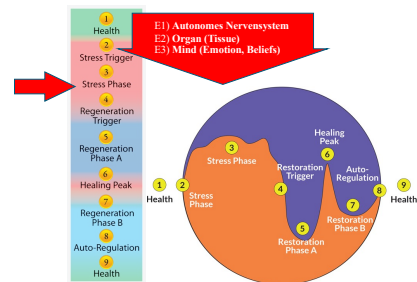
1. Health



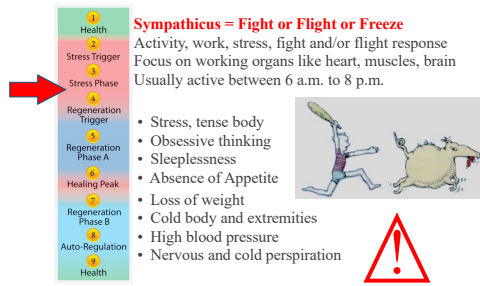
2. Stress Trigger



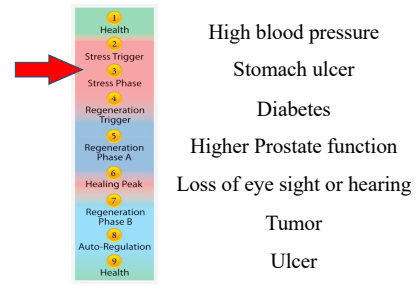
3. Stress Phase



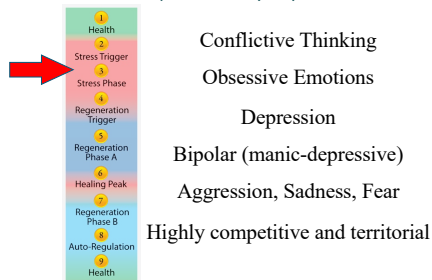
E1) Auto. Nervous System Symptoms



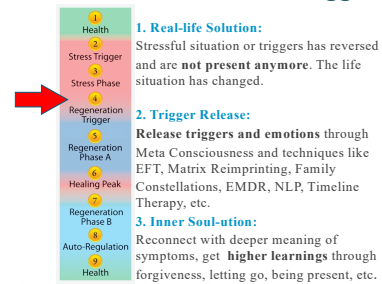
E2) Organ Symptoms



E3) Mind Symptoms



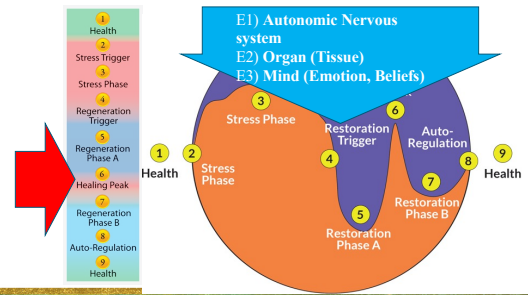
4. Restoration Trigger



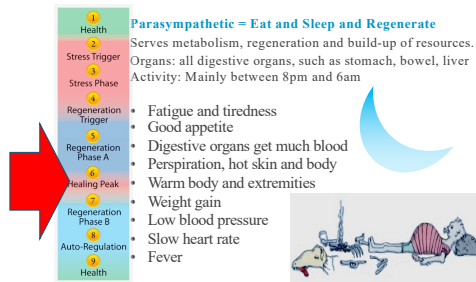
Example Restoration Triggers



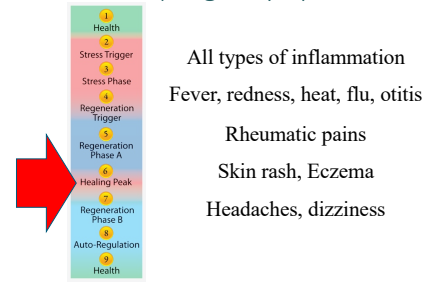
5. Restoration Phase



5. Restoration Phase



E2) Organ Symptoms



E3) Mind Symptoms

Stress-passive

Stressful and compulsive
thinking has disappeared.

Feel a sense of relief, a heavy
burden lifted off shoulders.

Confusion, problem to think straight



1. Health

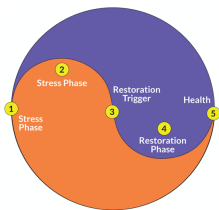


Normal Day Activity and Night Regeneration



Exercise: Two Phase Symptoms

Write down Organ Symptoms you have experienced
and which phase they belong to.



Stress Phase – Organ Symptoms

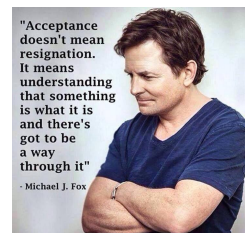
.....
.....

Regeneration Phase – Organ Symptoms

.....
.....

Write down your trigger for acceptance
This could be a F... it
This could be conscious or a retrospective
unconscious decision

.....
.....

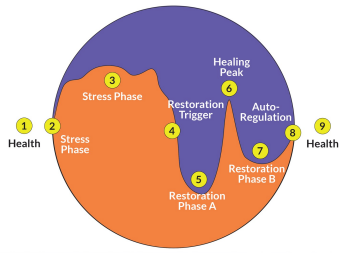


"Acceptance
doesn't mean
resignation.
It means
understanding
that something
is what it is
and there's
got to be
a way
through it"

- Michael J. Fox

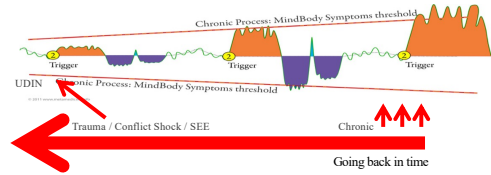
Acute Disease Process

One healing cycle from Trigger (2) to Health (9)



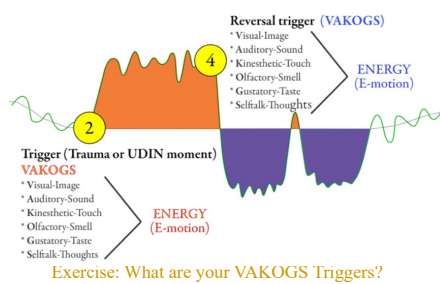
Chronic Healing Process

- Relapse of a disease through VAKOGS triggers. No UDIN.
- Initial Trauma could be during or before birth (hereditary, geneological)
- Pay attention to VAKOGS triggers + amplifiers (secondary gain) + vitality



- **Organ Symptoms:** Mindbody symptoms usually noticable depending on risk factors (genetics, vitality, etc.)
- **Threshold:** Very intense mindbody symptoms, survival, life is in danger

VAKOGS Triggers



Questions to ask

What questions have you been asked by doctors?

What questions can we ask?

