

1. THE CONSCIOUS AND SUBCONSCIOUS MIND

What have you got stored in your brain?

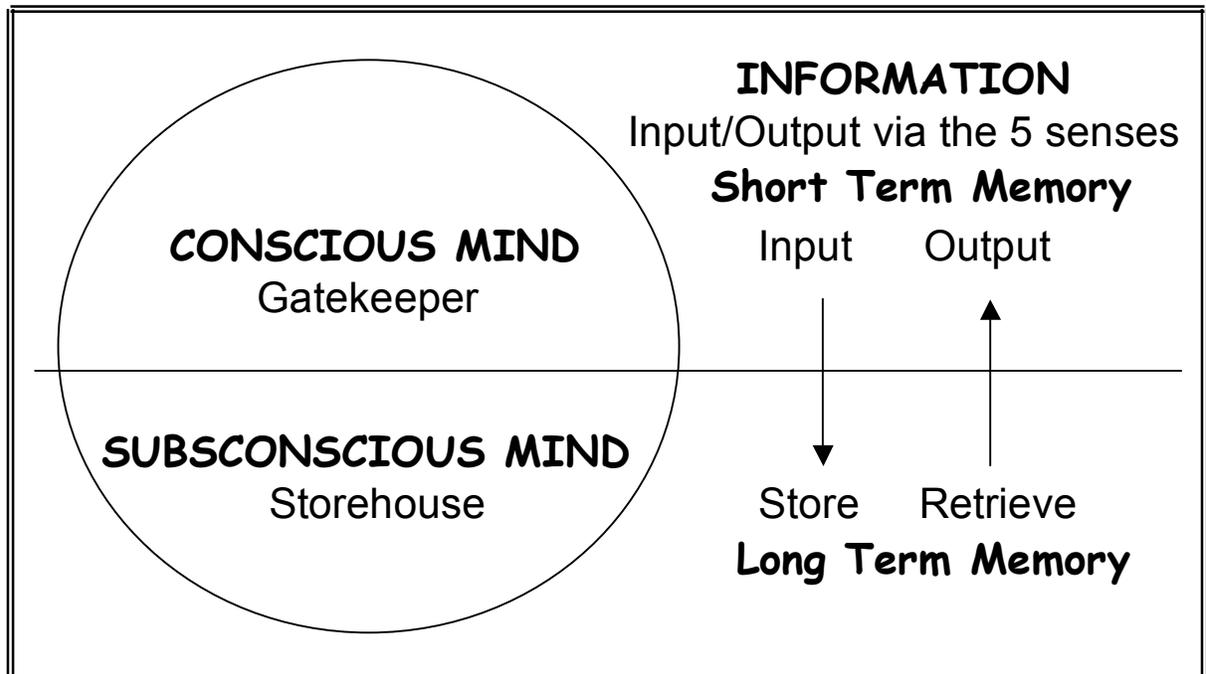


DIAGRAM 1: This diagram illustrates how the conscious mind opens the gate and allows information (events, experiences and perceptions) to be stored in the subconscious storehouse as programmed memories, as well as selectively retrieve information and memories

HOW IS THE MIND PROGRAMMED?

- The brain is like a video recorder that operates in the five senses (touch, taste, sight, sound, smell), not just sight and sound
- The conscious mind acts like a gatekeeper and can open or close the gate to allow information in to or out of the subconscious storehouse
- As soon as an event occurs, the video recorder button is pressed and records each event in the five senses that are then physically programmed as cell pathways in the brain for later retrieval

- However, overwhelming traumatic events (rapid with intense emotions) can bypass the conscious mind, as the gatekeeper is not able to close and selectively shut out these experiences and does not want to deal with them at the time of the trauma
- The conscious mind does not like to suffer emotionally so it then shuts the gate and locks in any painful memories that it does not want to retrieve and recall, with retrieval to be avoided on a conscious level

WHY IS IT SO DIFFICULT FOR THE MIND TO DEAL WITH PAST TRAUMA?

- Even though the conscious mind has avoided remembering a traumatic event, it continues to be driven by it as it only takes one of the five senses to be activated in the present to trigger the emotions of the event (90% of present memory consists of past emotions not events)
- As the conscious mind cannot make sense of the traumatic emotional memory from an event that is locked into the subconscious, it will then attribute it to whatever is happening in the present moment
- Hence, post-traumatic stress occurs and manifests in these excessive emotional reactions in the present without any knowledge of their true source and can manifest in depression, anxiety, dissociative states, nightmares, insomnia, anger, aggression and many other symptoms
- The good news is that if a traumatic event is relocated on the conscious level in the present and is reinterpreted in a healthier more rational perspective, the brain will then start to be reprogrammed and the trauma then can be put back into perspective and be minimised
- Conscious awareness of emotions that are triggered and being able to deal with them in the present (understand where they come from and put into a more rational framework) are an important process in recovery
- The most difficult part is starting the process of recognising your emotional reactions in the present and knowing how to deal with them as I have outlined above

WHAT HAPPENS WHEN A CHILD EXPERIENCES A TRAUMATIC EVENT?

- A traumatic event for a child can consist of a 10-20 second event where they are belittled, shut out, rejected or yelled at, it does not have to be a highly traumatic event in an adult's eyes
- A child views their traumatic experiences from a naïve, black and white perspective, that is programmed in the brain and carried into adulthood

- Unfortunately as an adult, they interpret and react to life from this childlike perspective that has been programmed in the brain
- When a child grows into adulthood they do not automatically change this perspective as it is locked in the subconscious storehouse as emotions and beliefs, and is not accessed on a conscious level unless the gatekeeper (conscious mind) recalls that event in adulthood, or recognizes the source of those beliefs and emotions
- If someone triggers the stored emotional memory of a traumatic event from childhood (90% of present memory are emotions, not the event itself), then an adult believes it is a true reflection of what happened in the present and over reacts to that event

HOW CAN THE TRAUMATIC PAST BE RESOLVED IN THE PRESENT?

- As the traumatic event in childhood is stored in the subconscious and the gatekeeper (conscious mind) locks it in, it cannot be fully resolved unless it is recalled (as either an emotion or event) and then viewed from an adult perspective in the present – this is a 'light bulb' moment
- You do not have to try and recall those events and dig up the past, you only need to understand that your over reaction to a present event is an indicator that there is an unresolved past event that needs to be dealt with in the present
- Deal with the distorted thoughts and feelings in the present and often you can then remember the past connection (although this is not essential), and the past trauma starts to disconnect
- The good news is that the cell pathways of a traumatic event will physically deteriorate and be eliminated from your system, however there is always a trace left that can be rebuilt and resurrected
- The resolution of past trauma is a process that is ongoing throughout life, but you certainly don't have to wait until you resolve it all to feel the benefits, the moment you start to deal with any of these emotional memories in the present you will feel relief



**The good news is that the brain is neuroplastic (like plasticine)
so it can change and grow throughout life
USE IT OR LOSE PRINCIPLE!**