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EMOTIONAL THERAPY brainmanagement.be



Picture by Productiehuis De Mensen

Handbook on Emotional Therapy and Brainmanagement

Basic Concepts

1. Brainmanagement

Brainmanagement is based on years of kinesthetic research, looking for and perfecting techniques, based on the 7 Emotional Systems of Jaak Panksepp and recent research in Affective Neuro Science.

2. Emotional Therapy

Emotional Therapy is the school and the teaching of techniques and concepts, based on the 7 Emotional Systems and ways to manage them, based on the concepts of Brainmanagement.

3. School of Emotional Therapy

The school and practice through which knowledge and skills are passed on. The students can be taught technically and intellectually by Dynamic Meditation Therapists and Dynamic Meditation Specialists, working in CUBES.

4. Dynamic Meditation Therapist (DMT)

After a very strict and sometimes lengthy selection and undergoing ET, a brief training of a few weeks follows and you start working independently. The selection itself means that you have convinced all the members of a CUBE that you are a good Fear hunter and have virtually no avoidance or control strategies left in real life

5.The Godconcept

The Godconcept is a way to manage all by YOURSELF the Negative Emotional Systems (Anger, Guilt, Fear and Grief)

This can only work if you really WANT to manage these, out of love for your self, you body, your life or that of the ones you love.

It is a two way street.

This concept is part of the modern neurophysiological approach of the brain, described and examined by people like [Panksepp](#), [Damasio](#), [Rizzolatti](#), [van der Kolk](#) and the recent new criteria for describing and researching Mental Health problems (NIMH in the USA) or [RDoC](#).

My first dutch pocket book analysed the 3 major destructive 'Fears with capital F' that we (cowards, liars and terrorists) have been cultivating for quite some time now:

- Fear of failure
- Separation Fear

- Fear of change, death, disease.

It also analyses how the emotional side of the brain works.

6. CUBES are the future in Mental Health

Care Units for Brainmanagement and Emotional Therapy (CUBEs) are group practices, trained in Brain Management and Emotional Therapy, based on Affective Neuro Sciences and specialized in Trauma Therapy and Anxiety Disorders. A care unit is by definition focused on result obligations and scientific research.

7. Dynamic Meditation Specialist (DMS)

After working in a Care Unit or CUBE for a while, anyone can become a DMS when every other member has given its approval. It is always expected that any member uses other members for therapy. As a DMS you can start up your own unit or CUBE.

Summary

BRAINMANAGEMENT

= HOW TO BECOME AWARE AND MANAGE ANGER, FEAR, GRIEF AND OTHER EMOTIONAL STATES OF BEING

= KNOWLEDGE AND SCIENCE

EMOTIONAL THERAPY

= HOW TO TEACH EACHOTHER TO BECOME MORE COMPETENT

= TRAINING AND EXPERIENCE

The essence of Emotional Therapy:

1/ We're all nutcases

2/ We're all disconnected from our body

**3/ We can all reach Nirwana and
Enlightment**

... if we want it

... and all of this should become clear in a few hours.

My personal history:

For my 50th birthday (in 2015) my wife, Lies Willaert, wanted to give me a special gift and she had a brilliant idea. In Belgium you can personalise the licence plate of your car, a [Vanity Plate](https://www.youtube.com/watch?v=S-XIJ5_JYf4) (https://www.youtube.com/watch?v=S-XIJ5_JYf4). I loved her idea and I knew exactly what I wanted on this license plate. At that time, we were working on the 'god-concept' in Emotional Therapy, so I suggested 'GOD' for the inscription.

Was Belgium ready for this revolution?

At first my wife wanted to make fun of me by lying about problems with the administration. She told me the licence plate was declined. She came up with different suggestions, but none of them intrigued me. Superman, sport freak, ... They were all quite narcissistic - maybe she's convinced I am - but didn't cover the load. I wanted to make a statement, a joke, a prank, a billboard and moreover, I wanted to test the rigidity of the still Catholic state of mind of our institutions.

A miracle occurred on my birthday and from that moment on I became a believer. Belgium is a safe country to live in and we can joke about our supreme Lord of Religion, now (we already did that with our supreme Lord of State, our King).

Times can change

Some personal and professional history:

A. The Yang, masculine or paternal side of me:

I was lucky to have met and been able to work with some quite impressive father-figures.

I am a neuro-psychiatrist specialised in...

1/ Systemic Therapy and Solution-Focused Brief Therapy by Luc Isebaert, psychiatrist:

Dr. Isebaert is director of Korzybski International (SFCST: Solution-Focused Cognitive and Systemic Therapy - the Bruges Model). He was a very good mentor and taught me to re-invent myself again and again, and to keep on looking for positive, cognitive and empathic ways to look at patients, systems, relationships and myself.

Six months before he died, I had the honour to invite him out for dinner and in his last book he wrote: "To Tom, my most dynamic, efficient and wise assistant, until now, dd 01/02/2019".

Thank you, Luc.

2/ Psychopharmacology by Arnoud Tanghe, psychiatrist and Guido Stellamans, psychiatrist:

Dr. Tanghe had 2 group practices in Belgium and Netherlands with various professionals who worked together. He inherited and perfected the skills of working with the most spectacular antidepressants ever made. The spectacular healing and awakening effects of electroshock and these MAO-inhibitors - now forbidden psychopharmaceuticals in several countries - still have a place in my mind. He inspired me to work with a team and to persevere in looking for methods of healing, natural or pharmacological.

Dr. Stellamans is an expert in psychopharmacology. He has worked most of his life at the Main General Hospital in Bruges. He is an expert in fine-tuning diagnostics (DSM and other) in a scientific way. He gave me the possibility to work with an excellent psychogeriatric team. During these two years, I met Gilbert Allemeersch. Gilbert is, in my own opinion, the brightest neuropsychologist I have ever met. He up-skilled me as a scholar by teaching me how to think logically, scientifically, neuropsychologically and objectively.

Luc and Guido worked at the same psychiatric ward in seemingly different disciplines, but both inspired me. Psychotherapy and psychopharmacology are just as compatible as Cloak and Dagger.

My basics for forensic psychiatry, neuropsychiatry, gerontopsychiatry and neuropsychology were

enriched by the very esteemed Professor Baro, psychiatrist and formal medical director of the University Psychiatric Centre of Bierbeek. Professor Baro gave me the opportunity to specialise in psychiatry and take responsibility for my fellow-students as the leader I was born to be. He inspired me to question everything and everybody. Even himself ... Thank you very much, Frans and my sincere apologies for being a leader ...

3/ Martial Arts:

Like any other boy, Martial Arts has always intrigued me. But I couldn't develop my skills on my own. Thus, I am very grateful to have met a multitude of masters.

In at least 3 big or renowned ways of Martial Art I got a black belt of 2nd or 3rd Dan.

Thank you, master Frédéric Duribreux, master Prospero and master Kanji Tokitsu (Kiko or Japanese Chi Gong).

Thank you, master John Jones, Norman and Brian Wall, Dave Atkins of The Ryukyu Association of Karate and Gung-Fu (our 'English connection').

Thank you, master Mark Kemp, Keith Richard and

Robert Ramage of the Shin-ga-do Martial Arts Association (our Scottish and Chinese connection').

Thank you, master Jason mix and son Michael of the Open Circle Way, Kiwon Hapkido for examining and approving my 3rd Dan.

B. The Yin, female or maternal side of me:

There are a lot of women in my life who have helped develop my feminine side. I would like to thank all of them. They don't need the attention nor the spotlight like we, men, do. But I would still like to list the most important ones.

My wife, Lies Willaert, in particular. She was the first and most talented Dynamic Meditation Specialist, ever.

Her creativity, thanks to her father Joseph, a very esteemed painter over here, and her perseverance exceed by far that of most men.

And my three daughters, of course.

Thank God (?) for them being part of my life.

They proved to be able and willing to temper my male or yang sides.

Water and fire can find a way of co-existence, after all.

Preface:

By trial and error, I had the honour and pleasure of being able to train several Emotional Therapists in the region of the coast (Ostend) and inland (Bruges-Beernem) in Belgium.

For about 15 years now, professionals and life experts have been searching together for methods and techniques in resolving anxiety in a domestic situation, free of help or support by others (this was the primordial angle of intention).

As a team we have gathered lots of experience over the years and any form of Fear or Anxiety Disorder can be cured - as far as we are concerned. We like to boldly go where no one has gone before in the universe of the brain. Here, we would like to share this positive message and basis for well-founded hope with the world.

In this book you will find on the one hand a scientific approach to the phenomenon of Fear (with large 'F') and on the other hand practical or casual examples of Anxiety Disorders.

The **Godconcept** gradually took shape over the years and is the core concept of Emotional Therapy or Brain Management:

Mapping your Fears and facing them as if your life and that of your offspring depends on it.

This loving intent proved to be essential for making progress in therapy or to ensure evolution in the field of destructive feelings, thoughts and behaviour. Moreover, it seems to be the only way to profoundly and permanently train your brain in loving yourself, your body, life and others.

What one may not expect is that the logic of Fear or how to deal with that Fear is quite simple.

From our point of view, anyone is capable of reducing almost any psychiatric disorder or problem due to a combination of Fears, as well as the subsequent Behaviour or the resulting Symptoms.

Both the confused layman, and the professional (agent, teacher, politician, ...) - who does not yet understand why the family dramas, the terrorist attacks and other forms of violence are constantly increasing - may find a simple and logical answer in this book.

The gradually increasing levels of Anger and (non-ecological or unnatural) Fear in all our lives follow very simple laws and rules of nature and are applicable to all humans, any race or culture.

The multitude of interpretations of the title of this book may witness this statement:

The playfulness of the main title was given to us by coincidence and by the recent attention of social and other media. I drive a Porsche and the number plate is GOD. It started off as a joke, a form of publicity and trial, but pictures of the car went viral on the internet, national television and radio (Isn't Belgium the greatest country in the world?). We experienced - and are still experiencing - all sorts of reactions:

Fearful, angry, sad, insulting, humorous, ...

The seriousness of life, on the other hand, is what drives us through some boring concepts and laws of nature. Hence the analogy with physics and the second title.

We tried to make the chapters readable for a broad audience and they have been read, corrected and rewritten by several people.

Many thanks to all of them.

My thanks also to all patients or clients who have called upon our help and therefore have enriched ourselves with knowledge and skills.

Like myself, they became aware of their own Autistic or Hyperactive Behavioural Disorder and I sincerely hope that this process infects your brain as well.

Welcome to The Physics of Fear and may The Force (I AM GOD) be with you.

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References

Introduction: Fear and Auto-mutilation.

Why was I - personally, as a human being, a Homo Sapiens, a father, a husband and a psychiatrist - obsessed with Fear for years past? One simple question brought to me as a young and inexperienced psychiatrist: "Doctor, why do I cut myself? Why do I destroy my body? "

I challenge you all to ask the following question to your psychiatrist, psychologist or psychotherapist. He or she will not be able to give you an adequate or logical answer. Nor will he or she be able to offer you a permanent or stable solution.

At that time, I was incapable of answering that question and certainly unable to offer any permanent solution.

Now I can...

Auto-mutilative behaviour or self-mutilation reaches far beyond its limited definition or first appearance. Gambling, drinking, smoking, bulimia, anorexia, sugar addiction, sex addiction, etc. are various expressions of self-destructive behaviour with a compulsion and drive that a person cannot understand or control with his or her mind. Even worse, the more you think you have control over it, the more this behaviour gets control over you.

This behaviour is very specific to humans and rarely seen in nature or witnessed in wild animals. But why?

Such actions are all based on typically human Fear, developed or cultivated by the Homo Sapiens.

Natural fear was intended to protect your offspring, siblings or animal species and was connected with the instinct of survival (of the fittest).

Fear with a capital F is obviously driving us far away from nature, a healthy body or mother earth. Therefore, we have good reason to be aware of its influence on our brain, behaviour and culture.

In the following chapters, we would like to disentangle Fear with capital F, so that you can fill in, understand and even find answers to some questions of your own.

It is our conviction that this book offers insights in the rules and mechanisms of Fear and self-destructive behaviour (becoming aware - Part 1) and providing solutions to get rid of it (becoming competent or skilled - Part 2).

CONTENT**Chapter 1: Fear and fear.**

Natural or normal fear

The Mirror Neuron System and survival of the wittiest

The three F's or basic destructive Fears:

Chapter 2: Awareness and Competence.

A. Awareness

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1/ Reptile

2/ Mammalian

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Implications of Language

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Chapter 4: The magnificent 7 Emotional Systems**Chapter 5: The 4 faces of Emotional Pain**

Chapter 1: Fear and fear

Preface

In the pursuit of happiness, the object or prey to focus on is Fear, with a capital F, and our intention is to reduce it to zero. No more, no less.

Before getting started, it is imperative to come to some kind of definition of health in order to be able to describe natural or normal anxiety.

The most famous **definition** of health was described by the **World Health Organisation (WHO)** in 1946:

Health is a state of complete physical, mental and social well-being and not just the absence of disease or lack of it.

The Dutch woman **Machteld Huber defines** health somewhat more broadly:

Health is the ability to adapt and give your own direction to life, in regard of the physical, emotional and social challenges of life.

She has been working as a Food Quality & Health researcher at the Louis Bolk Institute in The Netherlands since 1986, an independent

international knowledge institute to promote genuinely sustainable agriculture, nutrition and health, with nature as a source of knowledge on life itself. Since 2011 she is a member of the Scientific Council for Integrated Sustainable Agriculture and Nutrition and co-founder of the International Research Network for Food Quality & Health.

She developed a new - and for me very practical - concept for health together with her colleague researcher Van Vliet, because of the insufficient definition of the WHO.

The intention of her definition is to introduce the concept of giving your life its own direction to emphasise the personal commitment.

According to Huber, the new definition of health can be divided into six dimensions: corporal functions, mental functions and experience, the spiritual or existential dimension, quality of life, societal participation and daily functioning.

Her definition is therefore more applicable and interesting for the story that we would like to tell.

Let's start by describing healthy anxiety, and gradually evolve to Fear with capital F; the kind of fear to be avoided and treated.

The link with animal life and the beautiful science of Neuro Affective Science is therefore an obvious and logical choice to be made and is the only field of science capable to reflect on systems like the Emotional Memory, Mirror Neuron System, Pavlovian reactions, mammalian and reptile like behaviour, ...

Try to think and feel like an animal for a moment.

Natural or normal fear

Fear (with small f) is the essence of survival of the fittest of every living being and therefore the primal drive in humans and animals.

Buddhists (and especially the Taoists) describe it as follows:

If your zest for life (male chi or qi) functions on top of your love for your body, yourself and life itself (female chi), this state will bring strength, peace and creativity.

If your male chi functions on top of your Fears, it will enlarge and corrupt your Fears, thoughts, feelings of guilt and anger (or chaotic energy), and will decrease your strength, peace and creativity.

Every animal species has developed effective and specific methods like flight or fight reflexes to survive and has the ability to adapt (Seeking System or Emotional System 1).

Thanks to these skills - and the Seeking System - both wolf, deer and rabbit survived, each very different as an animal species, but efficient in using their own survival strategies specific to their environment and qualities.

Any species that failed to use this Seeking System or failed to copy (Mirror Neuron System) its learnings

over the generations was doomed to be mercilessly eradicated from the face of this earth.

And then the Homo Sapiens expanded their territory and evolved into predator number one. The Jewish historian Yuval Noah Harari described this process nicely in his books Sapiens and Homo Deus.

The animal species that seemingly lived in a carefree paradise, were suddenly slaughtered or eaten... by us.

Harari tells us the clear and cruel tale of the history of the Homo Sapiens species and its tendency to - unconsciously - abuse its very effective Fear and Anger System to become the most senseless destroyer or predator on the planet.

It has reached a level of conquering, far beyond the natural purpose of its initial survival instinct.

And it is about to destroy itself and the planet it lives on, inducing the next self-inflicted mass extinction.

The on-off-switch in wild animals:

The Emotional (of Limbic) System is based on:

A. A Neurovegetative System, a very simple reactionary system:

- There are only five senses (hearing, seeing, feeling, tasting and smelling).
- There is one Action System (or Orthosympathetic System) which acts upon any kind of threat to your body, your life or that of your siblings or offspring.
- There is only one Resting System (or Parasympathetic System)

B. A Memory System, essential for survival:

- A Memory Card, which remembers every adequate survival reaction and stores it forever (lasting purpose) in the Amygdalian Nucleus or Hypothalamic area
- A superior back up system for generations to come or The Mirror Neuron System

C. Seven Emotional Systems or operating systems (Chapter 4 in this Part)

The Action System sustains three types of defence: fighting, fleeing and freezing

Many investigators, such as Jaak Panksepp (Neuro Affective Science) use this terminology for scientific research and to describe these 3 defence systems.

They are quite similar to the existence of 3 neurophysiological Emotional Systems we call the Negative Emotional Systems: Anger, Fear and Grief.

There is only one Resting System (or the Parasympathetic System) that - in case of non-threat - prepares the body for eating (and its digestion), restoring (of muscles and other exhausted or deregulated systems) and reproducing (libido, fertility).

Parents show their children how to best survive in a certain environment and children copy this flawlessly (the ones who didn't, did not survive or did not get the chance to propagate).

That is how and why the Mirror Neuron System (see next topic) came about and has been programming the Emotional Memory System of millions of animals for about a billion of years and at lightning speed (transgenerational and by non-verbal communication), all in view of efficient survival.

The Emotional Memory itself is an 'eternal memory': when one sensory perception is linked to a certain level of rest or action (by the parents or by trial and

error) it must and will remain that way for the rest of its life or that of its next of kin.

The action system should exceed the resting system (if one follows the doctrine of Darwin of course).

In other words: if your body, your life or that of your offspring should be threatened, that part of the autonomous nervous system takes over and takes care of it in an automated way.

Maybe the way your ancestors did?

The way they were threatened in association with a specific sound, a certain smell, feeling, taste?

Therefore, I want to shake the reader's mind here and now, or rather deprive him of the illusion and disappointment of his denial system:

**A CONDITIONED LEVEL OF FEAR, ANGER OR GRIEF
WILL NEVER DISAPPEAR**

(not without active reprogramming or expert treatment)

That's why and how it creates the illusion that it is part of you, your ego or your body!

Let 's go back to the rabbit for a moment, member of the rodent group which survived, thanks to very refined survival techniques.

Remember, this animal survived 'cum laude' for ages and our ancestor -the rodent- probably exploded in a procreative way thanks to the baby-boom after the mass extinction that eradicated the dinosaur.

Furthermore, it uses a genius fear system that works like a light switch or with a seemingly on-off-button. In other words, rabbits are either 'completely strained' or 'completely relaxed'.

A grazing rabbit surrounded by numerous predators has an extremely low level of anxiety (heart rate, blood pressure, breathing, intestinal peristalsis, muscle tone, ...). In this case the Resting System (or Parasympathetic System) is in charge and controls most of the corporal functions automatically.

From the second on the rabbit suspects - hears, smells, tastes, feels or sees - something, its Neurovegetative System takes over and initiates the Action System.

This is without a doubt an adequate response to its environment.

The rabbit will run away in a flash, looking for a hole or a safe hideout.

The Orthosympathetic System orchestrates this act of survival and in this case we therefore refer to it as fear with a small f; for it proved to be a healthy survival instinct.

Once the rabbit is safe and has reached its den, its action system (muscle tension, high blood pressure, fast heartbeat, increased breathing) switches off automatically and switches on to rest (stomach acid production starts up as well as intestinal peristalsis and the sexual system can be initiated).

The latter is referred to as the Parasympathetic System.

In full action this Parasympathetic system or the Resting System is very quickly switched off again.

Deer and certain bird species empty their bowels very fast in order to get off more quickly or run faster.

So in wild animals the **definition of Huber** is working all the time:

Health is the ability to adapt and give your own direction to life, in regard of the physical, emotional and social challenges of life.

The Neuro-vegetative System with its Emotional (eternal) Memory is faster, stronger and smarter than the human thinking system.

It is faster: the measured cerebral response is up to ten thousand times faster.

It is stronger: once a survival reflex has been programmed it stays there. That is why these survival systems seem difficult to change or destroy and create the illusion of inertia or non-change.

What completely surprised me as a scientific skeptic and sober physician was the fact that, when people worked really hard and were able to overcome some Fears in a profound way, long lost sexual and nutritional habits - normal for the average human beings and present as a newborn - returned.

The more profoundly the subject was able to overcome his Fear, the more the pre-traumatized levels of resting - Parasympathetic systems seemed to return. The old animal reflexes returned as if they never left.

This 'old' brain has gained my confidence as a psychiatrist, as would a computer analyst confide more in Linux compared to Windows or Mac. We

know that the cognitive functions of the brain are full of glitches, but the stability of the animal brain is astounding. Nature has cherished, broken and reprogrammed it for one billion years now, my friends. We hardly had the time to get to know ourselves and our brain during the last 40.000 years as a H. Sapiens.

Try thinking about strong feelings, physical reactions or sensations. Philosophers and poets tried and lost this battle.

Try to stop strong emotions: for example, an alleged perpetrator is coming to live in your neighbourhood, and you got to know the who, when and where. Your animal instincts (verbal or non-verbal anger or fear reactions) will take over for a while. All of your thoughts will follow these 2 emotions.

Another example - given too little thought - could go like this: the days following serious sexual abuse, a woman is unable to remember the perpetrator. The facts were too serious and too painful. We call this Dissociative Amnesia and it's some kind of a survival reaction. It is not a defence system, for a defence system should protect the subject and in this case it destroys the brain in the long run and sustains the trauma or level of Grief (cf chapter on the 7 Emotional Systems).

The next story is also part of reality: the victim - unaware of the looks or appearances of the man in question - accidentally passes him in the corridor of the courthouse. She hears his voice, smells or sees him, freezes and instantly wets her pants. My personal and professional point of view in this matter is that this should be taken into account as far more reliable evidence than a written or spoken testimony and investigators should use interrogation techniques which involve these neurophysiological reactions. The animal brain or the Emotional Memory is far more reliable than the cognitive. Moreover, it is unable to lie.

But well trained or skilled examiners in this neuro-affective knowledge are scarce and the legal system still archaic.

Some of these pioneers will be mentioned further on and on the domain of the neurovegetative systems I just mentioned, people like Stephen W. Porges made it more interesting, but too complex in regard the purpose of this book and Emotional Therapy. We use 5 neurophysiological and physical reaction patterns or Psychosomatic Markers (Fight, Flight, Freeze, Follow and Flag) to work with and the systems responsible for this Emotional States of being are not essential for you right now.

The Mirror Neuron System and survival of the fittest:

The neurophysiologist Prof. dr. Giacomo Rizzolatti and his group of 3 employees made a peculiar discovery in 1992. As a result, he and his group of employees received an honorary doctorate - among other things - at the University of Leuven in 2/2/2010.

They discovered a previously unknown type of nerve cells in the brains of monkeys. They were aroused in the same way in two different situations, namely when the monkey itself performed a certain act and when the monkey saw a mate perform the same act.

Until then we assumed that seeing an act and performing it were 2 completely different processes of remembering.

They called the new neurons 'mirror neurons' because perceived actions reflected the same parts of the brain of the observer whether he perceived it or performed it.

These nerve cells seemed to immediately and automatically understand the purpose of the action, even before the action was completely finished.

Learning by imitation is conducted and orchestrated by this mirror neuron system.

The same phenomenon was also applicable to other sensory perceptions such as hearing, feeling and emotion recognition.

Logically, this system can be assumed to coordinate the development of language and communication or the transmission of fears over the generations.

Lots of research is conducted this way.

For example, in current research on autism, researchers more and more take into account that this Mirror Neuron System is playing an important part. Mistakenly and typically human, this system would be responsible for autism and was presumed to be the cause of it. Unbelievable, but we like to blame others, don't we?

Ref.: Guiseppe di Pellegrino, Luciano Fadiga, Leonardo Fogassi and Vittorio Gallese

The mirror neuron system is an extremely ingenious system which allows animals to pass on the survival techniques of their ancestors to the next generation: where one smell urges you to run away, the other encourages you to get hungry and eat; while this sound makes you want to run away, that sound

arouses your attention and another tells you to relax, ...

It works for all 5 senses (auditory, visual, sensory, olfactory and gustatory) and is linked to specific regions, not race or species. Offspring that was unable to copy well, didn't reach the age of fertility and Darwinian evolution perfected the system over the ages.

It shouldn't make a difference for us, humans.

Beware ..., for all of your thoughts, behaviour and emotions are to be copied by the ones you love.

With regard to autism, researchers, psychiatrists or therapists are using the blind eye of neglect and denial and are afraid to make this clear (so parents prefer to hear something else than a message of Fear, failure or guilt). We like to look for a scapegoat outside ourselves and put the blame on someone or something other than ourselves.

It is very typical and almost unique for the human brain to collect and sustain that much tension and Fear that it collapses (depression, chronic fatigue, burnout), explodes (manic disorders) or produces sensory information incompatible with reality (individual or mass psychosis, religious beliefs or miracles, ...)

Still, we seem to be afraid to admit that we are burdening our children with our Fears ...

As for the transgender research or diagnostics, it seems to me that medical and surgical action is working quite proactively these days and psychology or psychiatry is inefficient or too slow to keep up with the pace of contemporary evolution in our society. The balance between self-destruction and self-esteem is off line and still very obscure. It is our job and responsibility to rectify this problem.

I am still looking for the first human filled with Self-love (non-egocentric), Self-confidence (non-narcistic), Self-respect (non-compassionate) and Self-care (non-cultivated) ...

The transgender phenomenon exceeds or proceeds profound therapeutic work and sometimes it seems to avoid introspection or psychotherapy. Moreover, it proclaims to solve problems like self-esteem by changing the exterior shell we were born into and I have met too many patients of whom their level of Fear, tension or self-destruction didn't really change after the first years of positive excitement.

I have to make this annoying statement, but it's up to us - researchers and therapists - to solve this problem, not the man in the street. For him the wake-

up call is this book, its ideas and memes and the overall awakening social consciousness.

These concepts should become common knowledge if we want to grow towards a society of empathy or evolve from the H. Sapiens to the H. Deus (concept of Noah Yuval Harari). If you are full of Grief, Fear, Guilt or Anger, you are more likely to be manipulated and your brain is trained to look for a solution in the context or outside of yourself. Religions and world leaders have flourished on the soil of this Emotional Pain and we were all too blind or too unconscious to see the consequences of this evolution. In the long run the initiators and followers of religions always became victims of their own beliefs, but can we afford new world religions or world leaders to guide us to another global abyss?

For we were all bisexual at birth and loved ourselves and others in a natural and childlike way. Society and education and the programming of your parents (mirror neuron system) push us into a direction of choice: homosexual, heterosexual, male, female, To me, these are choices that should not be made and certainly not criticised if they are made anyway.

The Homo-Sapiens-brain has the tendency to - along with 40.000 years of experience in - changing the world around us, though not the systems within (our brain or the Emotional System in it). It is therefore

logic that - when in Doubt, Fear Grief or Anger - we project solutions outside of our brain. At a certain age we start looking at our body as a foreign object or interpret certain body parts as too much, too ugly or too little. A seemingly irreversible point of view, except under the influence of drugs like alcohol or amphetamines (the first euphoric phase).

For the sake of argument: what is the difference between torturing yourself with concepts like homo- or heterosexuality, being a real male or female, actually cutting yourself, gambling until you lose everything or believing for sure that you don't fit in this society or timeline?

Fear of failure and separation Fear live a life of their own in your brain and will always make you believe they have been there from the start of your life. It is one part of their bag of tricks: creating an illusion.

Self-love or Self-Confidence in early childhood looks primitive and pure, but to us they are a goal to achieve.

When is a trauma really cured?

1/ When one can talk about the facts and it feels like talking about your favourite hobby (if not, the perpetrators influence is still inside your brain)

2/ When you feel like a child again: playful (love for life), lustful (love for body) and empathic (love for each other).

This should always be the golden standard for trauma-therapy!

Another great illusion in our thinking is the presumption that traumas or Fears are related to acts of aggression in this life. Most of your Fears have entered your Emotional Memory by the loving care of your parents or care figures, thanks to the Mirror Neuron System. The acts of aggression were maybe succumbed by your mother's mother or your mother's grandmother. Who knows?

More important: When are we going to start cleaning these viruses out of our software and how?

A classic example with regard to trauma is rape: sometimes it takes only 10 minutes, but afterwards it is impossible for the victim to remember her previous level of playfulness, a body at rest or empathy toward others.

In the case of multiple traumas, it is obvious that your mind and body has completely forgotten its initial natural balance. We call this the grade of dissociation. Taking over the level of dissociation from your care figures is assured by the Mirror

Neuron System. It is an unconscious and underestimated process, but nevertheless extremely effective. Like a snake, it enters your emotional system and like a virus, it permanently slows your system down.

The good news is that it can be completely reprogrammed. I have no recollection of any type of Fear that was resistant to Emotional Therapy.

The bad news is, that it takes a lot of effort (the love of a mother and the strength of a father). I have quite a few disappointing memories of those who quit therapy halfway through, especially intellectuals or academics. I will explain this phenomenon later on.

I have to contradict therapists or patients whom are convinced that Fears can go away over a therapeutic weekend or a few sessions of any kind of therapy.

It takes at least 6 months to become aware of the identity of Fear in your brain and body.

It takes at least another 6 months to become skilled in overcoming them.

It takes at least another 6 months to become a 'walking monk' or being able to meditate further on your own.

The simple reason is that it takes time for the neurophysiological processes to adapt and for the

brain to alter from a pain-brain to a love-brain. Most of the patients have been running around with a Fear-brain for at least 30 years and possibly dating back for hundreds of years if we take the MNSystem into account.

The Mirror Neuron System is also referred to as the 'observation/execution' matching system'.

I will try to explain the simplicity of the Emotional System by the analogy of 'the Horse and the Horseman' participating in an obstacle race:

1 / The Horse or Neurovegetative System has 2 systems:

a. The Action System:

- Fight or Fighting (all the force in an attack-action): the horse is alert, wants to win and jumps flawlessly over each beam.
- Freeze or Freezing (all the force in a non-action): it suddenly stops for one obstacle (the nightmare of every Horseman). This reaction would result in death in nature or a sign for an attacker to stop fighting (mating rituals or territorial fights). Here the rider falls down.
- Flight or Fleeing (all the force in a run-away action). Here the rider falls down and the horse flees in a gallop and will be hard to stop.

For us, the last two actions or reactions seem useless, but for the horse it appears lifesaving.

The trick for the rider - and this takes makes the rider special - is to get the latter 2 reflexes out of the system of the horse.

b. The Resting System: after the race the trick is to evoke a profound state of rest in order to build up power for the next race.

2 / The Horseman:

a. Has an Emotional Memory of its own and will panic in the same circumstances of the races.

b. He also has a cognitive brain and the ability to reenact the race in his mind. A successful jockey will try to overcome his own Fear-reflex. Without the horseman, it is very likely that the Horse will keep on reacting the same way. The rider also knows that he will transfer his restlessness or fear into the horse.

Both the horse and the jockey will perform better on known territory (where the sounds, smells, colours and surroundings are familiar). This is a well-known phenomenon among students. They perform better at exams which occur in the same room as the one they have studied in (even under the influence of alcohol). This is why our brain and the brain of most people tends to look for solutions in the context. Change the world to your habitat or home. I call this the autistic reflex.

A good and successful jockey alters the inside system of his brain and has found ways to overcome his own Fears in a difficult context. This is what Emotional Therapy and Therapeutic Meditation is all about: to become a walking monk or dancing kid amongst the vampires and zombies of the world.

Sport psychology will probably - and hopefully - become a priority for all top athletes. The age of drugs in sports will have to come at an end, one day.

A well-known cognitive technique in sports is to run the race all over in your head, again and again. I would throw in a few corporal or mediation techniques in the process.

This is what makes us - humans - gods. We are able to re-write or re-program our Emotional Memory thanks to the system by which we are destroying ourselves: language or cognition.

The only problem is that most of us don't know how to re-write it or think they do.

The Homo Sapiens: floating between charged and discharged

Reality TV shows such as Expedition Robinson or Survivor are all about surviving. In these conditions sexual excesses are obsolete, because this neurophysiological system is virtually locked. The fight or flight system or the Ortho-Sympathetic system takes over all of the time.

In domesticated animals and humans, we see all kinds of variations of the Action and Resting System. We rarely see the condition of super focus (unless we take amphetamines or swallow steroids like top athletes do) or complete relaxation (unless we take calming pills or drugs). We do find more extreme ways of discharging, for example sadomasochistic sex or SM, extremely dangerous or life-threatening sports, horror movies, self-mutilation, kicks, ...

In fact, we usually float somewhere between being completely tight or 'charged' (100% Orthosympathetic) and totally relaxed or 'discharged' (100% Parasympathetic).

As soon as the mixture of charged and discharged takes such forms that the state of tension has no connection with survival or zest for life in the correct sense of the word, she becomes a deadly cocktail.

Even in a society of peace and social security systems, the level of social Fears seems to sustain itself and we keep on raising the tension with other Fearful questions: "How do I survive in a complex society like ours?" or "Am I going to have enough money at elder age?" or "Are my investments safe?".

With our fantastic solution-focused brain we seemed to have successfully changed our environment:

- * the Jewish connection pushed us to share knowledge and push our children to study
- * the Greek connection pushed us to solve differences through politics and reasoning and to think for ourselves
- * the Roman connection pushed us to build bridges, infrastructure (internet, ...)
- * the Catholic connection pushed us towards compassion
- * the Enlightenment and Science pushed us to identify or individualise ourselves even more

The autistic side of us should be pleased, but this hunger or void inside of him is still there...

Avoidance, denial, control, perfection and pleasing have been good survival systems in the past, but became useless in a world of peace and plenty. Why should we say goodbye to old friends that helped us through the ages and what is the use of betraying

your old friends in arms in a seemingly never-ending war?

Depression, anxiety attacks, chronic fatigue and other tension related disorders will surely keep on coming, that's for sure. Suicidal thoughts and actions become a part of your life, for they were always there ... underneath. You were just ignoring and suppressing them. Under your Anger (toward others or yourself) rules the king of Fear and under him the realm of Grief (or first suicidal feelings you suppressed as a child).

Only the bold or the ones with nothing to lose are brave enough to open this box of pandora. The rest of us talk or walk around the bush. For me, this is the only free will we really have. The free will most of us - liberal humanists - think we have, is an illusion and has been recently and repeatedly proven in a scientific way (the emotional brain decides, not the narrator).

But let's keep on dissecting our - seemingly - old and obsolete survival skills.

There are two types of Behaviour or survival skills we have taken to a level of perfection (thank you mommy, daddy, ancestors, ...)

1 / Active behaviour in the form of Control, Perfectionism and Sobriety.

For me ADHD (Attention Deficit and Hyperactivity Disorder) is just a specific Anxiety Disorder in childhood:

- a. A lack of attention (due to a too high level of worrying and/or physical tension), often recognised (or denied) by the parents.
- b. Hyperactive behaviour (form of fight or flight behaviour or negative attention seeking).

2 / Avoidance behaviour or phobia (street phobia, social phobia, claustrophobia, snake phobia, animal phobia...)

Avoidance techniques are the tool of the Autistic side of us (another Anxiety Disorder in childhood)

- a. On a mental level there's a lack of attention on a socially accepted level (a high level of worrying and/or physical tension most are not aware of) and occasionally an augmented level of attention in another domain (the Silicon Valley geniuses).
- b. On a behavioural level there's a lack of activity (a form of freezing or avoidance): this is a weakening of behaviour and thinking.

This we call the 'autistic reflex', in which certain cerebral functions are dysfunctional or reduced (in specific circumstances and occasionally with an

augmented focus or overactivity in others cerebral functions).

Both kinds of survival skills drain energy and are disproportionate to the current level threat. They will eventually lead to exhaustion, burn-out, chronic fatigue, depression, suicide...

A 12-year-old, very intelligent young 'avoider' was able to convince his parents that I was wrong in diagnosing him as social phobic (he avoided school, going out, making exams with his IQ of 150 because he couldn't live with a result of 7 on 10). He outclassed me, I'll give him that. But what will real life do to him later on and when mommy and daddy are gone? Subliminal child and parental abuse?

Another 20-year-old proclaimed he was autistic because his father - a doctor - diagnosed it as a child and now his father wasn't there anymore. He was convinced society or the social system had to support him. He was just a spoiled brat, working on his muscle fitness all day. We didn't agree at all and he almost broke every door in our practice on his way out. Subliminal child, parent and social abuse?

Dyscalculia, Dyslexia and Dyspraxia are panic or anxiety attacks ... until proven otherwise. Of course, there are cerebral disorders known to cause these effects, but do we give in so easily and shouldn't the

way to prove its irreversibility pass the test of intense therapy first? We've seen too much positive results - even long after childhood - not to push you, ourselves and our colleagues to a higher level of consciousness and skill.

Let's substantiate this some more with some examples and discover a bit of ADHD in yourself:

1. When do you get a compulsion to walk or move around?

This is a natural reaction to stress or tension that's building up inside your body. To discharge or move around is a natural way to return the state of relaxation.

2. BUT take care if you notice to have the need to move, exercise, have sex in an increasing way and its calming or soothing effect is decreasing. The natural survival reflex has become a compulsion!

You will go down like a Rolling Stone and will gradually lose all Satisfaction.

You will reach a point of no more inner peace and exhaustion of your health and that of your loved ones will follow.

This is the ADHD side of you exhausting the amphetamine-like neurons in the base of your brain

(Formatio Reticularis). That explains the craving for caffeine, theine, and amphetamines or amphetamine-like products (Rilatine or Ritalin, Captagon, Reductil, Speed, Cocaine, ...)

Let's also discover our Autistic side, shall we?

1. When do you get the tendency to walk away, avoid situations or look for a silent, peaceful place to stay? This too, is an initially natural reflex to avoid stress or tension that is building up inside your body.

2. BUT take care if you find yourself avoiding it all of the time (compulsively), developing more and more techniques to find rest (alcohol, meditation, ...) in an increasing way. Their calming or soothing effect is decreasing.

You will reach a point of no more inner peace and exhaustion of your health and that of your loved ones will follow.

This is the Autistic side of you gradually exhausting important substances (Dopamine, Serotonin...) in your brain to surely lead you to more and more anxiety and panic attacks, mood swings and eventually Depression (or Brain Fatigue).

Emotional Therapy is all about looking for solutions at the biological baseline in order to avoid both pathways as much as possible.

Becoming aware of these two sides of oneself, makes living far easier to handle and quite enjoyable. A former colleague of mine tried to accuse me - she was quite angry - of reducing life into one process of therapy, every day. For a buddhist, it is the basic principle of life or his religion (they don't like to be catalogued as a religion).

For me, being or becoming aware of the emotional programs (see SEEKING System) which push me to Negative Emotions and being able of becoming competent in shifting them to the Positive ones, has become a way of life.

The Emotional Programs that seem to control our behaviour and thoughts for a great deal, can be changed or redirected by ourselves. Most of us just don't know how.

This knowledge or Awareness is probably the only principle that might keep us separated from computers or Artificial Intelligence. A kind of Consciousness that watches our thoughts, behaviour and emotions from the side-line and looks for ways to intervene if necessary (the God inside us?).

Or is this just our last narcissistic illusion and also a by-product of a brain that is able to feel and think at the same time?

Should we be able to make AI with built-in Emotions like the 7 systems we have, than we would be able to answer this question.

But until then, the choice of wanting to become Aware will surely separate the conscious thinkers from the unconscious ones. A human right, of course. But me, I love this life, nature, humans too much not to live life in the most profound way. Colleagues, (old) friends or patients who think as my former colleague are just afraid and are making nice excuses and that is their full human right.

We are probably experiencing the most interesting period in human history and I am planning to have a ball. To me, it is Christmas, New Year and my birthday every day. The bells are ringing and the fireworks cracking. Can you hear or see it too?

Transgenerational transmission of Fear:

Most of us are unaware of the beautiful survival mechanisms, which animals perfected and prepared for us. Not only did they improve their skills to survive (Seeking System) generation after generation, but a flawless and extremely efficient way of transferring these survival mechanisms arose as an inevitable side effect. A super-fast and dependable system for data transfer through non-verbal or physical communication became a neurophysiological necessity in the merciless kitchen of life and death.

Newborns (both humans and animals) unconsciously used this system to inherit the survival reflexes of their care figures (biologically related or not). All sensory survival reflexes (connected to odour, colour, taste, sound or touch) are to be transferred in a flawless way and preferably as quickly as possible.

A robust and dependable Emotional Memory ensured animals to never forget these survival guides and perfected them one lifespan after another. The Mirror Neuron system was responsible for the implementation of these survival data into the Emotional Memory bank and the Limbic System.

The system responsible for storing these essential survival reflexes is located in the centre and base of your brain and more specifically the Nucleus Amygdala or Almond Core.

What's the use of knowing who, why or where an anxiety or compulsive neurosis started? This life, the previous or ages ago?

In the light of this knowledge psychoanalysis is useful in dissecting or circumscribing anxiety disorders, but useless in curing them. But for that matter, what is the use of regressing to a previous life in hypnotherapy without trying to overcome the Fear or Grief you encountered?

For example, you can trace back traumas to a great-grandmother for instance that was raped several times in WWII, you can analyse the frigidity (sexual coolness or inhibition) of the grandmother, mother of your patient, but how will you get rid of the inhibition, the Fear, the Grief?

Useless Fear with a capital F or practical and useful fear use the same system to store (Emotional Memory or EM) or transfer (Mirror Neuron System or MNS) their data or reflexes. In fear it remains a protection reflex, but in Fear it has become a destruction reflex. In fear we stay associated with Playfulness (love for life), Lust (love for your body)

and Empathy (love for each other), in Fear we gradually dissociate from these three systems (cf. Emotional Systems) and develop behaviour unknown to wild animals or nature.

Unconsciously we have been passing on Anger, Fear or Grief for generations now. H. Sapiens has become a suicidal species, a kamikaze pilot and is capable of destroying itself, all other species and the planet it lives on.

We are able to blow up, devour or poison mother earth in ways we couldn't ever imagine. And technology is just starting to take off.

Wild animals have far fewer problems like anorexia, bulimia, diabetes by overeating, suicide, self-mutilation, depression and other typical 'people's diseases'. Tame or domesticated animals - the ones we should share 'love' with - seem to copy these symptoms.

Most wild animals eat, drink, move and relax in the most ecological way possible or in an ecological balance with themselves, their loved ones and their world. Are we able to say the same?

I have a patient who visits me - yes, visits - every 6 weeks for about 15 years now, I guess. He avoids working with our meditation techniques and lives

rather isolated. He was convinced - yes, convictions are a drag - he was going to overcome his social phobia by getting a dog, training him and having to leave the house every day because of this dog. I made him a simple bet: "In six months the dog will be an emotional copy of you!".

He was and still is a smart guy, so he bought himself the most fierce and wild German shepherd dog of the nest and started training him with professional trainers.

Three months later this guard dog - by nature - looked for shelter under the kitchen table every time a visitor knocked at the door. Subliminal and unconscious animal abuse?

He still comes by every 6 weeks and doesn't follow any of our therapies. He is plain right, of course.

In order to gradually conclude this chapter, the difference between and Fear should be clear, by now:

1/ fear: to live and survive in an ecological balance with yourself, your body and your environment.

2/ Fear: where the balance has completely gone astray at the expense of yourself, your health and that of your environment.

A definition of Fear:

**Human Behaviour, at the expense of
the lust for life,
the health,
the self esteem
... of yourself or your environment.**

From this point on we can define the correct definition of **Fear with capital F:**

Fear (or unhealthy fear) is the inability or diminished capacity to associate with life (in a playful, lustful or empathic way) in regard to your physical, emotional and social challenges.

This type of Fear has been cultivated by us - human beings -, unconsciously yes, but it is our responsibility to find ways to get rid of them again.

It all comes down to the one and only Fear, we mammals cultivated: Fear of abandonment or Separation Fear

What's the most painful life event for a mammal?
Losing a loved one or someone he got attached to.
Worst case scenario: a child!

The Pain or Grief following such an event can be compared with the physical response of life-threatening situations or dying mode (palpitations, hyperventilation, diarrhoea, sweat attack, blackout, catatonia or physical freezing...).

Everybody wants to be highly sensitive these days, but seems to forget the consequences and responsibilities it takes to be a super mammal!

High sensitivity is the genetic quantity of mammalian properties in your brain and determines the strength of the physical reaction after losing - or even thinking of - losing a loved one.

It has nothing to do with the level of stress measured or felt in your body. Yes and No.

Yes, the higher the mammalian or emphatic level of your brain, the higher the level of (Di)stress following a similar life event.

No, the level of stress you feel is not an excuse and you cannot hide your Fears or Grief behind it ("I can't stand that noise, smell, light, colour... any more, so I am hypersensitive and you all should beware or take

care of me!”). The more mammal you are, the higher your responsibility to take care of this fragile, but very talented child.

Low sensitive serial killers are natural born liars and masters of lie detectors (their heart rate or level of perspiration does not change). They hardly show any physical response to family dramas or severe life events. Excellent workers for high risk jobs or good manager-professors, though (cf. James Fallon: “I, Psychopath”). The only problem is to raise them as early as possible in a loving environment or they become brilliant mob bosses.

They are useless for social jobs or team sports and therefore socially handicapped, in a way. Irreversible even, if not raised in a loving environment.

Most of us (95% of the population) are either sensitive or high-sensitive and therefore able to adjust our level of stress. The psychopath cannot learn to become empathic; he lacks the ability.

In addition, the degree and amount of Grief and Fear during your life (loss, humiliation, death or disease) sets off the degree of this dying mode and your stress level, but it is totally your responsibility and capability to reset this level. A psychopath is incapable to do so and has some excuse, you don’t!

As mentioned before, Fear and Grief do not disappear, but they are stored 'safely' in the lockers of your Emotional Memory System. They fit in so well and feel protected by their friends (avoidance, denial, perfection, control, sobriety) and after a while we like to 'think' that they are gone or taken away (the Great Illusion).

But the physical consequences of the increasing tension levels are still there (the body is unable to lie) and the levels of irritability, mood swings or other ways of emotional incontinence will follow.

The consequence of this is initially negative thinking and growing irritability, which will eventually lead to a form of Depression or brain fatigue (with loss of concentration and memory, sleeping problems and other changed brain functions).

The emotional consequence on a cerebral level are simple: the levels of Anger, Fear and Grief take over the levels of Playfulness, Lust and Empathy. You cannot have it both ways.

For practical reasons, we would like to split this 'primal Fear' in 3 different formats (or algorithms):

The three F's or basic destructive Fears:

All arise from 3 existential questions, which only a thinking animal species with a concept of time (past, present, future) can ask itself:

1. Who am I?
2. What is my body?
3. What is life?

1. Fear of Failure:

Fear of failure is the closest brother of separation anxiety, but it is typically human and not related to the extent of which you feel physically rejected (death of a friend or sibling, abandoned...), but psychologically rejected (comments from friends, colleagues or siblings, ignored...).

It is, as it were, a verbal way of repulsion (what does your partner, mother, child, colleagues think of you). These first two types of Fears have been ingeniously cultivated by the H. Sapiens - with the very fearful chimpanzee as an ancestor - and they produce most of the demons out of Pandora's box: jealousy,

distrust, shame, timidity, envy, hatred, resentment. They also characterise the neurotic side of humans and are well known partners in the theatre of Greek drama, Shakespeare's tales, myths and daily life...

If you feel scared, angry or sad, look for one of these two demons and your internal emotional journey will be successful most of the time. Very useful in analysing why you abuse alcohol, sweets, fats, women, children...

It is quite useless to look into your past as to how these Fears have come to exist or by whom. You inherited most of them from the ones you loved or lived with as a child and they were just magnified by the ones you loved and lived with later on... passive or active.

Far more important - and that should be the only goal in therapy - is how to get rid of them; how to get conscious of and how to remove the useless viruses in our emotional survival system.

It will undoubtedly bring much more happiness, creativity and peace - in a Darwinian way - for our children and the human race. One day we must evolve from an ego society full of analytical reasoners with numerous existential and unsolvable questions, to a love society led by a Homo Deus (Harari), who will know the art of making himself invisible.

Some modern writers would like to see this journey made for everyone, promoting inner peace and a love society full of love. I then feel like I'm back in church as a little boy, swallowing fantastic parables that are supposed to show us the way and then later being imposed on a way of life full of prayers, rituals, commandments and prohibitions.

This is not the way.

This doesn't work.

They never seem to mention specifically or in detail how to get there or how to build a safe and clear path from a troubled and confused emotional mind full of Existential questions (Who am I? What is my body? What is life?).

Once again they reduce themselves to sect leaders or missionaries who have a monopoly on THE TRUTH, THE ONLY CONNECTION with GOD and THE WAY to it. Once again, 'their religion' becomes a series of beliefs full of 'new' rituals, prayers, commandments and prohibitions, values and norms.

I understand both themselves and their followers: they both look for cognitive or materialistic solutions outside themselves and have been mentally fixated - for 2,500 years - on new control and avoidance

strategies. Psychology and psychiatry have also made this mistake for a long time.

That's why we must dare to boldly go where no one has gone before... the Fearful side of our emotional brain... and each of us learn what destructive Fears we still hold and how to clear them. A voyage within.

Later on, we can explore other planets. First learn how to care for our own. Running away is avoidance, linked to Fear (of change).

2. Separation Fear:

(elaborated by an algorithmic approach, biologists and AI computer specialists prefer to work with):

Definition:

- 1. You are sensitive or high-sensitive (mammal or super mammal)**
- 2. You have been programmed by your siblings (passive) or traumas (active) with levels of Grief**
- 3. Specific situations of separation (denial, abandonment, solitude, disease or risk of death of a loved one...) trigger different levels of Anger, Guilt (or inverted Anger), Fear or Grief**

In humans, this algorithm is reinforced by our storyteller or troubadour (in 70% of us on the left side of your brain) through the process of avoidance or denial (our Autistic side):

Try NOT to think about a white horse with white wings for 30 seconds.

Try NOT to remember the level of Grief you felt when abandoned as a child

Both assignments are technically impossible.

Smart people immediately think of a pink elephant. That is one of the reasons why Emotional Therapy takes longer to hit in with intellectuals, academics or scholars. They are better avoiders (Priests have learned to block their Positive Emotional Systems, see the Chapter of the 7 Emotional Systems, even better).

The same algorithm works for Fear (one level higher than Grief): "I do not want to be abandoned" ... The idea and feeling of being abandoned will have the same effect on your mind as the excruciating attraction of light on a moth.

An obsession is born and you are captured in the light of your level of Grief.

This is the mental mechanism of Fear and the very human side of it, for animals are incapable of denial. They don't have a complex storyteller in their brain who is able to deny or suppress. We do.

It made us the superior predators we are and gave us two non-animal properties:

- * the ability to analyse, algorithm and change our environment
- * the ability to share our strategies with others (without physical contact)

It changed life on earth from 'survival of the fittest' to 'survival of the wittiest (or best ideas)'. Wonderful

But we seemed to have lost the connection with nature and even forgot the implications of being an animal (with a Mirror Neuron System).

A side-effect of using the animal brain in a human way. We denied, assembled and neglected the Fears inside ourselves and made them our prime personality traits.

Grief, Fear and Anger took over the Playful, Lustful and Emphatic side of us, when they should have stayed dancing partners (cf. 7 Emotional Systems).

By not wanting to remember old pains, you put the images and stories even more firmly in your storyteller or troubadour and they become obsessions and actors in your everyday actions. Fairy tales and horror movies, for example, are just re-enactions of your own deepest Fears. Sometimes, it is very useful to analyse the algorithms of your favourite fairy tales, nightmares or movies.

By not wanting to remember old pains, you just bury them more deeply in your emotional memory.

By not wanting to remember old pains, you even forget how to conquer them.

Karma is a bitch.

3. Fear of Change:

The 2 previous Fears are closely related to the loss of attention, love and warmth of lovers. Fear of change expresses a love-hate relation with death itself.

The Fear of Death (illness, loss of your health or your life or that of the ones you love) has also been ingeniously cultivated by the intelligent and fearful side of our brain and passed on over the generations by the perfect copy system of the Mirror Neurons.

In animals this fear is a motivation to stand up for its body and its life or that of its loved ones, sibling or offspring. Out of this motivation they seek for solutions (SEEKING system) in the most creative way possible for the given species or animal. This is part of the survival system in nature, which is not only driven by genetic mutations, but also by the Seeking System - one of the 7 Emotional Systems - itself which may result into genetic expressions (epigenetics).

Maybe this is why the H. Sapiens, who was initially losing the battle with the far stronger H. Neanderthalensis, developed language as a tool to fight together and communicate strategies with each other. This very fearful great ape survived by learning to communicate on the brink of extinction. His brain adapted to this survival strategy and the H. Sapiens developed into a very smart and strategically thinking

autist who became an expert in changing, mastering, developing and destroying other species and the planet it lives on...

We developed philosophies on death, invented religions and myths to explain and fight it, but these intelligent inventions seemed to produce more death or instigated more death squads, riots or crusades than nature has ever known and none of them seem to be able to stop the raging war of the planet full of Fearful apes. However, neither did psychology or psychiatry and maybe we should focus more on the mechanisms of the Fearful ape inside of us. I did, anyway.

The hypnotic effect 'I do not want to die' implies the concept DEATH, which instigates our storyteller to develop all sorts of stories about angels, zombies, vampires, final judgment and activates the creative Seeking System in our brain to look for solutions ... outside ourselves. The pharaohs built pyramids, the religions constructed graveyards, priests invented ceremonies (with or without sacrifices), but the Fear of Death or Change only grew in proportion to the joy of life. Not in balance, as the Taoist would say.

In a symbolic way it explains a little the (increasingly) autistic way of living in modern society. We like to reject change or impose our way of controlling our environment into other ... the Hitler in all of us. The

man is not dead yet, he is still alive and kicking in all of our minds. This is why we like our breakfast on vacation the way we have it at home or this is why we get stressed in foreign countries with other rituals or habits and we would like to impose our - good - habits or rituals.

Does it make more sense to you now, that your high-sensitivity or high mammal-like levels only increase the presence and extent of your Fears? That you need to meditate even more or get to know and face your Fears even more when you are a high-empathic being?

If you think you are not highly sensitive, at least review the recurring scenarios in your life where you felt failed, abandoned or dead and then decide whether you want to get rid of these negative feelings. About 95% of us are not psychopathic, therefore empathic and by definition sensitive.

Group Fear versus Relational Fear:

Each one of these three kinds of Fear can be learned or installed in 1-1 relationships (parent-child, brother-sister and later partner-partner) or in group (child-family, adolescent-group, employee-colleagues).

Both of them are 'memorised' in another manner in your brain and it is also technically important for us to make a distinction because they require a different therapeutic approach.

Group Fear:

When someone in a group is being abused (repudiation, harassment, imprisonment, repeated abandonment etc.), Group Fears arise and the circle of Pain is born: similar situations in other groups will (unconsciously) cause you to feel repulsed, bullied, imprisoned, abandoned again (even when this not really the case). Sometimes these Fears will make you (unconsciously) recreate these painful situations.

1-1 relationships or Relational Fear:

When someone loses their partner/care figure/child (by death, illness, imprisonment, abandonment, being abused, called out, etc.), this Pain (the Fear and Behaviour elicited by the trauma) will come back in all the following 1-1 relationships where death, illness, imprisonment, being abandoned or abused is present. Some victims seem to attract these situations and think it is a kind of Karma. It's just physics of Fear.

You cannot walk away from your past because these patterns will continue to follow you (unconsciously) until you want to become aware of them. You can change the decor and the players, but the play will continue to follow its thread.

Let's go one step further: as a man, your mother is your 'first love' and you will project or relive the traumas or Fears she has taken on in her life, in your own life and relationships. Until you recognise and overcome them.

Again, this has nothing to do with karma, but the physics of Fear.

Karma - for the spiritual people among us - is a series of levels of Fear and Grief stored in your Emotional Memory System. Fascinating.

Here too, Darwin was right again and for centuries it has been a survival strategy for animals to pass on the dangers of their environment to their descendants as soon as possible before they die. However, this same ingenious and powerful system is also responsible for passing on our Fears (Fear of Failure, Fear of Abandonment, Fear of Change), but it keeps slumbering in our society under the radar of educational and psychological care because of the global unawareness. For example, we continue to

give names to numerous 'deviant' behaviours (ADHD, ADD, ASS, OCD, Impulse Control Loss, etc.) but leave the Fear and the mechanism behind it untouched. This brings me to the point where I can say that it is time for each of us to become aware of this and begin to do something with that knowledge.

I will illustrate this with an example.

John comes to see us with his son Peter. John is worried because Peter has concentration and behavioural problems at school. As a child, John was told that he had ADHD (Attention Deficit and Hyperactive Disorder) and was prescribed Rilatin (Ritalin in some countries or Methylphenidate). Important note here is that Methylphenidate is a less powerful form, but still a chemical derivative, of cocaine or speed. Such a powerful agent will surely have an anti-anxiety and concentration-enhancing effect. This is typical for amphetamines. Peter will surely respond positively to this product and this way everyone is satisfied, because the problem 'seems' to be solved.

As a psychiatrist, however, I am very concerned about this phenomenon.

It is obvious that John has extremely low self-confidence (Fear of Failure) and he has been on sick leave for a year due to back problems. His wife Frida

used to come to me for therapy to become aware of her Fears, but she no longer wants to invest money and time in this. However, the cost for a patient's own account is a maximum of 50 to 75 euros per month. Jan and Frida are both smokers (smoking is a Fear-soothing and stress regulating habit). As a doctor, do I just have to prescribe a drug to their son, knowing that this may cause a reduction in growth? And this without informing both parents that first they have to follow thorough therapy for 1 or 1.5 years? While also taking into account the fact that I may be told in 10 years that I have abused a child and have to pay for the medical costs?

As a conscientious doctor I will present this to Jan and Frida. If they do not respond to this, they are free to consult another doctor who may be willing to fall into this trap.

Self-care is a 'Lifestyle' and an investment in yourself, your body and your life (and that of your children). At the moment, it is not yet embedded in our school-like, educational or medical-psychological structures, but you are free to take the initiative yourself.

Recently I saw 2 fathers within a few days, of which their partner had been in therapy and who now also wanted to start this for themselves and the future of their children. To me, they are Supermen and living proof to me that humanity has all the power to

change its own destiny and to safeguard it from doom.

In the next Chapter, we will look more closely at the concepts of Awareness and Competence, so you may become more aware of your Fears and ways to conquer them.

SUMMARY

Chapter 1: fear and Fear

fear is

Action (calm or strong) based on the urge to survive

Fear is

**Human Behaviour, at the expense of
the lust for life,
the health (body and/or mind),
the self esteem
... of yourself or your environment.**

**Human Behaviour,
mentally based on a Conviction
emotionally based on piled up Grief
physically based on Dying Reflexes**

The three F's or basic destructive Fears:

**Failure
Separation
Death (Change)**

Chapter 2: Awareness and Competence.

Introduction:

People are not aware of their Fears:

1/ because they do not want to think or talk about a trauma (mental mechanism)

= denial

2/ because they do not want to feel the pain anymore (emotional mechanism) and talking about the trauma triggers, the old level of Anger, Fear or Grief (Negative Emotional Systems, which are perceived as painful)

3/ because most of us are not aware of the level of tension or stress our body is experiencing (Dissociation)

4/ because NONE of us are able or competent enough to manage high levels of Anger, Fear or Grief.

That's why EVERYBODY needs an (Emotional) Therapist or professional guide!

To make it easier to understand how anxiety works, I will explain a number of terms from Neuro-Linguistic

Programming (NLP) that I will often use later in this book.

Being or becoming aware is becoming aware of a certain mechanism in your mind and body and recognising or acknowledging a pattern in your behaviour.

Being or becoming competent is managing and controlling this mechanism to make it your own.

In Flanders, people are gradually becoming aware of their feelings of guilt and their tendency to strengthen them, to highlight them or even to cultivate them. Feelings of Guilt are Fears projected onto the past from your Fear of Failure (being convinced that you have failed) or from your Separation Fear (being convinced that you will be abandoned).

However, most people are little aware of the destructive impact (on body and mind) of these Feelings of Guilt, and they are certainly not capable of overcoming or eliminating them. In that respect, we are little aware of our Guilt-Experience (a cultivated form of Self-Rage) and anything except able to manage or eliminate both Fear and Guilt. You can find more about this in the section Competence.

A. Awareness:

In this part I will elaborate on the definition of being or becoming aware.

I will try to do this on the level of thinking, feeling and acting (or on a Mental, Emotional and Behavioural level):

1/ Thinking (Mentally):

From the point of view of your mind, you don't want to think about something or be remembered of a traumatic experience. By doing so, you try to suppress this idea or memory into the 'unconscious' or 'not thinking about ...' and you actually reinforce the presence of this idea.

Even more, you push it into the obscure or the back of your mind and give it not only more power, but also the ability to show up whenever it wants to.

For example, Maria's husband has hung himself unexpectedly and she doesn't want to talk to anyone about this or be reminded of it. Speaking about it will not make much sense at first, as these memories are still too painful for her. Because she didn't want to talk about it with anyone for 10 years, everyone still sees her as the 'wife of the man who ...'. Movies and/or series with similar scenes will have to be

avoided and her children are constantly drawn into and reminded of 'her and their trauma', this way.

Becoming aware of the fact that by acting this way, she is holding on to the pain of the past, is already an extremely difficult task for us. Getting to the point of motivating her to deal with this pain or sorrow is another challenge.

Guiding this process requires very experienced and driven therapists, who are very aware of their own Fears and have made it a lifestyle to recognise them and to lower their own levels of Fear and Grief.

2/ Feeling (Emotionally):

Examples of discovering a certain mechanism in your emotional behaviour:

Ask a politician if he is angry or was angry during his plea and most of them will answer in an evasive or negative way. They are trained and taught to reason and suppress their emotions. Their body language tells something different, but they effectively no longer feel what emotions drove them at the moment itself.

In the case of passionate murder, the perpetrator may not be able to describe at all what he was feeling, and it seems to him that he was not present

or aware at some moments, for he was too Angry towards the woman who was going to leave him.

Indifference in itself is a phenomenon that everyone knows, but it is actually typical for humans. We can learn to be Spartan and teach our children to go through life as Spartans with a fat layer of indifference. Going through life like Rambo is in some cultures strongly promoted as a socially compulsory lifestyle for men. It is therapeutically very difficult to change this, especially since over the years it has become a defence system that is partly working (against grief for example). On the other hand, it is essential to be able to mourn, so these guys stock up Anger, Fear and Grief until their body or mind implodes or explodes.

We can use a conviction, insight or free will to force our own brain to stop feeling something (celibate life, for example), but in the long run you always pay a price for this. The Catholic Church is paying that price right now. Muslims will cash the cheque one day or another.

As a prostitute, you don't feel anything when men use your body and you are convinced that you are draining their money (but also viruses and bacteria). The fact that they are not feeling anything anymore, is in fact the disturbed mechanism by which the

original act of abuse actually repeats itself, without recognition of the subject herself.

Technically we call this Dissociation or being cut off from your feelings. Further on in this book the concept of Dissociation will be discussed in more detail.

3/ Acting (Behaviour):

The four mechanism in your actions are very important to remember and come up regularly in this book (and in your life), therefore the bold font for each of them.

1/ **Avoidance**:

Martin is 36 years old and still lives with his mother. She cooks for him every day, washes his clothes while he looks at his daily dose of porn and rests on his laurels. Martin suddenly discovers that this life in a golden cage has cost him his relationship because he is not emotionally mature, and he also avoids situations which require responsibility.

Solutions for this avoidance behaviour are:

- Give the behaviour, of which one must become aware, a name. For example, Martin's behaviour is often called the Peter Pan syndrome (this is not a

recognised term). In any case, it is a behaviour that is rapidly increasing in our Western society.

- Avoid or stop the behaviour and 'face Fear' (with good meditation techniques!). Martin is going to live alone and manage the household on his own. Martin has become an expert in meditation on the Fears that come to the surface when he takes responsibility of his life.

Especially highly intelligent and high-sensitive underachievers avoid to take exams, for they cannot live with a low grade or figure. They prefer to avoid this by taking no exams.

Solutions for this behaviour:

- Name the Fear and the behaviour (as calm and powerful as possible) or make them aware of it, for example: Fear of Failure and avoidance behaviour
- Simultaneously stop the behaviour and face the Fear, at first in a virtual way and with good meditation techniques.

2/ **Control:**

Tom is a 25-year-old gifted young man with a strong avoidance behaviour. His mother suffers from Separation Fear. Tom succeeds in convincing both his parents that, as a psychiatrist, I am wrong to describe him as Social Phobic or a young man with Peter Pan syndrome, who has a lot of work to do if he wants to

solve his problem. Tom claims to be numb. He claims to have a special form of Autism, so that he can avoid any form of exams or school dominance - being his teachers. He describes me as 'cold' and his mother as 'warm', because she understands him, feels sorry for him and knows how to mould her husband to her will. Tom succeeds in convincing his mother to call off all consultations. In this case, Tom does not discover his own control behaviour, with the result that he is no longer being treated and so any kind of evolution becomes impossible.

A solution for him could be to confront him with the 'dominant figures' in his life, being his teachers in this case, to reverse his avoidance behaviour, and to come to us to learn to meditate on his Peter Pan Fears (to grow up).

Solutions for Control Behaviour:

- give the behaviour a clear-cut name
- avoid or stop the behaviour and face your Fears
- become a mother for yourself, which means:
Face your Fears or emotional pain points and try to take care of them as expertly and thoroughly as possible. In our example, Tom keeps his mother under control (which is something we mammals like to do).

- become a father for yourself:
Protect yourself, stand in your full strength and self-confidence and face your Fears.

In our example, Tom still wants mommy and daddy to take care of him and someone else has to save him. Mommy is not ready to let her little boy go yet, and she is definitely the dominant figure in the relationship with her partner.

Another classic example of Control Behaviour is the patient who complains to his GP about us, or one of our therapists. By appealing to him, they try to make us adapt to their convictions or wishes in order to control the psychotherapeutic process.

3/ **Perfectionism:**

One of the classic convictions - What you do yourself, you do better! - is a source of misery and is mainly based on a basic distrust in others or form of control. An insatiable need to control (out Fear of Failure), which in the long run will take control of your life. Eventually you will have no energy, time or money left and you will end up with a depression or chronic fatigue syndrome.

Solutions for Tom's perfectionism: encourage him ...
- to step out of his phantasy world and escape routes to avoid adult life. Tom has created the 'perfect world' for himself. His parents let him play chess from early in the morning until late at night (they pay for his lifestyle anyway). Presumably he will continue to do so until he fails a few times there too.

- to learn good meditation techniques to Face his Fears.

4/ **Covetousness of Pleasing Behavior** (avoidance and control by pleasing):

It is Griefing to see how a very caring and empathic lady with Fear of Failure and Separation Fear has been pleasing the men in her relationships to such an extent that she has been exploited or abandoned by these men repeatedly. Sometimes, the mechanism of Fear becomes clear in therapy, but it is very curious how very intelligent human beings can be so emotionally stupid. This is a clear example of how exactly the Level of Fear or Grief you want to avoid, returns every time.

Solutions for this behaviour:

- Name the Fear or behaviour and make them become aware of it (as calm and powerful as possible).
- Avoid or stop the behaviour and face the Fear: in this example, the lady should dare to fail more and meditate on the Fear of failure or abandonment. Afterwards she has to re-name her goal or dare to stand in healthy behaviour with the themes "Overcoming Fear of failure": "I succeed", "I become successful" and "Overcoming Fear of abandonment": "I love myself" and "I take care of myself like I take care of someone else".

Unawareness:

It's very peculiar how the most intelligent creature on earth spends most of his life in an emotional state of unawareness. But forgive yourself, because I still do to.

Let's analyse another example of how easily we spend our lives as cowards, liars and terrorists and are not aware of it.

In my practice, I regularly receive Anna; mother of 21-year-old Jonas. He is an intelligent young man with an IQ of 155. In order not to feel the pain of previous failures, once again Jonas refuses to take his university exams. He has developed a strong form of avoidance behaviour. On the other hand, Anna is completely unaware of the fact that...

1/ She has a 'terrorist' in her home. As a small child, Jonas took his frustrations out on his parents. He was used to putting pressure on his environment and caused a lot of stress in situations where he was supposed to take responsibility for his health, his happiness or his future.

2/ She has a 'liar' in the house. He doesn't want to go through the pain of failure that he has experienced

before. But by giving up repeatedly, he ends up being confronted with this pain every day and possibly for the rest of his life. A good example of the vicious circle of Fear of Failure: he lies to himself, he calls himself bad, stupid and foolish, while that is not the case at all.

3/ She has a 'coward' in her house. He lets himself down and the people he loves.

4/ She herself is a 'terrorist'. She puts a lot of pressure on her husband and me as the psychiatrist. Her husband is afraid to tell the truth. He is afraid to honestly say that she has spoiled and overprotected her son for too long. She expects me to solve this long-standing problem immediately. But she doesn't really want to solve this problem in the proper way by changing her own convictions and behaviour. Her own high level of Guilt makes her look for somebody to blame or solve the problem for her; miraculously.

A child psychiatrist gave Anna and Jonas a 'convenient' label, called Asperger's Syndrome (a combination of autism and social phobia). A syndrome that used to be rare, but which now suddenly appears to affect a lot of people. At that time, everybody was satisfied: Anna could continue to take care of Jonas; the psychiatrist did not have to confront the family with their 'unawareness and

incompetence'; and Jonas now had a well-founded reason for his 'life in a safe cocoon'.

5/ She herself is a 'liar'. She came to ask for help, so to speak, but what she actually wants is a pat on the back. She wants to hear that she is doing well, she wants support from the psychiatrist on behalf of her attitude towards her son and husband.

6/ She herself is a 'coward'. She puts herself and her family under pressure so that she can persevere in her approach: motivate her son, force him to go to his room to study, take him to the campus to take his exams, ask his professors to postpone the exam and so on. She actually wants him to succeed in something she hasn't succeeded in herself.

The way I described this problem here, may sound harsh to you. But Anna is not aware of her behaviour. Her Ego (the identification of herself with an incorrect idea) or Fear does not allow her to see, experience or feel the facts as they really are. In the years after the Second World War, many Germans also used the explanation 'Wir haben es nicht gewußt' when asked about the Holocaust. Psychotherapy received an enormous boost after World War II, because we wanted to understand the dynamics of warfare, mass hysteria or hypnosis and denial.

Psychology is still evolving as a rather new form of science and tends to shift nowadays from the level of describing phenomena in a cold and analytical way to the level of evaluating the therapist as such or his emotional state of being. Success in therapy seems to coincide with the 'emotional health or balance' of the coach or therapist.

Communication is an art in itself and success in therapy depends on the level of inner peace or the freedom from Fear of the therapist in question. Keeping in mind, however, that therapists are only human beings and therefore equally entitled to make mistakes and to suffer from unawareness themselves; Anna or the paediatric psychiatrist should be completely forgiven.

We all agree that Anna, after becoming aware, should eliminate her problem or inability. But unfortunately, it doesn't work that way. Tackling the problem is a matter of making a choice between Fear or Love (Self-love or Self-respect). It is therefore up to the therapists to make this message very clear at the start of the sessions:

"Dear Anna, do you want us to help you to become aware of your own levels of Anger, Guilt, Fear and Grief and do you want us to help you to face your own Fears in a professional way? All of this out of love for yourself, your life and that of your children and loved ones (an essential positive intention)".

Let's take a look at a well-known experiment in social psychology. The experiment comes from Professor Milgram, a psychologist at Yale University, and was titled 'Behavioural study of obedience'. After the Second World War, people were concerned about the degree of obedience towards authorities and wanted to study the extent to which people are capable of hurting and even killing others under the pressure of a dominant figure.

A subject (the participants were men between 20 and 50 years of age) was invited to participate in an experiment in which they investigated whether someone tends to process more data or learn faster if they were given a pain stimulus (or electric shock in this case). However, this person did not know that every other person in this experiment were actors, who were very aware of the purpose of the study. The assignment was to increase the voltage each time a wrong answer was given. The voltage that went up to 450 volts and the level of danger was clearly indicated on the device. The subject undergoing the pain was located in another room and was even replaced by a sound recording on which cries of distress could be heard. At a certain voltage the sound of the screams were muted, so the subject in this study could only imagine what happened on the other side of the wall.

Many experts and psychologists were asked in advance how many people they thought would be able to carry on to the highest voltage. The estimate was 1 to 10 percent. The experiment was repeated several times and the result was always (at least) 65 percent.

If the distance between the person concerned and the subject was literally or figuratively increased, or if the power of the authoritative figure was increased, this percentage augmented.

In 2010, French television repeated this experiment in a TV show 'Le jeu de la mort', in which 82% of those involved were prepared to torture others under the necessary social pressure.

How much have we 'really' changed since WWII?

Or is it the level of Anger and Fears getting worse

B. Competence:

In this piece, I will first explain more about meditation. Meditation has become a too intellectual word, for a simple and very natural concept. For me it means every physical or sensory stimulus with which you get a body into its (Parasympathetic) state of rest.

The mantras of Buddhists, prayer techniques of Christians, but also the expression of your feelings without inhibition in a football stadium, during sports, wellness or sex can all be found within this domain.

In addition, you have Therapeutic Meditation, which is the application of physical techniques until your Fear does not return in a certain context. By using physical or sensory techniques to reprogram a learned Orthosympatic reflex (fight, flight, freeze), it will diminish partially to completely.

In other words: to become competent is to learn to meditate therapeutically. Shouting in a football stadium or letting yourself go in karaoke is relaxing, but it has no reprogramming effect whatsoever.

Meditation and physical techniques, as well as sports, can have a strong attraction. Imagine what it feels like to ride a racing bike to defy the cobblestones, as

our cycling heroes do, and with your legs still shaking for hours afterwards. Imagine stepping into a racing car at Francorchamps and driving down the track, where you can feel the Fear of death and the encouragement of bystanders growling through your body. Experience how intensely the tranquillity of a guided meditation or regression can feel and perform physical miracles. Experience the intense sensation of your body bracing itself in the heat of battle (e.g. in Karate, Kempo, Kung fu or English Boxing, fiery forms of battle) and taking over your mind at lightning speed, or the soothing sensation of riding on the wave of rage of your opponent (e.g. Hapkido or Aikido, this is another form of martial arts in which you move like a boat that sways on the water or as the water itself).

Experiencing life in all its aspects by trial and error is a meaningful way of spending time. Presumably there is not a single meditation or kinaesthetic technique (from mindfulness, EFT or Emotional Freedom Therapy, EMDR or Eye Movement Desensitisation, hypnosis, regression, yoga, tai chi, qi gong, shiatsu, reiki, ... to singing bowls, rhythmic dancing and foot sole reflexology) that one of our team members has not carefully and thoroughly followed or has undergone himself.

Being open to these experiences is the first requirement to be able to call yourself an Emotional

Therapist, at least for me.

A second requirement is to be aware of your Fears on a daily basis or during the experiences mentioned above and to reprogram them inexorably and incessantly.

A new style of living, why not?

To go a little bit further, I'll explain how you get to permanently clean up Fears (Negative Emotional System or NES) in order to allow the intense pleasures of the Positive Emotional System (PES) to return (see Chapter 4 of the 7 Emotional Systems). If you want you to face your Fears, you need to know a few hat tricks, in order to overcome them in a positive and professional way. Most of us do not know how to react in a correct and curing way to levels of Fear, Anger or Grief elicited by a simple conversation or meditation session. Suddenly they are confronted with a level of Fear (fight, flight or freeze) and do not know what to do. Logically, some people stop meditating just because of this phenomenon.

Therefore, in any circumstance (plane, home, work, car, ...) you should have a simple arsenal of techniques that allow you to relive experiences, but without the level Fear (the urge to die or feeling of dying) or Anger you experienced before. For several

years now, we tried to avoid techniques in which you have to dependent on somebody else. We always tested these techniques in 'home, garden and kitchen conditions', until they were found to be good or better than the hitherto scientifically tested or proven Mindfulness and other meditation techniques.

All the members of our practice need to spend some of their time as a Dynamic Meditation Therapist, mastering new techniques, which they pass on to and try out on their colleagues. This way they remain alert to level up their own competence and keep on being confronted their own Fears. For a therapist it is tempting to go and sit on the throne of the teacher, full of convictions and full of yourself.

It is not only important to learn techniques, but also to more or less be able to estimate the level of your own Fear or stress axis, and this in the simplest way possible.

C. Three levels of Fear:

We distinguish three physical levels of Fear or Stress:

1/ Negative thinking (first degree of Fear on the stress axis):

* Your head is full of doom scenarios and potential solutions to avoid supposed Fear of Failure, Separation Fear or Fear of Change.

* Effective substances: herbs (Extractum Crataegae, Extractum Passiflora...), homeopathy or aromatic substances. They are pointless in the next levels, but here they have an effect. On behalf of the toxic or narcotic substances, nicotine (smoking), caffeine (coffee, cola), sugar or fat are all effective on this level. Theine (tea, ice tea) and quinine (tonics) can be both relaxing and agitating.

None of them will reprogram your Fears or make them disappear in the long run.

* Healing methods should not only be practical on the spot, but permanently useful if you practice them in a Pavlovian way (remember the dog of Pavlov, if not Google it). Mindfulness techniques with a focus on the five senses and abdominal breathing techniques do the job. At Oxford University it has been sufficiently proven that these techniques permanently lower the stress level, increase the

stress tolerance and prevent relapse in depression in the long run.

2/ Fear (second degree Fear on the stress axis):

* Your body shows signs of stress or tension (psychosomatic complaints), for it is unable to lie. These are symptoms that appear suddenly, but disappear within the hour: problems with falling asleep, trembling (also internally), sweat attacks, blushing, migraine, hyperventilation (short of breath, light-headedness, pressure on the chest), heart palpitations, stomach aches, intestinal spasms, constipation, diarrhoea, muscle pain (head, neck, back, arms, legs), tinnitus... .

* Effective substances: useless in the long term, but bringing temporarily salvation are the medically known benzodiazepines, which require a prescription (Valium, Xanax or Alprazolam, ...). Toxic or narcotic substances, effective at this level, are cannabis and alcohol with a low percentage of ethyl (beer or wine).

There are many differences between these substances concerning effect and side effect, but in the end none of them will reprogram your Fears or make them disappear, on the contrary.

* Healing methods: the Mindfulness techniques with physical sensations, muscle tightening and relaxation or Valsalva manoeuvre (a breathing technique). A meditative classic is the 'body scan' (also well researched and effectively proven).

A body scan or progressive muscular relaxation is an ancient meditation technique in which you consciously tighten your body (i.e. put it in a fighting or fleeing position - Orthosympathetic) in order to release this muscle tension, together with your breathing (exhalation - Parasympathetic).

This technique has been extensively scientifically researched (e.g. University of Oxford) and is a standard technique within the arsenal of Mindfulness. It is a more powerful technique than (abdominal) breathing (breathing in through your nose and breathing out through your mouth), on which many variations have been developed. They are more successful in anxiety or rage reflexes.

A lot of meditation techniques are useless in certain circumstances, but the body scan itself is powerful and efficient to use in multiple situations (of Fear or Anger).

Practically all muscle groups from head to toe are contracted, stretched and relaxed. There are several variations, namely: you are accompanied by someone (or a recording of his voice), you overflow the muscle groups yourself or you follow a certain order (from head to toe, from toe to head, etc.). You can find more versions of body scans on the internet or

YouTube. You can try some of them until you find the ones that relax you the most.

3/ Panic (third degree of anxiety on the Stress axis):

* Your body shows signs of stress or tension (psychosomatic complaints) that occur almost daily (even according to a biorhythm or at a specific time of the day): problems to sleep through the night, trembling (also internally), sweat attacks, severe migraine or cluster headache, hyperventilation (short of breath, light-headedness, pressure on your chest) with paralysis or catatonia, heart palpitations, stomach aches, intestinal spasms, constipation, diarrhoea, muscle aches (head, neck, back, arms, legs), tinnitus... but then a degree higher.

* Effective substances (also pointless in the long run, but temporarily very effective):

This also concerns the medically known benzodiazepines that you can only get on prescription (Diazepam that is injected or Lorazepam under the tongue for a quick effect). Toxic substances at this level include cocaine and heroin, high percentage alcohol (whisky, cognac, vodka) and all of them are therefore called: hard drugs.

The 'harder' the drug, the more effect it will have on anxiety, but the higher the level of anxiety afterwards. Daily use increases your levels of Fear, Anger and Sadness until you become someone completely different.

* Healing methods (not only at the moment itself, but permanently useful if you practice this in a Pavlovian or behaviouristic way) are the Dynamic Meditation Techniques. This is our specialty and not so easy to describe if not experienced in real life. With these techniques you can reprogram very strong or early (childlike) Fears, which are not only connected with extremely traumatic experiences, but also with early childhood traumas (before the age of cognitive memories and recollections).

Several variations are also possible here (shouting, sighing, hitting, hysterical movement, qi gong or kiko...).

They must be used very carefully and correct and this requires at least 6 months to 1 year of guidance by a recognized Dynamic Therapist.

(4/ There is a fourth level, psychosis, but this gets us too far away of the essential message, here.

Technically, it is such a high level of Fear, that you are able to feel, hear, see, smell or taste or imagine things that aren't really there.

Therapy is no fun:

The day Emotional Therapy becomes fun, stop it and save your money for something else. Maybe start enjoying life or a new hobby?

From that moment on, you should be less anxious and able to love and enjoy life, yourself, and others more or more easily. Facing your Fears should have become a natural way of living. In other words, therapy is no longer essential to become aware of your destructive thinking and behavioural patterns.

A bit of tension before you go to the therapist is quite healthy and indicates that he or she is someone who will confront you with your 'monsters'.

Awareness and meditation should become a way of living and one thing is for sure: our ancestors have left us enough Fears to work on for generations to come.

The naked truth:

At the start of a treatment, it is important to set a clear timetable. On the one hand to outline the practical time for a proper emotional reprogramming, and on the other hand to put the hurried control freak (in all of us) with both feet on the ground.

If a patient comes once every two weeks, we can expect the following:

1/ Awareness:

It takes six months before you become aware of some of your Fears (provided that you open your mind to new convictions).

2/ Competence:

It takes a year before you can acquire some competence to lower the level of negative thinking, feeling and behaving, connected to and directed by your Fears (provided that you want to open you mind for new ways of thinking, feeling and behaving).

3/ Self-care (the Godconcept):

It takes 1.5 years (from that moment on, when you really decided to leave your old habits behind and started trusting the therapists) to make this new way

of living your own. Awareness and meditation have grown into you, became a part of your life and a natural habit.

For we are the veterinarians who need to listen and cure our dog, Bobby, ourselves (I like to think of my Emotional System as my dog, Bobby).

We are the parents of our inner child.
And we are the Gods who need to take care of this planet.

And this will take some time and effort for everyone in this Global Village we tend to live in.

This is the Godconcept.

If anyone promises you to get the job done faster than this, he is a cheat or a dreamer (cheating himself).

We have repeatedly tested this ourselves in our practice and it is only logical that well imprinted neurophysiological processes cannot be and should not be wiped out easily. They were designed to endure the test of time and stay in the Emotional Memory System for generations to come. Habits or defence systems you have developed since childhood cannot be deleted in two or three therapeutic weekends or sessions.

SUMMARY

Chapter 2: Awareness and Competence

Awareness is...

Recognising your own autistic and hyperactive behaviour AS WELL AS the Fear of Failure, Separation Fear or Fear of Change that fuel it.

Competence is ...

Keep looking for natural and physical techniques to help you reduce or eliminate the toxic levels of Rage, Anger or Grief in you.

Chapter 3: Neurophysiology

Introduction:

Are you in a hurry to get results or work on your Fears? Then you can skip this chapter if you want.

In this chapter we will explain the functioning or physiology of the brain. We became more intelligent on a linguistic and arithmetic level, but less intelligent and destructive on an emotional level.

Fear can be regarded as an invention of the H. Sapiens since the beginning of group communication ten thousand years ago.

The symbolic meaning in the Old Testament of the Bible (Genesis), that Language (the Apple) or knowledge has thrown us out of Paradise, is a good description of the disadvantage of the greatest gift nature ever gave us, about 40.000 years ago. They were the first attempts to get some answers for the 3 Existential questions (Who am I? What is my body? What is life and death?) of a thinking species.

They have proved to be futile, as have the commandments, prohibitions, rituals, prayers, values and norms that the resulting religions have tried to impose on themselves and others. The end of all Spiritual Materialism seems near, but their wars,

combativeness, and fire are certainly not yet extinguished.

They even take on new forms in numerous 'new' spiritual tendencies, gurus and priest-therapists.

The physiological or physical consequences of language on our brain and our environment were gigantic, even traumatic. We are still a species in shock and this phenomenon could be summarised in a simple caricature:

Can you trust an Angry, Anxious and Crying baby with a bazooka in his hand?

It explains the many wars and societies that destroyed its own actors. Again, humans are not to blame, for who has ever taught us how to handle this weapon and how to bring the baby to adulthood? We might fantasize about evil conspiracies and mysterious or mystic societies that manipulated our society or brain, but that's a job for novel writers. Our paranoid brain likes to look for a scapegoat, but remains Angry, Fearful and full of Grief, this way.

Let's assume that every leader (religious or military) acted out of good faith and with the best of intentions in his personal setting and at that specific time.

Neurophysiologically, it is important to make a simple sketch of the evolution of our brains, culminating with the spoken word. This chapter also attempts to make you aware of the mechanism of the intelligent madness of the H. Sapiens.

Our brain has gone through three different stages in time and all of these systems are still working:

1. Reptiles:

The reptiles and predators allow us to benefit from their 'survival instincts' and reflexes.

As mentioned before, our neurovegetative system (with its Action and Rest Button or Ortho- and Parasympathetic system) is an important legacy of a centuries-long Darwinian selection and we should honour this system by knowing it well on the one hand, and learning to use it well on the other hand (discharge, meditation, sports, ...). But we don't, that is for sure.

Every individual is different and every 'fighting system' has its peculiarities: a genius in football is not going to be a genius in basketball and vice versa.

Blond women statistically should have a less substantiated *Formatio Reticularis* (part of the SEEKING System). They are therefore, in average, less aggressive and less likely to take the lead or be superior in sports; technically this is about the number of amphetamine-like receptors in this area. Of course, there are exceptions!

Serial killers live by their hunting instinct and appear to be unable to feel compassion or act out of real compassion, starting from early childhood. But these children do not need to become a mob boss or serial

killer, according to James Fallon. They are able to become excellent managers like himself with a psychopathic brain.

(The Psychopath Inside: A Neuroscientist's Personal Journey into the Dark Side of the Brain). Nurture can guide Nature!

The neurovegetative system is a survival system that we inherited from the animals and that is based on an 'Eternal Memory' (with its basis around the Almond core).

This Eternal Memory is the essence of the Emotional Memory System itself and is based on a number of simple principles or formats:

1/ The input is reassured by the five senses (sound, vision, smell, taste and touch).

2/ Each sensory experience is connected with a level of rest (relaxation, food, sex, affection...) or a level of action (fight, flight and freeze reflex).

The output for wild animals is usually 0 or 10 on the scale of rest or action (on/off switch). For domestic animals and humans, there are all kinds of variations per type of sensory perception, but rarely 0 or 10.

3/ The level of action (fighting or flight reflex) never drops.

For that reason, it is called the 'Eternal Memory'. After years your dog will still show the same reaction when hearing, seeing or smelling the uncle who bullied him years ago.

Once a certain fighting or fleeing reflex has proven its worth, each member of the next generation incorporates these reflexes flawlessly for each type of sensory perception (e.g. the smell of a wolf, the appearance of that specific rag cat, a certain sound...).

This is the essence of the transgenerational transfer of the survival instinct or the incorporation of Darwin's theory in the brain of animals: the combination of a dependable Memory System and the Mirror Neuron System.

As mentioned before, all this information is stored by an ancient motherboard in our brain (the Nucleus Amygdala or Almond core).

Every Fear is stored on top of the other and that is why older people are usually less tolerant, when they supposed to be wiser and more tolerant. This is why 'highly sensitive' people complain more on an auditory (hearing), visual (seeing), olfactory (smell and taste) and sensory (feeling) level. You could call this the unconscious accumulation of trauma or Fear.

In psychiatry we call it Dissociation when one or more senses even fail to work, due to such a high level of stress and as a result of re-experiencing painful moments from the past.

A trauma is only processed when the rest returns or when the irritability has disappeared. As we say: "A trauma is cured, when you can talk about it like soup and potatoes."

2. Mammals

Mammals have developed an empathic survival system, based on more complex social relationships. The 'high-sensitive' people we would like to be, comes with a great responsibility and is based on the development of the brain of mammals. The baby boom of mammals has its origin in the Cretaceous mass extinction, more than 60.000.000 years ago.

In order to be able to answer this question better, we take the dolphin as an example. According to veterinarians, this animal is the most empathetic mammal on earth. With this example we can also distance ourselves from humans and their complex personalities, since the development of language. Later it will become clear why.

Some genetic behavioural principles (i.e. transmitted via DNA):

1/ A dolphin defends a species with a risk to his own life. A shark, a predator in the purest sense of the word and similar to psychopaths, will seldom or never attack a dolphin, while he is physically clearly dominant. The shark will not do this because as a consequence the whole family will attack the shark and he will not survive. In this case you could say: unity makes strength.

Maybe take some time to go over your own life. Did a situation of self-sacrifice ever occur (for the group, your partner, your children, your family)? To what extent did your mental or physical health suffer from this?

2/ A dolphin is a 'love animal'. A dolphin laughs, plays, eats and has sex all day long. This could be seen as his (and humans'?) basic emotional pattern. This is his Parasympathetic Rest State.

Doesn't a four-year-old child laugh, play and enjoy most of the day?

3/ A dolphin goes into shock when it suddenly loses one of its kind. His autoimmune system fails and the bacteria from his intestines are given free rein. The term shock is used by veterinarians. We describe this as Sadness, Depression, Burn-out or Fear.

Aren't autoimmune diseases (Crohn's disease, rheumatoid arthritis, Bechterew's disease, ALS, MS, ...) more present in highly sensitive people than in psychopaths?

4/ Mammals (our distant ancestors, monkeys or chimpanzees) that are expelled from the group, either go into shock, die (about 80%) or resort to senseless violence (killings of other groups, where all men and children are expertly eliminated).

Do you see any analogy with our own history here?

3/ Homo Sapiens

And then there was 'The Word'.

* The implications of Language

Already in mammals the fear of not being loved is cultivated and used for social purposes and interaction between group members. This led to group behaviour with recurrent hierarchy or anarchy, which in turn lead to more complex social interactions. However, this was never so far-reaching that the ecological balance of their surroundings got disturbed.

Once the H. Sapiens started thinking and speaking in a more complex tongue, pointless or useless kinds of Fear and Anger spread all over this world like Pandora's Box.

But what exactly is the power of the Word or thinking?

We can make up complex stories and metaphors in our head, make an illusion of our **past** (we combine old memories into a story) or a projection of our **future**.

This is your 'inner troubadour' (language system):

- * You bundle your experiences in a story
(largely based on the stories you heard as a child)
- * You ruminate these experiences and make new associations (depending on the complexity of the stories you heard or incorporated well as a child)
- * You create new stories by combining the associations in a different way.

And you connect this knowledge with your 'inner engineer' (calculating system):

An example:

- * You see a wheelbarrow for the first time (two sticks connected to the axle of a wheel).
- * You think of other goals or combinations.
- * You make two wheels using two axles and you have a bike (or four wheels and you have a cart).

As long as your brain is at rest or in a state of healthy stress or anxiety, your 'engineer' will continue to create healthy solutions to real life problems. In Fear with the big F, your creative ability becomes the slave

of your Fears and your brain will look for and solve non-existing or non-essential problems.

This is what I call your 'Stephen King brain':

- * You 'make up' a story of negative experiences both:
 - from the past, for example: "What did I do wrong with my mother-in-law in that situation?" (= Guilt or Self Anger)
 - and towards the future, for example: "My mother-in-law will make bitty remarks at that party tomorrow" (= Fear).
- * You ruminate on that last conversation or that party for tomorrow (endless, sleepless...)
- * You make a potential future, chase your 'inner animal or Bobby' endlessly, and you try to come up with all kinds of solutions or escape routes (also endlessly).

It is extremely important that you become aware of this and put a stop to it. But to be honest, we have to admit that we rarely or never think about it, let alone calm ourselves. Our brain (or Fear) fools around with us and despite or because of our high intelligence we still have not overcome the shock of the Spoken Word.

In the short, Fear itself is invented by and has increased exponentially within mankind, because we are able to knock up the stories of our past (and accumulate our demons, 'inner animal' or Bobby's fear system) and, moreover, we unconsciously pass it on to our children by telling the same stories of our ancestors. My youngest daughter, Hannah, loves the mythology of the Greek, Roman and the Viking with their potential doomsday scenarios and their heroic anti-apocalyptic solutions. And don't we all love the tales of Ragnarok, Apocalypses or the ones who claim to know the truth about our past like Genesis or Big Bang theories?

No wonder that horror films and apocalyptic stories are so successful.

Anyway, we haven't overcome the Power of the Word yet and we will have to learn to lick our wounds. If we don't, we'll probably go down in history as the 'emotionally most stupid animal species ever' that expertly destroyed itself and the earth, making way for ants and other insects.

Here are some classic 'illusions' which elicit the madness of your mind:

Illusions:

I'll give you the three most common illusions about Fear or masterful creations of your 'Stephen King-brain'.

Illusion 1: It's my, his or her character:

I myself call this the 'Jesuit illusion' because in our region a number of very intelligent people - most likely with the best of intentions - made my ancestors believe that they were full of sin and Fear because of some 'punishing God'.

Anyway, it will take a lot of blood, sweat, and tears for therapists to help our fellow human beings to even let go of some of these beliefs, Fears, and feelings of guilt.

Most Fears are - as mentioned before - largely determined by your family (care figures) and also to a certain extent by your surroundings.

The influence of nurture by telling stories and copying behaviour (Mirror Neuron System) is so solid and waterproof to pass on Fear and perceive it as a part of your 'character'. The knowledge and lack of confidence to work with these Fears is so limited, that we ended up identifying us with the NES or Negative Emotional Systems like Fear, Anger and Grief.

This became evident in identical twins raised in a different family or region and in the science of epigenomics (the influence of the environment and your state of mind on your body or behaviour).

You can simply try to put yourself to the test right now and identify yourself or your character by the PES or Positive Emotional Systems:

“Find 10 positive properties of yourself which stand for the joy for life (or your Playfulness), the love for your body (or Lust) or the love for yourself (Empathy) as a being and try to say it out loud to people you love. None of these qualities should stand in function of another!”

You will find it is very hard to do and your body or thoughts will resist very hard.

Some therapists or New Age groups (like the ‘Secret’) believe that this is the way to change our brain by focussing on the PES as such, but in the long run I see these ‘followers’ float into the thin air of ‘Love’ like old religions promised us Heaven. Their Fears stay put and they end up having an even worse emotional protection system or get abused even more than before.

Your 'character' should be the way you adapt to changes in your environment using your NES to protect the PES (see next Chapter).

This flexibility in change (SEEKING System) should be the properties you brag about in public and that you would like to transfer to your children. Not your rigid Anger, Fear or destructive level of Grief.

Illusion 2: Something 'outside me' will heal me (or blocks me):

Here we think the doctor, the guru, the Messiah, the therapy, that particular technique, that partner, my child, ... will heal me or make me feel better.

This is the foundation of our Materialistic Thinking (and our Jewish, Catholic, Muslim way of thinking) and a logical way of reasoning for a Fearful child:

"What kind of behaviour or which action can I use to reduce the immense pain or suicidal drive that Fear and Grief brings along?

For children, the fairy tale of Sleeping Beauty fits perfectly into this picture:

"I will wait for the Prince to kiss me awake!"

The Jewish people are still waiting for a Messiah, and yet they had Christ as one of their prophets but rejected him as the prophet they awaited for so long. This painful longing for a saviour became unconsciously a part of their culture and legacy.

What kind of benefactor - with possibly more superhuman capacities or a sense of sacrifice - needs to be produced to drive away the Herd from their Kotel (Jewish) or Burāq (Muslim) Wall, so that they can finally find peace in the desert?

How many more people have to die before the Catholics realise that no one will return from Heaven (God) or Hell (Satan)?

These concepts do not exist, they are a production of the greatest mass psychosis of all time. They are a mental production of our Fear of Death and will only result in death. No Fear can be diminished by an outsider. That outsider can help you to become aware of your Fear help you relax, but you need to work on your Fear yourself and learn to go through it alone, quietly and confidently. If not, we will continue to produce terrorists at home and abroad or encourage crusades within our or foreign state religions.

Illusion 3: Fear will 'diminish' by itself /'I gave it a place in my mind':

Let's clear up a misunderstanding: you can't give a place in your mind to a painful trauma. This is a form of intellectual avoidance.

A Fear resides in your animal system, your instinct and it listens to totally different laws than the cognitive ones. We don't know this system very well and therefore treat it as inferior.

In Ostend I have had the pleasure of working with Freemasons or people from The Lodges a lot. They are also looking for rest, truth or balance in life, in a different way than the Catholics did.

Yet it always struck me that they, too, unconsciously used and passed on the 'Catholic Fear or Guilt Concept' to their children, in spite of their cognitive 'other beliefs'.

Fear and Guilt with a tendency to self-mutilate, or other forms of loss of life lust, also haunted their children and caused just as many problems.

In my opinion, good intentions or other beliefs have no effect at all on the level of Emotional Programming. The same goes for cognitive or speech driven therapy. In itself, conversations alone (without

medication or meditation) will not reduce the level of anxiety or stress.

Bobby (your Animal Memory) has perfectly remembered on a sensory and emotional level what once hurt him and will always remind you of that. At least, until you want to become aware of these signs and start working with them and become competent.

It's hard work, because a Fear doesn't just disappear overnight and without a good fight. For centuries, this system's task was to help animals survive by remembering menacing smells, images, sounds, tastes or feelings.

Use it in your advantage.

Illusion 4: The 'Mechanics' of psychosis itself:

If a patient comes to my practice and tells me that he or she hears ghosts knocking or crying, or sees a deceased person, I believe him or her. However, I will never see that ghost or deceased person if I don't share their specific Fear or level of Grief, which creates this sensory perception. Some try to convince me that I am wrong because I don't experience their level of pain and that I will only be able to help them if I was hurt the same way they were. They are identifying themselves with the trauma and want you to feel or share their pain (and their pain is the worst of all pains). I call this the 'Internal Paedophile': they keep on hurting themselves and eventually want the ones around them to do the same (it will take me another book to explain this in the right way and it will carry this title, that's for sure)

It is inherent to the H. Sapiens that we can see, hear, smell, taste and feel things that another person does not experience or that other animals do not experience. These other species, in particular, cannot talk, listen or think.

The worse the Fear or level of Grief, the stronger you experience the sensory perception, and you experience it very lifelike. The illusion becomes truth. In this case we talk about hallucinations and delusions. However, the Bible is full of hallucinations

and delusions. We have accepted the experiences of our ancestors as true, just like in group hypnosis. This is the power of Fear: once strong enough, Fear can take over your sensory perception.

This seems crazy... But it is, isn't it?

Imagine hosting an important meeting tomorrow. If you are already running through all the possible negative questions or remarks, you are already in an illusion. Your Fear of Failure dictates the scenario and absorbs your creativity in multiple escape and combat routes. You will also lie awake from it, so that your stress tolerance will deteriorate even further and the doomsday scenarios will take on more extreme proportions.

Didn't we have two children's crusades in the Middle Ages, where most of these children were slaughtered before they even reached the Holy Land? Should we be surprised that there are Belgian children who go to Syria to discover a better family or greater value?

Don't sects, religions and gangs all use the same method? Do they not arouse the illusion of eternal friendship (replacing your bad family), eternal youth, eternal fame? This especially appeals to desperate young people and young people with a great Fear of Abandonment or Failure - usually with a strong self-

destructive tendency – to overcome all the Fears they experienced as a child.

In how many of our adolescents isn't this Fear present to a greater or lesser extent? And isn't this inherent to our and other cultures with well-organised state religions (yet full of good intentions). Which destructive route does a four-year-old child take to eventually become so fragile at the age of fourteen?

This phenomenon is repeating itself all over the world...

The positive note is that we have not yet encountered a single Fear that was invincible in our daily practice.

We saw some giving up during the process ...

But success at the end is only for those who have worked hard, out of love and respect for themselves and their loved ones and with dedication to and trust in their supervisors...

Real Love...

Real Self-Care...

SUMMARY

Chapter 3: Neurophysiology

People unconsciously pass on their Fears, every generation.

These Fears are moving us further and further away from the natural fears.

AND they bring along the inevitable suicidal drive or destruction of ourselves or entire cultures.

Real Love is...

Working on your Fears

(Self-Care or the Godconcept)

Chapter 4 – The magnificent 7 Emotional Systems

Introduction:

The number of existing emotional systems is as little as 7, no more no less.

Jaak Panksepp is the Neuro-affective scientist par excellence or perhaps the only founder of this unique approach to our brain.

By means of electrical stimulation in the brains (deep brain stimulation) of the study object (animals) or by administering substances that affect these emotional systems, he has defined 7 separate emotional or neuro-affective systems.

We have been following his research since the beginning of his long career and have made great use of the results to coordinate therapy and set neurophysiological standards for Emotional Therapy or Brainmanagement. The sequence and approach to these systems differ quite a lot due to the specificity

of the human brain and as a result of 30 years of therapeutic experience on severe traumas and anxiety disorders.

We renamed the PANIC system of Panksepp the GRIEF system because of the link with sadness and mourning and in our system, panic is just a higher level of Fear.

For practical reasons the names of these 7 Emotional Systems are highlighted in CAPITALS.

Anatomical details have been denoted in *Italic* and are not essential to read at first. To really get into the theory and practicality of this book, it is essential to read it multiple times.

Try to link the findings in animals to your own life or that of others and you will see we are quite similar in many ways.

The hierarchy of the 7 Emotional Systems:

We divided the seven systems described by Panksepp into 1 main system, 3 negative and 3 positive emotional systems. This distinction fits the human brain and its current problems on a therapeutic level best. It provides Emotional Therapists as well as other Body Workers or therapists a good working frame or theoretical base.

The positive emotional systems convert your body and mind into a relaxed and euphoric state with a healthy saturation effect.

This saturation effect (or positive biofeedback) has been proven several times in animal experiments. After repetitive stimulation, the euphoria, relaxation and satisfaction will follow to a certain point.

The negative ones tighten up or charge the body and mind and are perceived as unpleasant or unwanted.

But more importantly, the saturation effect is missing (especially in combination with weakened or blocked positive systems). That's why we call them negative. Not just because they involve little or no euphoria, relaxation or satiety. The more they become separated (or dissociated), the less euphoria, relaxation or satisfaction is neurophysiologically possible.

In humans, the main system or Seeking System is well connected with our cognitive brain or the thinking and calculating side of our brain. Nature provided us with a troubadour, a politician, a strategist and engineer. Animals lack this complex problem-solving brain, but they seem to survive better in wildlife situations due to this SEEKING- or AI-system which constantly improves recent and old programs.

We became experts in changing the world around us. Animals listen to and adapt their survival systems (or instincts) to the environment all the time.

The Positive Emotional Systems (PES) follow the ideology of the Eastern Yin thinking and the Inner Child thinking of some therapists or spiritual point of views.

We divided them into the Love of Life (Playfulness), Body (Lust) and Beings (Compassion or Care in the Panksepp systems).

But love is like air and water. It evaporates or flows away very easily. It is impossible to build a house or empire with it.

The Negative Emotional Systems (NES) were designed by nature to protect the inner Child or Yin side of us...

until the Homo Sapiens arrived. Their natural purpose was not negative at all, but essential for animals to live in group to be able to live in balance with nature or the environment.

We used or abused them involuntarily to adapt the environment to our Existential Fears and we will eventually destroy ourselves or our environment in the process.

Knowledge of these systems is becoming essential in view of our biggest Fear: Death.

Using them in regard of the love for our children is the next step in human evolution.

Both NES and PES are essential for our survival. Yin cannot function without Yang and Yang needs to protect Yin (cf. Darwin or Survival of the fittest).

General overview of the 7 Emotional Systems of animals and men:

A. The Main System or **SEEKING** System

B. Three Negative Emotional Systems (NES):

1. **ANGER** or RAGE (Fight or Flag, cf Part 3)
2. **FEAR** (Flight, Freeze or Follow)
3. **GRIEF** or DISTRESS

C. Three Positive Emotional Systems (PES):

1. **CARE** (Love for other beings or yourself)
2. **LUST** (Love for your body or that of another)
3. **PLAY**fulness (Love for Life)

Specific definitions or descriptions per System:

A. SEEKING: The Main System which coordinates or manages all the other 'survival or defence' systems.

The SEEKING System looks constantly for the best way to survive or use one of the other systems in particular circumstances.

For example, a young male chimpanzee is getting strong enough to become a threat to the alfa male or leader of the group. Getting expelled from the group means death in one out of five cases. In order to avoid this, he will try out the 6 Emotional Systems:

- Anger: showing off his strength can work both ways
- Fear: avoiding or running away is an option to be left in peace
- Grief: imploding or freezing might elicit compassion
- Care: taking care off or caring for the leader might work
- Lust: picking fleas from or even masturbating the leader works
- Playfulness: doesn't every king need a joker?

I call this system the 'almighty-super-creative-father-power system', because it is always connected to its 6 subjects and uses them in the most creative and survival-oriented way possible and keeps on learning and adapting like an AI-system.

According to Panksepp it is the engine of every animalistic action. It not only helps us to survive, but also to enjoy life and seek for ways to survive in a more comfortable way.

It can be stimulated by physical needs, but also elicit enthusiastic and positive stress or entrepreneurship, starting power, perseverance and sporty fighting spirit.

One problem, though... It obeys the most frequently used system or the system your attention is focussed upon.

Therefore, it can be dominated by the Negative Emotional Systems and therefore seek for creative solutions out of Anger, Guilt, Fear or Grief.

A Fearful, but very creative mind is that of the king of horror, Steven King or the prince of neuroses, Woody Allen. After losing yourself into one of their masterpieces, your brain will follow their Fears or neuroses for a while. Which is quite normal and maybe your brain is attracted to theirs because their Fears were already a part of yours...

Could this be one of the reasons why our youth is drawn to horror. Are they so full of Fear or are they trying to control or confront their Fears in this way?

Examples of a disentangled Rage System are very easy to find; Hitler, Marx or other politicians or gurus that were able to enlarge or exploit people's Fears were always part of or are still part of our history. As long as we remain unaware of our Fears, they can and will be exploited or we will keep on exploiting those of others (unconsciously).

Grief is also a product easily to be sold or distributed amongst human beings. In trauma therapy groups, a well-known problem in the healing process is the competition for the 'most severe pain' amongst the 'victims'.

Therefore, it is of the utmost importance in therapeutic processes to focus on the PES and to guide people through the NES (with the help of well-trained ET's or Emotional Therapists).

The three Existential Fears have dominated and disturb the NESystems for too long, now.

Every meditation, hypnosis or regression therapy should be focussed on diminishing their dominance and influence from the start.

Anatomy - Neurophysiology:

The very complex brain system Panksepp called the SEEKING System connects the Ventral Tegmental System (VTA) just above the brainstem in the center of the Midbrain with three higher laying areas: the middle forebrain bundle and the lateral hypothalamus (MFB-LH), the nucleus accumbens and the medial prefrontal cortex.

This system was discovered by accident in 1953 by Olds and Milner. These researchers discovered that animals were trying to do their best even more so (pedalling faster or running harder in mazes) when they were able to stimulate this system electronically.

Neurotransmitters:

The neurotransmitter dopamine, glutamate and several neuropeptides play an important part here.

Practical consequences:

a/ Pharmacologically:

Amphetamines whom inhibit the reuptake of dopamine in the brain (like cocaine, XTC, Ritalin or Concerta for ADHD) are so addictive because they are so efficient in making people (or animals) energetic, focussed, cheerful, optimistic and reassured.

Drugs or medication become addictive because they interrupt with the natural feedback of neurophysiological systems or disturb its natural working mechanism. The better the narcotic, the better it is in doing its job... to bring us to the enlightened state of mind we were born into (Buddhists say) and long for... The PES in its full exploitation!

Chemistry always creates a void or vacuum and is good at disrupting a physiological balance, making it possible for doctors and patients to install a new balance or focus in life. The pharmaceutical industry has earned its place in our lives, but will never be able to match with the immense power, beauty or complexity of our brain or nature itself.

b/ Emotional Therapeutically:

Therapeutic Meditation or any kind of Emotional Therapy does not interfere with these natural neuropsychological feedback systems, it tries to use or exploit them in a positive way and with the deliberate focus on the natural collaboration of the NES with the PES (yang protecting yin in a Darwinian way)

B. Three Negative Emotional Systems (NES)

These three are able to disrupt the peace of mind or lust for life in a very profound way and when electrically stimulated, they are experienced as uncomfortable or emotionally painful.

It is our conviction and experience throughout the years that all of them got disturbed by nurture, the environment or life events and therefore reprogrammable. The patients whom excelled in conquering their NES, outclass the unwilling one's by far.

Let's dissect them one by one. For the only way to reach heaven is to go through hell (painless).

The only way to love yourself and others profoundly is by leaving your Anger, Fear and Grief behind...

1. The RAGE System is activated when your body or life (or that of your siblings or offspring) is in danger.

In mammals not only the offspring, but also the siblings and other loved ones became emotionally very important (see the CARE and GRIEF System or base for High Sensitivity later on).

Panksepp makes a distinction of three levels in humans. The first two correspond to animals and are experienced by them as unpleasant, when elicited.

Which makes us the inventors of revenge!

First level: Irritability or petulance

On this very elementary and primary level, it concerns the uncomfortable feeling which makes us explode or lose control in a limited way.

It is elicited by a 'spatial limitation in mobility' (without the need of a learning process).

Second level: Loss of Impulse control: when certain desires or expectations (SEEKING system) are not met.

This is usually acquired (hear, see, feel, smell and taste) cognitive process and should therefore be able to be unlearned.

Third level: Revenge (clearly present in humans; more difficult to prove in animals: possible in mammals like dolphins and elephants...)

And if we harbour resentment or make plans to punish those we have started (or learned to hate (or fantasise about it), then it is a tertiary cognitive process where RAGE is the engine, but the SEEKING system also is lending a hand.

Anatomy - Neurophysiology:

The RAGE system runs from the medial core of the amygdala via the stria terminalis to the medial hypothalamus and the periaqueductal gray (PAG).

Prey aggression:

Brain research by Siegel (2005, 2009) has shown that the killing of a prey by predators is not accompanied by the activation of the RAGE (and orthosympathetic) system. Stalking and killing a prey is related to the SEEKING system and gives a positive, pleasant, expectant emotion: good food!

When a person or animal gets angry, the orthosympathetic nervous system is activated via the hypothalamus. Then, for example, hairs stand up, the pupils enlarge, breathing goes faster and blood pressure goes up. When the brain parts of the RAGE system are strongly electrically stimulated, laboratory animals usually attack and bite into objects in front of them. People clamp their jaws together and get an extremely unpleasant and intense feeling of anger, without knowing what for.

Sporting competition:

The competitive urge to win - social dominance - is not an expression of the RAGE system, according to Panksepp. Research shows that during "tournaments" about "property" rights between males, slightly different brain areas from those of the RAGE system, are active. Moreover, testosterone plays a much larger role than with pure Rage.

There is also a remarkable difference in the emotional experience. While activation of the RAGE System is perceived as extremely unpleasant and nasty, the urge for competition encouraged by testosterone actually inflicts a good feeling. Winning a competitive game or fight also increases testosterone levels and additional social assertiveness.

Panksepp therefore suspects that with this type of aggression several emotional systems, such as the SEEKING system and possibly also the FEAR-system, play a role, as well as learning experiences gained in the rough-and-tumble wrestling games between young animals, initiated by the PLAY system. He therefore emphasises that aggression should absolutely not be seen as only "the Rage System in action".

For us - Emotional Therapists - it is very important to activate the RAGE system with Dynamic Meditation techniques in a positive way (linked and in function of the PES). The result on behalf of severe traumas is astonishing, but it requires some time, training and lots of personal commitment and passion of the psychotherapist.

Do we want to go to Mars to escape our planet Earth or do we want to use our Mars-energy (Fire for the Astrologers among us) out of love for our Earth and our children and burn all the useless Fears, we invented ourselves in the first place?

2. The FEAR System is activated when your body or life (or that of your siblings or offspring) is in danger.

Panksepp makes a distinction of three levels in humans (the first two correspond to animals and are experienced by them as unpleasant).

First level: Nervousness

At this first level, it is an uncomfortable feeling which is perceived as unpleasant, without knowing exactly what it is or what causes it.

Second level: Programmed Fear

On a second level the Fearful feelings are stored. The Fear reflexes always come back when we are confronted with something (or someone) from which we know by experience or through another learning process, that danger is imminent.

The Fear reflexes have been programmed by and connected with one of the 5 sensory systems (hearing, seeing, feeling, smelling and tasting). Therefore, they should be able to be reprogrammed.

Without any effort to reprogram it, the reflex stays put for ever in the Emotional Memory Systems and

creates the illusion of an eternal and recurring level of anxiety.

Third level: Rational (reinforced) or Cognitive elicited Fear.

On a third level, (only) humans are able to evoke Fearful feelings by thinking or fantasising about certain things (through our storytelling ability). On this level it is very difficult to investigate whether animals do this as well (maybe in their dreams?).

Feelings of fear are anchored in the brain and can be evoked in people and animals with electrical stimulation in a completely safe environment.

Yet most of the fear reflexes have been learned or programmed, so technically all of them should be reprogrammable!

Talking about your traumas is actually not very wise without the immediate possibility to work with Emotional Meditation Techniques), concerning the level of Anxiety it will evoke!

Anatomy - Neurophysiology:

According to Panksepp, the Amygdalian Nucleus is not responsible for the organisation of the level of

fear, but rather the lower regions in the hypothalamus and the periaqueductal gray (PAG). The Amygdalian Nucleus is the motherboard where the reflex is stored or remembered and the nuclei in the deep and older regions of our brain are responsible for the organisation of an "appropriate" response.

This makes the FEAR system very adaptive: it has a lifetime flexibility we are not always aware of. It remains sensitive to positive and negative learning experiences and remains able to adapt until the day we die.

Level of sensitivity:

Fear evokes an uneasy feeling that remains connected to auditory, visual, tactile, olfactory and gustative stimuli. If you experience some kind of anxiety level in a shop full of red ties, your brain will from that moment on perceive red ties as an enemy or danger. And this no matter what ever caused the anxiety attack: fatigue, flue, a hangover). The level of fear will be stored for ever as well (whatever the physical cause may be).

It also reduces the basic level of feeling secure. People claim to be terrified by electrical stimulation of the PAG. They feel threatened. They get the feeling of being chased or sitting in a long dark tunnel or space.

If possible, animals try to stop the electrical stimulation as quickly as possible. They'll try to avoid the pain spots where the stimulation started or stop entering the test rooms. They're visibly nervous and are shocked when they find themselves close to a test room, even in a place that they know is safe. They are also frightened of the people who bring them to the test room, associated sounds, smells or images of things that were present in the test room.

Reinforcement of pain in the NES:

It is also imperative to know that physical pain triggers the fear levels and that the elevated level of stress will try to diminish the feeling of pain by producing opioids (your own morphine or heroin).

This way, we can become pain-deaf or numb and at some point, it even might feel good to cut yourself ...

Pain can be perceived as pleasant and relaxing (the basis of self-mutilation and dissociation), but only in very high levels of stress (induced by one of the NES).

One big rule in Therapeutic meditation: Never induce pain in relaxation techniques.

This seems obvious, but many religious or spiritual praying methods use corporal, mental or emotional (guilt-driven) self-inflicted pain to reach a (always temporary) level of calmness. Even therapist still use the classic technique of inducing dermal pain by pulling on an elastic bracelet and triggering the skins pain receptors with a short burst of pain. Practical, but cerebrally very untherapeutic (it will not reprogram any of the NES).

When experiencing very high levels of fear or experiencing anxiety very regularly, the FEAR system can become temporarily or permanently over-

sensitive and over-active (it has no feedback system, remember). It appears as if the status of persistent anxiety can no longer be diminished (and is the basis of the constant reliving of the past and future doom scenarios in Post-Traumatic Stress Disorders)

Flight

When the FEAR system is activated, an escape reflex is dominant and the Orthosympathetic nervous system is activated appropriately.

The body is prepared for war by the secretion of certain neuropeptides in the brain, such as CRF (corticotropin releasing factor) and ACTH (adrenocorticotrophic hormone) which command the adrenal glands to shoot cortisone and adrenaline into the bloodstream.

This to provide a top physical performance and to escape danger as efficiently as possible. Blood pressure goes up, the heart beats faster, blood vessels in the muscles dilate, breathing speeds up, the pupils become wider, the sweat glands are activated and useless warfare systems such as the digestive system and reproductive system are switched off.

Freeze

When the FEAR system is stimulated to a lesser extent, animals move more slowly and more

carefully; they become alert and tend to 'freeze'. When stimulation is heightened, they flee or try to hide again. In my point of view, this kind of freezing is very different to the catatonic or dissociative reaction we see in severe traumas. The latter should be catalogued as an extreme case of panic.

Destructive:

We cannot emphasise enough on how serious (toxic) stress and anxiety disrupts the health or welfare of humans and animals. The essential sense of security is diminished; and the body has been transformed into an unhealthy state of warfare. We do not want a pharmaceutically prepared cortisone, but produce masses of it by our own adrenal glands in case of stimulation of one of the NES.

Psychology and psychiatry should be the cornerstone of Medicine, for the stress axis (dominated by the NES) has a strong connection with most of the diseases known to men.

We made a mess of it or at least did a lousy job, by looking for cognitive ways to change the emotional or animal side of our brain.

It is impossible to find good coping mechanisms on a mental or rational level to deal with stress or anxiety. Most of the cognitive or human coping strategies (control or perfectionism, avoidance and pleasing)

are even a reassurance for the NES their program is working.

Religions still work that way and surely science or psychology should know better. Even Panksepp himself kept on making this mistake: "I have analysed these systems and now we need to find pharmacological and other agents to influence them in the right way."

Panksepp makes it clear to us that through the action of the emotional memory an animal relives a frightening event when it hears, sees, feels, smells or tastes an associated stimulus. Why would this be any different for a person if you let him tell you in detail about a previously experienced trauma?

Meaningless and even sadistic in a way.

Talking to a victim in a caring or affective way does the job.

Not the words.

Silence ...

A hug ...

Affection and love:

In order to be able to work with people with an Anxiety disorder, a therapist, teacher, nurse, social worker, ... should not only excel in kindness, care, patience and affection, but thoroughly be aware of their own FEAR system. Not just to protect the people they work with, but also to protect themselves or their own emotional balance. A lot of burnouts could be avoided this way.

A financial investment worth its while.

3. The GRIEF System: the emotional and corporal pain (urge to die) in case of loss of siblings or offspring (or loss of the love or attention of a loved one).

The experience of loss or bereavement (DISTRESS):

Panksepp calls Grief the downside - the 'dark side' – of the love (or the feeling of attachment) that people and animals have for those who care for them, protect them and treat them kindly (lovers). He describes in detail the feeling of 'separation -distress' that occurs when that love is lost.

In our opinion, this system covers the domain of each of our 3 destructive Fears:

1. Fear of failure
2. Separation Fear
3. Fear of change (death / illness for yourself or loved ones).

The 3 NESystems are linked together, of course, and are linked to each other like a chain reaction: one gets angrier, when the fear level is higher and the fear level gets higher, when more Grief occurred in the past ...

The more mammal or sensitive you are genetically, the more Grief, Fear and Anger or Guilt (self-Anger)

you may collect in life.

And, the more and better you will have to learn how to work with Dynamic Meditation!

The feeling:

Feelings of Grief are feelings of deep despair and psychological pain, not fear.

Panksepp gave a new name to the brain system that generates these feelings of loss. In earlier publications he talked about the Panic system, because he saw signs of panic among the young animals he studied when they lost their mother. Since older animals and people showed no panic at the loss or separation of their loved ones, but only sadness, he decided to rename the system: DISTRESS or GRIEF

Distress calls:

It is Panksepp's great attribution to science, that he has demonstrated with brain research, that much of the behaviour interpreted as fear actually belongs to the GRIEF system. Typical for this kind of anguish are the loud, attention-grabbing distress calls, which are often accompanied by active attempts to be reunited with loved ones or with the trusted, safe social environment. According to Panksepp, the latter is

achieved by the SEEKING system in combination with the Grief system.

In our opinion, the latter is clearly present in children with ADHD (their distress calls are clearly linked to Fear of failure and Fear of abandonment), and this explains why amphetamines bring peace and improve their concentration or focus. As mentioned earlier, amphetamines stimulate the actual presence of dopamine in the SEEKING system and revive the functioning of this stifled system (responsible for calm, constructive and enthusiastic learning behaviour).

Although animals in which the GRIEF System is active can also exhibit stress behaviour, the flight and freeze behaviour (characteristic for the FEAR system) is missing. Anxious animals try to attract as little attention as possible. On the contrary, they do not make any noise and remain silent (applicable for ADD and autism).

Technically ADHD should be a GRIEF System problem, and ADD and autism a FEAR system problem. Practically, we see combinations of both, but making a distinction may change the way of looking for solutions.

Anatomy - Neurophysiology:

The Pain system

Distress calls can be artificially evoked in animals by electrical stimulation in pieces of the older parts of the brain, such as the periaqueductal gray (PAG) and the other surrounding parts of the midbrain, the hypothalamus and the amygdala.

In adults, such stimulation causes an extremely sad feeling; babies cry. Based on his research, Panksepp suspects that the GRIEF System in mammals and birds has developed from the primitive pain networks in the brainstem. This also explains the similarity in emotional expressions (crying, whining) following both severe physical pain and severe psychological pain resulting from the loss of a loved one or from social exclusion or isolation.

This is the (neurophysiological) reason why Dynamic Meditation Techniques should go together with any kind of pain, nor physical, nor emotional (NES).

Neurotransmitters:

Endogenous opioids

Research of Panksepp in dogs, guinea pigs, rats and chickens from the 70s and 80s of last century showed that the GRIEF System is the biochemical counterpart of the CARE system, and mainly endogenous opioids, but also prolactin and oxytocin play a crucial role in both systems. Very young puppies that are taken

away from the mother start calling for their mother (distress calls). When these puppies were injected with a low dose of an opiate such as morphine, they stopped calling and calmed down. However, when the pups were injected with naloxone, an agent that blocks endogenous opioids, they started crying out for their mothers much harder.

In another placebo-controlled experiment, Panksepp showed that adult dogs injected with naloxone showed an increased need for social contact with people. The dogs wagged at strange people and wanted to lick their faces. Dogs that had been given morphine remained indifferent, did not wag and did not seek contact.

As animals and people get older, the sensitivity of the GRIEF System gradually decreases. Sex hormones seem to play an important role, particularly testosterone. Male animals in puberty make far fewer distress calls than females when their GRIEF System is electrically stimulated.

Panksepp thinks that the GRIEF System, just like the FEAR system, can also become permanently hypersensitive due to the lack of loving care and / or emotional neglect in early childhood. The result of this may be that an animal or human will demand an extreme amount of attention from those who care for him (ADHD), or contrarily completely avoid social contact (ADD and forms of autism).

For us, Emotional Therapists, it is very important in these situations to help discharge the FEAR and GRIEF System correctly in a frequent and intense way (also at home), especially at the start of the treatment.

Addiction:

Panksepp demonstrated that there is an addictive side to pleasant social contact. He and many other brain researchers therefore suspect that deficiencies in endogenous (body-specific) opioids, cause socially unhappy and lonely people to be extra susceptible to addiction to opiates such as heroin. Animals and people who feel unhappy, lonely and sad have a low content of endogenous opioids, oxytocin and prolactin. The levels are high for animals and people who receive loving care and who are supported by friends and family, and who therefore feel a safe foundation.

I personally think that the pop star Michael Jackson is a good example of how masses of attention, 'love', money and opiates or opioids (Demerol or pethidine and Vicodin with hydrocodone and Paracetamol) were not enough to relieve him of his distress-calls or heartache (though he officially died of a heart attack). He didn't get or was not able to receive genuine love anymore.

At one of his concerts, I still vividly remember how he exclaimed "I love You" sounding like a child in anguish; a sound I will always remember. Not healthy, anyway.

Affection and cuddle therapy:

Embracing sad, unhappy people and animals with loving care and attention augments the levels of endogenous opioids. Gently touching or being hugged by a trusted person; stroking the belly; sharing body heat; breastfeeding, sucking on fingers or teats; picking lice (cf. monkeys). Even drinking sugar water (inducing sugar addiction even more) de-stresses (young) animals and people / children considerably. Maintaining a gentle hold ensures the production of endogenous opioids, even in animals treated with an agent that blocks the production of opioids, such as naloxone.

Let's hope that men - after the wave of lawsuits for sexual harassment - will try to evolve into more cuddling teddy bears and will be more able to choose appropriate ways and moments on behalf of their sexual drive. Both African, Western and Eastern men are still struggling with this.

Women, on the other hand, seem to prefer the cuddling side of sex more and maybe we cannot blame them for that, can we?

The difference between fear and grief:

The effect of such acts and opiates (such as morphine) clearly demonstrates that the GRIEF System works differently than the FEAR system. Opiates diminish distress calls, but have no clear effect on animals that are anxious. Conversely, distress calls do not diminish when anxiety inhibitors (benzodiazepines such as Xanax (alprazolam), Temesta (lorazepam) and Valium (diazepam) are administered. This makes it possible to distinguish between the panic that can occur in animals / people when they are socially becoming isolated (grief or distress) and the fears that arise when they feel threatened by something or someone (fear).

Addictions show the way

The way someone is drawn to a kind of narcotic shows whether he or she has a Fear or Grief problem. Very helpful!

Overlap between fear and grief:

There is a certain overlap and interaction between the two systems, but according to Panksepp this is mainly caused by learning experiences that cause a person or animal to anticipate a coming event. An animal or person who has repeatedly experienced separation-distress may be worried or suspicious in advance to be abandoned. Panksepp emphasises that this form of anxiety technically is not the same as the doom scenarios generated by the FEAR system itself.

In practice, making a distinction is important for the Emotional Therapist, but not for the patient or client. This person only needs to expertly learn how to discharge the negative feeling (NES) until his zest for life or inner peace (PES) has returned (the-SEEKING system in action).

An example:

A young man has been taking a high dose of opiates in combination with benzodiazepines for years and had several admissions in order to stop him from taking these narcotics.

We know his father: he suffered from mild depressions (Dysthymia) when he lost a partner or had none. The father only asked for medication or a directional or stimulating talk.

We know his mother too: she has been taking benzodiazepines for years, mainly Xanax or Alprazolam, which is a pharmacological 'sister' of Diazepam and Lorazepam, but less muscle relaxing and less sedative. She is a super-caring mother Theresa, who would like to save the whole world, but has unconsciously over-protected all of her sons and kept them 'emotional babies'.

Her level of Grief when her father (her God) died was so high at the time (years ago) that she blocked completely on an affective and sexual level in her own relationship. This is a recurring problem in women, and most are totally unaware of the link between their GRIEF and LUST System.

For the mother it was the end of her relationship with the father and she focussed more on 'helping' her sons.

For the father, it resulted in a compulsive way to look for a new partner. At the beginning he was not conscious of this, for he didn't want to cheat on his wife, but he let more women into his personal or emotional life. By the end he began to fall in love repeatedly and when they broke up, he couldn't stand to be alone for one day.

The Grief and Fear of the mother found its way to multiply itself and to destroy her body and mind (but she refused profound therapy).

We also know his wife, whom is partially an emotional copy of his mother (the same Separation Fear and mother Theresa complex), which he once threatened to divorce if she were to come into therapy. Some partners like to separate their loved ones from their family in order to control them (out of Separation Fear).

All these people are very intelligent and socially extremely skilled (and always have been). However, emotionally they are a disaster!

They all have no serious youth traumas and by definition have taken over the FEAR and GRIEF System of their parents (by the mirror neuron system) and each other.

The level of destruction in this family is still going on and will cost them a lot of energy, money and social connections.

The difference between medication, cuddle therapy, meditation and emotional therapy:

Medication always leads to addiction because it acts on an already existing and naturally intelligent feedback system (chemical action-reaction) from the outside. None the less, they are extremely important in the first phase of therapy.

An essential difference between hard drugs, such as morphine and heroin, and the opioids produced by the body itself (PES), is that the latter do not need more and more (Panksepp explains this in his book and lectures).

Social contact is only "addictive" in the sense that the occupation and presence of opioid receptors maintain the human and animal need for social contact and all PES contain a positive feedback system or natural 'break button'.

All socially living animals, just like humans, need a daily dose of love. Loving care and attention ensure that the bond between man and dog (or dog and dog), for example, becomes close and that both feel safe and secure. As a result, they become emotionally (more) stable and they remain emotionally, physically and mentally (more) healthy.

Meditation or body-oriented therapies work with or on these natural feedback systems and install a long lasting and stable kind of rest in the body and the brain.

Panksepp saw in animals that their body and brain spontaneously returned to its natural state of rest and that addiction is hard to install.

For humans, however, this off-switch seems to be gone because of the continuous high levels of Anger, Fear or Grief. We call this dissociation. In this condition the hugs, sex, massage, meditation, yoga, etc. never seem to be enough or sufficient, which might explain our tendency towards addictions.

To reprogram your brain from the state of Aggression, Fear or Sadness it is in now, we need about one and a half year to teach you how to become an expert in meditation:

- 1/ Connecting with your body and being aware of its level of tension (= an international trauma)
- 2/ Working with corporal techniques until your best friend - your body - relaxes
- 3/ Using this 1/ and 2/ to conquer your Fears (repeatedly) or destructive levels of Grief in a painless way.

What is the difference with meditation?

Emotional therapy focuses specifically on these 3 mentally and physically destructive systems:

1/ How do you recognise the status of Fear, Anger, Guilt and Grief?

2/ How do you stop these systems from harassing your brain and body?

3/ How will you provoke your Fears or levels of Grief to ultimately make more room for the PES?

The sequence mentioned here is very essential for your brain and typical for Neuro Affective Science or Emotional Therapy.

C. Three Positive Emotional Systems (PES):

1. The CARE system:

The feeling:

Caring, mammal or maternal love.

This system contains feelings of connection, friendship, affection and - as Panksepp specifically calls it - caring love (nurturing love). It forms the foundation of the time and energy that we invest in the care and upbringing of our loved ones.

It is biochemically, neurophysiologically and emotionally the positive counterpart of the GRIEF System.

It is, in addition to the GRIEF and PLAY System, one of three non-sexual social brain systems in mammals. Panksepp even thinks that it once evolved from the LUST system - which controls reproduction - because these systems have quite a lot of biochemical similarities. However, both systems are clearly separated in today's brain; they have different functions and generate different feelings.

Anatomy - Neurophysiology:

The core of the CARE system is located in certain parts of the hypothalamus and the BNST (Dorsolateral bed nucleus of the stria terminalis). The BNST, also called the extended amygdala, is located in the basal forebrain and is a sexual dimorphic structure (differs in men and women) that consists out of 12 to 18 sub-cores.

Neurotransmitters:

One of the most important neuropeptides of the CARE system is oxytocin. This substance acts as a neurotransmitter in the brain.

The "female" hormone oestrogen causes the production of oxytocin in the hypothalamus and female animals have more oxytocin in their brains than males. However, male animals also have a (latent) CARE-system.

This system is also connected to all kinds of subsystems in the middle brain, which ensure that young are well cared for.

There is also an important connection with the SEEKING-system, whereby parents can, for example, look or seek for a favourable, safe place (nest, hole) or the best environment for their young to be born and grow up.

Oestrogens produce oxytocin in the male body as well. Confronting young, sexually immature male and female rats with newborn rats on a daily basis makes them spontaneously start caring for them. This should be, among other things, due to increased oxytocin activity in the brain.

Because of the fact that this caring behaviour in male rats decreases when they reach puberty, it is assumed that the sudden testosterone production is counterproductive.

In sexually active male animals, aggression and irritability decrease again, because of the stimulation of the production of oxytocin.

Oxytocin also stimulates the production of endogenous opioids, which inhibit or reduce feelings of discomfort such as frustration and irritation. Although the endogenous opioids stimulate friendly behaviour, too much opioids inhibit the more caring behaviour (side effects of cannabis and heroin: you don't 'care' anymore).

The continuous balance and interaction between these substances and systems in the brain ensure infinite combinations and unique individuals, relationships and life courses. The dance of life.

The complexity of this system extends far beyond these substances alone. For example, simply administering oxytocin to sexually immature female rats did not diminish their natural, initial aversion to the smell of baby rats. What might suggest that neurophysiological systems are more important or stronger than the substances they use and might explain why the effect of drugs and narcotics is so limited in the long run.

Due to differences in environmental conditions and in animal species, there are also major differences in the extent to which mammals care for their loved ones and for each other.

For ungulates, for example, whose young can literally stand on their own two feet just after birth, the time gap in which a mother accepts her young and bonds with it, is very short. On the other hand, if a lamb becomes separated from the mother shortly after birth, it must be reunited with her within a few hours, otherwise the mother will reject the young and she will no longer allow it to drink from her. She then treats the lamb like a stranger with whom she has no connection whatsoever.

For animal species, such as predators, whose young are born helpless, this time span in which a bond is formed is often several weeks. Moreover, these mothers usually also easily adopt the youngsters of others.

Empathy:

According to us and many other researchers, the balance between the CARE system and the NES is the essence of empathy.

The CARE system is responsible for empathic behaviour, such as comforting, helping or saving your loved ones, friends or other animal species. When parents hear their children cry, the GRIEF System is activated. This activates their CARE system and their SEEKING System again, so that they can help their child as quickly and efficiently as possible. Destructive levels of Fear, Anger (also Guilt or self-Anger) or Grief, in the other hand, create family dramas and can diminish the ability for empathy to zero.

Compassion:

Suffering from or sympathising with the emotional pain of another would be orchestrated primarily by the GRIEF System and we believe its destructive level is determined by the circumstances and development of the Negative emotional systems during the first years of life.

In Compassion there is a destructive and repetitive compulsion in 'having' to care for ...

Not being able to act accordingly leads to Grief.

Compassion technically involves 3 neurophysiological processes:

1. Blocking self-care more and more
2. Giving as much as possible to others (money, love, energy, etc.)
3. Not checking if you get anything in return (selfless love)

It is above all a typical Catholic phenomenon and has recently caused a distinguished polarization in Europe between Left and Right in politics with the infamous phrase: "Wir schaffen das."

Above all, it is not 'natural' and absent in the healthy Darwinian system of wild mammals.

However, how to make this 'healthy' again is a sinecure and requires the right guidance.

Guilt:

This one had me puzzled for quite a while ...
When we want to start with Dynamic Meditation Techniques, the very intelligent high sensitive or high mammal amongst my patients often reply to me: "I am not Angry" or "I am unable to be angry towards another being!".

This means he or she is:

1. Only angry towards herself and full of self-blame
2. Unable to let go of the control over her emotions
(Frontal cerebral system)

Guilt is the amount of self-Anger you have been learned to direct to yourself in order to block one or more of the PESystems. It is acquired by mirroring your care figures or incorporating the Grief, Anger and Fears of the abuser (a kind of Stockholm Syndrome).

For example:

1. Self-Anger on the level of the CARE system:
 - you do not love yourself anymore because you made this or that mistake (Fear of failure)
 - you do not love other people anymore because they hurt you
2. Self-Anger on the level of the LUST system:
 - you do not love your body anymore because it has let you down
 - you do not love the body of another anymore because 'somebody' hurt you
3. Self-anger on the PLAY level:
 - you do not love to laugh or live anymore because something in life hurt you.

All of these nice convictions are true but also prevent you from loving yourself (or another), loving your body (or that of others) and loving life (or that of another).

They are the dark side of word 'victim', which I do not like to use a lot.

1. CARE system:

- love yourself
- love another being

2. LUST system:

- love your body
- love another body

3. PLAY:

- love your life
- love life itself

In the end it all comes down to:

"Do you want to be right ... or happy"

And happiness is connected with the PES and will (technically or neurophysiologically) only be reached by getting rid of your Fears or levels of Grief. And that is a full-time job.

Since Compassion (you 'have to' help another being to get rid of their pain) and Guilt (you 'have to' be Angry at yourself because of ...) are two emotional

inventions by the H. Sapiens and culture dependant, they must be reversible!

And that is a solution-focused or positive psychological conviction. Wouldn't you agree?

At the end it all comes down to this simple equation (for human beings):

Empathy (or pure CARE) = Compassion without Guilt

Is it getting clear now why this is going to become a full-time job for the next generations? Getting rid of guilt by confession didn't work and will never work.

It didn't work for about 2.000 years, but it will take some time to get rid of its self-destructive character.

2. The LUST system:

There are more opinions about lust, love and sexuality, than there are people on this planet. Tainted by the curtain of taboos and poetic infatuations, everyone has an opinion or conviction that I, as a psychotherapist and psychiatrist, cannot and will not interfere with. Moreover, I would like to leave this field of discussion to philosophers and theologians.

Panksepp has limited himself to the domain of anatomical and biochemical research in rats. Clear cut results can be achieved here and a certain extrapolation to humans can be made, afterward. This approach proved to be very helpful in the development of valuable and sustainable treatments or techniques for Emotional Therapy.

According to Panksepp, the brains of mammals are homologous - they have the same building plan or format. However, there are species-specific differences in the LUST system, which are probably related to differences in reproductive behaviour.

Differences in organisation

For example, the core of the LUST system in mammals is situated in the hypothalamus. But within this brain structure there are differences, not only between mammalian species, but also between male

and female animals of the same species. Although some people would like to believe that sexual preferences and differences between men and women have been learned or installed by education, brain research often points in a different direction.

Anatomy - Neurophysiology:

In male rats, the epicentre of the LUST system is located in the pre-optic region (POA) of the hypothalamus, and in female rats in the ventromedial hypothalamus (VMH).

These differences in the organisation of the LUST system in the brain start in the womb under the influence of the hormone testosterone.

In a genetically male animal (XY), the Y chromosome is responsible for the production of testosterone in the second half of the pregnancy, which 'masculinises' the brain of the foetus. This is not the case in genetically female animals (XX). Depending on the production of testosterone, one can therefore expect a range of 'masculinisation'.

Receptors:

In both male and female animals, the genitals and adrenal glands produce testosterone and oestrogen. We all know that the differences in appearance and behaviour between male and female mammals develop during puberty, the onset of sexual maturity. The ovaries then cause an influx of oestrogens and progesterone in female animals. A large amount of testosterone is produced by the testes of male animals. These sex hormones easily penetrate into

the brain and, among other things, bind to the receptors of the LUST system in the hypothalamus.

Masculinity:

More receptors result in more effect.

The more receptors, the more signals will give a direction to the nervous system to masculinise.

Men have more receptors at the POA and therefore more reaction to the same amount of testosterone: a positive and good feeling. This will stimulate the male subject to look for circumstances in which these effects (and its injection of testosterone) might recur and a learning effect is being programmed.

Aggression:

In the past, testosterone was almost invariably linked to men's physical aggression in social interactions. In other words, men with a lot of testosterone would get into a fight more easily.

Recent research in animals and humans shows that it is not all that simple. Testosterone appears to be a means to excel in a competitive situation. It increases assertiveness and vigilance.

It is a fact that physical aggression and competitive (also casual sporting) situations increase the testosterone level in men and therefore elicit a good feeling (by the LUST system), the feeling of victory.

Aggression would rather coincide with one of the NES and therefore be driven by Anger, Guilt, Fear or Grief.

A distinction between anger and Anger might be useful in the world of competitive sports: the testosterone-driven good feeling (LUST system) and winners' effect (PLAY system) should stay present at all times. Fear, Guilt or Grief will instigate Anger and Aggression. In the end, this will lead to destructive behaviour, destruction of the body and energy loss.

A future goal for sport psychologists and a worthy alternative for the drug driven competition of today?

I only stopped a therapy session abruptly twice in my life. One of them was the moment a mother who was a hooligan for a football club answered 'yes' to my question: "Would you be proud when your son would kill a supporter of another club?".

This level of aggression was and is not open to therapy.

The Karma of life can clear her mind and then she will be welcome again.

Femininity:

Though testosterone plays a role in female animals as well - it makes them more receptive or approachable - their LUST-system is organised and situated differently in the brain than in male animals.

Their LUST system is especially influenced by oestrogens and progesterone, whether or not in conjunction with an ovulation cycle (not every female mammal has an ovulation cycle and some species ovulate spontaneously just before or during mating). These hormones promote the production of oxytocin, making female animals more emotionally receptive for sexual advances.

Rat studies also show that female rats - thanks to clitoral stimulation - enjoy sex, but also depend on the perception of the NES: less or no sex in situations where rage, anger or fear dominate.

Love hormone:

Although oxytocin is nowadays called "love hormone" in popular speeches, this is, as Panksepp calls it beautifully, a 'glossy oversimplification that does no justice to the complex way in which the brain works'. Oxytocin in itself does not lead to a clear-cut positive feeling in every situation (administering the product itself doesn't work in NES-situations). In Panksepp's

unpublished research, oxytocin only showed a clear positive feeling in combination with friendly social interaction (CARE, PLAY and SEEKING working together without the interference of the NES).

He therefore suspects that oxytocin enhances the effect of endogenous opioids; which evoke positive emotions by themselves. To us, it proves again that the interaction and positive connection between the Emotional Systems prevail.

In SM, a form of sexual game playing, we see that Fear, Rage and Grief play an important or essential part in reaching the highlight of an orgasm for some people. In the long run, this effect runs out of or lacks the satisfaction of the first revelations and the addiction or compulsion to go one step further on the pain ladder is tempting. The ache or craving comes back, and the bar or limit of induced pain must be constantly raised (as in narcotics).

We call this a form of 'orgasm through pain' or 'orgasm by the vicious circle of pain and the NES'. The natural pathway and positive feedback of the PES is bypassed, and satisfaction or saturation is becoming impossible.

In the Catholic, Muslim and Jewish traditions there was (unconsciously I presume) a strong tendency to promote self-mutilation or flagellantism and there

still is, on a more mental or emotional level (which makes it even worse). The responsibility of these religions towards world peace is becoming more relevant every day and their (mainly male) leaders will have to come to their senses one way or another.

It is their responsibility to be concerned about the level of Rage, Fear and Grief each of them have (unconsciously) been promoting for centuries, while originally each of them seemed to promote a message of love in their Holy Books...

Anyway, a 'discharge in pain' doesn't seem to do the job and hasn't contributed to world peace.

A positive discharge (see Part 2) implicates or needs the PESystems and their forms of pleasure or satisfaction:

- The caring, mammal or maternal love of the CARE-system
- The blissful orgasm of the LUST-system
- The pleasure of playing and winning of the PLAY-system.

For example, when you want to reprogram the level of Fear, Guilt and Grief caused by abuse, you need to shout, scream or physically destroy that person and all the memories that haunt your dreams or thoughts ... virtually, of course and.

- 'out of love' for the loving creature you used to be or out of love for your children or loved ones (CARE-system)
- 'in an orgasmic way' or with caring respect for your body (LUST-system)
- with a 'winning' feeling (PLAY-system)

All of them very essential concepts for Dynamic Meditation Techniques and important to focus on in the training of Emotional Therapists.

According to Panksepp, the Lust system is an emotional system, where it is not only about satisfying bodily desires as such (just like eating when hungry and drinking when thirsty), but it is also essential for survival in complex social structures.

We like to call the LUST system 'the love for your body and that of another' which is more than just sex:

- love for your body: a genetically sensitive (empathetic or mammal) child licks, cares for or cherishes his body at the start of his life. To us, this state of being is an important focus or goal to work towards in therapy.

In the psychopathic child this state of being is absent at birth and in the Fearful child (passively or actively traumatised) this state of being

- regresses slowly or rapidly, depending on the level of Rage, Fear or Grief in its environment.
- love for the body of another: a genetically sensitive (empathetic or mammal) child will effortlessly lick, care for or cherish another body and will learn how to do this in a caring (CARE), playful way (PLAY) and lustful way (LUST) in the early stages of life. In the psychopathic child this state of being is absent and stays that way and in the Fearful child (passively or actively traumatised) this state of being regresses slowly or rapidly or even disappear (sociopathy), depending on the level of Rage, Fear or Grief in its environment.

A quote:

"If you cannot handle this kind of love (LUST) or talk about it like 'soup and potatoes', you are still traumatised (and in need of therapy)."

The chemistry or magic of Love:

I strongly suspect that I will not be able to reach the bottom of this subject in my life, neither the chemical nor the emotional truth about 'Love'. The neurophysiological approach in the PESystems gives me some satisfaction and a practical instrument to work with.

Even though sensory sensations, such as smell and touch, play an important part in sexual preferences and sexual arousal, the mental and emotional readiness for action (action readiness), it is just as characteristic.

What Panksepp discovered in his rats, is applicable for dogs and people and bring us to the next quote:

"If the chemistry (DNA) and the magic (emotional balance) are right, then the love is OK."

In humans, being in love is typical. But it has a vicious side, because the emotional balance in humans can shift in the wrong direction and disturb the chemistry (see the family drama mentioned earlier in this chapter). Falling in love is sometimes self-destructive (attracting destructive partners) and deceiving and that brings us to the next quote:

"The more you love yourself in the right way (not narcissistic), the better partners or friends you will attract."

I am afraid - not really - that I will experience neither the chemical nor the emotional truth about 'love' in this human life, as I am still looking for the first human being with pure self-esteem, self-love or self-confidence. Nevertheless, I would like to challenge colleagues, therapists, neuropsychiatrists,

psychologists, neuroscientists, pharmacologists, philosophers, theologians and other scientists:
"Define the basis of love for me."

We just got as far as this:

The three PES should be present if you want to fall in love with 'the right one', each in its own way or manner:

1. CARE system:
 - love yourself
 - love another being
2. LUST system:
 - love your body
 - love another body
3. PLAY:
 - love your life
 - love life itself

And these PES (yin) should be protected and well connected with the NES (yang).

Reaching that stage means going through all your levels of Fear and Grief, and I am still working on that subject, as is every member of my team. Not to evolve is not an option for all of us, therapists, parents, lovers, caretakers, leaders, anyway.

For the moment being, we can only conclude that we all have lost the healthy cooperation between SEEKING, PES and NES along the way, and that we didn't realise what went wrong all these years.

These 7 very plastic, neurophysiological systems are therefore a priority to me in terms of study and treatment for years to come.

3. The PLAY-system

It concerns "social play on a primary level", in particular the playing around (rough-and-tumble-play) and tickling. It is uncomplicated, positive pleasure.

Smiling rats

Panksepp got the attention of the world press in 2003 by discovering that rats laugh when they were tickled. They then produce a high beeping sound (50 kHz), inaudible to humans. It made Panksepp propagate that the pleasure that animals and people experience in social play (PLAY) should be considered as one of the most positive and therapeutically valuable emotions.

Animals are perfectly able to play on their own and have fun. For Panksepp, however, solitary play is more an occupation in which especially the SEEKING-system is active and provides pleasure (LUST-system).

According to Panksepp, the displeasure people experience when having setbacks or misfortunes (gambling) is typically human. In our opinion, it is accompanied by our cultivated forms of NES, and therefore a form of auto destructive behaviour driven by high levels of Anger, Fear or Grief.

Evolution theory:

According to some, the PLAY system would be difficult to fit into the evolution theory, but if you look at this system as one of the three Positive Emotional Systems that counterbalance the physical self-destructive status of the three warlike Negative Emotional Systems (yin versus yang), then we can see the usefulness of this at the level of socially more complex structures (in humans or animals). Rats spend more time together and preferably with "playful or smiling" rats. Wouldn't we rather spend more time with a funny colleague than a sourpuss?

Touching (playing around, playing as such, tickling) in a safe environment and by a trusted person, provokes these bursts of laughter in both humans and animals, and rats look for places where they can be 'playful' or turn on the switch that turns on their PLAY system.

Anatomy - Neurophysiology:

Thalamus:

The PLAY system is closely linked to the SEEKING system and is located in the older, subcortical part of the brain, the thalamus. The thalamus is the 'distribution station' that processes, among other things, incoming information from the senses - such as the very important physical contact in mammals for this PLAY system.

You do not need the cortex, which is much more developed in humans than in animals, to be able to play. Rats from which the cortex has been removed play just as often and enjoy playing.

The feeling of pleasure in playing is caused by the release of dopamine, endogenous opioids and endogenous cannabinoids, which cause a feeling of euphoria.

The vicious of physical and emotional pain (Guilt, Compassion, Fear and Grief):

All of them can restrain humans and animals from playing anymore. The extend of (frontal lobe) inhibition depends on the level of pain experienced in the past or in the present (the emotional memory system doesn't care, for it is 'eternal').

However, a less active PLAY system might or will lead to a depression. Animals that are not allowed or inhibited to play become gloomy and depressed, which indicates again that playing is a natural and essential need.

The vicious circle of a depression or burnout (dysthymia) becomes obvious in a neurophysiological way. Pain leads to depression, depression leads to more pain and a series of unnatural physical reactions sustain themselves (elevated or even

depleted cortisol levels, shortage of monoamines in the brain, sleeping disorders, eating disorders, libido and orgasm problems, concentration and memory problems, muscle aches, pain hypersensitivity, sensory hypersensitivity,)

Winners and losers:

You can either win or lose in a game. The level of endogenous opioids - whether genetic or determined by the environment or education - determines your self-confidence and pain sensitivity, which in turn will determine the sensation of winning. Winners will feel better, play more, gain more experience and end up in a positive feedback loop.

Losers logically lose their aspire to play and therefore learn less. However, the pleasure of playing returns, unless the winner becomes too aggressive and doesn't allow the loser to win anymore.

Our experience told us that the aggressive winners and gamblers (they 'have to' win), as well as people who give up easily (they are convinced of being cursed to lose), both suffer from Fear of failure. The obsession of 'not wanting to lose' makes all of them unable to feel successful or happy and satisfied when succeeding in something. A feeling of insatiable loss dominates all of them.

Another typically human vicious circle of pain ...

Play arc, dog laughter and play face:

This is a ritualised greeting pattern when two dogs approach each other, touch noses and sniff each other's mouths and then the genital area.

Much of what Panksepp says about rats and children seems to apply to dogs also, according to Elian Hattinga van 't Sant.

Dogs also seem to be able to laugh, and this was demonstrated by Simonet and colleagues (2005). They identified a pronounced breathy forced exhalation during play and defined it as a dog laugh. When dogs hear this sound, they relax, come closer, make a play arc, set up their play face and are willing to play with a dog that accepts the laughter, and also with a person who imitates this laugh.

Dogs appear to be as sensitive to challenges and the pleasure of playing in the same regions (the neck and around the rib cage), as humans and rats are. When they play running games or gambling games, they usually grab their companion's neck and give nudges to the other dog's rib cage.

Self-handicapping

The observation of Panksepp that there is also a genetic component to the playfulness of certain animals seems to be similar for dogs. Some breeds are more playful than others and some dogs like to play more than others.

Most dogs, however, like to play with each other, especially when they are young. In addition, they handicap themselves when they play with a smaller or weaker animal (much more than rats do). They make themselves small, do not use their full weight or go lying on their backs when playing. According to Panksepp, this shows some form of empathy - realising that playing is not fun for the other when it gets hurt. They take care of the weaker playmate, and this could mean that the dog's CARE system is more connected or more present, in comparison to rats.

This brings us back to the difference between a real psychopath and a high or normally empathic (better then 'hypersensitive') person; a difference we are already able to measure in the first years of life!

Social skills:

Not every game is quite the same, and not every game is equally funny. Equally, not every playmate is quite the same or just as funny. According to Panksepp, social play is customising or programming the emotional systems of both players. A rat deprived

of playing with other rats was socially inadequate or handicapped in building relationships.

We believe it is also a social way of 'survival of the fittest', where your emotional intelligence and the cooperation between the different neuro-affective systems can be tested and improved (and emotional knowledge is transferred by the Mirror Neuron System).

Survival of the "emotionally fittest" or wittiest might become the sequel of Darwins theory

We have tried laughing therapy several times, but it is not very useful in the context of Emotional Therapy, because it is not possible or difficult to apply in a home situation or in an unsafe situation with high levels of NES. In addition, an annoying saturation occurs. Rats also become irritable and aggressive with persistent play, and just like with our children, a game sometimes ends in a fight.

However, it is important for an Emotional Therapist to evaluate the level of playfulness at the end of a treatment by observing the posture, behaviour, play face and facial features (non-verbal communication). The higher this level, the better your session was.

CONCLUSION:

Every Emotional System has its dark side or pain side.

This dark side will not disappear unless you reset these systems in their natural or original balance; a balance our human and animal ancestors refined over about a million years, and which mammals perfected to survive in more complex social structures.

Speech itself - a great gift of nature developed about 40.000 years ago - promoted us to the state of supreme predator of this planet, but severely disturbed the balance. We are the only ones able to set it right again, and we can.

Language brought with it a new concept for our brain: an awareness of the past and the future.

We developed a strong cortical brain that could devise cognitive functions with mainly control and avoidance strategies in relation to three new Existential Questions: Who am I? What is my body? What is life?

These three questions brought with them three new Fears, for which we developed even more obsessive thoughts and compulsions: Fear of Abandonment, Fear of Failure and Fear of Change.

Pandora's Box was open and we kept on producing DSM diagnoses and wars.

Psychology and psychiatry should be the cornerstone of change and evolution, but we are not doing a great job right now. Nevertheless, we have a great responsibility, for (toxic) stress enhances or causes nearly every disease known to medicine. In a hospital we are still perceived as 'cleaners': trying to clean up the mess people make of their lives. When all the technical results and treatments have been depleted, then we are consulted, because suddenly the patient has stress, a burnout or a depression.

Maybe we didn't take ourselves too serious the last decade and we need a fresh start or boost.

Maybe the focus should shift more to meditation and body work instead of another analysis or description of disorders in a cognitive way. Using the model and description of the 7 emotional systems, helped us a lot in creating, changing and understanding new or old mediation techniques or forms of body work (Mindfulness, Dynamic Meditation Techniques, EFT, TRE, EMDR, hypnosis, Qi gong, Kiko, Yoga,)

Less talk, more action.

Dear psychologists and psychoanalysts, if we want to situate the 'inner child', our 'ego' or our 'gut feeling' in the brain, we need to approach these phenomena in a serious and more scientific way:

- the inner child resembles the three PES
- our ego resembles the NES, disconnected of the PES
- our gut feeling consists of (emotional) information provided by the PES and NES just like animals used for thousands of years

With some imagination, you can rediscover the enthusiastic, caring, playful and spirited toddler in yourself or your own children in the systems of the Magnificent Seven. I like to call it Bobby, my inner dog. I want to understand him and speak his language again. What about you?

Neuro Affective Science confirms more and more that most of us came into this world as a happy and playful child. Forgive yourself if you have lost this state of being, for this is a very normal or standard procedure in our society. Someone who has been assaulted or abused is no longer able to remember how lively, playful and sexy he/she felt the day before.

From our point of view, the negative emotions (Rage, Guilt, Fear and Grief) seem to dominate our society, and amplify in an exponential way through mirroring (unconsciously transmitted emotional programming),

inducing emotional illiteracy or unawareness. Scientific research confirms that the Emotional Systems can be charged or programmed and can be discharged or reprogrammed. Preferably in the early stages of life, but this is no excuse for the parents or elderly among us, for they are the examples whom their loved ones or children are mirroring. Child therapy in combination with sincere parent therapy is far more efficient in the long run. A very logical conclusion, but an idea hard to sell to parents, for they (Fear and Guilt) are not the problem, the child is.

The Emotional System listens to totally different rules and laws than the ones of the cognitive part of your brain.

The good news is that your 'ego' (the NES) can be tamed. The bad news is that it takes a lot of patients, love, sweat and tears to get there. No doubt about that.

Karma is a bitch ... to be beaten.

To us, Emotional Therapists, this process still takes up too little time and space in our society and we are not able or competent enough to promote a positive circle of 'karmic evolution' just yet.

Fortunately, thanks to the Neuro-affective Sciences, we can gradually abandon terms such as inner child,

ego, karma and gut feeling and the dream of our friend Freud (the man with the Cigar, remember) may come true: to thoroughly correct and cure the physics of our brains, the psychiatric, psychological and emotional excerpts of the brain of the H. sapiens.

For me personally, it is important to stand for a positive message, 'try to make the H. Sapiens great, again', and to share this with others.

You don't have to cherish your Fear or Grief at all, like some 'new-priest-therapists' proclaim. You can play, shout, shake, cry, cuddle or slam them until they reach a joyful or normal level. That's what meditation is about.

It is our conviction, and this is supported by the functioning of our brain and its Emotional Systems, that you must first go through Hell (your Fears or NES) in an expert (SEEKING) way, to end up in heaven (PES), or return to it.

This is the foundation of Emotional Therapy and we have to admit that coming to therapy is 'not fun'. What dog likes to jump into a fire? But the fun or happy state of being after a session and in real life should be our mutual goal. If not, then we must review our formats or methods.

Indeed, you just have to willingly (SEEKING) face your Fears (NES) out of respect (CARE) for your Inner Child (PES), your offspring, your body (LUST) and your life (PLAY).

Automatically your happiness, playfulness, intuition, gut feeling, creativity and empathy will brighten up or enlighten your brain again, for it works again as it was supposed to, and you gave the PES their rightful place in the brain back.

Now your male or yang side (NES) is protecting your female or yin side (PES) and your creativity and intuition (SEEKING) will replace the negative thoughts and obsessions of the past.

We have been experts in finding excuses, religions or convictions not to face our Fears for ages now, but it looks like mother nature isn't going to tolerate this anymore.

The choice is yours.

SUMMARY

Chapter 4 – The magnificent 7 Emotional Systems

A. SEEKINGSystem: The Main System which coordinates or manages all the other 'survival or defence' systems.

It is genetically programmed at birth and modified by nurture and life experiences (See Somatic Markers in Part 3) later on.

B. Three Negative Emotional Systems (NES)

Three 'war systems', which are important for humans and animals in a state of threat and which we are not (yet) able to master.

1. ANGER) (or RAGE) System: is burning our world tot the ground in endless wars
2. FEAR-System: this system exploded in our head on account of en new 'mutation', language. It produced 3 Existential question without an answer and 3 unnatural Fears

3. GRIEF (or DISTRESS) System: it has flooded our society quite well

C. Three Positive Emotional Systems (PES):

Three 'peace systems', to which we have lost access from time to time and which have been crushed ruthlessly throughout the ages.

1. CARE (or EMPATHY) System

I love myself (or another being)

2. LUST-System

I love my body (or that of another being)

3. PLAY (or PLAYFULNESS) System

I love life (and that of another being)

Chapter 5: The 4 faces of Emotional Pain

Preface

As mentioned earlier, our brain is unique compared to that of other animal species because we have developed complex ways of communication.

Some proclaim that language was created by the mutation of a gene, namely a gene that is responsible for the production of certain substances (mainly serotonin) in the brain (mainly the frontal cortex).

Others blame God or humans themselves, but this only resulted in the God-fearing or guilt driven scriptures of religions, which have conquered and ruled the world for some time now, and all led to the self-inflicted apocalypse or mass-destruction we are experiencing on a global level. For this reason, I prefer to abolish theology and philosophy in this matter.

I personally like the evolution psychology theory in which we were about to be extinct by the H. Neanderthalensis and in order to survive communication became a necessity. Epigenetic phenomena are well described in nature and the

influence of environment on the genetic evolution of species is science-based.

The moment some of our ancestors were able to communicate (body language or sound language) in a more solution-focussed way, to gather information in a faster way or to make more efficient strategies possible for larger groups of people, the end of the Neanderthal was near.

Once we were on a roll, we kept on fighting and ages of surviving and communicating in our specific way developed and regenerated a specific genetic constitution (the base of epigenetics). The fearful, male, dominant chimpanzee became the supreme predator of this planet and became a God as a result of the not-programmed or expected side effect of complex communication: the concept of past and future.

No matter how language originated, it is up to us to learn how to use this powerful weapon and stop abusing it.

The H. Sapiens changes when confronted with pain or death.

In these circumstances people call for medical or psychological help and start changing their habits or thoughts (only very desperate patients change their ways profoundly and permanently).

We will only change as a species or leave our old habits and beliefs behind in the eye of imminent death or destruction. Is a global catastrophe the only way to finally end the era of the ego or the fighting, male ape?

In this chapter I outline the pros and cons of The Word or Language, and it is the last chapter in 'becoming aware' of our inner mechanism of cure and destruction.

It shows the process of how we gradually slide off or dissociate from the Love for ourselves, our body and our life (the Inner Child, Yin side or Positive Emotional Systems) to a fearful chimpanzee with hunger for war and self-destructive tendency (the Ego, Yang side or Negative Emotional System) ... and the way to find our way back to nature or inner peace.

1. The Word or Language

Some ten thousand years ago, image, body and verbal communication were the main and only ways of survival for our species. If you look at this development in relation to the evolution of animal species overall, this is a very short track of time.

In that short period of time none of the former species were ever able to destroy themselves, the planet or the other species. For that reason, it is imperative to understand the mechanisms of this enormously powerful, creative and destructive weapon.

But what does Language actually mean for the brain and what consequences does it have? Language is the ability to build an Illusion in Images and Words about:

- What you imagine about your past
- What you imagine about your future.

This ability allows us to become spectacular narrators and ingenious creators, but also to produce highly efficient destructors.

Thanks to self-knowledge and meditation, you can become aware of the thin line between the two. Choose wisely, and above all, broaden the line or facilitate the choice.

If this book has a mission, it should be: to illustrate how to pave the way to Emotional self-knowledge and thereby making the choice easier towards the Positive Emotional Systems as the basis of our thinking and behaviour and not the Negative ones.

A way to end the era of the Ego.

It is not up to me or any therapist to make the choice for others if they want to live by the rules or supremacy of their Negative or Positive Emotional Systems.

It is our job to make it clearer to you that you can make a choice as a human and that there are ways to make that choice easier. If you are full of Fear, Guilt, Anger or Grief and you don't know how to deal with it (let's be honest and admit this concerns all of us), the choice seems impossible, but we (humans) can always make a mental choice.

For that reason, I always ask the same three questions:

- 1/ Do you want to learn how to love yourself (again)?
 - 2/ Do you want to learn how to love your body (again)?
 - 3/ Do you want to love life and be playful (again)?
- ... out of love for yourself, your loved ones or your children.

Answering positively and trying to act accordingly to at least 1 of these questions, is very important for us therapists. The free will is imperative and the ultimate, divine way to use the power of thinking positively.

If not, you choose to stay a victim of your Fears or traumas.

I had one female patient who was severely abused by a multitude of paedophiles in her youth and ended up being married to one, who abused her children and got away with it. She repeatedly and consciously said NO to all of these questions. As a result, my team and I had to abort working with her, because it became a loss of time and money for her.

Also in this case I need to be patient and wait until the Karma of life that might wake her up. She is always welcome when she at least decides to answer positive and sincere to 1 of the 3 questions, just mentioned.

Our second job is to make that choice easier for you and meditation is an essential part of that. Feeling your body, its tension and your emotional status is the first step. Learning how to use your body to alter this status of tension or emotion is the second. And

using this Emotional knowledge to overcome useless or destructive Fears is the third step.

According to us, this last step is essential to make the first step toward the Positive Emotional Systems possible or easier (to broaden the previously called 'thin line').

Humans have become a destructive, automutilative species due to the clumsy use of language, speech, strategy or communication.

Most of us are unable to manage this weapon with the necessary peace and power, due to a lack of knowledge of 'Yourself' or 'Your Brain'. Becoming aware of this is not only possible, but especially desirable for most of us.

For that reason, it is imperative for you to know exactly what is going wrong in your brain and how each of us started thinking and acting materialistically (solving internal or emotional problems with external solutions: money, God, heaven, tools, meditation techniques, blaming others, building walls). I see people making this mistake repeatedly and this also concerns (political and spiritual) leaders of the West the East. They have an excuse, for they are unaware of the cerebral mechanisms that drive them into the same abyss over and over again.

My hope is that by demystifying the mechanisms of the Emotional Systems of your brain, we might become aware of its consequences on our actions.

Anyway, once people become aware of these mechanisms, they are out of excuses for their destructive behaviour, and blaming others or God becomes obsolete.

2. The Anxious Child, product of 3 Existential Fears

There are two program the Negative Emotional Systems or to fill a person with Anger, Guilt, Fear or Sadness.

a/ Active Transmission of Anxiety and Behavior:

For most of us, the active transmission of Fear is obvious, and it is believed to be the most prominent reason for the transmission of Fear between humans or animals:

A parent belittles or rejects their child (consciously or unconsciously). A perpetrator continues to hurt others, just as others have hurt him in the past. The emotional pain in mammals or sensitive humans is proportional to

1. The degree of
 - 1/ humiliation (fear of failure)
 - 2/ rejection (separation anxiety)
 - 3/ confrontation with death or loss (Fear of change)= upbringing or traumatic life events
2. The degree of susceptibility or level of mammals
= Nature or the genetic level of empathy

(with the natural distribution of a Gaussian curve)

Thus, the degree of pain correlates with nurture and with innate sensitivity (nature).

To most of us, this probably sounds logical and understandable.

b/ Passive Transmission of Fear and Behavior:

The passive transmission of negative emotions is a largely underestimated and unknown mechanism, but nevertheless as effective as the former.

Each child copies the emotional systems of their parents or important caregivers in a passive and very effective way. It has been the way of nature and animals for centuries or millions of years.

The best way to survive was to copy all the knowledge to survive as soon as possible (before they would die) from the elderly care figures. Before the age of language, all living things used the 7 Emotional Systems for this purpose and the Mirror Neuron System was their fastest means of data transfer.

The only way to change or adapt the program to their specific life- or life-threatening events was to use the

SEEKING system. Thus, they perfected their survival methods with each generation. It's what I call, of course, karma or natural AI; the kind of karma that our society or the human race has (unknowingly) lost.

Every child is completely unaware of whether these are useful survival mechanisms or destructive ones. Out of love (or fear) for its caregivers and out of a natural habit (the Mirror Neuron System), it will certainly and very effectively copy all of these Negative and Positive systems into its own Emotional Systems.

The parents or caregivers on their behalf are just as ignorant as the children and that is the main reason why all parents should unconditionally consent to Emotional Therapy when a child is suffering from an emotional problem.

It is not a question of love here, but a simple matter of statistics: the more they become aware of and proficient in their own destructive emotional systems, the more they will become co-therapists. We have seen or heard that children change without any form of therapy in that way. For children before puberty, they are simply 100% susceptible to any kind of change due to their caregivers.

That's why I never prescribe medication anymore without the active cooperation of at least 1 parent

(and it has to be both or all of them), and by active cooperation I mean intensive Emotional Therapy.

The destructive and passively acquired side of Fears and negative behaviour can be well understood and managed by the adults. Children are very aware of and connected to their emotions, but lack some of the ability to understand and control them on their own. They need some guidance (first from the E.T. or Emotional Therapist and later from their own caregivers).

Of course, most parents will have thousands of ways or excuses to avoid this, but to me, their actions are just the simple signature of Fear and the mechanism that has made us cowards and liars for centuries. Time to change and leave the era of Fear and Ego behind.

Because of this, I can now understand why rational ways of therapy have no effect on Anxiety related syndromes and most problems in psychiatry are Anxiety related. Therefore, every therapist should have some knowledge (and ability) of working with the Emotional System to restore people's and professionals' trust in us.

Psychology and psychiatry should be the centre of health care, but it lacks professionalism and evidence-based models and treatment mechanisms.

Why should judges, lawyers, politicians, teachers, or specialists in medicine trust us if our science is not evidence-based (except for Mindfulness, Cognitive Behavioural Therapy, and Psychopharmacology).

The lack of evidence-based psychiatry and the belief that words can heal the soul are both outdated and a threat to the mental, physical, and emotional health of future generations.

The physics and importance of the Emotional Systems have been underestimated and neglected for quite some time, which makes a lot of sense for a species and society whose survival depended on logic and thought. For that reason, it is normal that the first psychotherapeutic schools were language-related.

However, Affective Neuroscience is a very strong and scientifically based phenomenon that is well known to some veterinarians, animal psychologists, and scientific experts.

This is partly the task of psychotherapy and therapists of all kinds. It is important to provide some information about the Emotional Systems and their

connection to negative thinking, stress and behaviour. All therapists should be at least very aware of the first phase of the Emotional Therapeutic process (both mental and physical): namely, the process of Becoming Conscious, by being or becoming aware yourself. For that reason, I always let therapists enter the program like any other patient. After all, on an emotional level, we're all the same and all pretty ignorant.

Part of awareness was explained in Part 1 of this book. Furthermore, a 'live' confrontation with all your own PESystems and NESystems in individual and group therapy is essential and very instructive.

In the first 6 months of therapy, your 'head' (which for most of us follows the NESystems) will be looking for excuses or ways to avoid this phase. Intelligent people (academics and certainly priests or religious scholars) try to take matters into their own hands, discuss methods, or avoid some techniques or methods in their specific, cognitive, ancient ways and habits. This is the way Fear works and the choice between Fear and (Self) Confidence needs to be made prominent and clear by us, Emotional Therapists.

Academics, like myself, and religious scholars are the hardest people to work with in emotional therapy, because they have learned or taught themselves very deeply and efficiently how to do it.

- 1/ Block or control the positive emotional systems
- 2/ Develop your control and avoidance strategies.
- 3/ Spread (missionary) and defend these compulsions and compulsions, norms and values (propaganda)

At some point, we always come to the same equation or saying, "Beliefs are like farts, but at some point you have to let go or you're going to explode".

This is the problem for intellectuals or highly intelligent children, they are better at: arguing, controlling their own behaviour or that of others; avoiding others and new ways of living or thinking. They are more cunning in pleasing others (like the therapist) so that they can continue to live or survive as they have done all their lives.

Intellectuals mainly want to know why something is happening to them or has happened to them. In this way, they become victims of their own traumas. Unconsciously, they rationalize away every Negative Emotional event and hold on to the very thing they want to run away from.

For example, a woman or a man with a sexual blockage does not always have to look for a reason or cause in her or his life. It seems perfectly logical to me that the daughter of a woman who was severely mistreated by German soldiers in the Second World

War will also raise her daughter with a certain aversion to men and sexuality.

Hence the meaninglessness of the 'why' question (Why is this happening to me?).

It is better to focus on a way to release the blockage or Fear, than to necessarily need to know what is causing it. Very often we don't know the reason, we will never find it and we don't have to. Because the real reason for all the violence in the world is the simple fact that a frightened and almost extinct chimpanzee started talking, reasoning and communicating, but doesn't know how to stop fighting windmills.

This turns out to be a very difficult concept for modern intelligent people, but makes a lot of sense for Affective Neuroscientists, Emotional Therapists and... children or the intellectually less gifted. Some of them seem to 'grasp' and apply our techniques more easily.

3. The 4 Faces of Emotional Pain

Emotional pain, in general:

Processing or letting go of Emotional Pain is the basis of Emotional Therapy. First, one must discover what one needs to let go of and whether he/she is capable of doing so (awareness). Second, this person needs to learn how to do this (competence).

As mentioned, we have a kind of continuous storyteller in our heads, our 'troubadour', who constantly tells stories about the past and the future. These stories correspond very little to reality, especially when it comes to NESystems. The higher the level of Anger, Guilt, Fear or Sadness, the greater the distortion of the truth can be.

This is the domain of our beliefs, beliefs, and religions.

"Beliefs are more dangerous enemies of truth than lies"
- Friedrich Nietzsche -

In addition, we have an "engineer" in our brain who can produce solutions in the blink of an eye and solve mathematical or three-dimensional problems in our imagination.

The narrator describes a real or fake problem, so to speak, and the engineer takes action to solve it in your head or by taking some form of action.

All NESystems colour the authenticity of a problem (many testimonials do not correspond to the facts at all) and the way it should be solved.

For example, people with a lot of Anger towards others and blessed with the skill of speaking such as Hitler, political extremists (far-left or far-right) or religious leaders, are able to colour the truth and propose totally absurd solutions by addressing your level of Anger, Fear, Guilt or Sadness. This process will continue to cost human lives, energy, and large amounts of money and will eventually lead to a level of depletion or extinction.

The followers or voters are just as oblivious to it as those who spread the stories (or tweet, these days). They all follow the same 'energy' or emotional program as the Germans did (who followed the Anger and Fears of their Führer like a flock of sheep), and that resulted in crazy instructions and absurd solutions (die Endlösung).

This could explain the ease with which today's world leaders are once again building walls between nations, cultures, or religions.

And it explains why people are very easily influenced when they are played by the cards of Anger and Fear. A more modern and recent example is that of Cambridge Analytica's influence on the US elections and the outcome of the referendum on membership of the European Union. They used modern technology and social media to play the cards of Anger and Fear on a particular population and made history.

Some might say that there will always be attempts by certain fields to influence people's NESystems. Some may also want to hunt down organizations such as social interference groups that play on people's emotions through social media.

The latter is pointless and a waste of time, energy and money: both parties, the rioters and the voters, are oblivious to the mechanisms that have driven them to think and act as they did. (The referendum itself is arguably one of the greatest political mistakes in world history and resulted in chaos and endless Babylonian discussions.)

All of this coloration of Illusions is caused by (old) Pain or distorted levels of Fear, Guilt, Anger or Sadness (the NESystems), and no one can be blamed in this process, for none of these leaders or sheep are aware of their level of distortion. The winning politician will certainly take credit after that, but I

think they were surprised at first and didn't expect as much success at the beginning of the process of the last presidential election or Brexit.

Anyway, for me both are fine examples of the vagaries of human history and the tendency to destroy people, nations, societies over and over again (Egyptian Empire, Greek Empire, Russian Empire, Chinese Empire, Japanese Empire, Roman Empire, ...). But can we (or the planet) afford another collapse of our social structures?

I would also encourage the conspiracy seekers to stop feeding their own paranoia and spend their precious time on the mechanisms of their own fears, instead of running after windmills in religious, political or royal circles. The leaders themselves are as blind, angry, and fearful as the voters they have masterfully played. Congratulations, by the way.

But for those leaders who do not want to keep the fire burning (of the age of the ego) and for those who no longer want themselves or their children to be blind followers or sheep, it is important to become aware of your own level of NESystems and the 4 faces of Emotional Pain.

Emotional pain, in details:

In our neurotic Pandora's box, there seem to be 4 types of illusions, two 'in time' (Guilt or Fear) and two 'in space' (Compassion and Victim).

The two types of 'Fear in Time' are projections of the 3 Existential Fears towards the future or the past, thanks to our troubadour.

The two types of "Fear in Space" are fruitless attempts, devised by our engineer to reduce pain in oneself or the other, and have kept the basis of spiritual and general materialism.

Each of them has brought out countless Control and Avoidance Strategies that have only helped increase the level of Sadness, Fear and Anger.

Pain contained in 4 types of **illusions**:

Emotional pain 'in time':

1. Fear
2. Guilt

Emotional pain 'in space':

3. Compassion
4. Victim

a/ Pain 'in time':

1. Fear (Failure – Separation – Change/Death) and the **troubadour** (the Wernicke and Broca area in our brain) work hand in hand to keep the level of pain intact or grow it into the future
 - Fear of failure: what could go wrong tomorrow?
 - Separation Fear: How will my partner leave me or cheat on me in the future?
 - Change/Death: What can go wrong after the change or death occurs? (Food for philosophers, theologians, and religious scholars.)

Anxiety presents itself in the present and future of your mind (negative thoughts are there all the time, while trying to predict or control the future).

= **coming up with** doomsday scenarios and possible **solutions** for a kind of Emotional Pain (Failure – Abandonment – Change/Loss/Death) in the FUTURE

= **designing** changes or **behaviors** that will remove this emotional pain

Both are illusions

The underlying Sadness and subsequent Anger towards others, yourself, your body, or your life (undermining the PESystems) follow the same rules, and they perpetuate or exacerbate themselves in that way.

Because of our thinking skills, we are able to produce doomsday scenarios and solutions in our heads before any real facts or actions have taken place in reality.

We wage wars in our heads by imagining paths to failure, humiliation, rejection, or loss, and do our best to come up with (the engineer's) solutions to prevent these painful things from happening.

It is the essence of Greek tragedy and the basis of Stephen King's success, romance books and Netflix series.

This mechanism ignites the fire of eternal emotional pain, hell on earth, and keeps all great human fears burning in our heads, bodies, and minds.

It keeps the fire burning and the pain (Anger, Guilt, Fear, and Sadness), experienced by our ancestors or ourselves in this lifetime, continues to flourish or accumulate with each generation.

Our brains and bodies continue to collect and store this pain, and both seem increasingly unable to cope with this level of tension or fire.

When our brain stops functioning as it should, we call it difficulty concentrating, depression, or burnout, and when our body seems to be collapsing, we call it chronic fatigue or fibromyalgia.

Our ability to think about the future causes us to relive our traumas over and over again.

We are no longer able to live in the moment, the now, despite the instantaneous emotions through the gift of nature that have made us the only living being on earth capable of contemplating and controlling time.

2. Guilt or tormenting or harming yourself for something that happened in the past.
- Fear of failure: What did I do wrong or what went wrong?
 - Separation anxiety: What were the signs that my partner would leave me or betray my trust?
 - Change/Death: What did I do wrong so that this is happening now?

We destroy our PESystem (or our Inner Child) by ruminating on the past in a negative and destructive way, and by looking for a scapegoat (yourself or someone else).

= **coming up with** doomsday scenarios and **solutions** for a form of Emotional Pain (Failure – Abandonment – Change/Loss/Death) in the PAST

= **bringing about** changes or **behaviors** that should have taken away this Emotional Pain. In our minds, we are convinced that in this way, the pain will somehow disappear (= the trick of the magic wand or the magical thinking of a 4-year-old child: "If only I had...")

The more intelligent the child, the more and the better it will work out the 4 types of Illusion and Behavior.

The more intelligent the child naturally or through upbringing (social media, psychologically increasingly complex series), the more neurotic or negative thoughts or obsessive behaviors he will develop.

It is pointless and useless to rob it of this information!

In this way, an evolution towards more Fear, Guilt, Anger or Sadness is clear and inevitable, and the love for oneself, one's body and Life (Playfulness) gradually decreases. This form of dissociation is common in most forms of society and leads to puberty, where the level of PESystems reaches a critical state.

In puberty, we are at our peak of intelligence, beauty and vitality, but most of our children think they are stupid or ugly, or they become indifferent on some level.

Puberty is therefore the most critical and vulnerable period of our lives, but how can we prevent our children from maintaining the status and level of their PESystems (of themselves, their bodies and their lives)? That is the question!

b/ Emotional pain 'in space':

1. Compassion or taking control of the other by taking responsibility for the fears of another.

= **coming up with** doomsday scenarios and possible **solutions** that should remove or prevent Emotional (or physical) Pain in SOMEONE ELSE.

= emotionally or neurophysiologically programmable:

1. Blocking your self-care more and more
2. Giving as much as possible to others (money, love, energy, etc.)
3. Not checking if you get anything in return (selfless love)

The Frightened Child is convinced that his or her pain, illness or death will then disappear.

The more intelligent the child, the more and the better it will work out the 4 types of Illusion and Behavior.

The more intelligent the child is by nature or by upbringing, the more neurotic or negative thoughts or obsessive behaviors they will develop.

Empathy is essential for complex social behavior and comes naturally to most of us (about 95%).

Psychopaths (about 5%) lack this mammalian quality and are socially incapable of becoming team players (but are suitable for other social purposes!).

Compassion with a capital C is the shift that this emotional quality has undergone through life by instilling fear or guilt in a person. This shift depends on the society you live in, the people you love, and those who have hurt you. You can't change any of them, but you can change your own level of compassion to empathy or non-fear-induced compassion.

It may be useful to analyze more precisely what ethics we impose on our fellow human beings, a hospital, a cult, a sect, a country ...

Many ethics committees or ethics teachers are unaware that imposing blame shifts the natural compassionate nature of the sensitive people among us into obsessive-compulsive and obsessive disorders, but it has no effect whatsoever on a psychopath!

Example 1: Control

Little Liesbeth became a nurse and forced her husband, children and colleagues to copy her lifestyle and beliefs in all kinds of very intelligent and devious ways.

One of her excuses for continuing to act or think the way she did was, "I have to take care of others out of compassion and because they need me."

In the end, everyone she "cared about" so much felt suffocated, controlled, or humiliated, and eventually rejected her or abandoned her (despite her initial drive: NOT to be abandoned).

Today, the compulsion to count, calculate, and care for others has disappeared and she now manages several nursing homes and takes care of her family with plenty of time to spare for rest, humour, and personal care.

The core of her treatment was focusing on her Separation Anxiety by recognizing it, and controlling it herself repeatedly with meditation techniques, until it reached a level that suited her. This level made it possible for her to easily choose between her Anxiety and PESystems and gradually made room for more playfulness, lust, and self-esteem.

Compassion made room for empathy for oneself and others (when they really needed her and also loved her for her efforts).

Example 2: Perfectionism:

At first, John (our perfectionist clerk) was convinced that taking home his colleagues' files was an act of compassion and not a compulsion driven by his fear of failure.

He actually lost his natural or social empathy by not checking if his coworkers were really asking for his help and if his body could handle his actions. He lost empathy for his own body and himself, and unconsciously became a master at ignoring signs of distress.

Now he has become quite aware of his fear-driven compulsion and by becoming proficient in managing this level of fear, he became a master at listening to and loving his body (and himself).

Example 3: Pleasing

Little Annie, who lived to please her mother, has unwittingly copied this way of life in her marriage.

The more her husband complained, the more she developed a naïve way of compassion for his narcissistic desires, unknowingly spoiling him rotten (just like their only son).

Later, she became aware of the mechanism of her actions and the depression that inevitably followed. The more she became proficient at managing her level of anxiety and guilt, the more she regained her self-esteem. The balance between the PESystems and NESystems was restored.

Example 4: Avoidance

Jo, our highly intelligent professor, is very committed to the problem of poverty in Africa and has started several projects there.

Due to his rather autistic and rigid lifestyle, he has never been able to build a relationship, but he does have a nice explanation for that: "I live for my work and those who need me".

4. Victim:

= **coming up with** doomsday scenarios and possible **solutions** that make the OTHER responsible for your emotional (or physical) pain. The OTHER must be the cause or the solution.

= bringing about **mandatory changes** or **behavior** in order to make THE OTHER move or act for the benefit of your pain or in service of that pain ("He must ...").

= emotionally programmed

1. Blocking your self-care more and more
2. Taking as much as possible from the other (money, love, energy, ...)
3. Little or no empathy or healthy sense of guilt towards the other (sociopathy)

The anxious child firmly believes that his pain (Fear or Distress) will disappear as a result of these actions.

The more intelligent the child, the more and the better it will work out the 4 types of Illusion and Behaviour.

The more intelligent the child is by nature or by upbringing, the more complex obsessive-compulsive (victim) behaviour it will develop, without ever getting any satisfaction.

Most of them just keep doing it or push it to a higher, more complex level, because of this lack of satisfaction... And the perpetrator is born.

Example 1: Control

A classic example is the *thief* or *kleptomaniac*, who justifies his behavior by thinking that he can hurt someone else as long as it reduces his own pain (even if only for a moment).

A *stalker* goes one step further and wants to fully control the other person's life by playing on his or her fears (and enjoying them).

Example 2: Perfectionism

Sadism, *fetishism*, and hoarding (especially if you want to own ALL the pieces in a particular collection) are different ways to hurt, control, or own something or someone. All with a short period of satisfaction and a tendency towards (a morbid form of) Perfection.

Example 3: Pleasing

The *manipulator* fits the profile of someone with slimy, pleasant behaviour, who praises you high in the air for being able to abuse you.

It takes a very good and experienced therapist to sense this from the start.

Consequences of *victimization*:

Someone who is stuck in *Victimhood* is therapeutically more difficult to reach or change, because here the 'internal dialogue' is greatly reduced or does not exist (the *repetitive perpetrator*).

Occasionally, we get a request for treatment in prison and most of the time I ask my wife to accompany me as a third party to read the nonverbal cues because she is better at reading *victim signs*.

In this way, we can invest valuable time (for both parties) in people with the capacity for an 'internal dialogue' or not.

By internal dialogue, we mean questioning your **thoughts** and **actions**, which is overwhelming in the

Guilt state, and minimal to non-existent in the *Victim state*.

Unfortunately, the latter is part of the foundation of our Western society or materialistic thinking, but it also exists in Eastern societies or spiritual (materialistic) ways of thinking:

"Someone or something outside of us will make me happy."

In this kind of *Sleeping Beauty thinking*, the solution to emotional pain may be materialistic or spiritual. Either way, both lead to delusions and obsessions based on victimhood, with very little or no existing internal dialogue. Unconsciously, both are constantly producing fanatics with little room for dialogue.

The emphasis on the word "unconscious" is deliberate and based on the fact that most of us are not aware of our levels of NESystems, let alone skilled at reprogramming them.

Recently, many studies on psychotherapy have concluded that the (mainly cognitive) therapeutic schools themselves had little or no effect on the level of Fear, Guilt, Anger or Distress. However, it turned out that specific therapists fell out of this equation, which means (to me) that these individuals were more aware and skilled at recognizing and changing their own level of NESystems.

In my opinion, these individuals need to be investigated further and are by definition Emotional Therapists. Personally, I'm still looking for solid methods to select these guys and improve their "internal dialogue."

Over the years, I have met many highly intelligent therapists with excellent techniques of control, avoidance, and pleasing. Most of them stopped training with us in the first six months, which means that my selection procedure is getting better and better. The rest of them became extraordinary Emotional Therapists regardless of their basic training and they still combine this in their practice with the cognitive language, principles and tools of their original schools. Blessed

End of chapter and a list of your demons. They live in your mind and body, your beliefs and behaviors.

Only by becoming aware of it and becoming skilled at fighting it can the love for your life (PLAYFULNESS), your body (PLEASURE) and your self-esteem and empathy (CARE) be restored.

SUMMARY

Chapter 4: The 4 Faces of Emotional Pain

Emotional pain 'in time':

1. Fear

= typical human emotion,
Mentally based on a belief
emotionally piled up Sadness
Physically a dying reflex

= typical human behaviour, at the expense of
the lust for life,
health,
self-esteem
of yourself or your environment.

= **coming up with** doomsday scenarios and possible
solutions for a kind of Emotional Pain (Failure –
Abandonment – Change/Loss/Death) in the FUTURE

= **designing** changes or **behaviors** that will remove
this emotional pain

2. Guilt

= typical human emotion, mentally based on a belief

emotionally accumulated anger towards yourself

Physically a dying reflex

= typical human behaviour, at the expense of the lust for life,

health,
self-esteem

of yourself (especially) and your environment.

= **coming up with** doomsday scenarios and **solutions** for a form of Emotional Pain (Failure – Abandonment – Change/Loss/Death) in the PAST

= **bringing about** changes or **behaviors** that should have taken away this Emotional Pain. In our minds, we are convinced that in this way, the pain will somehow disappear.

Emotional pain 'in space':

3. Compassion

1. Blocking your self-care more and more
2. Giving as much as possible to others (money, love, energy, etc.)

3. Not checking if you get anything in return (selfless love)
4. Compassion
 1. Blocking self-care more and more
 2. Taking as much as possible from the other (money, love, energy, ...)
 3. Little or no empathy or healthy sense of guilt towards the other (sociopathy)

SUMMARY PART 1

Language saved our ancestors from annihilation, but it split the PESystems (Yin, Love, Peace or Inner Child System) from the NESystems (Yang, Hate, War or Stress Axis) and provided nuclear possibilities to men with big egos.

It will take brave new pioneers to boldly go where no man has gone before ... into our own Emotional Pain and to conquer your own Raging Bull (Trump, Hitler) or Internal Paedophile (Fear, Guilt, Compassion or Victimisation).

Whether you are a Trumpy or a Poetin, comfortable in hurting, controlling or accusing others or an Internal Paedophile, comfortable in hurting, controlling or accusing yourself, both these Emotional States of being (see Part 3) can be changed and do not need to stay 'your personality' for the rest of your life.

In the next part 2 and 3 a manual or way to get there should become clear and obvious.

*The intuitive mind is a sacred gift and the rational mind
is a faithful servant.
We have created a society that honours the servant and
has forgotten the gift.*

(A. Einstein)

Chapter 1: Mindfulness and antidepressants.

Chapter 2: Charging and discharging.

Chapter 3: Nature or Nurture.

Nature

Nurture

--

Chapter 1: Mindfulness and Antidepressants

Especially the University of Oxford studied numerous Eastern, spiritual and even paranormal phenomena in an expert and science-based manner.

They investigated phenomena such as 'trance' and decided that this can be viewed as a phase of sleepiness without great salutary value; you become as sleepy from chanting the word 'Coca Cola' as from the mythical word 'Hare Krishna'.

When they expertly studied a simple Buddhist technique, however, a highly beneficial and preventive medical value could be measured and recorded.

The concept of Mindfulness (which literally means "Awareness of being") was introduced in the medical and scientific world, because these techniques proved to be curative on the level of anxiety, light depressions, and even effective in preventing relapses of depression. We were not at all surprised, but rather relieved when the results were published. It made us even more curious to explore meditation than we were before.

Concept of the study of Mindfulness:

The people involved in the study suffered from severe Depressions (Major Depression in medical terms) and took quite a few antidepressants (medication to get you out of a depression faster and more thoroughly). The medication could always be changed 'lege artis' or according to the rules of medical art.

The patients only had to perform two assignments in this study. The first group performed both assignments and the second group performed only the second one:

1 / Meditate for ten minutes every evening according to a Buddhist principle (a kind of body scan, which we explained earlier on).

2 / Regularly undergo "depressogenic weekends". (Here one receives several negative emotional impulses, separated from their families. It is something that you, as a normal person, could become depressed of (sad music, sad images, etc.).

It appeared that the group which meditated (group 1), declined and relapsed statistically less into a Depression.

Because of this proof, the concept of Mindfulness was ready to be introduced in Psychiatry and Psychology on a science-based level, and it opened

the doors for other body-mind techniques or Emotional Therapy.

Meditation and medication in practice:

The neurophysiological basis of the preventive or beneficial value of a meditation technique, still needed to be studied and elaborated, but it was clear to us that our many years of work were suddenly scientifically substantiated. After the big successes of psychopharmacology, few spectacular things had been described or discovered in Psychiatry.

The effect of antidepressants was based on proven facts:

- * In a Major Depression we noticed a shortage of some substances (the monoamines: serotonin, noradrenaline and dopamine, ...) in the fluid around the brain or spinal cord.
- * Antidepressants increase the presence of these substances and have proven that the symptoms of a Depression disappear or decrease faster and more efficiently compared to placebo (this is the administration of a pill without an active substance).
- * Some psychotherapeutic schools, like Behavioural Therapy, provide clear results (beneficial and preventive), but then especially in combination with medication. Psychoanalysis, for example, has never really proven to be helpful on the level of Anxiety or Depression, at all.

The Western World investigated in depth and in an extremely sterile manner what went wrong in people with severe Depression.

We came to the short-sighted conclusion that the brain suffered from a shortage of some substances, so it had be stimulated to produce these substances again. Some thought just administering them should suffice (which is not the case).

Anyway, the phenomenon of a Major Depression became a science-based fact, and it could also be effectively reduced or cured with medication. Medical science (and certainly Psychiatry) leaped forward and it was able to help a lot of people that way.

In the meantime, a lot of antidepressants have been (and are still) prescribed all over the world and this made a big difference for a lot of people we were not able to help before.

Thank you very much, pharmaceutical industry.

However, the preventive effect of antidepressants turned out to be a disappointment. The substances in antidepressants did not seem to be able to prevent patients from relapsing into depression.

I would like to add that a few other substances were studied and found to be more effective for the purpose of preventing relapse, such as Lithium, but that discussion would lead us too far astray.

And then the University of Oxford came up with the Mindfulness studies...

Apparently, there were physical or kinaesthetic techniques that were able to play and deal with the Stress axis to such an extent that the subjects involved were more resistant to negative forms of stress and built up a certain emotional resistance or stress tolerance.

Antidepressants did not perform well here, but suddenly the solution for building up stress tolerance was offered to us by the Eastern world and proven by Western thinking or science-based studies in a well-known Western University.

The consequences of Meditation on the body, emotions and psychological expression:

Let us try to analyse why people who use Mindfulness techniques are able to change their resistance to stress.

There is a logic to it all. For people who are used to working with animals this chapter will make a lot of sense and some of the content comes from animal lovers.

A dog in distress or fear expresses these emotions instantly and is not able to mask it the way we can (too little frontal lobe tissue). His body language is very straight forward and his boss or other dogs understand the expression of his body instantly: the head and tail go down and the neck curls up. As a result, his boss will act accordingly to help him out.

A good caretaker will not question why his animal is afraid, but he will try to change the environment, his own attitude or use techniques to overcome the fear.

This is not what we do when we are distressed or fearful: we ignore the feelings in many ways and even question why they are there. This unconscious and ignorant way of reacting to emotions is a cold or dissociative way of living, which we have developed for ages now.

The cold and analytical way of the Western world and his evidence-based science has disconnected us from the richness of the emotional world of cats and dog. Psychoanalysis has no effect whatsoever on your level of stress (Anger, Fear or Distress), and could not provide us consistent proof on curing Depressions or Anxiety Disorders.

Still, we like to analyse and talk about our Fears, but would you be able to calm down your dog by simply asking him why he is afraid?

Only the tone of your voice and your body language will help your dog, and to me, this is the logical explanation why so many schools in psychotherapy seem to fail treating Anxiety and Obsessive Compulsive Disorders. Additionally, more and more studies seem to suggest that the emotional status of the therapist is more important than the specific cognitive techniques they learned in their schools.

For too long we have overestimated the magic of words and underestimated the worth of (our own) emotions or non-verbal communication.

You can perfectly sooth a dog with abusive words and reproaches, as long as your body language radiates peace, love and strength. Words have no meaning in the world of animals and emotions.

Hence our long (and not always easy) search over the years for calm, loving and powerful therapists. The peace, love and perseverance of the person carrying out meditation or kinaesthetic techniques are important and comparable to the peace, love and decisiveness of a dog psychologist or horse whisperer.

The link with Self-Care:

In the study at Oxford University, the people involved used their techniques on a daily basis. This might be one of the main reasons of success in the study on meditation techniques: regularity and perseverance guarantee stable success or good self-care.

We like to broaden the focus of attention or awareness, and put some kind of direction in it. Some practitioners make it seem like, talking about the trauma or writing the events down or avoiding attention on your traumatic memories or emotions themselves, will cure some traumas. I, as well, used to think that talking about a trauma had a curing effect or that installing 'a safe place' removed the pain on an emotional level. On Fear and severe traumas this has a very limited to no effect at all. It only soothes the pain for a little while.

Let me explain this with a story about one of my students who asked his Zen Buddhist teacher if working with Anger or Dynamic Meditation Techniques, like we use in in Anger or Fear Management, was a proper way to act or meditate. Without knowing me, our practise or our expertise, he instantly advised his student not to use meditation the way we did. Working with Anger was not done.

A few years later, the classes of this teacher or some of his disciples were not so successful, and he decided to appoint other people to run the classes. This change of plans ignited an open war on Facebook (where emotions should be limited to emoticons) between the old and new disciples. I heard from my student that the teacher couldn't stop the two parties from fighting when he invited them to have a civil discussion.

What good is meditation in a safe environment far away from the real world?

In this case, the teacher (unconsciously) used Buddhistic techniques to ensure that the brains of his students to dissociated and accumulated their Fears and Anger. The techniques or schools are not essential, the Godconcept or the emotional balance in the brain of the teacher is.

Mediation should not be an instrument to suppress emotions and certainly not a way (especially for intellectuals) to flee from reality or their emotions with New Age rituals (implying incense, candlelight or specific clothing).

The open spirit of the current Dalai Lama is very clear on this: if there are ways of thinking or techniques that are not serving man kind or are proven to be futile by modern science, then this way of teaching

should be banished from the Buddhistic tradition.
What a Godlike way of thinking.

As a psychiatrist, I would never have dreamt of some of the results we made in the last few years. To see people with a history of long and severe sexual abuse become able again to make love or have sex or love their body and themselves in a way even normal people have problems with, that made me believe that the emotional system is very special and flexible.

Maybe more flexible, stronger and more stable than psychopharmacology ...?

Anyway, I haven't seen the end of its possibilities yet, and I will keep on exploring it with an open mind.

Let's focus again on Awareness of the NESystems and the Competence to make way for the PESystems:

1 / Your physical level of stress or (electrical) 'charge' is the reflection of the NESystems:

This is usually reflected in the physical or psychosomatic expression of your Stress- or HPA-Axis.

2 / Your mental level of tension, convictions or Fearful thinking follow the dominant Emotional Systems:

In Emotional Therapy, once the patient or client is 'aware' of the dominance of the NESystems (Fight, Flight, Freeze and Follow sensations), we focus on becoming 'competent' at shifting from the NESystems to the PESystem in a physiological or natural way.

The Awareness is the first phase of meditation and the competence phase two and three: using your body, physical or animal techniques to shift from Fight, Flight, Freeze or Follow sensations to your 'inner smile' or 'inner child' (PESystems).

For that, we keep on investigating an arsenal of physical or kinaesthetic techniques that might be useful in multiple circumstances or at multiple levels of tension.

The emotional balance of the teacher or therapist will determine the rate of success in shifting the emotional balance of his client.

This, in combination with the positive intention of the client or the will to reach a stable level or 'inner smile' or 'inner child' (his or her cognitive switch or choice), is the way to therapeutic success.

For that, we need to make the client 'aware' of his own level of cognitive arousal. Most of us think that we are, but rest assured... the mind works in mysterious ways.

Three levels of Fear:

A way to simplify the three levels of Fear might be as useful to you as it is to us, and a way to measure the Stress- or HPA-Axis in daily practice:

1 / Level Worry:

Negative thinking, mental fixation on problems or repeatedly looking for solutions in the past or future

2 / Level Anxiety:

Short-term physical signs of stress or tension, which suddenly appear and suddenly disappear, and are not so intense or painful.

3 / Level Panic:

Long-term physical signs of stress or tension (for example, longer than an hour), which return at regular intervals, do not just disappear that easily, and are quite intense or painful (comparable with a heart attack or kidney crisis).

Objective or physical signs:

Let's list up the most common physical signs of tension or a list of psychosomatic signs:

Skin:

- sweat attacks
- blushing
- itching
- scratching
- Urticaria (without a physical cause) or hives
- Psoriasis (the attacks reoccur under stress)

Lungs:

- hyperventilation (shortness of breath or the feeling of pressure on the chest)
- asthma (without apparent cause or allergy)

Heart and vessels:

- palpitations
- high or low blood pressure

Stomach and intestinal system:

- constipation, diarrhoea
- stomach pain, intestinal cramps

Appetite:

- eating disorders (too much or too little)
- fat and / or sugar obesity

Muscular system:

- muscle tension
- neck, head, shoulder or back pain
- varying muscle pain (with pressure points)
- physical restlessness (legs, feet, whole body, ...)
- tremor or trembling

Sleep:

- having difficulty getting into sleep is an indicator of a moderate level of worry or anxiety
- having problems to stay asleep (awaking a lot or superficial sleep) is an indicator for more serious emotional problems or a high level of panic. At this stage, it is far more likely that your emotional status will evolve into a depression or psychosis.

Psychotherapy, Meditation en Meditation:

I cannot emphasise enough to colleagues, policy makers or people with great responsibility, that:

1 / psychotherapy is important to make yourself and the people you work with aware of the earlier mentioned concepts (Part 1 or Awareness).

2 / meditation is the essential gateway to your feelings, your body and the very important animal side of your brain (I call it Bobby, sometimes).

3 / medication is necessary to reduce extreme levels of anxiety of panic to a more human or lower level of stress, and to make the previous two goals (talking and meditating) possible.

East meets West ... in favour of all of us.

SUMMARY

Chapter 1: Mindfulness and Antidepressants

Psychotherapy, meditation and medication form the winning team on the Olympics of treating toxic stress or Fear.

They are all a blessing for human kind.

Chapter 2: Charging and discharging.

Introduction:

In this part of the book, it is of the utmost importance to properly describe and understand the terms 'charging' and 'discharging'.

We, in the West, are little 'Mindful', but rest assured, lots of people in the East as well. We are all very little aware of the physical tension we build up, and certainly not competent in releasing this tension.

Yet, this concept is extremely important to understand how Fear takes over and how we can become managers of our own Fears.

Allow me to dig deeper into this subject. We (unconsciously) charge our body and brain every day, like a capacitor or electromagnet. Isn't our body one big collection of biological batteries and capacitors?

Cyclothymia is a word for mild mood swings in psychiatry and it's based on this concept. We experience ups and downs on an emotional level and find these fluctuations annoying, but we don't really know how to manage them. On an emotional level, we experience highs and lows and on a physical level, we only seem to act upon a high level of pain.

Though, we seem to be able to suppress even that sensation (while our body is dying, like fibromyalgia).

Fibromyalgia is by definition a measured (by EMG or Electromyogram) status of necrosis or muscles dying inside your body. Nothing to be happy about and it should be an incentive for the owner of that body to look for methods of deep relaxation, meditation or other techniques, like an obsessive mother looking for a cure for her child. Sometimes I see people give up and settle with this diagnosis or obsessively look for ways to be taken care of by others. A loss of precious time, because it should activate them to look for ways to stop their own Stress or HPA Axis from killing themselves or their body. I understand this reaction completely, because we are mammals and like to be taken care of by others when in distress. We are intelligent, thus more capable of denying, suppressing and avoiding our feelings.

And, on the other hand, the help or knowledge of the professionals is insufficient sometimes.

But like a good mother, you should never give up looking for new insights, ways or professional aid until you have found ways to reset the dominance of the NESystems (Anger, Guilt, Fear or Grief) in your body.

One warning, however. Your head or the thinker doesn't know the way out, your body does. And relying on or trusting our body is a big challenge for most people, especially bright or intellectual people. It remains a great challenge for us, Emotional Therapists, to get them 'out of their heads'.

In the previous chapter (and included in the list of psychosomatics) I mentioned some physical signs of possible stress, but most of us don't seem to feel or notice them. Others obsessively keep on looking for external or physical reasons (though several doctors couldn't find an external or physical explanation). The first mechanism is dissociation, the second denial. And the more intelligent people are, the more sophisticated they have become over the years in improving these two mechanisms.

That is why charging or clamping our bodies is an unconscious process for most of us and it pushes us or our bodies (again unconsciously) into developing many types of discharge behaviour, whether good or bad for your health: impulsive behaviour or emotions, extreme sports or extreme exercise, extreme ways to get an orgasm, ...

When the bucket is full, the water will find its way.

Most questions we all ask ourselves when we are in pain are futile and obsolete:

"Why?"

"Why me?"

"How come?"

"How is this possible?"

The only question we should ever ask ourselves is:
"How do I succeed in relaxing my body or managing
my Anger or Fear?".

This is the most solution-focussed question a loving
mother or protective and sensible father would ask a
doctor when her or his child is sick (the foundation of
the Godconcept)

The answer to this question should be divided into
three categories:

(Note: The less socially acceptable, the greater the
tendency to addiction or irresistible urge to ...)

Degrees or ways of spontaneous discharge:

1 / Socially acceptable (the ones we post on
Facebook):

- * Sports: walking, cycling, ...
- * Holidays and vacations
- * Affection or love amongst family and friends
- * Cleaning up or organising your stuff
- * Laughter and jokes

2 / Less socially acceptable (the ones we don't post on FB):

- * Medication: especially the derivatives of Diazepam or the very strong dischargers (Alprazolam or Xanax, Lorazepam, Lormetazepam, ...)

- * Drugs or other very strong dischargers such as alcohol, cannabis, codeine (for example Dafalgan codeine), morphine or heroin-like (Fentanyl, Methadone, Hydrocodone ...), amphetamines (Ritalin, Concerta), etc.

- * Food: abuse of sugars or fat is usually not mentioned as discharger because they are 'natural', not chemically produced and because people are not consciously aware of their quite spectacular effect on stress or a charged body (alcohol is derived from sugar, by the way).

It is not yet socially accepted that they should be classified under 'addictive substances' (let alone narcotics), but there are certainly arguments to consider this as a solid way of thinking.

- * Sex: a very strong discharger and now more socially accepted than before, but still in the dark because of cultural taboos and inhibitions (Fear, Guilt, Shame, ...).

Because of this submission to the dark side, it has led to excessive and very painful ways of discharging: orgasms elicited only by pain, sexual abuse or predators, pedophilia, ...

* Crying is slightly less socially acceptable, compared to laughter for example.

3 / Not socially acceptable (or totally kept in the dark):

* Narcotics are very strong and efficient chemical dischargers (morphine and heroin, amphetamines (XTC, cocaine), but chemicals follow a simple rule: the stronger their effect in suppressing the NESystems (Anger, Guilt, Fear, Grief), the harder or more these feeling come back afterwards.

Which is not the case in meditation, and which is a (neuro)physiological process.

* Sex is for some the only effective or strong discharger in more dangerous or obscure circumstances: porn, prostitution, swinging, SM, dark rooms, chemsex...

Thank God for porn, but if you are ONLY able to have an orgasm doing porn, seeing a prostitute, swinging about, doing SM..., and no longer with the partner you really love. Then, you have a problem.

* Expressing anger is also a very strong discharger, but it is no longer socially accepted in a non-verbal way nowadays. In our opinion this leads to an increase in the level of verbal violence on an emotional level and suppressed or passive aggressive violence (depending on the intelligence or ability to suppress your anger by the help of your frontal lobe) and an increase of violence under the influence of alcohol or narcotics (which elevate the inhibitory

function of the frontal lobe and sets the NESystems totally free without any form of control).

A simple solution is more (aggressive) sports with relief tension and teaching discipline (training the frontal lobe) and on a therapeutic level the essence of Dynamic Meditation Techniques. The latter relieves tension and is able to reprogram your Fears or NES-reflexes, sports doesn't.

Dynamic Meditation Techniques are essential instruments to finally stop the circles of pain **inside** (Anger, Guilt, Fear, Grief) and make an end to the seemingly endless ways of harassment among colleagues and partners, unnecessary verbal assertiveness, psychological warfare, divorces, ...

Verbal and non-verbal or physical violence is a, mainly unconscious, tool to hurt others and protect your inner pain, but, also mainly unconscious, it keeps the pain close to your heart. Most of us are convinced that they have lost their tension or charge by shouting at each other, physically hurting another, doing sports or having some kind of an angry outburst. This is correct in short-term thinking or for immediate success. In the long run, however, you will have to keep on repeating this with lesser success and find yourself repeating identical ways of discharging.

I've known many hardcore marathon men who were convinced their sports or the way they do it was far more efficient than learning how to meditate properly. In dynamic or other forms of meditation they didn't seem to be able to let go the control over their emotions and are still repeating their mistakes. One said with great conviction (sportsmen have lots of them) that running was the way to stop his anxiety attacks, until he started having them during his runs.

It goes without saying that we, therapists, are only interested in long-term solutions.

Most people are very unaware of the levels of stress they charge their body and mind with and certainly not aware of the emotional levels of Fear, Anger, Guilt, Compassion, Self-pity or Victim role (the NESystems) that feed keep this fire burning.

The competence to deal with high or toxic levels of stress in a healthy or natural way is for most of us a disaster and a reflexion of our very low Emotional Intelligence.

Consider all these facts, one after the other, and the question of accountability in human destructive behaviour, abuse, violence and abuse of narcotics, ends up near zero.

This is a big problem for lawyers and our justice system and maybe the reason why this system lacks results. But they have two excuses:

1/ Psychology and psychiatry is not doing the job either

2/ People are not eager or used to develop Emotional Intelligence, on the contrary.

Managing or discharging your brain and body is not easy, a full-time job and an art. But trust me, it pays off for yourself, your environment and your offspring.

Still, there is a big difference between:

1 / Meditating or applying various physical techniques to install peace in your body and mind, disabling the Orthosympathetic System and consciously enabling the Parasympathetic System to take over.

2 / Therapeutic Meditation or Emotional Therapy, enabling the individual to reprogram his own Emotional Memory System.

This brings us to my personal approach of what Therapeutic Meditating really means.

Therapeutic Meditation is ...

Repetitive training in using physical (animal or meditative) techniques which ...

1 / you practice first, as in regular meditation, in a quiet, secure or familiar environment ...

a/ in order to eliminate the physical and mental consequences of Fear as best as possible

b/ in order to get to know, feel and deal with your Orthosympathetic (Fight, Flight, Freeze), enabling the Parasympathetic (hugging, eating, drinking, sex) System to restore peace and quiet in your body and mind.

2 / enable you to re-enact old traumatic experiences in an emotional healthy and painless way ...

a/ either on the spot and in the presence of perpetrators or provocative circumstances like walking or driving through the street you were raped in or where you used to live as an abused child
b/ or in your imagination, where the traumatic experience is simulated as in regression therapy or hypnosis

All of this with the aim of reprogramming your Emotional Memory yourself.

This all seems very complex and difficult to do, but when you worry or have a nightmare, your imagination is taking over as well and makes you re-

live the trauma or predict a painful future, without your control or approval.

Once you are aware of the Fears that kept the fire burning of your destructive Convictions and Behaviour (and those of previous generations), it is up to you to develop a competence to get rid of them. This will seem illogical or contrary to these Convictions at first and will certainly get into conflict with the reflexes or habits you have been developing for year.

That's the reason why all of us need someone else, a therapist, a coach, a confidant or a field expert who has the experience, tools and skills to guide you through these processes. Once again, the therapeutic school is not important but the emotional maturity and balance of the guide.

The maturity and the passion of the guide to evolve should be measured and rewarded, which is not the case in most funded therapeutic centres and the cause of the death of creativity and long waiting lists in these centres. I have seen a lot of therapist come and go and kept the best inside as in natural selection system of nature itself. Funded centres or therapists seem to lose their passion or creativity or positive sense of competition along the way, which can be avoided by measuring their competence and results continually.

There are very good tools for this, developed by people like Barry Duncan (CEO of Better Outcomes Now) and if we want the Mental Health Care to evolve, improve or stay profitable, we will certainly need tools like this. If we really want to invest in the mental and emotional future of our kids, we need specialised Care Units, which get paid by commitment of result and not receive a blank paycheque every month.

Anyway, my point here is that you are unable to become aware of all your Fears by yourself, let alone become competent at reducing, reprogramming or abolishing them completely (which should be our sacred and final goal).

Especially the more intelligent ones and scholars among us need more experienced and cunning therapists in the future, for intellectuals are better in hiding their Fears and developing avoidance mechanism than 'ordinary' people.

Another option is to just focus on the ordinary people. In the long run, the level of Fear and toxic stress will accumulate in the intellectual, anyway.

Rest assured, none of us started their journey through their Fears willingly. We all need a little push (what dog wants to jump into a fire?). First, we need

some incentive to find the Yellow Brick Road. In the beginning the main incentive is pain, Fear or toxic stress and later on the intention or commitment to evolve turns into love (for yourself, your loved ones, your body or your life).

Another annoying conviction of myself and all of the members of my two teams of therapist is that without a multidisciplinary team of experts, people with severe Anxiety or psychological trauma cannot be treated adequately or professionally. (We see at least 150 people a week and there is no waiting list.)

As an individual you cannot capture or know everything, and certainly not stand up to the cunning ego or the Fearful Child and Troubadour of the intellectual and scholar.

Moreover, an Emotional Therapist should evolve constantly, and I am still looking for more efficient ways to secure this evolution in my students, because a lot of the current ways of intervision or supervision are too superficial and emotionally polite, and therefore futile.

In my teams, I am still looking for better ways to secure evolution, self-reflection and intervision or better and more satisfying ways to steal from one another.

In addition to the information that we aim to provide in this book, we also want to promote a certain 'Lifestyle'. Some cookbooks try to help you cook in a healthy way. We try to help you reprogram yourself and install a natural and healthy way of living, laughing and loving.

We are convinced that no one can reach this goal in a stable and continuing fashion if you skip the part of going through hell again, but with professional help and in a painless manner.

You cannot skip the NESystems and re-install the PESystems like most of us, even therapists, tend to do. For example, talking to your mirror image in the morning and sending positive vibes to yourself is a good and helpful thing, but will not last or become a stable or less destructible way of positive feeling or thinking.

SUMMARY

Chapter 2: Charging and Discharging

Choose your ways and methods of healthy discharging more wisely.

To end chapter is beauty, another quote from our best friend and very emotional physicist:

Prayer does not change the world.

But prayer changes people.

And people change the world.

(A.Einstein)

Chapter 3: Nature or Nurture.

Introduction:

A brief explanation of the difference between your natural constitution and educational or cultural formation is in order, here.

Scientists like to separate these concepts for logical reasons:

1 / 'Nature' or the influence of your DNA and natural, hereditary patterns on your constitution, behaviour, emotional balance, ...

2 / 'Nurture' or the influence of the environment on the expression of your DNA (epigenetics) on your constitution, behaviour, emotional balance, ...

This way we can measure which factors have a long lasting or useful effect on genetics, genetic expression or psychological expression (conviction and behaviour) and vice versa.

In view of this science-based approach and after years of experience we can confirm that both genetic expression and psychological expression (convictions, behaviour and non-verbal

communication) are subjected to substantial changes in one lifetime.

Because of the many positive results along the years of trial and error, we were inspired and driven to write down these positive experiences and insights. Especially, to counter some negative literature in which the influence of psychotherapy, medication and meditation is minimised or even ridiculed.

‘Nature’ means that some things are passed on over the generations through conception (the egg-sperm connection) and at the level of DNA (without the influence of education or culture).

‘Nurture’ is the extent to which life shapes a baby's development from conception and influenced by his care figures, environment and culture.

Concerning the transition of Emotional Programs over the generations, it becomes increasingly clear that:

1 / The natural transmission of some Emotional Systems like empathy for example, is following the mathematical rules of DNA or inheritance. The expression of each system is balancing between two extremes and for that of the CARE- or EMPATHY-System this duality expresses itself in the extremes of ‘mammal versus predator’, ‘empathy versus

psychopathy' and 'high-sensitive versus low sensitive'. All of these emotional statuses follow the rules of inheritance.

2 / Emotional transition by nurture is following seemingly chaotic laws, but in our opinion the Emotional Memory System follows physical rules with an equal mathematical precision of that of the rules of inheritance.

1 / Nature.

Both previously mentioned extremes have advantages and disadvantages. Most of us float somewhere in between. Nature behaves like a Gauss curve, with only a minority at the two extreme sides of the curve.

Serial killers (like Marc Dutroux and András Pándy in Belgium , Ted Bundy in the USA, Andrei Chikatilo in Russia) statistically account for fewer victims compared to the number of passion driven murders, but they kill their victims in a sadistic, cold and rational way. The vast majority of murders are crimes of passion. These are committed in an impulsive and emotional way, passion driven and executed by mainly 'sensitive' people.

What most people don't know is that people like Marc Dutroux or 'low sensitive' individuals can be tested or diagnosed at a very early age, even in kindergarten. Nurtured in a loving environment, they can be of great value to society without a history of violence.

By nature, they display less fear, guilt or empathy (smaller CARE-System) and stand out in professions which require calculation and rationality and less social contact. This is perfect for working on skyscrapers, drilling platforms, in secluded areas, in scientific observations or studies which require

solitude or management function which require little social skills.

High-sensitive people are more likely to end up in the nursing, social or educational sector, where continuous and constructive social skills are essential.

Fortunately, most people have a bit of both worlds and comply easily;

But both extremes come with a high degree of responsibility:

1 / High-sensitive people or 'mammals' should know their Fears much better and manage them by meditating far more than 'average sensitive' people. Anger, Guilt, Fear and Grief or the NESystems are able to block the Positive ones up to the level where empathy is no longer exists. This is the road of the sociopath or the passionate killer, but also your road in daily life.

Try to honestly (emotional honesty is very difficult for us, intellectuals) observe where your level of empathy is going when you get really angry, scared and are full of self-pity or grief.

We, high or normal sensitive people harm ourselves or our beloveds in a physical or emotional way far more than genetic psychopaths (which lack the social skills to do so) and our damaged sensitivity produces most passionate murderers, suicides or mass

murderers (cf. master Vermassen, a well-known Belgian lawyer who wrote a very interesting Dutch book: Murderers and their motives).

2 / Low sensitive people or 'sharks' should be brought up in a loving environment if we don't want them to evolve into irreversible serial killers and mob bosses (wonderful book by James Fallon: The Psychopath in Me).

Emotional dishonesty or laziness:

Many people like to present themselves with the label High-Sensitive, but the symptoms they describe are those of Hyperesthesia, Hypersensitivity or a continuously increased level or charge on their stress (HPA) axis. A body at war.

The symptoms of Hypersensitivity are described in the list of Psychosomatics (see Chapter 1 of Part 2) and usually imply an increased irritability towards sound, light, or other kinds of sensory perception.

For me, High Sensitivity is the degree of mammal nuclei in your brain that represent the CARE-System of the mammal side of our Emotional System at birth (very high in dolphins by the way and according to Panksepp or his beautiful book: Affective Neuroscience). This represents the hereditary side of the empathic social being we could be, and therefore, the possible degree of emotional attachment of parents to a child (or child compared to parent or individual versus group).

The negative side of the mammalian or high-sensitive people is that they are more subjected to or more vulnerable for distress (Grief) and will develop Fear of Failure, Separation Fear and Fear of Change more easily. This is the link between High Sensitivity and

Hypersensitivity, but it should not be an excuse for emotional or meditative laziness, on the contrary.

The higher your sensitivity (whether by nature or nurture), the more kinds of Fear or consequences of psychological trauma you will carry with you all your life (high levels of NESystems) and pass on to your children or loved ones.

The higher your sensitivity (whether nature or nurture), the more stress-sensitive syndromes will express themselves in the course of your life, and especially the immune-related ones: Bechterew's disease, Crohn's disease, Ulcerative colitis, Psoriasis, Rheumatism, ...

The chirping dolphins (a super-mammal with the largest CARE System of all animal species and which we all seem to like or like to compare with ourselves) can suddenly turn into raging and sadistic mass murders.

The chimpanzee is also quite capable of exterminating its own species, for instance after being exiled brutally by his own group (which lead to some level of Separation Fear or Anger, I presume) and also quite able to turn into a brutal mass murderer, killing all the men and children and in the company of other exiled companions.

Is there some similarity to be noted here with making war?

It should be noted that four out of five chimpanzees died during isolation (from distress, stress and predators, I presume - cf. book master Vermassen).

It suddenly seems less interesting to be High-Sensitive...

Low-sensitive people, the 'sharks' in the animal kingdom, show extremely few physical signs of stress if confronted with the death or repulsion of "loved ones" (and that is why the lie detector doesn't work on them).

But... they are worthless in a volleyball team because it requires a group feeling or some form of empathy.

2/ Nurture

We gave some examples and told a few stories that might have appealed to your imagination concerning 'nurture' and hopefully inspired you to make the link with yourself, your education and your convictions.

It is clear that the Mirror Neuron System and the Emotional Memory are very ingenious systems that have been tested and perfected by the animal kingdom for thousands, if not millions, of years.

We hope you take the knowledge of these systems to heart and test them out for yourselves in real life.

Considering the current dominance of Fear, Anger, Guilt and Grief in all societies and the fact that I have seen people overcome any of these NESystems over the years, I can state a simple concept:

"What has been learned to you by others, can and should be unlearned by yourself!"

However, if you are convinced that your character and karma are fixed, no one can help you.

On a social level the lesson could be clear and positive:

"If the high-sensitive ones amongst us would set straight their own level of pain, we would be able to help our low sensitive brothers not to become irreversible psychopaths by surrounding them with love from the start."

SUMMARY

Chapter 3: Nature or Nurture

Dissociating nature from nurture and associating them again is and will stay a hot topic in mental health science for decades to come.

Some of the concepts on nature or nurture will come back and might become clear in Part 3

It is not the strongest of a species that survives,

not even the most intelligent.

*It is the one who **adapts to change.***

(C. Darwin)

SUMMARY PART 2

The 'how' (Chapter 1), the 'what' (Chapter 2) and the 'why' (Chapter 3) to work with Emotional Therapy, should be clear by now and getting competent at something takes months or years of training in real life.

There are still some very essential insight to share with you, so let's seamlessly move over to Part 3, as soon as possible.

Knowing is not enough,

*we must **apply**.*

Willing is not enough,

*we must **do**.*

(Bruce Lee)

Chapter 1: The Therapeutic Process – the 3 phases

Introduction

Phase 1 Becoming Aware:

Phase 2 Becoming Competent:

Phase 3 Self-Care or Godconcept:

Chapter 2: Tao or the Way Home.

What is the Way?

Tao is the Way

Dissociation Questionnaire (Degree or blockades on the PESystems):

Chapter 3: End of Faith.

The God of Time

The God of Men

The God inside us all

My Christian God

Behold the Ten Commandments

The Endgame

Conclusion

-

Chapter 1: The Therapeutic Process – the 3 phases

Introduction:

In an outpatient group practice like ours, we see similar processes recur over and over again and we can therefore make some predictions about the effect of Emotional Therapy or Brainmanagement in the short or long run.

These phases closely coincide with the Parts in this book:

Phase 1 Become Aware

Phase 2 Become Competent

Phase 3 Self-Care or Godconcept

For somebody who is very determined to change the negative psychosomatic states or markers of the three NESystems (Fight, Flight, Freeze, Follow and Flag) and is focussed on the PES, it can be expected that each phase will take at least 6 months.

A 30 to 40 years old Emotional Program or Psychosomatic State can not be broken or changed in 5 consultations, let's be clear on this!

Other therapeutic schools give these phases different names and it is not our intention here to reinvent hot water. The main purpose of Part 3 in this book is to explain the reader, who is not therapeutically trained or experienced, the processes of psychotherapy and in particular the goals of Emotional Therapy.

I sincerely hope to reach a broad public of people with common sense and provide them clear cut knowledge on the emotional side of their brain and I know this will be the biggest challenge here. I have read lots of very interesting book of very intelligent investigators, but somehow they seemed to loose my attention by not 'keeping it simple and stupid'.

A Belgian historical writer, Bart Van Loo, wrote a very 'intelligible' and successful book on Burgundians, *De Bourgondiër*, and got some critic of the head of a Belgian University and professor in history, that the book was written to intelligible and out of the view of the dominating party of aristocrats of that time period. I will read it some day, surely, but it should be absurd and lacks humility that some things can only be understood, should be the property of or shared by the more autistic or narcissistic small circle of academic society. It should be the way around: if you really understand something very complex, then you should be able to explain it on a piece of paper or a 15 minute TED-talk.

Universities produce quite a lot of copy-paste intellectuals, whom never regain contact with the real world or have no ambition at all to reinvent their profession and just become a link (a doctor, a dentist, a teacher, a physiotherapist, ...) in a chain or a stuffy old piece of furniture in the order of society, filling up the next service club. On a scientific level we should produce pioneers, teachers who possess the magical ability to teach with passion and keep complex things simple and stupid. For that we need the right side of the brain and the Positive Emotional Systems (CARE, LUST and PLAYFULNESS) to work properly (remember the level of humour, passion and playfulness of Einstein and Steven Hawking).

I have two daughters that studied Psychology, where they are still repeating old school psychoanalysis , history or other pseudo-sciences from 30 years ago. Their highest level of real scientific approach is based on statistics and some neuro anatomy. Any level of psychotherapeutical teaching is abolished, although all the off the teachers or their assistants possess the required credentials and most of the students know after the first 2 years if they want to go for a clinical career. In the end they are completely inept to come and work in a high performance clinical setting such as ours. This perverted wheel of knowledge keeps on turning and when a student in Psychology asked a tutor to follow internship under my supervision, a

psychiatrist, it was refused because I had no degree in Psychology.

Unbelievable and surely not only a Belgian problem. I, on the other hand, have been the student of a regression therapist living on the streets of Amsterdam and a Grandmaster in Martial Arts, convinced of being able to make a magical elixir of life out of chicken shit. Both of them opened and closed very important doors into the mystery or alchemy of life, for me.

I could bore you out in making the same thorough analysis on Child or Adult Psychiatry, but I rest my case here, having already choked quite a few of my colleagues in the past.

A quote from Sydney Brenner, Nobel price winner and renowned biologist (on genetics):

“Progress in science is made by new techniques, discoveries and ideas. Probably in that order.”

Phase 1 Becoming Aware:

Phase 1 of Emotional Therapy or Brainmanagement is quite similar to that of other psychotherapeutic schools and is all about knowledge, spiritual, religious and other convictions. We, on the other hand, like to focus more on the knowledge of your destructive Fears or Negative Emotional Systems (Anger or Guilt, Fear and Grief), the Negative Psychosomatic States (5 F's) and destructive behaviour (Avoidance, Control, Perfectionism and Covetousness).

Many clients just want to walk through this phase and avoid the next (and this is their Free Will, of course: see Part 4). This is the phase of talking or communicating, and by making a conversation you try to make a certain person aware of negative or Fear-driven convictions, Psychosomatic States and negative or Fear-driven behaviour. There are two main reasons why people get stuck in this Phase:

1/ People come to the therapist to share their **convictions** with us and, if possible, to obtain recognition or approval, such as: "We are having relationship problems and my wife is ..." or "I think my son is autistic or has ADHD..."

2/ Initially they do not want to change their **behaviour**, triggered out of or originated from their

Fears and Fear-driven convictions, for example Compulsive Behaviour or Perfectionism (terrorising their partner or loved ones).

Some persist in their negative convictions, wondering out loud if we (want to) understand them and get angry when they notice that we are not joining the storyline of their convictions.

An example: An Iranian very intelligent immigrant, coming from a wealthy family and life in luxury is convinced that a fellow countryman destroyed his life in Belgium by stalking him and throwing dirt on him on social media. Now, he says, everybody is watching him and he doesn't feel safe any more. He is convinced that social services are mistreating him, because they should stop or punish this man somehow and a lawsuit will make his life easier or fix his broken ego. The moment I started disagreeing with his set of solutions, he insisted I should learn more about his culture, he would leave the room or never talk to me anymore. The moment you want your therapist to follow your way of thinking, you should better spend your money on a good barber, podiatrist or psychoanalyst, but none of the above will ever change your way of living profoundly.

Ruminating you own thoughts will never get you out of you circle of negative thinking or feeling. It is technically impossible for the brain to change a

behaviour based on a pre-existing psychosomatic or emotional state of being (the SEEKING system), through thought. Moreover, trying to convince the therapist, means you don't really think you have a serious problem or you are not open to new suggestions or thorough change in thinking or behaviour. Still, people pay a lot of money for psychoanalysis with zero result on managing their Fears, or any of the Negative Emotional Systems.

On the other hand, we therapists (coaches, parents, teachers, educators, ...) have our own convictions and Fears, which may collide with those of our clients. This is a major challenge for both parties and the exciting side of our job and will probably become the chief medical science for the next 50 years. Society needs a science based approach for the current multitude of psychosocial problems, that cost us a lot of lives and money.

Anyway, if someone does not (yet) ask for change or reorientation of his or her basic convictions and if someone is not even aware of the dangers or consequences of his or her convictions, then therapeutic evolution will get stuck in this stage. At that point, you can invite the person concerned to come back later to continue the sessions and you can still make some predictions like a fortune teller (a lot of behaviour is determined by his or her Fears anyway and they will increase anyway). I, personally,

don't want to waste my time and that of my team on people who like to stay in this phase and we prefer to invite people to come back later on, when they are 'ready and willing' to move one to the next two phase where the real magic of Emotional Therapy can take place. Life itself is still the best teacher and architect to show you the way to your demons and will keep on confronting you with your deepest Fears and Grief, until you are ready to confront them, anyway.

In some therapeutic schools these people are denoted as a 'Visitor' or 'Tourist': it is the first phase of exploration to test the relationship with the therapist in front of him or her, checking his motives, convictions and intentions.

I try to keep this first phase as short as possible and in most cases where people are desperate enough it should last no longer than 1 session. Life is short and, as I said before, I don't want to waste my time, the money and time of the client and certainly not the time and energy of my team. We have no waiting list and we want to keep it that way.

Of course the first six months is a mixture of becoming aware and competent at the same time and are therefore the most difficult period for those with sturdy convictions, harsh control and avoidance mechanisms.

As good or experienced you may get as a therapist, at that point you can only reflect the problem at hand (underlying Fears and Behaviour), and pay particularly attention to the body language.

If someone literally shuts down (closed arms, looking away, keeping silent,...) it might be helpful to take this non-verbal communication into account and join the convictions (and the body language) of the person concerned, for a while.

When the person involved, taking the body language into account, is joining your 'energy or flow', then a switch to Phase 2 is possible.

And we are all therapist or should become therapists somehow, if we really want our kids or friends to live in a better world. Parents, teachers, educators, doctors, police men, politicians, doctors, farmers, ..., we can all use these insights in daily life, for we should all become good caretakers of each other, shouldn't we?

These first six months there is a continuous fight and confrontation with the clients NESystems (Anger, Guilt, Fear and Grief) and connected Psychosomatic States (5 F's) which makes it for them not pleasant in view of the next session. This in great contrast with the relief or deep relaxation afterwards (if they let go of their control). It is the phase where you should

FEEL the result or success after 4 to 6 months or 10 to 15 sessions. There is no need at all to BELIEVE in what we do or say, just try it out, FEEL it and let go of control.

In this phase we are convinced that only Dynamic Meditation Techniques get the job done, properly. Mindfulness techniques or Silent Meditation Techniques can elicit Anger, Fear or Grief in some people, especially those with severe loads of Grief, Fear, Guilt or Anger.

An example: in a school we were trying to train children in Dynamic Meditation Techniques, I was asked by the teachers to try out a group meditation or hypnosis. I should have known better, but they insisted and were convinced all would go well, safe and sound. After 5 or 10 minutes a male teachers stood up and ran off like a madman, insulting me and shouting : "I should have known this would go sour!". He left, slamming the door, and then his colleagues remarked that his wife died a few months ago and he kept his emotions to himself. No peace and quiet, that day.

For that same reason a lot of people full of Anger, Guilt, Fear or Grief stop attending sessions of yoga or Mindfulness and feel a lot worse during or after a session.

The Frontal System of the brain is the one responsible for blocking (or amplifying) emotions and becomes less active during relaxation.

The same system is responsible for a 'bad session' of Dynamic Meditation, but in another way. If you want to keep control and not try to let go (the block of the Frontal System), there will be no relaxation afterwards. Only more tension or pain, which is logic for us and maybe now for some of you as-well.

Phase 2 Becoming Competent:

In this phase it is all about rewiring the focus from thinking into feeling or at least trying to rewire and checking out different corporal or psychokinetic techniques on Emotional States of being (the 3 NESystems and 3 PESystems) and the 5 Psychosomatic States of being (5 F's).

In Phase 2 you can expect a longer lasting effect of your treatment or communication skills, but not stable enough to level up the stress tolerance considerably or decrease the mood swings extensively.

Curative medication (antidepressants, antipsychotics, central stimulants regarding ADHD, ...) can not be dismissed in this phase, supportive medication like tranquillisers can be.

In this phase most people feel more relaxed, strong and happy (more PES and connected or protected by adequate NESystems: Yang, protecting Yin) , but they still tend to relapse easily into old behavioural patterns. I call it 'The period of the Two Worlds' and it can be quite exhausting because the distinction and separation between the PES and negative Emotional States of being (5 F's), connected to detached or derailed NESystems, becomes more and more obvious or prominent.

The reason for this is that Self-Care is not yet installed as an automatism by the SEEKING System (commander of the Psychosomatic and Emotional States of being) and this mean that therapeutic guidance is still essential, for now. We are mammals full of Fear, after all. Thank you, mummy and daddy.

This can last at least another six months, but at the end of the first year the calm of the Positive Emotional Systems should become more prominent and stable (considering whether or not you let go of your old convictions and behaviour and trained some Dynamic Meditation Techniques at home on a regular basis).

It is also the phase where several meditative or psychokinetic techniques need to be trained (with assistance or alone, at home) by more than one Dynamic Meditation Therapist, in combination with more profound and intensive psychotherapy (becoming Aware).

During this period it is important to inform family members as much as possible or to involve them in or even getting them into therapy. The latter increases or accelerates the completion of this phase considerably and will make your job far more easy.

Important figures in the life of the person concerned can hinder this progress considerably as well. The GP of your client, for instance, is one of them and a very important one. They can make your job very difficult if they don't 'believe' in you or your work and are important co-therapist in all these phases. Changing the convictions of doctors is no sinecure and I should know, but Einstein referred to this as following: "It is easier to split an atom than to change a person's convictions."

The prognoses of the children we followed for a long time, were far more better when one of the parents opened up and came into therapy as well. The very few suicides we encountered always occurred in situations where the parents avoided therapy or sincere communication with us or only contacted us in times of need or severe problems.

But in what neurophysiological or Emotional States of being should one need to become competent?

Let's keep it 'simple and stupid' again:

There are 5 important neurophysiological, Psychosomatic or Emotional States of being that can and should be (Brain)managed instantly and reprogrammed thoroughly by every sensible human being:

1. Fight: any kind of Anger (and Obsession or Control), destructive for your health and that of your loved ones.
2. Flight: any kind of destructive Avoidance behaviour
3. Freeze: any kind of destructive break or block on fluid thinking, speaking or moving
4. Follow: any kind of destructive or enslaving admiration (humiliating yourself)
5. Flag: any kind of corporal (automutilation) or emotional (Guilt, Shame, Self Humiliation, Self Punishment, Self Hate) flagellantism

These five Psychosomatic and Emotional States of being are the 'eternal hunting grounds' for Dynamic Meditation Therapists and our clients or patients.

Antonio Damasio calls them somatic markers or cerebral maps of dispositional representations and this calls for some explaining:

Most of the important functions (and surely most of the unconscious or emotional ones) of the brain are not linked to one specific location or region. Most of them need plural locations or regions to work together as one and are therefore described by him as 'dispositional representations' or functions not linked to a specific location. Speech, for instance, can be suppressed, deranged or abolished when you put in a needle in the area of Brocca or Wernicke, specific

locations in the left side of the brain (in about 70% of us). Complex behaviour, Psychosomatic or Emotional States of being can not be suppressed, deranged or abolished by simply pushing some buttons in a specific location or region in the brain, therefore they are . . . dispositional representations.

A recurring or specific kind of behaviour or interaction from the brain with the outside world (or imaginary world), is called a Somatic Marker in the book of Antonio Damasio, *Descarte's Error*.

On an emotional level there are thousands of examples. For instance, you always get irritated or mad when your mother talks to you in some fashion or with specific word in a specific emotional tone. You have been doing that since childhood and even when you try to not reenact, it happens again and in contrast to your free will or best intentions.

This means the Psychosomatic Markers or Emotional States of being are very strong (or reliable) and faster than the speed of thought. They should be, because they originate from the survival mechanisms of our ancestors, mammals and animals, and were their best cerebral friends for millions of years.

Our experience and that of Damasio leads us to three kinds of Somatic Markers:

1. Genetic ones:
 - a. **already present** at birth
 - b. and **evolving** in growing up from puppy to adult beings.

For instance, a passing shadow (like that of an eagle) or a three dimensional view of an abyss will make all babies retract in some way.

2. Nurtured ones:

copied from our parents or care figures

 - a. in a **passive** (Mirror-Neuron and PLAY-system)
 - b. or **active** (traumatic) way

= copying the Somatic Markers, the SEEKING-System or traumas of our parents, care figures and their ancestors

= *passive karma*

3. Experienced ones:
 - a. **copied** from loved ones (Mirror-Neuron and PLAY-System) later on in life

= *passive karma*

- b. or **adaptive** reactions (of the SEEKING-System) to important life events or traumas

= *karmic evolution*

All of them may be conducted by a genetically installed primitive SEEKING-System, that keeps on changing and adapting itself in life and over generation (by nurture), just like an AI-system. It SEEKS for new survival mechanisms ... unless it is dominated by the 3 Fears and their underlying and blocked Grief processes.

Now, let's make it simple again.

We, in Emotional Therapy, only focus on the 5 Psychosomatic or Emotional States of being which tend to destroy our PESystems or that of your loved ones (remember our definition of health in Chapter 1, Part 1) and are linked to the 3 basic Fears (Failure, Abandonment and Change (and Death or Disease)).

For that reason, you need to be aware of these Emotional States of being, the first objective in meditation and the opposite of alexithymia or a neurophysiological form of somatosensory desensitisation. A physical lesion on the right side of the brain, the part called insula, makes people forget the position or some senses in the left side of their

body. The same insula is dysfunctional in patients with Fibromyalgia, which also tend to be insensitive for tension and even high levels of pain. A lesion or physical trauma can be quite similar to an emotional trauma or Fear-induced-negative Somatic Marker. For that reason we like to focus on reprogramming these negative Somatic Markers for there is no physical lesion and therefore this Psychosomatic and Emotional State of being should be reversible.

We found none of these Fear-induced-negative Somatic Markers to be irreversible, but we met some people keeping their convictions, control and avoidance mechanisms to themselves... and then the magic stops.

Phase 3 Self-Care or Godconcept:

In one year every person is able to learn how to manage the three levels of meditation, but it takes at least that period of time to get used to playing with the shifts in Emotional States or Psychosomatic Markers. One year of intense and intentional dedication to learn this with our DMT's (Dynamic Meditation Therapists) and to keep on managing them in daily life.

The 3 stage of Dynamic Meditation:

Stage 1: High Sensitivity

You are able to feel your level of stress (Emotional and Psychosomatic Markers) quite accurately, continually and instantaneously.

Stage 2: Dynamic Meditator

Your toolbox of effective physical or meditative techniques (kinesthetics) is extensive and highly effective in all sorts of circumstances and for different kinds of Emotional or Psychosomatic Markers.

Stage 3: Nirwana

You are able to shift your Emotional and Psychosomatic States of being from the NESystems to the PESystems or end up relaxed and smiling in every stage of Fear (worrying, Fear and panic).

In every session of Dynamic Meditation we attempt to go through or manage each of the stages better, over and over again.

The stage of Nirwana is overrated as a concept and can be quite easily reached by jumping out of an airplane (with a parachute of course), using any kind of narcotic drug (for the first time), singing chants, praying or any form of automutilation. The downside of these spiritual, corporal or materialistic methods is that they all represent chemical or psychokinetic shortcuts to get there, but are all unstable ways of balance in the brain. They are futile and tend to last not very long and that is because they don't change the Somatic Markers and its master, the SEEKING Systems thoroughly and solid. They lack the potential to preserve a good and stable balance between the PES and the NES in the SEEKING System (Yang, protecting Yin). You can pray, for instance, or chant positive affirmations, but the moment you stand up or leave your prayer mat, this Emotional State of being can flee in an instant or with a stupid remark. Like an oyster collapsing ... and the Yin energy is gone.

But this third and last phase is the preparation phase towards the Godconcept, where the Dynamic Meditator developed a lifestyle of continuous Awareness and Competence, in which he takes care of his body as the best possible mother or father one can imagine.

Some Buddhist call our third phase of Self-care or Godconcept, the state of Enlightenment, where you face the 3 Fears we mentioned before and want to find and confront yourself with the original Pain (Grief processes) under these Fears ... your demons. This original Emotional Pain you have been running away from keeps on reproducing new situations where the original Emotional State of Grief is the director in every play ... your own Greek Theatre.

None of us are well equipped or prepared in school to manage this Negative Karma and convert it into Positive Karma, but more and more parents, therapists or teachers want to learn it out of love for their children, clients or students, one of the PESystems (Empathy or the CARE System). They all need to pass the first two phases and manage the third one if they want to teach others how to get there.

Technically, this is the phase where the need for therapy and medication becomes less necessary and

all of their 'power' should be transferred to your kid, client or student again.

Every parent, therapist or teacher has a hard time doing this or letting the loved one go (on his own). This stage in life seems to be skipped more and more in the Western World or in families where wealth has crossed generations. We love to take care of others and get a kick out of helping the ones in need and like to see them grow. Some like to stay a 'permanent parent' to their child, client or pupil (and the way around), but for me this is a good reason to let a member of your team go ... on it's own. Hard, but necessary for a good CUBE- or ET-team and impossible to do in team with permanently paid members, as in most settings in Mental Health.

Anyway, in this stage we try to give back the responsibility for installing long lasting periods of PESystems (Yin) and using the NESystems (Yang) to protect them, no longer suppress or abolish them. The Psychosomatic and Emotional Markers of the 5 F's (Fight, Flight, Freeze, Follow and Flag) and the 3 kinds of Fear should be well known, noticed and managed by now and make room in time and in your brain for the original Somatic Markers we find in nature or all mammas. A SEEKING System ready for positive karmic evolution...

In nature Yang is always protecting Yin or the fight mode is only and firmly switched on when the life or body of yourself or loved ones is in danger. No mammal kills himself or his child to hurt a lost love or the parent of that child and to inflict the same pain on another loved one. Only we do this and the director of this game is always the original Pain or Grief we want to run away from, inflicting ourselves or the ones we presume to be the instigator of the pain inside.

In the meantime, by reading Part 1 and Part 2 of this book you should have partially finished phase 1 yourself, becoming Aware of some of your Fears and the associated (sometimes strange) Convictions or Illusions and some of your own Obsessive Behaviour or negative Psychosomatic and Emotional markers.

Congratulations!

But becoming Competent in reprogramming your Fears and reaching phase 3 of Self-care, let alone the Godconcept can not be achieved by reading a book.

You may stay in phase 1 all your life and keep reading books, that is up to you. But don't blame me if the level of NESymptoms and 5 Psychosomatic Markers keeps on growing. And that is just what Anger, Guilt, Fear or Grief is good at and likes to do ... Grow.

I am not using the emotional blackmail terrorists use on young, frightened kids, here. I am not trying to lure you into taking therapy. No, ... or maybe a just a little bit. But for a good cause ...

Anyway, I think working with any kind of coach or therapist, preferably more than one is very important and if this emotional blackmail or the book itself makes you look for one, then it served its purpose and I am a happy H. Sapiens.

In view of good Self-Care we haven encountered some very strong, practical and useful techniques like TRE or Trauma Release Exercise, now called Tension and Trauma Release Exercise. In combination with Dynamic Meditation the PESystems 'opened up' more and faster, which is quite logical but not the purpose of this book. It takes an expert to work with these techniques and both of them (TRE or DMT) are quite dangerous and take several sessions and good guidance for quite some time.

There are thousands of techniques out of martial arts, tai chi, chi gong, yoga, physiotherapy, osteopathy, kinesiology, mindfulness, breathing techniques, shiatsu and other psychokinetic arts that are useful and should be examined thoroughly. Nature provided us with loads of tools to use and if they serve the purpose of accessing, changing and providing your SEEKING System with new and better

tools to make the PESystems flourish again, than they should be considered as part of or tools in Emotional Therapy of Brainmanagement.

Chapter 2: Tao or the Way Home.

What is the Way?

The philosophy of the Taoists will ring a bell for some of you, but I just like the word Tao as such, don't you?

It's a nice three letter word and it fits the goal or meaning of this chapter.

Some psychological, spiritual or esoteric texts contain jewels of wisdom, but seem to lose their impact and end up like evaporating clouds of words and concepts (Yin energy)

I like to approach their beauty and wisdom in practical concepts and concrete, science based models. Psychology and Psychiatry deserve this treatment in order for the world to take our science more seriously and to put us where we belong: in the centre of Health Care.

It will not get more science based than the model of the 7 Emotional Systems for the time being in our branch of Health Care, but almost no University teaches this neurophysiological approach of our brain so rigidly as we do. We keep on doing it in order to make efficient studies on the subject of emotions more logic and productive.

Setting up studies, making references in detail is surely not my cup of tea, but any help from interested people is welcome.

Anyway, I tried to do my part of the job and look for models that fitted our line of work and its exhilarating results. We hope to be able to preserve the beauty of some philosophical concepts on the one hand, but on the other hand make the Way Home very concrete and get rid of some of the blurry concepts in psychiatry, psychology or spirituality. Emotions don't float in thin air or produce unmeasurable clouds of energy.

Tao is the Way:

The Way to your Self (Self-Confidence, Self-Love, Self-Respect, Self-Care) is not spiritual or philosophical at all, but very concrete and the emotional side of our brain is quite physiological, logical and comes with an instruction manual (Yang energy).

The timeline we live in is probably unique because of the way we are now able and allowed to express ourselves and change our minds or convictions, without major or life-threatening recoil.

Lots of things have changed in a short range of time, which made more and more people look for guidance (coaching, therapy, medication, etc.) and this keeps pushing us, professionals, to the next level of better Mental Care.

For me, the most important issue here, is that especially therapist – essentially all of us - should evolve all the time and realise that this process is never finished. Not for me, not for you.

We are all pioneers of an era where convictions can change easily and people may become aware of their underlying NESystems (Anger, Guilt, Fear and Grief) and their 5 negative Psychosomatic Markers or Emotional States of being (the 5 F's). We, therapists, parents, teachers need to set an example in making it a way of thinking, a way of feeling, a way of behaving, a way of living (In my car I try do act and drive like God, I sincerely try to do so)

That is why I am thrilled to see that politicians are building in concepts that stimulate the competition or quality of doctors and health workers and are setting up Care Units to make this possible. In the USA the National Institute of Mental Health is addressing psychological and psychiatric problems as neurophysiological problems now and developed a totally new scientific approach on brain issues, because of the lack of success in Mental Health Care.

The RDoC or Research Domain Criteria is the new framework for new approaches or investigations of Mental Health disorders or Affective Neuroscience. Of course they also want to do this for budgetary reasons, but a penny well spent can save lives and the economy.

Mental Health workers have an 'autistic' tradition of presuming they can not be measured. This is absurd and an excuse for not wanting to change some habits or convictions and for some part the reason why we lack some respect from other disciplines in Health Care, schools and the political or justice system. Everything in psychology or psychiatry can be measured, if you set your mind to it in the right way (science based). Especially the mystical side of our job should not be an excuse to separate of distinguish us from other scientific disciplines. On the contrary, it should encourage us to explore the 'mists of our beliefs' and leave the Dark Ages behind us.

Maybe society in itself leads a life of its own or has a soul, trying to find his Way Home. Anyway, let's hope our children may one day live in a society or world with a Heart or Soul. In the meantime it is up to all of us to make this Global Village possible and it starts within yourself, not by trying to change or criticise another. I believe the Western World has a history of being able to criticise itself and stood the

test of time in order to develop some kind of Self-Confidence to let go any kind of God, guru, leader or prophet, now. It could and should become the core business of our future identity and we surely have the tools for it.

Tao is the way or the manual for this process of becoming Aware of your Fears and their befriended Convictions, Behaviour, negative Psychosomatic and Emotional States of being and making it a lifestyle of becoming Competent in reprogramming them (out of love for yourself, you body, your loved ones and your offspring):

The Godconcept, a gift of the Eastern World (Yin) to the Western World (Yang).

But why should we do this?

What is the purpose?

Where does this Way lead us to?

Home, sweet Home:

Where is Home?

The most simple and scientific answer for this is:

The Positive Emotional Systems, protected by their natural bodyguard (the Negative Emotional Systems) and each of us consciously guiding and reprogramming our SEEKING System through the perils of life (positive karmic evolution).

This sounds very technical and is actually a science based approach of the concept of Karma.

Because of 'the trauma (or miracle) of language' about 40 to 50.000 years ago the NESystems shifted from the Positive ones and we connected our Consciousness to the NES. Most people I meet identify themselves with the NES and fight for their right 'to BE or not to BE' afraid, 'to BE or not to BE' angry or 'to BE or not to BE' full of grief and cling to these emotions or the dark side of their ego as if they were born that way.

We were all born with major PESystems and that's why we tend to call them 'the Inner Child' and the NESystems were basic natural mechanisms, closely connected to the PESystems and guarding them.

For those who don't believe the PESystems are your Home:

Why do you think you use drugs, alcohol or narcotics? They all bring you Home (Nirwana) in a chemical way and you instantly experience a higher level of loving yourself, your loved ones (CARE System), your body or that of another (LUST Sytem) or life (PLAYFULNESS). The war on drugs is futile, if people stay incapable in shifting themselves from the NESystems tot the PESystems.

And that's why some Zen Buddhist Schools tested students by administering them alcohol and observing whether they 'returned more Home' than they supposed to be (too happy or too playful) or ended up 'deeper in hell' when the drug wore out. They got sacked and should start meditating again when there was either an overload of PESystems or an overload of NESystems (or 5 F's). Smart guys, these old fellers!

Now I understand the saying: "There is no way to happiness, happiness is the way!"
(Dalai Lama)

Enough of philosophy, let's come back to the instruction manual and let's test how far you wandered off the road to heaven. The next Questionnaire was set up, specifically to measure

your emotional status, based on the Positive and Negative Emotional Systems and to make future research possible.

Dissociation Questionnaire (Degree of blockades on the PESystems):

Questionnaire to score the Love for yourself (CARE System), the Love for your body (LUST System) and the Love for life (Playfulness) on multiple levels.

The intention is to fill this in as 'emotionally honest' as possible and from sober experiences, deprived of narcotics (cannabis, alcohol, amphetamines, codeine or morphine-like substances, ...)

These three systems together produce most of the substances in your brain to be able to go through life in a happy and relaxed way and are sometimes referred to by psychology as "the inner child" or by Buddhists as 'the bliss' or 'nirvana'.

They are also used by animal psychologists to test the level of happiness in animals.

Each contain a general score and specific scores on a topic and the intention is to compare the average of the specific scores with the general, in order to gauge the degree of seriousness or emotional honesty.

The requested topic per system have proven to be important in practice and are likely to play a major part on neurophysiological systems that we would

like to see examined in the long run (functional NMR and other methods of measuring brain functions).

At the time, Professor Kurt Audenaert proposed me to read about and adjust our work based on the life's work of Jaak Panksepp and his book *Affective Neuroscience*, the foundation of human and animal emotions. This professor in the University of Gent, Belgium, obtained his PhD with a study entitled "Functional brain imaging in functional psychiatric disorders" and is a co-supervisor of the Multidisciplinary Research Partnership (MRP) on Neuroscience (Cognitive and Emotional Control - UGent, 2010-2015).

We hope to be able to collaborate with researchers like him in the future and turn our years of positive results into fundamental research,

Dissociation Questionnaire:

Dear ...,

The purpose of this questionnaire is to make yourself and us well aware of your current emotional state and of what we like to call our Fears.

For us, dissociation means the obstacles we have to face together on the way back to peace in you head and your body.

Some questions can be quite confronting and take some time. For that reason we developed a system to complete this at home and in peace and quiet. Anonymity speaks for itself and your data can not be linked to yourself.

These questions offer us the opportunity to monitor your evolution in the long run, to refine our cooperation and to continuously improve ourselves or our organization (Care Unit for Brainmanagment and Emotions).

Try to complete them as 'emotionally honest' as possible and the situations we ask you to imagine should be completely sober ones (no drugs or narcotics what so ever), of course.

There are three subdivision:

- A. Loving yourself and another
- B. Loving your body and that of another
- C. Loving your Life

Thank you for your commitment and your confidence,

A. Loving yourself or another: Empathy or the CARE-system

(Towards yourself)

Part 1: Self-love

1. How high would you consider the love for yourself if 10/10 is the same level as you would love your child or your best friend unconditionally, for example?
2. Give some examples of situations in which you turned out (in hindsight or, if necessary, ask someone who truly loves you) to truly love yourself.
3. Give some examples of situations in which you turned out to love yourself too little.

Part 2: Self confidence

1. How high would you rate your self confidence if 10/10 were the highest possible level of a person you admire very much on this subject?
2. Give some examples of situations where you scored well. If necessary or in doubt, ask the opinion of someone who truly loves you.
3. Give some examples of situations where you scored badly (and if necessary or in doubt, ask again the opinion of someone who truly loves you)

Part 3: Selfknowledge or appreciation of your own talents

(On your own)

1. What are your talents and give a score of excellence?
2. Give some examples of talents that you appeared to assess yourself correctly (in hindsight or, if necessary, ask someone who truly loves you).
3. Give some examples of talents where you turned out to underestimate yourself.

(Through somebody else)

1. Do you allow compliments?
2. In which area did you easily allow compliments?
3. In which area did you find it difficult to receive compliments?

Part 4: Self-care

1. How high would you consider the care for yourself if 10/10 is the way you would take extremely good care of your child or best friend (unconditionally)?
2. Give some examples of situations where you appeared to take good care of yourself.
If necessary, ask someone who truly loves you.
3. Give some examples of situations where it turned out you were not or poorly taking care of yourself.

(Towards another)

Part 5: Loving somebody else (transcendently)

1. How high would you rate the love for your most intimate relationships if 10/10 is the same level as you would love your child or your best friend unconditionally?
2. List some examples of situations where you scored well (and had an easy time loving your partner, child, or very loyal intimate friend).
3. List some examples of situations where you scored poorly (and had difficulty loving your partner, child, or very loyal intimate friend).

Part 6: Trust

1. How high is your general level of trust in others?

2. Give some examples of situations where your trust in others was good or correct (and confirmed afterwards).
3. Give some examples of situations where your trust turned out to be bad or wrong (and should have trusted in retrospect).

Part 7: Complimenting or praising the talents of others.

1. Do you easily give compliments to other people?
2. Who do you easily give compliments to (and turned out to be correct, afterwards)?
3. Who do you compliment with difficulty (and should do so)?

Part 8: Taking care of another

1. How high would you consider the rate of (practical) care for your most intimate relationships if 10/10 is the level where you would take care of your child or best friend unconditionally, for example?
2. Give some examples of situations where you scored well (and had an easy time taking care of your partner, your child or a very loyal intimate friend).
3. Give some examples of situations where you scored badly (and had a hard time taking care of your partner, your child, or a very loyal intimate friend).

B. Loving your body and that of another: the LUST-system

Part 1: Transcendent love for your body

1. How high would you consider the love for your body if 10/10 is the level where you would love your child's or best friend's body unconditionally, for example?
2. Which body parts do you like or love enough?
3. Which body parts don't you like or love enough?

Part 2: Transcendent love for your body by another – Getting compliments on your body

1. Do you allow compliments?
2. For which body parts are you able to receive compliments well?
3. For which body parts is receiving compliments difficult?

Part 3: Love for movement

1. Do you like to exercise?
2. How much do you like to move in terms of ...
 - Sport
 - Dance
 - Therapeutic or healthy movement (e.g. yoga, tai chi, chi gong, kiko ...)

Part 4: Love for physical contact with yourself

1. Do you like to spoil yourself (your skin, muscles ...)?
2. How much do you like to spoil yourself in terms of ...

Shower
Bath
Massage
Sauna
Steam bath
Jacuzzi
Electric blanket
Others

Part 5: Love for physical contact

(To cuddle or hug)

- 1-A. How well do you enjoy receiving hugs or cuddles?
- 1-B. Where do you like to be touched when you receive hugs?
- 1-C. Where do you not like to be touched when you receive hugs?
- 2-A. How well do you enjoy giving hugs or cuddles?
- 2-B. Where or how do you like to hug other people?
- 2-C. Where or in what way don't you like to hug other people?

(Sexual acts)

3-A. How well do you enjoy sexual acts?

3-B. Where or how do you like to be touched in a sexual way?

3-C. Where or how don't you like to be touched sexually?

4-A. How much do you enjoy doing sexual acts with somebody else?

4-B. Where or how do you like to touch others in a sexual way?

4-C. Where or how don't you like to touch others sexually?

Part 6: Eating

1. Do you enjoy food or non alcoholic drinks?

2. What kind of food or beverage do you like very much?

3. What kind of food or beverage don't you like at all?

C. Loving your life and the life of others: Zest for life or the PLAYFULNESS system

(Towards yourself)

Part 1: Enjoying life and smiling (the reference here or 10/10 is a toddler's funny smile or your smile under the influence of drugs or alcohol)

1. How much do you enjoy smiling lately?
2. What kind of things can make you laugh with great satisfaction?
3. What kind of things are not able to make you smile (when normally they should be)?

Part 2: Enthusiasm (the reference here or 10/10 can be the most enthusiastic person you know or period in your life or your enthusiasm under the influence of drugs or alcohol)

1. How enthusiastic do you think you still are lately?
2. What kinds of things can make you quite enthusiastic?
3. What kind of things are not able to make you enthusiastic any more (when they normally should)?

Part 3: Inquisitiveness (the reference here or 10/10 can be the most inquisitive person you know or period in your life or your inquisitiveness under the influence of drugs or alcohol)

1. How eager to learn are you still (and enjoying it)?
2. What kind of things can still trigger your inquisitiveness?

3. What kind of things are not able to make you inquisitive any more (when they normally should)?

Part 4: Passion for life (the reference here or 10/10 can be the most passionate person you know or period in your life or your passion for life under the influence of drugs or alcohol)

1. How passionate for life do you think you are?

2. For what kinds of things are you still quite passionate?

3. For what kinds of things are you not able to be passionate any more (and should be)?

(Towards another)

Part 5: Making people smile or enjoying life

1. In what degree are you still able to make others smile or enjoy life?

2. In what kind of specific situations are you still quite able to make others smile or enjoy life?

3. In what kind of specific situations is it or has it become difficult to make others smile or enjoy life?

Part 6: Igniting enthusiasm in others (to do or act)

1. To what extent can you still make others enthusiastic about something, without sacrificing yourself or undermining your basic needs (food, drink, rest and other forms of self-care)?
2. In what kind of specific situations do you still succeed in making others enthusiastic about something without sacrificing yourself or your basic needs?
3. In what kind of specific situations is it or has it become difficult for you (where others seem or you seemed to succeed) to succeed in making others enthusiastic about something?

Part 7: Igniting inquisitiveness in others

1. To what extent can you still ignite inquisitiveness in others (with your own inquisitive curiosity)?
2. In what kind of specific situations do you succeed in igniting the inquisitiveness of others?
3. In what kind of specific situations is it or has it become difficult (where others seem or you seemed to succeed) to excite others with your curiosity?

Part 8: Igniting passion in others

1. To what extent can you still ignite passion (for life) in others (with your own passion (for life))?
2. In what kind of specific situations do you succeed in stimulating others with your passion for something or for life?

3. In what kind of specific situations is it or has it become difficult to ignite passion in others with your own passion for something or life?

Have you wandered off very far?

Can you see the light or the way back home?

Are you tempted to start walking through the manual or through your Fears?

Is your Religion or are you convictions pushing you towards or away from Home?

Chapter 3: End of Faith.

Nietzsche introduced an age where God as a concept out or above ourselves was able to die. He, himself turned up quite angry and mad in the end, but I guess his mind blew up somehow during the process. I can hardly imagine the negative energy and critique he or his brain had to suffer from in those days.

But times can change and so did our Gods.

Are there any Gods left and where should our faith and prayers go to from now on?

The God of Time:

We are living in a Zeitgeist where changing your mind and opening that same mind for new ideas is becoming a way of life and a modern way of socialising or building up relationships. In a multicultural world it is the best way to survive, anyway.

A Zeitgeist or 'spirit of time' has proven to be untouchable by individuals or even empires. Empires were shaped or destroyed by it over the ages. That is why we like to administer Divine Powers to the historical changes in human history as if it is an energy with a mind of itself. And maybe it is.

Anyway, I, myself, like the current time wave very much and have been trying to surf on it for a while, now. History will prove us right or wrong whether this time period - where more and more people question their beliefs, convictions and habits - will guide us to a new era or to oblivion. Nobody knows and nobody has any control over it. Not the rich or famous, not the Cabal, not the Illuminati, nobody.

Riding this wave is the first and only expectation we impose on every Emotional Therapist that is coming to train with us. The self-confidence it takes to question your convictions, rituals and habits in order to become Aware of your Fears, is essential.

The God of Men:

In Flanders, Belgium, we had a famous Professor in Philosophy, Etienne Vermeersch (2 May 1934, Sint-Michiels, Bruges – 18 January 2019, Ghent), who was a Belgian moral philosopher, skeptic, opinion maker and debater. He is one of the founding fathers of the abortion and euthanasia law in Belgium, became an atheist after five years serving the Society of Jesus (Jesuits). He thought us to be sceptical towards the Religious Convictions in his writings: "Why the Christian God cannot exist" (1990) and "About God" (2016). The way we filled in or gave symbolic

meaning to the concept of God became clear and seemed to fulfil the emotional desires of a 4-year old child: help me, save me, take care of me, care for me, guide me, test me, punish me, ...

A struggle for most of us, but in the end we felt relieved and thankful for this kind of awakening and the emotional freedom afterwards.

I had the honour of having a small conversation with him and his wife one afternoon, about 6 months before he died and I am still pleased of having the guts to go and visit him in his house and being able to offer him a sample of my first book. A great honour for me. Thank you, Professor.

But even a philosophical giant like this man and the ideas and memes he left behind in our society, didn't prevent lots of young people, mainly immigrants, to leave Belgium and join ISIS. The grip of extreme religious leaders over these naïve, angry and insecure kids and their parents overwhelmed the evenly naïve Catholic, compassionate and prospering welfare state of Europe. The latter attitude will be remembered in history with the well known phrase of the Chancellor of Germany at the time, Angela Merkel: "Wir schaffen Das!"

The wave of Anger and terrorism that followed, was rewarded with a considerable political turnaround to

extreme-right (and left). A little later we saw the same thing in Ukrain where political beliefs clashed and around Jerusalem, where religious beliefs try to burn eachother to the ground for a few cubic miles of Sacred Ground in a desert.. All of them polarized the whole world, even in a song festival, Eurosong, ment to spread the message of love.

All of the will collect new souls after the chaos and will profit on top of the misery of everybody.

The point here is, that Anger, Fear and Grief are not only able to wipe out all good intentions and close our hearts, but group religions (dominated by a happy few angry males) are able to hypnotise and help people meditate - in prayer - to such an extent, that even natural fear (of death) can be overcome.

Do I still need to convince you of the power of meditation?

If they can move thousands of innocent and naïve kids to death, prostitution or slavery, why can't we move our kids to overcome the destructive Fears we gave them in the first place?

The God inside us all:

For about fifteen years now, we have been looking for multiple meditative or physical techniques that can be applied quickly and efficiently to counter the 'shock or dying reflex' of Grief and Fear (and the associated Aggression) in every possible life event. The condition 'sine qua non' was that the technique should be able to stop this reflex fast and considerably and eventually permanently remove it from the motherboard of the emotional memory system. It has led us to experimenting with social inappropriate or bizarre techniques, but we didn't care at all. Outsiders had their opinions, like all the best pilots like to stand ashore (or at the bar).

But as mentioned earlier, this is of no use if the first conscious choice of the individual is not yet present: "Do you want to question your convictions, faith and behaviour in the prospect of the world your children are about to live in?".

The God of Time is widely opening the doors to let go old convictions or at least to reconsider their value, to steal new ones and to look for better ones.

He rides the wave of the PESystems.

The God of Men likes to close all these doors and present the bright future of Adolf Hitler: "Ein Reich, ein Volk, ein Führer!". One America, one England, one Islamic State, one ...

Het rides the wave of the NESystems

The God inside tells you, you have a choice. The choice between Love or Hate, Confidence or Fear, PESystems or NESystems, ...

But at the same time, this timeline has a Babylonian twist and all these Gods seem to have endless discussions in our heads. One moment we are relieved and thrilled by the sound of new ideas (when in a state of the PESystems), another moment we long for the great leader, the messiah, the profet, to come and save us or guide us out of the dessert (when we are in a state of the NESystems).

I, personally, are convinced that me, my love ones and my children are strong and ready enough to choose for emotional adulthood and to consciously shift our state of being and thinking to the PESystems through positive meditation. Specific meditation, where every useless Fear is to be found and exorcised by ourselves.

My Christian God:

In order not to point the finger at another religion and minimising my chances of getting blown away by some religious fanatic, I would like to make some statements about the religion that shaped my parents, my culture, my head and my SEEKING System. The Catholic Church and the grey old men, acting in the dark, seem to be less vengeful or active these days ... or am I too naïve?

I would like you to take a look at some statements with a critical eye:

Lead us not into temptation, but deliver us from evil.
(Who is responsible for being tempted and why blame somebody else for your mistakes? How little Self-Respect or Self-Confidence can you get out of such a statement? Who is to deliver himself from evil and do we need an alien, an angel or a Holy Spirit to get less evil? Get down to earth and stop this pain- and guilt-process once and for all and look for some therapy that helps you and mankind to move on)

Forgive us our debts, as we also have forgiven our debtors.

(Who should forgive us and did the process of confession any good in the past? Is it psychologically possible to get rid of Guilt by getting Absolution?

Have we proven to be able to forgive our debtors in the past?)

Give us this day our daily bread

(What race stands on the top of the food chain, now? Are we dividing our bread, as in the original intention of Jesus? Do we still need rituals and sacrifices to overcome our Fears? Do we still need kings, priest and gods to save the day?)

Your kingdom come, your will be done, on earth as it is in heaven.

(What kind of king do we want, now? Can we have our own Will? What is heaven? If there is a heaven, do we introduce hell again to elicit more Fear and Guilt? Can we make heaven on earth ourselves?)

Our Father in heaven, hallowed be your name
(I rest my case, here, gentlemen ...).

What did really change after 2.000 years of Christianity, in an already paternalistic society or what was left of the message of love and compassion after Jesus died and the coward that betrayed him three time in a row, Peter, became the first pope to represent Christ? How did it turn out with this exclusive male club of missionaries, brainwashed in seminaries?

Lucky for me we live in another timeline than my ancestors and the chances of getting burned, convicted or persecuted is going down. But make no mistake, the grey, old and vengeful men still operate in the dark, but the God of Time seems to take away their power.

Turning the Ten Commandments or Our Father upside down will be considered satanic by some people, but seemed to turn out quite loving and positive in the end.

I questioned the intention of these statements to break the hypnotic spell of the prayer itself a little bit and to make some positive criticism possible over well intended words and sentences. They belong to the past, not the future I want for my kids anyway?

The magic of turning these statements upside down with – for the fanatics - satanical intentions won't serve the purpose of shocking you a second time, but I want you to positively criticise the next chronological sentences. They are well known statements that used to help a young and desolate new species get out of captivating and suppression, go into the dessert and organise this hell of a road-trip for the masses.

Behold the Ten Commandments:

"I am the Lord thy God, thou shalt not have any strange gods before Me."

(What an arrogant and narcissistic God would say something like that? Is he that insecure?)

"Thou shalt not take the name of the Lord thy God in vain."

(Can he not take an insult? Get that Anger out of your system and into the cosmos, please.)

"Remember to keep holy the Sabbath day."

(Do we need rules to take a brake and is our body not wise enough in sending natural signals?)

"Honor thy father and mother."

(The shelter for paedophiles and excuse for insecure parents)

The next six commandments were also born out of good intentions, but the emotional and conceptual side of our brain has no connection with the word 'not'. On the contrary, the temptation and image of

these prohibitions will stay or become a part of you and your life.

First lesson in hypnotherapy: "Always use positive intentions, words or suggestions!"

"Thou shalt not kill."

"Thou shalt not commit adultery."

"Thou shalt not steal."

"Thou shalt not bear false witness against thy neighbour."

"Thou shalt not covet thy neighbour's wife."

"Thou shalt not covet thy neighbour's goods."

Honestly, what have most of us been doing in real life or in our heads, concerning these prohibitions?

Why not go satanical all the way and rewrite these ten commandment for a Global Village in the making:

1. Try to love yourself, your body and your life like the best possible God would
2. Get al the anger out of your system (Anger Management) and meditate whenever some form of Grief is haunting you (Grief Management)
3. Love your body as much as possible and feel it's need and signs to rest or eat, again.
4. See the mistakes your parents made and look for ways not to repeat them

5. Kill all your Fears with the wrath of a God (Fear Management)
6. Love all your lovers, their and your body as much as affectively and sexually possible
7. Use all your talents and take control of your destiny. Sky is the limit
8. Know who you are and tell that story to the world
9. Leave your partner if they hurt you and won't give therapy a real chance (serial monogamy)
10. Get supreme satisfaction in loving your Self, your Body, your Life and that of others.

The Endgame:

Our journey in growing in consciousness is probably coming to an end once and for all. We will perish or blossom from now on.

All book, all words, including mine, have been said or written and are perishable (Yin). Our blue planet isn't.

Isn't every scientific text outdated once it's written down?

Is man and nature not meant to be eternally 'in evolution'?

Every book of wisdom that was burned, was replaced by another book of 'Truth'.

Has any Crusade or will any Jihad make any Bible, Quran or other Holy Text more credible?

We, Emotional Therapists, consider life to be sacred and an ongoing experiment to improve karmic evolution in favour of our children's future. As such we are in need of a science based approach on the Emotional Systems that carry that load. Neither in psychiatry, nor psychology there was a thorough and profound research domain depicted, where emotions could settle down. There were supposed to float in a magical mist of mystery.

We tried to lift the veil and found great support, thanks to Affective Neuro Science, our patients and Eastern Wisdom.

The link between East and West might be the scientific approach on emotional systems and we have tried in this book to close that gap a little.

Any kind of school or wisdom should be open to investigation and any old ways or books that prove to be futile should be burned or classified for ever (as the Dalai Lama once said, concerning some of the old Buddhist ways).

No Religion should be Devine, except the one of Love (the PESystems) and the positive power of mankind (or kind men and women). All Monotheistic Religions were once born out of this concept.

We cannot predict the future, but we can say with great certainty that Modern Man has a hard time truly loving Himself, his/her Body and Life. If he/she is unable to do this, how can he/she truly love others? How can he/she evolve into an animal species that will not eat, blow up or keep warming up this Blue Planet or any other planet, for that sake?

It is my personal conviction and that we, High Sensitive Little Babies, have not yet overcome the greatest gift of nature and our greatest trauma: Speech. This rest of the descriptions on Emotional Systems, Emotional and Psychosomatic Markers, Somatic Markers, the Mirror Neuron System and others are a personal way of organising recent scientific knowledge on Affective Sciences so we all can communicate better in the future: Western and Eastern oriented researchers of healers.

I only hope some of the words, memes of schemes get us all closer to a better Global Village and Global Mental Health Care System for us, the planet and our children on it.

But I promised to keep it simple and stupid and to compress my knowledge on Emotional Therapy or Brainmanagement in one page:

1. There are only 3 kinds of Fear that we have been cultivating and have passed on over many generations: Failure, Abandonment and Change (Death/Disease). They will keep on separating you and us as a species from the natural flow of life and nature.
2. These Fears have separated the 3 Negative Emotional Systems (Yang) from the 3 Positive Emotional Systems (Yin) and made the first blow up out of proportion and the latter shrink or go rogue in a negative way.
3. The way back is to recognise these Fears and their abnormal Emotional Markers inside your mind, your body or your life and start working with the 5 Psychosomatic Markers (Fight, Flight, Freeze, Follow and Flag), using, rewriting and retraining your own SEEKING System (Brainmanagement).
4. Find help and preferably look for people who have the knowledge and capacity to recognise and work with psychokinetic or meditative techniques and make you feel and find your way home again (Emotional Therapy).

5. Of course, we would advise you to look for a DMTherapist because they should know the way out (of Fear) and have been trained in Anger Management, Fear Management and Grief Management. The Physics of Fear, Emotional Therapy and every grieving process are simple rules of nature:
No Anger Management, therefore no Fear Management.
No Fear Management, therefore no Grief Management.
And no way back to loving yourself, your body or your life, again.
6. Find somebody else to help you, if you feel no rest, some strength or relief reappearing after one year of therapy. One year should suffice to feel some of that level of Anger, Guilt, Fear or Grief (rogue NESystems) go down and make room for stable force or strength (Yang energy). One year should suffice to relive some level of love for yourself, your body (reinstalled PESystems) or your life and experience more rest and calm (Yin energy).
7. Every year of therapy you should feel less irritated and more self-confident, intuitive, creative, sensitive and caring (the CARE system reawakening). Your body should feel better by then (LUST System), as should life itself and your enthusiasm or lust for life (PLAYFULNESS System).

8. Just follow this Yellow Brick Road for the rest of your life (Yang is protecting Yin again and you have become your own therapist or walking Buddhist) and every year you should be able to dance better with the vampires that used to feast on your Fears and the zombies that used to suck the life out of you (using your own perverted ways of Compassion or Guilt). Eventually they will both run out of victims or fights and need to face their own Fears.

We, on the other hand, will keep on training Dynamic Meditation Therapists and look for ways to improve existing and future CUBE-units.

How does one become a DMTherapist?

1. You get into Emotional Therapy like any other nutcase
2. You seem to get the hang of it after a while
3. All of the members of a CUBE seem to be convinced that you made a living and hobby out of devouring your three Fears and managing your 5 F's (you are Enlightened).
4. You get a tryout of 2 weeks, conducted by a DMSpecialist and start working in a CUBE.
5. You keep on using the other DMT's of your (or another) unit in order to evolve and get to

know each-other and their techniques better all the time.

6. The latter is a way to exclude a member if he keeps on separating him from 'the Hurd'.

Of course, any DMT is free to go and work on his own, but can not start a CUBE without a written consent of all the other members of 1 CUBE.

What is a DMSpecialist:

1. A DMTherapist that worked in a CUBE-unit for some time
2. All of the other members are convinced that he or she is able to start his or her own CUBE

That way we can avoid the creation of new gurus and self-made new spiritual leaders or priests and nobody is really pulling the strings, but nature itself, creation and evolution.

I advise any CUBE to have a doctor, preferably one with at least a DMT-training to keep a solid and close connection with biomedical science. This proved to be a sound way not to reinvent spiritualistic materialism, new Jesuses or Mohameds or the conviction that love will heal and conquer all. Yin will never be able to stop Yang (on the contrary it makes them split and pervert each other and elicit more fire), they should go hand in hand and the one should

protect the other as we see in nature, animal life and all over the cosmos.

But all good things come to an end eventually and so its for this last Chapter.

Just one last prediction or curse ... for the road: "Your Fear of Failure, Separation Anxiety or Fear of Change or Death will haunt you and your family down in the near future..."

When it happens, and it will, just ask yourself some of these questions:

"Am I making the same mistakes over and over again?"

"How far from nature have I drifted off?"

"Does life hurt enough to change my habits indefinitely and look for help?"

"How much more can my mind take, to start changing or looking for help?"

"How much more can my body take?"

And finally:

"Can Earth still carry this crazy animal species?"

No, it can not and probably will not.

This chapter seems to be worthy of two quotes:

"You will never reach Paradise until you become believers, and you will never become believers until you love each other."

"Shall I lead you to something that will make you love each other? Spread greetings of peace among yourselves." (Prophet Muhammad)

Conclusion:

1/ What is the Godconcept

Does God really drive a Porsche?

Does the man on the cover think he is God?

Is the Cuban cigar a statement or just a bad impression of sir Winston Churchill or Sigmund Freud?

At the age of 50, the age of Abraham or Wisdom, I was relieved to be able to let some of my old convictions go:

- The complete distrust of governments
- The distrust in group psychology where the sheep keep following the wolf, over and over again

And because of the fact I was allowed to name my Vanity Plate GOD, some trust in the Belgian government returned. Getting positive reactions from people in the street, on internet and national television restored some of my hope in people as such. Even the secretary of our bishop took a picture of the car. Maybe some of the sheep or shepherds were wakening?

At the age of 55, in the midsts of the Corona-time (the ninth of april 2020 was my birthday), I got distrustful again:

- The virologists that try to guide us through a pandemic, are able to rewrite and reproduce even worse viruses in their labs and who is going to control that?
- The good intentions in making vaccines and fiddling with DNA is overshadowed by vague guidelines and goals. Nobody seems to know where we will end up, concerning immunity, reinfection, global management, ...

Others may be enthusiastic about their first name on their Vanity Plate, but as a psychiatrist I like to shake and stir things up a little. I want to make people aware of their Divinity and I want to push myself in perfecting the Godconcept, Emotional Therapy or Brainmanagement and our CUBEs.

For those who are still yearning for 'magical' solutions in this book: there are none. Looking for the magic wand or the Holy Grail means you emotionally got stuck at the age of 4 and are still looking for salvation outside yourself.

The Godconcept is an intentional concept and a way of living. How you get there is not important. The question is whether you want to end up or keep

improving in becoming the best father and mother you can imagine in protecting and caring for yourself as a being, your body or your playfulness (and that of your siblings, friends or offsprings). It is a very simple and clear way to leave the age of victimisation far behind.

You can fill in the gaps in the following definition for the parent you have always longed for:

1/ Be the best Father (you can imagine) for yourself, your body and

- * Powerful
- * Entrepreneurial
- * Protective
- * ...

2/ Be the best Mother (you can imagine) for yourself:

- * Caring
- * Loving
- * Soft
- * ...

Unconsciously, most religions have placed this relationship outside of yourself: God or the priest, the king or the politician will take care of you. This is good for creating a state, hence state religions, but in my view, in reducing Fear or destructive Psychosomatic and Emotional Marker and psychosocial behaviour, they have failed.

For a long period of time we were intensively thinking about what Emotional Growing Up or Self-Care could stand for. The idea came about because we found that loving Your Self, Your Body and Your Life is a therapeutically very difficult concept to work with. We often see no basis or will in patients to be able or willing to grow towards this concept. It seems like a human child is holding his Pain (or no longer loving himself) inside himself and it is looking for new parents who will stand up for him, fight or care for him. It seems as if humanity is immersed in Sleeping Beauty's eternal twilight state and waits for some Prince or Princess to bring back the kiss of life. Some seem to keep themselves in this situation, torture themselves, just to get that other person's kiss, support, care, or healing. To me, humans also seem to be the only animal species that torments, keeps or kills itself, just to be sure to get that some attention, care or love.

Seeking for control or security, on the other hand, means fear or Fear is the commander of your intentions. The basis for this is usually the imprinted Fear of Failure, Separation Anxiety or Fear of Change. We see this mechanism reappearing in every culture, race, nationality or religion, but also in us, therapists.

For that reason I have been thinking for years now how to build and reproduce teams of qualified therapists that keep evolving on an emotional level.

Several studies have shown that the emotional balance or maturity of the coach or therapist predicts the outcome of the therapeutic process.

2/ Overcome every Fear yourself (Yang, protecting Yin)

As mentioned before, we all live in the illusion of the fairy tale of Sleeping Beauty and we wait on the knight, guru, prophet, doctor... who will cure us or save us from our problems.

If you turn around this Emotional State of being by 180 degrees, you end up with the Godconcept. We can all become good at expelling every Fear with the same wrath of God, that the God of the Jews, Christians and Islam expelled Adam and Eve from paradise with. And believe me, if you really want an Emotional State of being like an Obsessive Compulsive Disorder out of your life, you will need that same Devine level of bloodthirstiness to overcome the Fear of Failure underneath.

Will an Emotional State of Fear or Guilt (NES) or Psychosomatic Marker like a Freezing reaction (after being raped, for example) disappear completely without experiencing the animal or Emotional State of bloodthirstiness towards the perpetrator? No, and it will keep inverting itself into Guilt or Self-Hatred.

Will the previous (and sometimes completely forgotten or suppressed) Emotional State of Lust or love for sex or your body come back after that rape, if there is no intention to protect your old self, your Inner Child that used to love itself, its body and its life (the PESystems)? No, and we need some level of intention to want it back or at least protect this side of your brain or Emotion System.

To make therapy really work on an emotional level and change this Psychosomatic and Emotional Markers in the SEEKING System, you need this positive (Yang) power, combined with the intention to remove the underlying Fear with the love of a mother for her child (Yin). This combination is for me the real magic of Kundalini-energy and me and all of my DMTers would love to investigate it one day under fMRI or another kind of brain-scan. For that I call upon good investigators or professors with an open mind.

In Emotional Therapy, we need some positive intention towards yourself. The heart of a good mom who takes every splinter out of her child's foot and who would buy the best tweezers and magnifying glass of the world to remove the splinters, over and over again. Without this positive effort and intention there will be no magic, no change.

Can anyone do this? Yes, but in the beginning most people have thousands of excuses (based on the three Fears) and understandable neurophysiological brakes (the 5 F's), directed by those Fears. Their negative Emotional and Psychosomatic Markers still dominate their SEEKING System and this is why we need the 3 times 6 months of hard work (Yang) and good intentions (Yin).

We need some degree of unconditional drive or will to regain the passion for Yourself, your Body and your Life (pure Yin or the PESystems) and the killing instinct of the first PESystem (Anger) to work together, as one. We need this intention very badly to be present in every Dynamic Meditation Therapist and we need at least some of it in the clients or patients we work with. Everybody can make that choice.

But our way of dealing with traumas in Emotional Therapy is not always a success story.

In the last 15 years we had 1 patient (we know off) that committed suicide. One too many and it will keep us look for better ways to improve ourselves and our strategies over and over again. He made that choice.

Recently I have suggested euthanasia for a man I have been seeing for 15 years now, which made a

choice not to follow any of our therapies and kept his 5 F's under control in his way (repressing his emotions, drinking, using cannabis, living in separation and away from society, ...). The severe childhood traumas he suffered from didn't get any chance to resolve that way and he was (made) very conscious of that, but made the choice not to change or change his ways of living and thinking. The stress and pain in his body and mind became so solid and unbearable that his wish to die needed to be taken seriously.

He had promised himself to stay alive and not to commit suicide, 15 years ago. He would wait for his two children to grow up and become independent adults. He could surely commit suicide in a blink of an eye, for he had a sturdy mindset, but his big heart didn't want to shock anyone should they find or see him. What a waste. A good man with a good heart, torturing himself for 15 years and leaving us no room in his mind for professional help. His choice.

I have seen people overcome the most horrible traumas and Fears, but I have witnessed patients or colleagues too stubborn to change or open up to their emotions. What a waste. Their choice.

Becoming more and more competent at reprogramming the mammal side of our brain, I am convinced that there are no Fears that cannot be

cured, but a lot of stubborn people with stupid convictions or beliefs that keep the pain inside alive until their mind or body burns down. Some of them will not change, even in the eye of death and this is what makes us human and separates us from animals. Another proof of the negative Gods we can be.

In Belgium we have a law for euthanasia in insufferable pain and incurable disease, but not for psychiatric disorders. My personal restraint in these matters is based on the fact that psychology and psychiatry is not performing that good on a general basis and most of us are incapable of curing most of the disorders we like to give names to and we are therefore not yet ready for this debate.

On the other hand some extremist Catholic rulers are still blackmailing their subjects or psychiatric institutions with all of their emotional and financial means (playing the Fears of their sheep) in order to forbid even thinking about euthanasia, based on convictions and beliefs that we should all suffer till the end of our days and in the name of Christ. That presumed part of Jesus, that suffered more than we can ever suffer from and for that reason he is supposed to be the only son of God, a degree of Holiness we will never be worthy of or should (not?) reach for...

The content of this book will never reach the heart of people, for the way to their heart is blocked and their thought and excuses are dominated and directed by their Fears. Their head or storyteller will keep thinking in black and white or turn white into black and black into white.

Let's do the math on the historical elections at the end of 2020 in the U.S.A., Biden versus Trump. Round and about 80 million people voted for Biden and lets say 75 for Trump. After the election 25 of that 75 million pretended they wouldn't vote for him any more after the incident at the Capitol.

50 million out of 150 million, that is about 33% of a population in a democratic country is so Angry and will probably stay that Angry (NESystem gone astray on all its three levels: Anger (someone else is to blame, suffer or die), Fear (on its highest level, paranoia) and Grief (they all feel victimised). This third is a figure to take into account and stands for a group that will not change in opinion or in level of Anger and will always follow a master puppeteer that is able to keep the fire burning. There will always be master manipulators that possess the talent of burning up the 3 Fears in people's hearts and building a wall inside that heart until the Negative Emotional Systems dominate and suppress all the Positive ones. But its remains only a (loyal?) 33% of a population and the other 67% is playable. Playable,

because of the three Fears that still drive us all on an emotional level and keep our heart and mind open fore business in the eyes of the very talented mister Trump.

I am sure he is not aware of these mechanisms and I am not underestimating the talent and intuition of both men, to play the other 67%, but why has nobody thought of helping two thirds of a population to become Aware and Competent at breaking up the wall inside and making it impossible for anyone to even build that wall again. That way democracy wouldn't have a Achilles' tendon anymore and fake news of politicians or non democratic nations would not have any effect any more. The subliminal goal of propaganda, fake news or populism is always one or more of the 3 Fears.

For instance: "Make America great, again and God bless America"

1. Has it Failed, then?
2. The need to always be the greatest is Fear of Failure in its purest form
3. Are we, democratic nations, really open for Change if we want to keep things the way they used to be?
4. If we go into a crisis, do we need the help of God (Fear of Failure) and should we feel Abandoned by him, then?

5. Is God only blessing this specific nation and why should they be 'the chosen people' (Fear of Failure and False Narcism).

I strongly believe that Western and Eastern democratic countries can be the pioneers and developers of the future identity of the world citizens or Global Villagers. We only need two thirds of the population to grow up on an emotional level. This is something we need to do anyway in order to keep ourselves or the planet alive.

I only tried to write a manuscript for that two thirds of these nations, open, ready and confident enough to take this leap of Faith.

Thank you for listening.

And remember: " Every day is therapy..."

Four final quotes:

1. One for the conspiracy believers
Hatred and bitterness and anger only consume the vessel that contains them.
(Rubin 'Hurricane' Carter)
2. One for the materialistic spiritualists:

I have noticed even people who claim everything is predestined, and that we can do nothing to change it, look before they cross the road.

(S. Hawking)

3. One for future Global Villagers:

We are God, or people in evolution.

(Hegel)

4. One for true believers:

Spinoza: "God is nature or the ecological balance of nature, earth and the universe."

The essence of Emotional Therapy:

1/ We're all nutcases

and this should be obvious by now

2/ We're all disconnected from our body

but we can always reconnect ... if we want to

3/ We can all reach Nirwana and Enlightenment

but this takes time, a manual, some help and effort

... and then we can start dancing with the vampires and zombies around us. Stop putting energy in trying to change them

We should all strive to become super-leaders, super-teachers, super-parents, super-therapists, super-coaches and after reading this book you should be out of excuses.

General references:

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“Control: Control refers to the extent to which students believe they are able to avoid failure and achieve success. Students who believe they have little or no control over outcomes are increasingly uncertain as to whether they can avoid failure or bring about success. When students are low in perceived control, they are more likely to engage in counterproductive behaviour such as self-handicapping or may give up altogether along the lines of learned helplessness (Martin et al., 2001a, 2001b).”

P 33: Confidence

“For example, harnessing principles of cognitive-behavioural therapy (Beck, 1976; Meichenbaum, 1974), we encourage students to challenge their negative thinking by teaching them the skills they require to observe their automatic thoughts when they receive feedback or are assigned tasks, showing them how to look for the evidence that challenges

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HQQzBazSMu~DE-
nahDj9Lwj9P7FoD0MC2obpv5njBXQoO4E5VyIT~Ntq
OZCQ1Q-
Vh3~Uuvxg3Ehl0r9hNePndezvHrMlKmLhkhNViqN~iL
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meaning that while all people with autism will have similar problems, overall their condition will impact them in different ways. Some people may be able to lead independent lives while others will require a lifetime of specialist support. Asperger Syndrome is a similar condition to autism; however these children do not generally experience the same language and learning disabilities associated with autism. They are more likely to have difficulties in the areas of social imagination, communication and interaction.'

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