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Take a moment right now to look, listen, feel and breathe. What is your body telling you? Your environment? Are you tuned in to those messages or are you going along in blissful ignorance about your health? Did you know that every decision you make today has a result, if not now,then years down the road? Those decisions lead to strokes, heart attack, diabetes, and other health conditions that are both avoidable and preventable. The power to change your health is in your hands!

Authored by Dr. Maria Scunziano-Singh, or Dr. Maria, as she is known to her patients, co-founder of Access Health Care Physicians and founder of our newly opened WellCome Om Integral Healing and Education Center, the book explores her whole-health approach, combined with conventional and alternative methods, that are instrumental in helping her patients lead their healthiest lives

Purchase Dr. Maria's newly released book, "Be Consciously Healthy," direct from us

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An understanding of the interaction between the basic parts of the brain and the separate, unique awareness of every is essential to promote change throughout the system. Simplifying the mind into two interdependent systems is sucient for our purposes.

The mind consists of a triune, vertical, hierarchical system, known as the McLean/Papez triune

mind, and a bi-lateral, horizontal system, known as the left/proper hemispheres.



Each of those parts has it's own separate awareness, and must interact efficiently with the opposite subsystems in an effort to promote survival and growth, (individuation). Trauma and detrimental emotion intrude with client interaction.

The role of the hemispheres has been explored for years from the perspective of the Western, reductionist paradigm. This view holds that consciousness is a type of byproduct of the brain, and that when the brain shuts down, consciousness ceases like a blown out candle ame.

Therapies comparable to Thought Subject Remedy and Emotional Freedom Techniques, however, are based in a Vitalistic paradigm. Vitalism holds that there's a kind of central organizing precept or Very important Energy in the universe. This is a common perception in Eastern and indigenous religions, andwas, prior to the 19th century, the basis for Western Science and many Western philosophies.

For example Henri Bergson, a French Vitalist thinker, <u>Local Events Spring Hill</u> proposed that the mind is definitely a receiver of consciousness, and actually screens out much of our awareness to make sure survival.

Carl Jung was additionally a proponent of a collective unconsciousness that contains archetypes, recollections and thoughts.

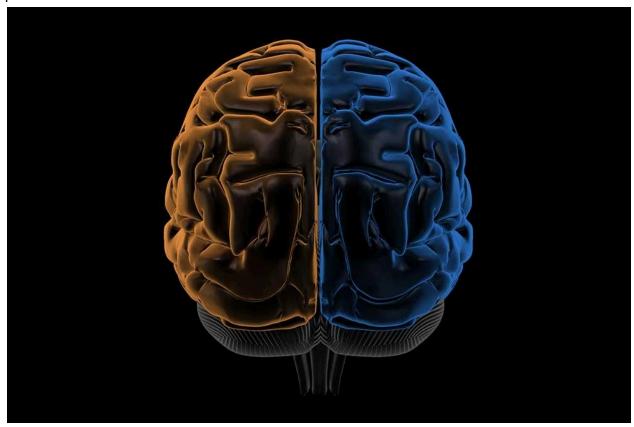
Nobel Laureate Karl Popper was also an advocate of a type of vitalism, known as interactionism. This view additionally holds that consciousness exists independently of the brain and interacts with bodily reality through the central nervous system.

The time period "Thought Discipline" within the title Thought Subject Remedy refers to a eldof thought, similar to a magnetic eld however related to consciousness.Roger Callahan, PhD, originator of TFT, likened the brain to a radio receiver that tunes into a radio frequency. In accordance with this analogy, simply as a primitive particular person would possibly believe that the sound originates throughout the radio, we mistake the origin of consciousness as originating



from inside the brain. When there's mud in the receiver, it creates static. Likewise, when there is trauma within the central nervous system, emotional disturbance results.

Proper brain consciousness is NOW oriented, blissful, without perception of boundaries, thinks in pictures, lacks a personal identification and is emotional in nature. This seems to be the same consciousness that is reported by advanced meditators and by Jill Bolte-Taylor in her ebook, "My Stroke of Insight." This book describes her experiences as she experienced a stroke in the left hemisphere of her brain - as her left hemisphere shut down, her right hemisphere started to predominate.



She can be featured in a Ted Talk entitled "My Stroke of Insight." Left brain consciousness is previous and future oriented, rational, thinks in words, and organizes our experiences and offers us a way of individuality, a personal identity based mostly on our historical past and experience. Whereas the right brain acts as a funnel for Universal Consciousness, the left brain liters and personalized our experience.

As the individual experiences trauma and negative emotion, the left brain becomes wired in a manner that distorts our expertise of reality. Elimination of these damaging inuences permits extra entry to the underlying calm, blissful state of awareness that ows through the right hemisphere. Current research into the perform of the two hemispheres demonstrates that



dreaming processes and integrates experience. There are two types of dreaming, Rapid Eye Movement, (REM), dreaming and non-REM dreaming.

REM dreaming "stirs up" the day's experience, while non-REM dreaming integrates it into the mind and personality. Analysis also suggests that individuals suffering from despair spend an excessive quantity of time in REM and not sufficient time in non-REM dreaming.

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