

MIND BODY DISSOCIATION DISORDER

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Pre-Requisite Concept:

Fascia:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/muscle-pain-it-may-actually-be-your-fascia>

<https://www.physio-pedia.com/index.php?title=Fascia&veaction=edit§ion=5>

Key concepts:

External Tensor

Removable External Tensor

Fixed External Tensor

Fascial Tension Theory

Adaptive Tension Theory

MindBody Dissociation Theory

Adaptive Tension Disorders

MindBody Dissociation Disorder

Collective MindBody Dissociation Disorder

Dental Dissociation Disorder

New State of Normal

The Traumatic Denial Effect

A Note on Fascia

Fascia is a connective tissue that has the ability to redistribute tension in the body in order to allow for complex movements such as talking while walking. Fascia can become dysfunctional when under physical trauma. Most muscle problems are also fascial problems. Thinking about our muscles in terms of fascia is more effective for understanding the whole system of motion and multitasking.

My Argument

Our Society has a peculiar case of diverse, unexplained medical conditions. No matter how much research is invested in these individual conditions, no definitive cause has been found for them individually.

The contemporary treatment for depression is drugs and therapy.
The contemporary treatment for anxiety disorders are drugs and therapy.
The contemporary treatment for mental disorders are drugs and therapy.
The contemporary treatment for chronic pain is physical therapy and physiotherapy.
The contemporary treatment for teeth-grinding is dental retainers.

The list is endless. The two things that all these cases have in common is that they all manifest differently for individuals, and they all are exacerbated by stress. Some cases contain combinations of these different disorders, and the disorders themselves are only umbrella terms for general observed patterns. No person has been able to explain the widespread existence of these diverse disorders in today's society, nor cure them effectively. As a people of science and reason, this should be quite alarming. However, the general consensus seems to be that "shit happens". In this paper, I will challenge that assumption. In this paper, I will argue that there is a singular primary cause to all of these conditions.

I propose that I was able to break out of the self-perpetuating cycles of society, see the truth for how it is, not for how it is written in textbooks, but from pure observation and ardent research. I believe that the mechanism to the vast majority of unexplained medical conditions is directly explained by Adaptive Tension Theory, and that nearly the entire population has the disorder to some degree. Adaptive Tension Theory is the idea that disorders of the mind and body are directly affected via bodily tension and vary based on the individual and their subconscious needs. I believe the continued existence of Adaptive Tension Disorders is due to the existence of one powerful, but reversible disorder: MindBody Dissociation Disorder (MD). MD is the lack of awareness that the mind affects the body, the body affects the mind, and that tension on one part of the body creates tension on the whole system. I further argue that research into Adaptive Tension Theory and MindBody Dissociation Disorder is of high importance to our society for the welfare of the people, that there is nothing that can compare to the importance of understanding these concepts; that this is the concept that contains the panacea to most of our problems as individuals and as a society.

I theorize that the perpetuation of the MindBody Dissociation Disorder in individuals is primarily due to a larger, widespread cultural disorder: Collective MindBody Dissociation Disorder. I have observed that the First World has Collective MindBody Dissociation Disorder and is unaware of it. The lack of awareness for the disorder is due to a state of denial caused by erroneous cultural beliefs, trauma, and overwhelming suppressed stress. This state of denial manifests itself powerfully in those who have MindBody Dissociation Disorder, and even to those that are aware that they have the condition. I call this powerful coping mechanism the Traumatic Denial Effect. It is my belief that due to the nature of the Disorder to warp reality itself, that the Traumatic Denial Effect is the most important concept one must understand in order to resolve their MindBody Dissociation Disorder, and thus also resolve their Adaptive Tension Disorders. Permanently and unequivocally.

The Root Cause of our Collective MindBody Dissociation Disorder

The various existing treatments for Adaptive Tension Disorders such as depression, anxiety, and chronic physical pain all fail to address the true root cause of the problem. Thus, they do not treat the problem, but provide a source of compensation. Any person desiring to cure their Adaptive Tension Disorder should seek not the compensations of the current medical model, but cure their MindBody Dissociation Disorder. MindBody Dissociation Disorder often occurs through a conscious decision, backed by an accepted, but erroneous belief. That belief is that one cannot trust their collective self which includes their feelings, reasoning, mind, and body. It is through the acceptance of this belief that one opens the door to dissociate from their mind and body. There is then a physical trauma or a discomfort that follows that gets pushed deep into the subconscious. Reestablishing Belief in oneself alone is not the remedy for MindBody Dissociation Disorder. One must also pursue the implied action that the subconscious of the mind and body desires.

My primary concern is Dissociation from the body. In the case of Body Dissociation, a physical foreign source of tension or discomfort enters or attaches to the body. I call this an External Tensor. External Tensors cause inefficiency and stress in the body. The specific way an External Tensor affects the body depends on the location, size, placement, and unique body characteristics of the individual. It may also depend on the emotional or cognitive state of the individual when it was placed, however this is less clear. The effect is that the body and mind reacts differently to the Tensioner creating unique and diverse symptoms. The stress of the External Tensor is never undone until the External Tensor is removed from the body. According to Adaptive Tension Theory, it is possible for the individual to adapt to the External Tensor for the sake of survival. These adaptations create the effect where the optimal physical and mental condition for certain tasks is different and distorted, creating a distorted sense of identity. Furthermore, the stress of the External tensor always remains present in the body and while the individual engages in different adaptations, they feel that stress manifest itself in different forms from anywhere to physical, visual, gastrointestinal, cognitive, perceptual, emotional, and social stress. The quark of the condition is that it can also form a self-protective belief system which helps to regulate changes between sympathetic states and parasympathetic states. This belief system I am mentioning is an alternation between the true perception of one's condition and the subduing coping beliefs that everything is normal: The Traumatic Denial Effect. It is due to the Traumatic Denial Effect that a person will not understand the source of the stress that they are feeling as mentioned above which can take on many different forms. Often that person will then blame something about themselves or the people or stimuli around them for their stress when in actuality their stress response was unnecessarily elevated due to the External Tensor on their body.

In normal circumstances, the subconscious would guide an effort of the Mind and Body to remove an external tensor under states of elevated stress (as necessary for MindBody efficiency), or in states of relaxation (as necessary for healing). This is demonstrated when someone tries to sleep or relax. They will take off any heavy luggage they were carrying as well as put on comfortable clothes, and for some people, they will wear no clothes at all for sleep. The same is true in a state of stress. An individual will gladly drop whatever they are holding to

escape a threat. Concentration, another form of stress, will require an individual to remove any tight clothing to concentrate most effectively.

There are two main types of external tensors. Removable External Tensors and Fixed External Tensors. Removable External Tensors include weights, clothes, glasses, shoes, rings, belts, discomforting or toxic-to-the-skin substances, and forces. Fixed External Tensors cannot be removed easily by the subconscious or conscious of the MindBody. These include orthodontic braces, orthodontic permanent retainers, dental sealant, dental cavity fillings, dental implants, and surgically-implanted materials and devices. There is an in-between category that would conceivably include tattoos, earrings, make-up, and hair dyes, and more cosmetically placed substances. The category of External Tensor does not necessarily determine the intensity of the External Tension it will cause, it does however determine the level of capability of the subconscious to rid the body of it. Thus, Fixed External Tensors by nature create a fixed, permanently elevated level of tension in the body which the individual eventually adapts to and perceives to be a “new state of normal”. I believe this is the cause of MindBody Dissociation Disorder and the Adaptive Tension Disorders we’ve observed on the rise in our society.

Given the chance, the subconscious would motivate the conscious to find a way to remove the External Tensor. However, the priorities of the conscious may hold back the subconscious, especially in the form of strategic choice and fear-based beliefs. An example would be cavity sealants and fillings. It is the belief of many people and dentists alike that a tooth must be filled with some sort of External Sealant to prevent the worsening of cavity development in order to prevent tooth loss. This belief is based off of the fear that not having sealant or a cavity filling placed in the teeth will lead to tooth decay. I will argue that a person would be happier even in a state of tooth decay than with a cavity filling and/or sealant placed on their teeth. The reason being that the External Tension created by cavity fillings and sealants is quite significant. External Tension leads to Adaptive Tension Disorders causing different forms of permanent discomfort and overall greatly reduced capability to think, move, feel, and adapt. External Tension leads to the sensation of discomfort as well as the feeling that “something isn’t right.”

Due to the widespread use of External Tensors in teeth around the world, the stakes have never been higher for the growth and survival of our species. Without a confident and collected public, the world will continue to descend into the chaos it is in. Without awareness of the effects of External Tensors on the MindBody, there will be continuously wasted funds and malpractical use of these substances and devices. Without awareness, not only will use continue, but it will grow. The scapegoat for people’s Adaptive Tension Disorders will continue to be “their fault”, “their body’s fault”, or “the stressors of their environment’s fault”. Doctors will continue to prescribe Internal Tensors like drugs, ineffective practices of physical or psychological therapy, and yet more External Tensors to deal with the health conditions people will eventually develop such as heart conditions needing implants to prevent blood clots, arch support to deal with irritated feet, and laser eye surgery to deal with eye issues. In some cases, surgery does not just involve the placement of external tensors, but is the act of damage itself! (As per the example of the laser eye surgery, but includes knee surgeries, jaw and joint

surgeries; All of which blame the joint and muscle, not the Tension in the body). Not only will people continue to misplace blame and continue their use of External Tensors, but they will continue to put their children through External Tensors, making the children unaware of the “new state of normal” they are in once they’ve grown up and are more self aware. The misunderstanding of all of this is a phenomenon I term MindBody Dissociation (MD). *MD also stands for medical doctor, as all medical doctors have some form of MindBody Dissociation (This is an attempt at a joke).*

I have discovered a common action desired by the subconscious of our culture, and I believe this specific action is key to curing or lessening the degree of our Collective MindBody Dissociation Disorder.

Body Dissociation requires a belief, an external tensor, and the lack of means to remove the external tensor subconsciously. In the case of Dental Dissociation, the belief is that the tooth will not recover without the use of a cavity filling. It is also the belief that “Teeth can’t feel,” or “Teeth aren’t a part of my body that I can feel”, and “Substances on my teeth could not possibly affect the tension in my back or my knee or furthermore my cognitive abilities”. The External Tensor is the cavity filling and the sealant interfering with the tooth’s sense of position, taste (Yes teeth can taste, can you believe that), sense of pressure, and sense of not being bonded onto by a foreign substance, preventing the enamel from functioning normally. The Lack of Means to remove the external tensor subconsciously is significant as the cavity fillings and sealant cannot be easily removed. The subconscious tries its best through teeth grinding, but that’s all it can do without help.

At the end of the day, the message is that the subconscious will not stop until it has reached its goal. The Mind and Body will not be whole, the person will not be whole, until they have accepted that their body is perfect. And that the cause of their problems are not from within, but the Toxic Tension Lodged into their body. Their poor body that cannot escape. The body wants what it wants first and will accept help or reject it. In the case of cavity fillings and sealant, as well as orthodontic retainers; it vehemently rejects it.

The overall paradigm of medical perspective needs to change from the idea that muscles and joints become dysfunctional and need to be exercised. It’s clear that the body is doing what it is doing to survive, and we are getting in the way with our well-intentions. Muscles don’t get tight, fascia makes them tight to compensate for the tension we are under. The muscles aren’t the enemy. The TENSION is.

See: Adaptive Tension Theory for more insight as to why muscles don’t just get tight from poor exercise and as to how tension and discomfort is redistributed throughout the mind and body.

Symptoms of MindBody Dissociation Disorder:

- Having Adaptive Tension Disorders
- Feeling like your body is working against you sometimes when you want to do things
- Feeling like your mind is working against you sometimes when you want to think things quickly.
- Difficulty multi-tasking without stress.