



BOOK 5

**THE BRAIN
& CNS**

**5-LEVELS OF
HEALING**

**ANNE TAYLOR-
PEMBERTON**

© Anne Pemberton

Welcome to book 5 of my series of short health books. I aim to empower you to understand how your body works and why it may be sick or showing signs of sickness now.

Where would we be without our central nervous system?

However we may feel we could well do without it if our sensory system is on overdrive and our whole body and mind become overwhelmed. Our bodies are more intelligent than our brains but we have been trained into believing the opposite. Please consider yourself invited inside to share the journey of the Brain and central nervous system.

Anne Taylor-Pemberton

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Venturous Hearts

The feet are loaded with nerve endings and are the key to balance - and I'm in the balance business. In fact, we all are. I also believe the Earth is charged with an electrical frequency that matches your nervous system and immune system. So the bare feet allow us to absorb that energy and is a critical part of your wellness.

Laird Hamilton

PROLOGUE

I am here today to bring you another of my favourite organs and my favourite model for analyses of clinical cases. This is the sixth of a series of eBooks where I will examine and explain each organ or system from the 5-Levels of healing model.

Please allow me to take you into the brain and central nervous system through these 5 levels of understanding -

- physical
- energetic
- mental
- intuitive
- spiritual

CHAPTER 1: PHYSICAL

THE BRAIN AS A COMPUTER



“In my view, while the single neuron is the basic anatomical and information processing-signalling unit of the brain, it is not capable of generating behaviours and, ultimately, thinking. Instead, the true functional unit of the central nervous system is a population of neurons, or neural ensembles or cell assemblies.”

Miguel Nicolelis

Brain and Central Nervous System

The central nervous system is simply the brain and the spinal cord. They are both protected by bone - the brain is protected by the skull and the spinal cord by the vertebrae. Layers of meninges and cerebrospinal fluid provide the cushioning to keep stability and safety. Cerebrospinal fluid is nutrient rich, flooding into the ventricles and around the spine, nourishing and clearing away the metabolic waste¹.

¹ <https://www.ncbi.nlm.nih.gov/books/NBK519007/>

If we think of the brain as a master computer we can see that it helps us to feel, think, organise ourselves, move around and to talk. However it also has control over things that are outside our consciousness. These include digestion, the beat of our beautiful hearts, our breath of life. The brain sends and receives messages via the spinal cord. These messages go to the muscles of the organs creating the contraction and release of those muscles creating the rhythm of life. You may enjoy reading my musculoskeletal book (6) alongside this for completeness.

Lobes of the brain

The brain weighs about 3lbs. The cerebrum, brain stem and cerebellum are the important main sections of the brain. The cerebrum is split down further into four lobes:

Frontal lobe:

Have you noticed when you make a mistake in your thinking you may slap your forehead? Thats no mistake at all. Your frontal lobe is behind your forehead and it helps what we call executive functioning. This is thinking, planning, organising, decision making and imagination.

Parietal lobe:

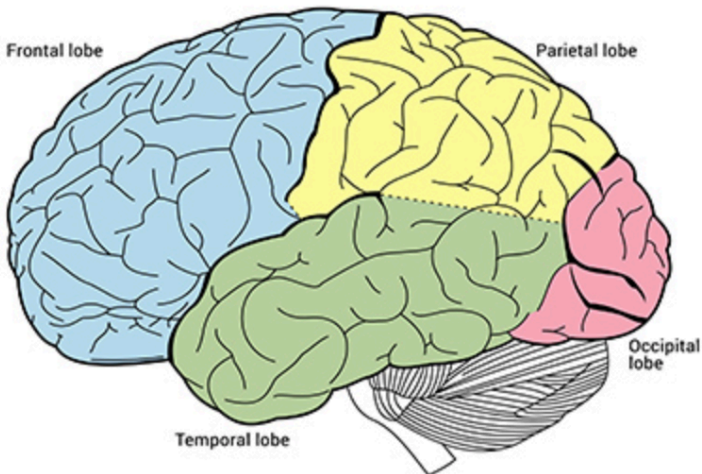
This sits directly behind the frontal lobe It helps us to understand what we are sensing from touch, taste and temperature.

Temporal lobe:

This lobe is around our ears. When life appears to be “falling down around our ears” this can mean we are misunderstanding our situation. This is because the temporal lobe helps us to understand language and sound, recognise objects and faces and create memories.

Occipital lobe:

Situated at the rear of the brain above the nape of the neck. We call this area the occiput. This lobe helps us to see and make sense of what we are seeing. It uses the refraction of light to help us make sense of what we see.



The cerebrum also has two sides or hemispheres. These are the right and left hemispheres. Interestingly the right hemisphere controls all movements of the left side of the body. The left hemisphere controls movements on the right. When someone has a stroke (Cerebrovascular accident) in the left hemisphere the physical stroke symptoms will show on the right side of the body.

The brainstem:

This is made up of the pons, the medulla and the mid brain. It is a really important part because it connects the brain and the spinal cord. If you were attacked forcibly under the chin and you fell back onto the corner of a step or a wall you could instantly exit this physical world because this section controls the unconscious mechanisms of breathing, heart rate, blood pressure, swallowing and digestion. As you can see we are completely non-functional without it. Yet the nape of the neck is such a soft part of the body with little protection. Pretty gruesome eh?

Cerebellum:

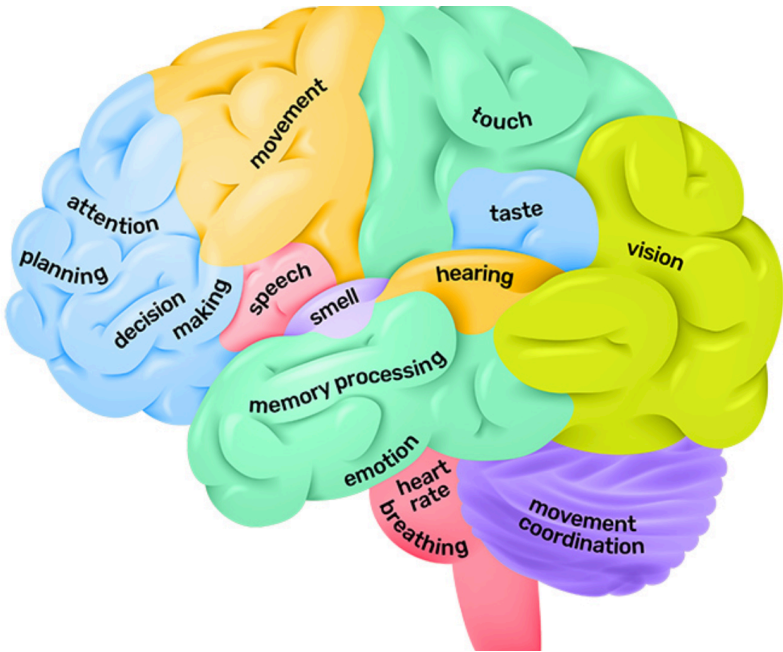
You may hear of this part being called the little brain because simply put, it looks like a smaller version of the cerebrum. It also lies behind the cerebrum. The cerebellum controls movement, balance and coordination.

Other even smaller parts of the brain have really important roles. Just because they are smaller doesn't mean they are less important.

The thalamus receives messages from our senses like vision, hearing and touch that come from our eyes, ears and fingers.

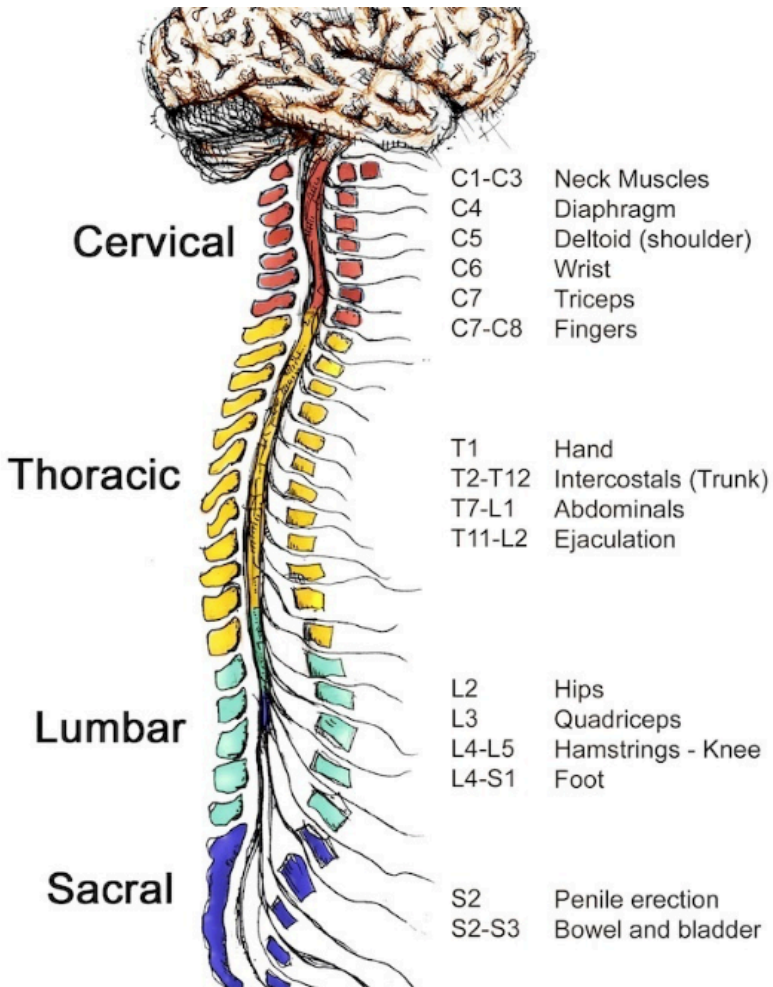
The Hypothalamus controls automatic responses such as sleep patterns, thirst, appetite and pulse.

The pituitary makes hormones that control growth, metabolism, water and mineral balance, sexual maturity and our response to stress. We have met the hypothalamus and pituitary in the endocrine hormones book and the gut brain axis book. Are you beginning to see how these all fit together a little?



<https://qbi.uq.edu.au/brain/brain-anatomy/lobes-brain>

Spinal cord



The spinal cord is a bundle of nerve fibres that run down the length of the spine. In an adult this is around 18 inches

long and half an inch wide, commencing at the brainstem and completing at the coccyx. The name of each section of the spine simply tells us where it passes through. Each section sends messages down through smaller bundles of fibres to the rest of the body. The cervical spinal cord sends messages to the face and neck. The thoracic spinal cord sends messages to the arms, chest and abdomen. The Lumbar spinal cord sends messages to the lower body.

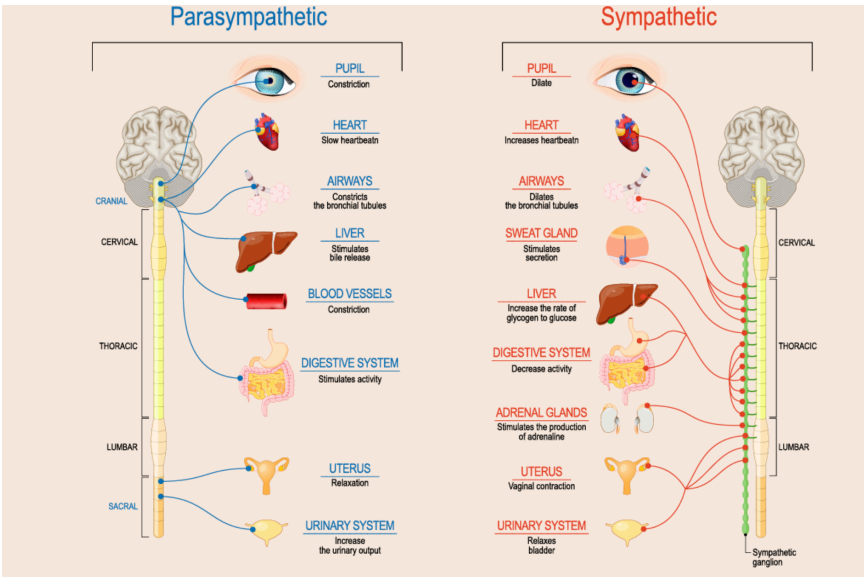
Vagus nerve

It feels important to talk about the vagus nerve right now. Stephen Porges has undertaken some amazing research on polyvagal theory in relation to many health challenges². The reason for this is that the vagus nerve is the interface between the gut and the brain. 80% of messages we know as afferent, are sent by the vagus nerve to the central nervous system having originated in the skin and other organs of the body. The other 20% known as efferent, carry information away from the central nervous system to the muscles and glands. The afferent neurons have to receive information before the efferent can respond to it. This is fascinating because we discussed the gut microbiota in the digestive / gut brain axis book. You may recall that the vagus nerve carries messages from the gut microbiota back to the brain. So how we behave can be determined not only by our social conditioning but also by the microbes in our guts³. For those of you who may be wanting to run like crazy now, we are

² <https://www.amazon.co.uk/Polyvagal-Theory-Neurophysiological-Communication-Self-Regulation/dp/0393707008>

³ <https://www.frontiersin.org/articles/10.3389/fnins.2018.00049/full>

more microbe than we are man. We are meant to live synergistically with the microbial population and they all serve a purpose. How well they perform that purpose is dependent on whether we live in accordance with the laws of nature of course. If we make a choice not to live within the laws of nature we can expect to become sick as many forms of sickness are now being seen and understood to be human made⁴.



Vagus nerve connections

The vagus nerve responds via sympathetic (fight or flight) and parasympathetic (rest and digest) stimulation. A flexible

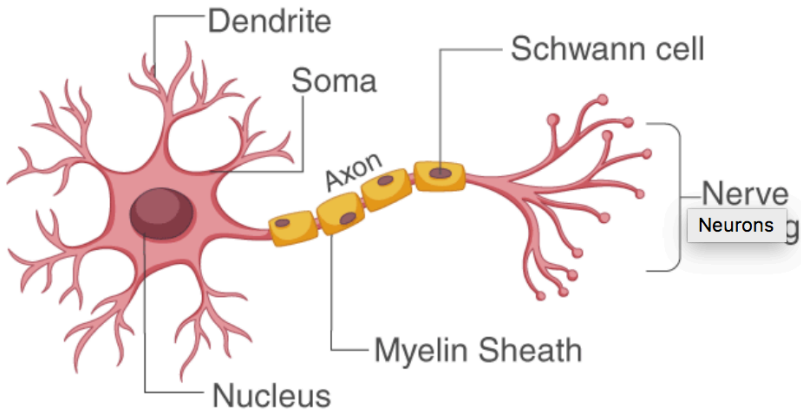
⁴ <https://www.manchester.ac.uk/discover/news/scientists-suggest-that-cancer-is-man-made/>

nervous system should appropriately respond according to our environment. However when we become chronically stressed or overwhelmed the vagus nerve can remain in sympathetic dominance. This leads to symptoms such as heart rate irregularities, gut issues, insomnia, ulcerative colitis and thyroid issues. The vagus nerve is the main circuitry to the parasympathetic nervous system meaning we can stimulate it to stimulate the physiological relaxation response in the body. This can be life changing⁵. If we suffer a lot of trauma the vagus nerve can also put us into a freeze response. Animals freeze to avoid being eaten by their predators, though humans have little concept of this so they really don't recognise when it occurs. The CNS, according to Porge's work, has three states. Ventral state is when we are in rest and digest, stress free. Our hearts are open and we are sociable. Sympathetic state is when we are poised for flight or fight. Anger, rage, or irritation may put us into fight response. Anxiety, worry, fear or panic will put us into a flight response. Heart rate, blood pressure, and adrenaline all increase whilst digestion, pain threshold and immune response diminishes. These are good states that fuel change in us when we don't have trauma. However if we do have PTSD or cPTSD we can stay in these states until we enter the dorsal vagal state. This is the most primitive aspect of our nervous system. In this state we shut ourselves off, depersonalise, cut off from self and feelings. We may not care or we may feel disempowered, desperate or helpless. The body conserves energy by storing fat due to increased insulin activity. Pain threshold increases too.

Neurons:

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/>

The neuron is the structure and function of the nervous system. It is made up of dendrites, cell body and axon. The purpose of the neuron is to carry the messages in the form of electrical messages from the spine and central nervous system to the target cells.



Neuron

The myelin sheath, made up of phosphatidylcholine and essential fatty acids provides the protective sleeve, like the plastic coating on your electrical wires at home. So when intact this ensures speed and direction of the impulse, without it we see short circuiting. The nerve endings communicate directly with muscles enabling us to move and for the body to detect how much pressure or load the muscle is carrying, how far and what direction to travel. This is called proprioception. Internally the neurons communicate

with muscles surrounding the organs of digestion and elimination, breathing and circulation, reproduction. This allows us to feel when something on the inside when a particular organ is functioning less well than normal. Hopefully we feel this before we get the symptoms, though sadly many of us don't because we have been taught not to feel or to ignore those feelings. This is called interoception. We will revisit these two in book 6 the musculoskeletal eBook.

Psoas muscle

Why would I write about a muscle when this eBook is about the central nervous system? Great question. We will discuss the psoas in more depth within the musculoskeletal system eBook. I need to introduce it here also because it is really important due to its immediate relationship with the vagus nerve. We carry a lot of tension in the psoas muscle which tightens pulling down the diaphragm. This can reduce our ability to take a deep breath and in response cause mild panic / tightening of the vagus nerve. The tighter the diaphragm the less vagal stimulation. The vagus nerve needs to be stimulated to bring the body into parasympathetic / easy and digest mode. The yoga happy baby pose is a beautiful vagus nerve hack⁶.

The psoas is also seen as the spiritual muscle. It connects all the lower three chakras and when these are out of

⁶ <https://themovementparadigm.com/pelvic-floor-relaxation/>

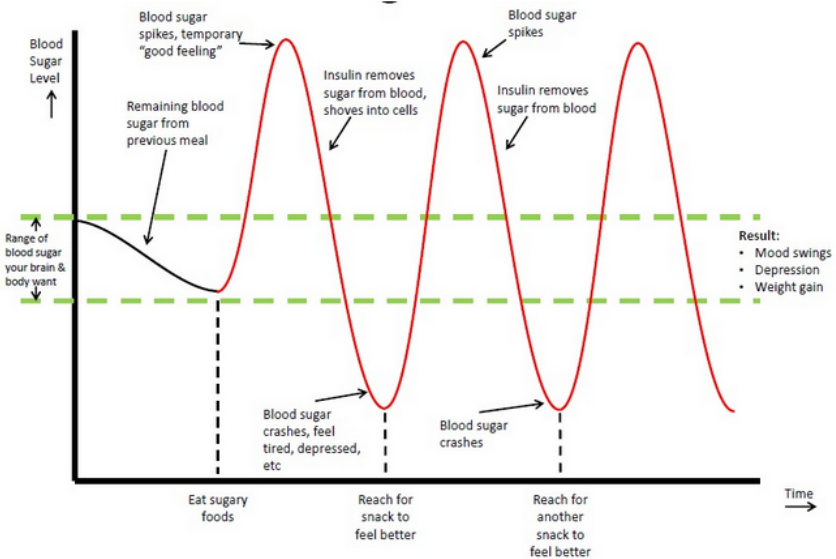


Happy baby pose

alignment we see difficulties with safety, creativity and confidence in the person.

Fuel for the brain and CNS

For the brain and CNS to function optimally it requires a constant supply of specific nutrients and for blood glucose levels to be optimally balanced. Peaks and troughs in blood glucose levels can lead to mood swings, hormone imbalances and energy fluctuations that impede cognition, memory and mood.



Blood glucose rollercoaster

Nutrients the brain requires in order to function optimally include omega 3 fatty acids, flavonoids, B vitamins, D, E and choline. So the diet needs to include the foods that contain these nutrients and in some cases extra supplementation. However it should be noted that supplementation should never be taken in place of a good diet. A good balance of the following is an amazing starting point

Oily fish - trout, salmon, herring, mackerel, sardines

Polyphenols - every colour of vegetable. Ideally 30 different vegetables over the course of a week

Nuts and seeds - essential fatty acids and minerals plus good levels of protein, fat and fibre. These make the ideal snack.



Further Reading

<https://youtu.be/5kBEqJ-J-0M>

<https://www.kaihealth.com.au/blog/the-vagus-nerve-amp-diaphragm>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026875/>

CHAPTER 2: ENERGETIC

THE BRAIN & CNS AS AN ENERGY SYSTEM



“New Age music does something wonderful to the nervous system”.

Paul Horn

Do you sometimes take the time to notice how certain types of music really do change our mood? For those of you who have been here on the planet many years do you ever stop and reminisce those early adult years? Without putting the blame on age, if you are not so agile now, can you recall how fit, healthy and happy you were back then? Did dancing all night in the discotheque or night club have anything to do with your health, happiness and fitness? Of course it did and we are deluding ourselves if we believe different.

Why is this?

We are all vibrational beings. Quantum physics describes the earth as nothing more than vibrating strings of energy. There is agreement between science, medicine and

metaphysics that certain frequencies can repel or destroy disease. Scientific research has shown us that our organs have their own sonic frequencies, the heart cells frequency being different to the cells of the lungs for example.

Solfeggio

We know that when parts of the body become diseased they have lost their ability to optimise their resonant frequency. We also know that we can use medical music such as solfeggio to bring the body back to optimised function⁷.

The 9 Solfeggio Frequencies



- Natural Anesthetic
- Heals Physical Pain
- Heals Emotional Pain
- Increases Courage
- Cleanses Aura
- Emotional Wellness



- Rejuvenates
- Regenerates Tissues
- Heals Internal Organs
- Increases Energy
- Immune System
- Heals Auric Field



- Liberates Guilt & Fear
- Turns Grief Into Joy
- Cleanses Negativity
- Empowers Goals
- Inner Peace
- Root Chakra



- Facilitates Change
- Enhances Creativity
- Clears Negative Energy
- Manifests Intentions
- Cleanses Trauma
- Sacral Chakra



- Love Frequency
- Transformational
- Divine Miracles
- Self Confidence
- Restores DNA
- Solar Plexus Chakra



- Attracts Love
- Positive Energy
- Balances Emotions
- Heals Relationships
- Brings Harmony
- Heart Chakra



- Self Expression
- Problem Solving
- Cleanses Cells
- Cleanses Viral Infections
- Purifies Body & Mind
- Throat Chakra



- Return To Spiritual Order
- Awakens Intuition
- Raises Cell Vibrations
- Awakens Inner Strength
- Bridge To Higher Self
- Third Eye Chakra

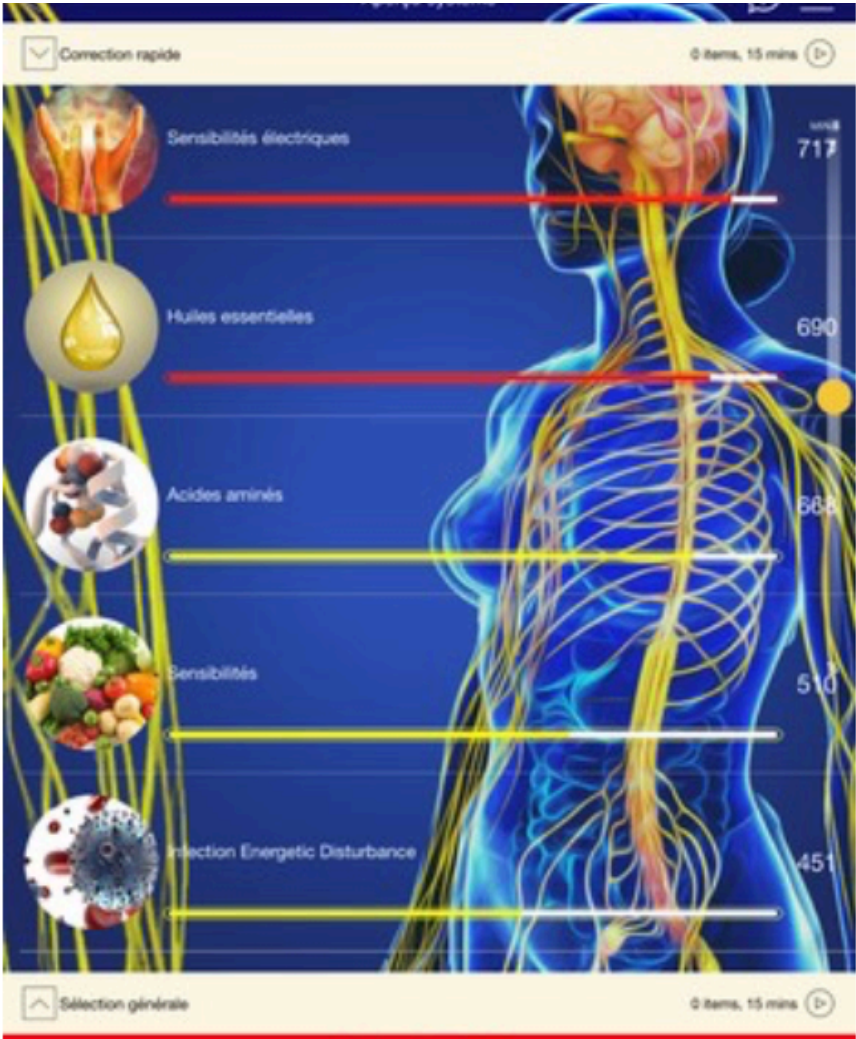


- Christ Consciousness
- Pure Miracle Tone
- High Level Intuition
- Telepathy
- Psychic Vision
- Crown Chakra

Ancient Healing Tones

⁷ <https://www.naturehealingsociety.com/articles/solfeggio/>

A lowered frequency will allow pathogens into the body and that may cause disease or the pathogen may lower the frequency of the organ. It is not clear yet which is the chicken and the egg. However bioresonance will eradicate those



One version of bioresonance

pathogens by emitting frequencies and in doing so is known to improve health⁸.

We also know from the endocrine hormones eBook that our emotions carry certain frequencies. If we live in the higher frequency category the body functions more optimally than if we live in the lower vibrational frequencies. We know from heartmath studies that we are all affected by the emotions and feelings or energy of others⁹. We have all heard of or even experienced the company of energy drainers.

We know too that electromagnetic frequencies can affect our health in a negative way¹⁰, although some would advocate this as unfounded.

The thing we can all take home for this section is the fact that our emotions clearly affect the health of our organs due to the blockage of energy around the organs as a result of suppressed emotions and feelings. We have been encouraged not to feel for eons because it isn't a good thing to show our vulnerability. In the days of tribal living being vulnerable meant death so we may be trying to undo the human primordial setting here. So from the tomes of Chinese, Ayurveda and Tibetan medicine which emotions do you think may shed light on brain and central nervous system dysfunction?

⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8892610/>

⁹ <https://youtu.be/QdneZ4fIIHE>

¹⁰ <https://www.hindawi.com/journals/ab/2014/198609/>

Brain:

Neglecting your body's computer by downloading mental viruses in the form of negative thoughts, worries and stresses. Feeling out of control, bored, flat, disinterested and sleepy. Feeling like your mind is hazy, scattered, conflicted or confused.

Hypothalamus:

Feeling unbalanced, stressed, anxious, hormonal, emotional. Experiencing a disconnection from your divine, spiritual self. Confused and frustrated about the future and your role in life.

Nervous system:

Hitting a raw nerve. Feeling attacked or under threat. Holding on to shame, guilt, embarrassment. Constricting the nervous system by worrying about the future or being stuck in the past. Pushing, straining, fighting, struggling. Feeling nervy, edgy, tense, anxious. Experiencing a lack of balance, rest, and relaxation. Overworked, over committed, and pushed to the limit. Looking for an adrenaline rush or some kind of excitement. Prone to addictions, such as cigarettes or other drugs.

Pineal gland:

Feeling out of sync, dull, confused, unaware, disconnected, isolated. Going along with others and what they want rather than listening to your intuition. Ignorance, lack of awareness, skepticism, self-doubt, uncertainty, inflexibility, selfishness.

Pituitary gland:

Feeling depleted, suppressed, disheartened, hormonal, unemotional, confused. Experiencing sluggish memory, fear, instability. Feeling threatened. Difficulty making decisions. Constantly changing your mind.

Thalamus:

Feeling disconnected from your authentic self. Difficulty communicating with or understanding others. Feeling like everything is piling on top of you. Feeling messy, chaotic, confused. Feeling like your work lacks recognition. Invalidating, dishonouring, disempowering yourself. Difficulty making clear decisions.

Healing for the emotions and the biofield

Frequency medicine

Drumming therapy

Biofeld tuning

Functional consciousness coaching

Network Spinal analysis



Further reading

Segal I (2010) *The Secret language of your body: The essential guide to health and wellness.*

CHAPTER 3: MENTAL

THE BRAIN & CNS AS A MAP OF OUR IDENTITY



There is no fixed physical reality, no single perception of the world, just numerous ways of interpreting world views as dictated by one's nervous system and the specific environment of our planetary existence.
Deepak Chopra

The term mental health may still conjure up some negative beliefs and assumptions so do be prepared to be triggered or enlightened. In the not too long ago olden days mental health meant cutting out pieces of brain tissue to eradicate “dark entities” seen to be possessing those of us unfortunate enough to suffer with mental health instability. The stigma is still there as an energetic imprint even though the practice has long been outdated. Some of us still experience this in the behaviours and communication of others.

It takes patience and practice to create new neural pathways that will change the perception of a nation but the change may be happening as we create a safer space for people to be open and vulnerable about mental health. Let us

ponder a while around how we attain our identity and how we see ourself in the world.

CONDITIONING

For many hundreds of years humans have been taught not to feel. We only need to take a step back, sit quietly and observe the social nuances of human language and behaviour. There is no doubt we all need to be taught the boundaries of what would be deemed acceptable so we can all function as optimal as possible within society. This comes to us all through our interactions with adults from the day we are born. That said, every one of us has a different perception of the same event so it does get very complicated. When we look at twin studies to determine the nature / nurture debate, we can see clearly that a fear response can be seen as hereditary¹¹, we can also see that one twin may develop differently due to their individual perception of their upbringing for example¹².

I recall a conversation between my self and one of my siblings. Each of us had a special relationship with the opposite parent whilst trying to gain that same relationship with the remaining parent. We both found it difficult to be at one with the transition (death) of the parent we had the perceived “missing relationship” with. No blame was

¹¹ <https://pubmed.ncbi.nlm.nih.gov/12860774/>

¹² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4919929/>

apportioned though it was clear we each had a degree of separation with the process in each case.

Stories:

Those of us who live inside our heads may be well aware of how the head creates stories about our experience. Once we have a story its surprising how easy we find it to find evidence consistent with our belief about the situation. As we undertake the inner work on ourselves those stories change. Donny Epstein talks about this wonderfully in his book *The 12 stages of healing*¹³, with tools to help us evolve away from our stories.

Anxiety and Depression:

These are also common mental states seen as consciousness begins to shift. They may be long term blocks to good health. Depression is said to be anger without motivation so as with anger some good old physical exercise to shift the emotion and energy blockage from the body could be the answer.

Overwhelm:

The feeling or fact of not being able to cope right through to the feeling of drowning in emotion. Overwhelm can turn the vagus nerve to dorsal vagal shutdown. This moves us out of social connection and into preservation, like a wounded animal. This is known as freezing, blanking out or feeling numb. You may have experienced any one of these at some point.

¹³ <https://www.amazon.co.uk/12-Stages-Healing-Approach-Wholeness/dp/1878424084>

Conditioned not to feel:

Many of us from the old school system in the 1960s and 70s may have been conditioned not to feel. Corporal punishment to attain obedience was the norm. If we were unlucky enough to be caned or slipped it was cool to not show the hurt. These practices if consistent are exactly those that may cause us to eventually migrate into ventral vagal shutdown. The way out of this may require one or a number of practices or healing modalities, one of which must be a way to switch the vagus nerve back into ventral vagal activation. The body will then become calm and over time will remain much calmer. We will learn to self regulate.

Polyvagal Three Circuits

Social Engagement System

- Safe Connection
- Calm | Regulated
- Healthy Balance
- Resourced | Resourceful



Mobilization

- Cues of threat or danger
- Chronic stress or anxiety
- Fight or flight response
- Greater conflict in relationships



Immobilization

- Threat feels life-threatening
- Collapse | Shutdown
- Unhealthy coping behaviours
- Despair | Hopelessness



When we do shut down, any sensory experience of the original trauma will trigger overwhelm. We may not be aware of the trauma itself if it occurs in very early infancy or childhood. So the more triggering that happens the more overwhelmed we become. Also due to the lack of awareness of the trigger the mind can create those stories that have us believe something that would not generally be a danger becomes one and we react to that (poor neuroception). This sounds totally absurd I know. However it is very real to the person reacting. Digestion can shut down reducing the body's ability to create energy from food and to digest valuable proteins, fats and carbohydrates to induce healing. It shuts down because we can no longer feel the sensations as we digest so we eat at the wrong times and eat the wrong foods causing inflammation which we perceive as food intolerance (poor interoception). We may become clumsy, uncoordinated, unable to walk in a straight line or write legibly (poor proprioception).

In some cases we simply live in our heads. We all know someone who lives in their head. They are difficult often to get along with because their mind runs the show from a place of anxiety. We often use the term "out of the body" to describe such a person. When we are out of the body we endure poor proprioception, poor interoception and poor neuroception. The body is no longer able to function optimally. We have some lovely new healing modalities available to bring us back into the body. To quote Louise Hay "What we feel we can heal". So this is really important work, though it takes time and effort. The rewards are life changing if the correct or most appropriate method is applied. I can help you identify your best options.



Further reading

A really concise overview of polyvagal theory¹⁴

Stephen Porges. Polyvagal theory

Stanley Rosenberg. Accessing the power of the vagus nerve

¹⁴ <https://www.natajsawagner.com/blog/what-is-the-polyvagal-theory>

CHAPTER 4: INTUITIVE

THE BRAIN AND CNS AS A GUIDE



“When we’re engaged with our hearts, the mind slows down and our thoughts become more rational and focused” (Doc Childre)

So what can we say about the brain and intuition? Some researchers would say we have distinct sides of the brain for creativity and intuition versus logic, analytical and quantitative. However a 2013 study¹⁵ identified that neither side is specific to these tasks as MRI scans show different points in each side light up when certain tasks are undertaken. These authors conclude that the human concept of right brain v left brain function may simply be a figure of speech. This theory has also been outdated by MacDonald et al¹⁶, who noted for example that learning and intuition is

¹⁵ <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0071275>

¹⁶ Macdonald K, Germine L, Anderson A, Christodoulou J, Mcgrath LM. Dispelling the Myth: Training in Education or Neuroscience Decreases but Does Not Eliminate Beliefs in Neuromyths. Front Psychol. 2017;8:1314. doi: 10.3389/fpsyg.2017.01314

created connection by connection and those connections have a patterning throughout the brain. An example we can see clearly in our spoken language is this

The left hemisphere is specialised in turning sounds into words and working out the syntax of a phrase, though it does not govern language processing. The right hemisphere is responsible for emotional context and tuning into the slow rhythms of speech that carry intonation and stress.

We know the value of brain plasticity and the creation of new neural pathways and connections via repetitive practice. With unfavourable conditions this can lose our connection to our intuition. The brain does this by being extremely clever at creating stories from experienced events. With poor neuroception those stories can tell us the organism (all mammals) is in danger when it is not. You can rest assured once the brain has a story clever Dr Google will provide evidence of the story being real. When we have enough of these experiences intuition is ignored in preference to the narrative of the collective.

Anxiety becomes prevalent when intuition is ignored. We know that the signals of neuroception come from 3 places -

1. Outside: we unconsciously scan out environment continuously so a loud noise may trigger a sympathetic response, whereas soft music may trigger a parasympathetic response.
2. Inside: the nervous system scans for evidence of disease in the internal organs
3. Between: this is the interplay between our individual nervous systems. We pick up clues from facial expressions,

voice modulations and the behaviours of others. If we have been emotionally or physically abused by another for example we may have an imprint of their facial expression at the time. Without realising we may interpret that same expression as someone who is dangerous to us in another of the same sex, setting off the sympathetic alarm response.

You have ^{finely tuned} ~~faulty~~
neuroception
detecting
~~danger~~ where there
^{incongruence} is ~~none~~
^{often a lot!}

Hidden Treasure with Tracey Farrell



As we can see this makes social life on earth very complex and yet we are tribal. We are beings who depend on social connection for our survival¹⁷. So much happens outside our

¹⁷ Young SN. The neurobiology of human social behaviour: an important but neglected topic. *J Psychiatry Neurosci*. 2008;33(5):391-392.

conscious awareness and the earlier and the more we experience adversity the less discernment we have to make informed choices that will ultimately keep us safe. At the furthest end of the spectrum we have connection survival style as depicted by Heller. The overwhelming theme here is the longing for connection and the dread of it at the same time. Some would label this as Autism. These individuals have an innate longing to find out who they are¹⁸.

Neuroception is the foundation of our sixth sense. it allows us to pick up unspoken emotions or the atmosphere in a room. It is related strongly to oxytocin our love / cuddle / socialisation hormone¹⁹. When we lose this life can become unbearable.



Further reading

Connection trauma: <https://venturoushearts.com/connection-trauma>

Sensory processing: <https://venturoushearts.com/sensory-processing-in-neurodiversity-autism-burnout-in-the-highly-sensitive-empath>

¹⁸ <https://michaelas-counseling.com/connection-survival-style-longing-mixed-dread/#:~:text=People with the “connection survival,to develop a close relationship.>

¹⁹ <https://www.psychologytoday.com/gb/blog/brain-reboot/202310/unleashing-your-sixth-sense-the-power-of-neuroception>

CHAPTER 5: SPIRITUAL

THE BRAIN & CNS AS A CONDUIT



“By immersing ourselves with our consciousness in a supersensible world, we now learn a new kind of thinking, a new life of mental pictures, one that is not dependent on the nervous system in the way ordinary thinking is. We know that previously we have had to make use of our nervous system, but now we no longer need our brain”.

Rudolf Steiner

Spirituality has nothing to do with religion as I have said in previous writings. I look at spirituality as a function of consciousness. I include soul loss, intergenerational trauma, past life trauma and conditioning. We all have this though most of us are unaware. Our patterns of behaviours and our conditioning are passed down through our ancestors. Many times we have no conscious idea of why we behaved in a certain way, though we may hide in shame. This is because the information resides in the unconscious.

Someone at the farthest end of the continuum for example Connection Trauma²⁰ is said to not be fully embodied into the body or the earth. This leads to constant triggering of the earliest life event that we have no conscious awareness of until we undertake inner work. Shamanic practice sees soul retrieval and reintegration as a pivotal aspect of overall health²¹.

Those who have suffered significant soul loss feel empty, devoid of purpose and unable to concentrate or focus. Hearts may be closed to love so they fear giving or receiving love. Some experience prolonged periods of anxiety and depression, maybe even suicidal ideology. Usually these symptoms result from the individual trying to live life the best they can by numbing themselves out from feeling because their trauma load has been exceeded.

Soul fragmentation is seen as multiple shocks and trauma triggers that are held in the nervous system and the energy body. Imagine the impact of a hand grenade blowing up a room. Multiple trauma triggers do this to our souls and our consciousness²². Those shocks push the body into the fight, flight or freeze response. These traumas are mirrored in the ancestral line so the whole scenario of living in constant fear becomes normal to the person.

²⁰ <https://amzn.eu/d/ers51OQ>

²¹ <https://kripalu.org/resources/soul-healing-unifying-lost-part-yourself-your-whole-being#:~:text=Across shamanic traditions, soul loss,, emotional, and mental well->

²² <https://www.kimiyahealing.co.uk/post/watch-recognising-and-healing-soul-fragmentation>

Therapies that are focussed on the spine and central nervous system, working in the human biofield and somatics can all assist the integration and encouragement of full embodiment. Stanislav Grof would advocate holotropic breath work to encourage rebirthing for those who have experienced birth or intrauterine trauma. This can also be achieved by the other methods. The medicine is in the intuition or knowing which therapy calls you personally at this time.



Further reading

<https://raquedubois.com/blog/spiritual-awakening#:~:text=Knowing yourself at the level,is alive, present and visceral.>

<https://bigshakti.com/awakening-the-spiritual-spine/#:~:text=Awakening the Spiritual Spine&text=The chakras lie in the,points for the chakras lie.>

CHAPTER 6

IN-DEPTH ANALYSIS FROM MYSELF AND SPIRIT



The aim of spiritual practice is to cultivate love in us. In other words, to stop all those signals going on in our head that tell us not to love another.

SriAnand



ABOUT THE AUTHOR



I have spent my entire life trying to understand every aspect of humans and their illness. My working life has taken me through training in many health modalities. Nursing, Psychology, teaching, Functional medicine, nutrigenomics, heartmath, NEShealth, live blood analysis, bioresonance, energy / vibrational medicine and now trained as medical intuitive. Whether you are just starting out or you have “tried everything” check me out here.

<https://venturoushearts.com>

Mob: 07986735118

If you are drawn to my work then my gifts are here to empower you to heal you.

Following completion of intake forms and a 90 minute consultation on zoom, you will receive a recording and a very comprehensive analysis of your case with a phased plan and links to the tools and services that you need to access to heal you. If you need confirmation of my analysis you will also see links to the most useful and cost effective tests, saving you thousands of pounds. Many of these tools are free on youtube. I will provide you also with a phased plan to support your body in whatever way is deemed necessary.

Namaste

My published books

Downing and Pemberton (2014) The Vitamin Cure for Digestive Disease

https://www.amazon.co.uk/dp/1681628287/ref=cm_sw_em_r_mt_dp_8J9WS9HRFA3A3CQ2267
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Pemberton (2022) Using Nutrigenomics within Personalised Nutrition. Singing Dragon

https://www.amazon.co.uk/dp/1848194137/ref=cm_sw_em_r_mt_dp_0Y0MYJ781GYACDQ95T5
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