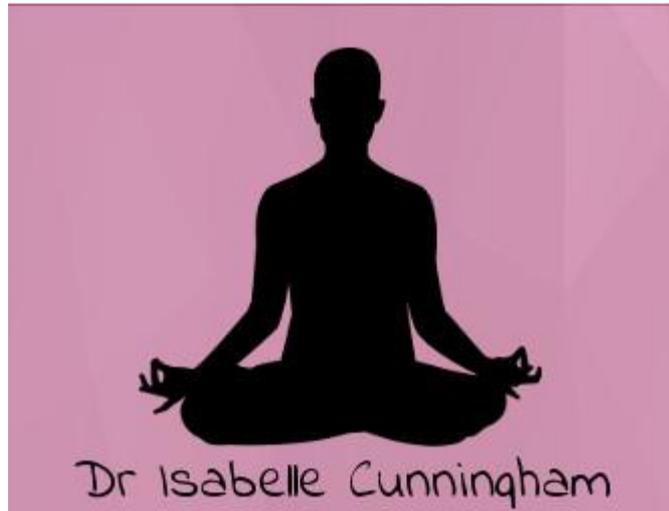


HOW YOUR PERCEPTION  
EFFECTS YOUR HEALTH ...  
and how to control it!



Over 40 years of scientific research has found it is possible to easily change automatic stress behaviors. Read on and find out how.

Let's first look simply at the workings of the Nervous system so that the pieces of this 'understanding' puzzle easily lock into place.

The Nervous System is divided into two sections: The **Central Nervous System** (CNS) which consists of the brain and the spinal cord; and the **Peripheral Nervous System** (PNS) which is pretty much everywhere else.

The PNS has two pathways, one leading to the CNS and one away. The pathway leading to the brain and spinal cord is called the Sensory pathway, it registers changes to our external environment and within our own body through sense organs, such as sight, sound, smell, touch and so on. This sensory information is processed by the CNS and then returned out to the PNS or the body, via a Motor pathway which allows the body to respond to the information it has received and processed.

This Motor pathway branches off into two main pathways, one sends a signal to areas under conscious control such as the skeletal muscles (Somatic). The other is not under conscious control it is 'automatic' hence its name (Autonomic). This pathway branches again and from here becomes quite interesting.

It has two opposing functions and depending upon how we have processed the information in the Central Nervous System (CNS) determines which of those pathways we will unconsciously choose to react/respond from.

One pathway is the 'rest and digest' response (Parasympathetic Nervous System) and the other is the 'fight or flight' response (Sympathetic Nervous System). The way that we perceive the sensory information coming in determines whether we will remain in a calm, healing and happy state, or whether we will trigger a high alert response.

*Dr. Deepak Chopra states "less than one billionth of external stimuli is received by the nervous system and that which does get in, we already believe to be true".*

How this relates to us is, in the past a certain conscious response has kept us safe during a perceived threat. If we believed that threat and response to be true and valid it then becomes stored within our subconscious brain. If it's worth is not questioned or looked at clearly we will continue to act upon it within a similar fashion every time we perceive similar in sounds, smells, texture, temperature, and so on.

The response becomes 'automatic' and is reinforced every-time we have one of those unconscious recall moments (such as similar smell). We may only think to ourselves "I don't like the smell of...." but not question deeply why or whether that thought is truly valid now.

Every situation is unique and life doesn't have a one size fits all rule. What may have helped in the past may hinder our enjoyment of life today.

Let's take a clear view of an important area of the brain, whose role is to filter our sensory information for threats, perceived or otherwise based solely on passed programming. The **amygdalae** are two small structures found slightly above and in front of the ears. We have one on either side of our head in an area called the temporal lobes within the region of the temples and closer to the middle of the brain.

The amygdalae are part of our subconscious brain, the part that helps us to walk up stairs without having to think about every movement. It also helps to trigger the automatic 'fight or flight' response when it may be needed. However as we are able to perceive emotional, mental, spiritual, social, physical, etc threats the amygdalae store all of these possible threats as 'known' threats in the subconscious storage banks so that we can keep the conscious brain clear for 'new' information.

Let's look at an example for the above. Our sensory organs have registered a significant drop in environmental temperature. This information is processed by the central nervous system and in return

induces an autonomic shiver response and amongst other things; as well as a somatic response to walk towards warmth and possibly find more clothing.

If, in the past, as a child we were cold and alone the amygdalae may have registered the cold with an additional fear response that someone who perhaps has happy memories of playing in the snow would not have, and so for some the cold is even more displeasing.

It is possible to reprogram our responses, it is a bit like cleaning a book shelf. We need to take all of the books down, it requires effort and attention. We need to question each book and its information, "Do you bring me happiness? Do you hold information that I want to keep or believe in?".

If the book/belief does indeed bring you happiness; support and serves you well, in the here and now then it is one worth keeping. However if there is a sense of unease with particular beliefs then it is time for your conscious brain to reprogram the subconscious and let it know that it is safe to let certain beliefs go, they are no longer required.

The amygdalae can become hypersensitive and we become overly stimulated by relatively minor sensory input. First and foremost in our healing tool box needs to be 'Clarity'. Watch your responses to your environment and circumstances. Are they relevant? If not, perhaps there is a subconscious program that is filtering the present moment that you could repair.

Offer yourself some self love, and be grateful that you have finally found one of your triggers. From here you could use some tools that work for you. You might have had some healing results in the past with tools such as laughter; exercise; massage; affirmations; meditation; shared a healthy meal with loving supportive people; deep breathing; but all performed with the conscious intention of loving yourself through whatever comes up until it has shifted and transformed into something softer and lighter.

Congratulate yourself in whatever your achievement may be. Remember your subconscious brain and amygdalae are listening in and with time they will alter their processes to match the new and happy you.

Namaste  
Kerry