

The neuroscience of primary empathetic connectivity: Create the light within

I have created a proper hypnotic recording to augment the effect of the following exercise. Please write me through the staff contact page at *Mind* magazine for a free copy of the recording. I had derived this from neuroscientific analysis some two years past, and use it daily. There are many uses for it, as it actuates the circuitry associated with "alpha function," and you may request a paper spelling out its many uses in relation to the alteration of traumatic memory. The technique is effective, and I have changed many of my own memories of abuse with it. However, the full technique is not necessary to gain immediate benefit. Endorphin activity is increased, and dopaminergic distributions as well. Corticotrophin Releasing Factor (CRF) is reduced. I will provide the rough neuroscience first, then the exercise, which can be performed just sitting in a chair with dim lights. Please read the paper included at the end of this brief, simple descriptive account. Meditative bodily postures are not required, nor do they hinder. The exercise is based on what I believe is the true source of empathy, the foundation of world identification, of which other humans, and mirror neuronal activations are just a small part. We are not just identified with each other, but all of the earth, and world as well. Our mother, is the earth! (I infer, perhaps, this exercise may even make use of the fact that "photorepair" is created through a low level biophotonic expression, and just such an expression is probably formed by thoughts of light, which create real demonstrable photonic discharge. So... It may, *may*, have a quantum aspect which repairs DNA. The other claims are quite solid, this claim about photorepair, is possible.)

During the first 18 months of life, life sustaining circuitry associated with alpha function is innervated (sympathetic [dopaminergic] and parasympathetic [noradrenergic] limbic/OFC circuitry: Schore's ventral and lateral limbic circuits). The neuro-endocrine changes triggering circuit formation are set into motion by the exchange of touch, gaze and glance between the mother and infant. (Remember the famous experiments by Spitz. If the touch, gaze and glance are withheld, the infant often dies.) During the early period of this innervation, during dyadic interaction the infant has yet to differentiate itself from the mother, and the mother's face is the child's entire world, and, an extension of themselves which is loving and responsive to his or her needs. *Watch a mother and small infant exchange loving gaze and glance, the infant sees her, and her face is their entire universe.* There is in this period, no distinction between the mother and the infant, and the mother, is its world, a loving, responsive extension of him or herself. Here, perhaps we see the basis of optimism, the expectation that the world will care for and be responsive to demands, or the lack thereof, as a function of the quality of basic nurturance.

So, to increase endorphin activity which will help immune response by moving away from the unhealthy stress cascade, and shift to dopaminergic modulation from noradrenergic, and its stress associated conglomeration of dreadful chemistry...such as CRF... we must activate the circuitry associated with the sympathetic circuit's initial innervation.

The mother, has undergone much additional layering in her symbolic meaning and

impression since we were 18 months old. For this reason, to imagine her face involved in the infantile exchange of maternal gaze and glance is ineffective, as she means many things now symbolically beyond the early formative impression. The solution is to craft a symbolic image which is directly resonant to the initial impression of the circuitry's formative process. To engage the circuitry, and I use this each day to excellent result, the following symbolic image must be formed in the mind's eye, and, entered into as if a dream. The result is a peaceful, safe, content state indicative of beta endorphin activity, formed by manually engaging the sympathetic circuitry which connects the orbito-frontal areas with the limbic. We should observe that as endorphin activity is increased, pain response is decreased, and other empirically testable responses will be found, like a characteristic EEG associated with secure low stress states, rather than the easily defined activity of mentation associated with fear, and anxious stress. Here is the symbolic key, symbolized from the source formative impression which caused initial innervation, that in turn, activates the circuitry, as spoken in the hypnotic recording:

"Please relax, hear, the water, and listen to my voice. There is a meadow, within the forest, surrounded by trees, stirring, a distant breeze. The day is still and quiet. Listen to the shining brook, spilling itself, over smooth rock and sand, listen, as it splashes, so near the meadow.

You are dreaming, in the meadow, reclining, in a still bed of folded grass and thick green moss. The day is sweet and warm. The breeze is a caress. The sound of birdsong, and clear, silver water, laughing and trickling, wrap themselves around you, and enfold you. The wooded valley holds you, in the cup of tender morning light, spilling her heart of golden warmth upon you.

The sun is pouring down upon your face, shining and warm, golden and loving is this light, a light you are folded into, and have created, shining, pouring back up into the arch of heaven, spilling up from your glad face, and again down to fill you, the trees nodding as you dream them, the sky golden and warm as you have poured it—and back around—for it has dreamt you...now as the world, of the world, nourished and warmed, the circle complete, a round of golden warmth and light, spilling into the world and returning again, unto you, and again, you unto it...and all the world is eternal, safe, nourished and nourishing, a circle of happiness, pouring down and returning, warm and sweet, the circle glowing, life spilled round into warmth—and golden light.

And the sun does spill her heart of warmth and golden honied sweetness upon you, and from the open breast of your happiness, so safe and glowing, you return and love, this world, which has nourished you. Into the arch of heaven, your eye does turn, and cast your light aloft, pouring upward to fill the sky, and find, you are the sky, and this earth. In gratitude the sun does pour her heart tenderly back upon you, and return unto you, the warmth you have given, to hold and nourish your spirit, and gently cup you, within the giving heart which pours...and holds you, as warmth—and golden light."

Enter into the image as if into a dream and meditate. That should supplement immune response, particularly in those cases which are deficient in the balance and activity of the sympathetic circuit, and improve overall mood and energy in normal cases. Other uses of this circuitry include the amelioration of trauma, and the conversion of fixated pathogenic unconscious content into healthy undifferentiated libido. Please ask for details.

I wish to encourage the reader to download this paper, which provides a firm basis to these ideas, and spells out the details in a step-wise fashion. Several important experimental designs, references, and further specific details are included.

From the *Mind* site:

[Limbic connectivity and sympathetic neural balance: the primary psycho-physiological locus of affect](http://media.wix.com/ugd/cf8614_243ef24742a84c69b64e998280ac34b8.pdf)

http://media.wix.com/ugd/cf8614_243ef24742a84c69b64e998280ac34b8.pdf

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