

Rewiring The Brain

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Learning somatic awareness is about developing parts of your brain that have been lying dormant. It is a skill that has to be practiced over and over to potentiate, or re-wire, the brain. - Dr. Paul Canali, (EvolutionaryHealing.net)

Consider for a moment that you are taking in billions of bits of information at every moment of the day. While our logical mind is unaware of that much information, it still makes an imprint on our brain. If we could stop a moment in time and analyze it, we would be amazed. And yet that very same information is sitting there waiting for us to tap into it and to give us insights which we would not otherwise have.

However, here comes the hard part. How do you get in touch with that part of you which you do not know about? Of course there are many different methods and pathways to get in touch with it but one of the ways is through somatic awareness. Somatic awareness comes when we slow ourselves down far enough and allow our minds and our bodies to connect as one. Through this time, we merge what the mind knows with what the body senses, feels, smells, tastes and touches.

If you touch yourself with a hot iron, your brain automatically senses the heat and makes a decision that this is not good for you, and you pull the iron back. You did not have to think about what hot meant and if this was good or bad for you. You did not have to think about whether you should pull the iron back from yourself and how to do this. It happened automatically. Your brain was “wired” to deal with the situation.

Now let's change this a little bit and let's say that you did this scenario every day. What would the result be? Most likely, what others would consider painful, you would consider a normal standard practice that really didn't cause any pain or discomfort. Others may look to you with utter shock as they witness you doing this while you would be looking at it as if nothing mattered. In this instance, you've just managed to rewire your brain to accept something that is not something the body would normally accept without a degree of pain or discomfort.

So let's push this a little further and let's say you stop doing this to yourself. Of course as time goes, you may develop complications in the area of the body where this was touched, but you ignore it for the moment thinking everything is ok. It is just a little pain or discomfort but nothing to be alarmed by. After all, you have experienced something worse in the past than this. By this time, you've forgotten about the experience with the hot iron.

But of course as time goes, the pain and discomfort in the area continue to worsen and soon those areas may not want to function, or maybe a rash develops. Soon you realize that you have to get medical attention because this is limiting your daily functions in life, not to mention that it is becoming rather unpleasant to live with.

So after many tests are done, the medical establishment prescribes a drug that helps to take away the pain and while it helps momentarily, the effectiveness of the drug begins to wear off. You then decide to get further treatment which may include surgeries or other treatments. They help temporarily but again, the effects wear off. Your body continues to bring your attention to this area and you keep searching for solutions outside of yourself to solve this problem when in reality, the cells of your body remember what happened to you.

Our cells remember so many things we experience. When there is pain or discomfort, these memories become embedded not only in our bodies but in our brains as well. The stronger the emotions that coincide with these experiences, the more they are imprinted into our minds and locked there forever or until they are freed. Ofcourse the cellular memories continue to try and resolve the situation moment after moment. The memories know there must be a way through this and so they don't give up.

By this point, the mind and the body have taken over an experience and are now treating it just as automatic as breathing or having our heart beat. The body and the mind do not realize this is not operating outside of where it normally would be because we have rewired the nerve pathways that connect these events. To our brain, this is a normal experience for our body and to the body, it is just the way that it is.

Now let's surmise for a moment that we find a safe place with a safe person and we begin to allow our body to sense whatever it is in that area that it can sense. At first, this may be next to nothing but as we calm and slow ourselves down and we listen to that area of our body, we will begin to sense whatever it is that is showing up. The more we listen and connect with it, the more the brain begins to connect with that part as well. The more the brain connects, the more aware we become of something that was wired at a point in the past.

By listening, observing and asking the body part what is going on without any judgment whatsoever, we begin to allow the cellular memories to complete the process they have been unable to take on. They are allowed to express themselves with all that was held in during the time the body part was going through these experiences. And if we continue to allow everything to fully show up and come out, than we finally free up all that was stored within our cells. It creates so much potential energy because this is locked up and stored up energy that has had no place to go.

Of course, there may be a lot of tears, or fear or all types of emotions that come out with this, but once we have allowed it to happen, we become more free than we had been before. We become more aware of so much more and we connect our brain with our bodies in a very intimate and personal way. It becomes so freeing.

This of course was a very simple example but imagine what would happen if a child was beaten every time he tried to do something, or maybe the child was yelled at every morning when he got up out of bed. What if maybe when a wife was fixing dinner, she heard her husband critique every little thing she did every day of their 10 year marriage.

What if you were driving along the road and someone blindsided you, or maybe you were driving along the road and some idiot cut you off and almost made you crash into the light pole. Or it could be something as simple as being stung by a bee as you were playing in your favorite playground. Think of how your body, your mind, your senses might have been at the moment of these events and then quantify those emotions that would most likely have been present. You can see just how strong of a combination this would be.

If these events were kept within the body with no way to exit, then they would become stored cellular memories with a lot of potential energy. That potential energy would work to find a way to release itself and sometimes the way it finds is not pretty. We've all seen people fly off the handle. We've all seen those road rage drivers or the boss that walks into the office screaming at everyone in sight. We've all seen those silent moments when a person cowers in a corner trying to hide from the rest of the world. We've all seen the bullies on the playgrounds and in our everyday lives. Some people take it to extremes, walking into a crowded place and killing others. All of these and many more examples can be of potential energy trying to find a way out, trying to resolve itself, trying to release itself.

However all too often, we ignore the signs and we do not listen to our bodies. We become desensitized to what it is that we actually feel is going on within ourselves. We shut ourselves down and we find ways to continue numbing ourselves or self medicating ourselves. Then when things get too difficult, we look to doctors for the answers and they give us things that help for the moment. But we do not go to the root of the problem, the cellular memory of where everything originates. We ignore it and go for the easy fixes, even the surgeries hoping for resolution. And yet, we find no resolution.

Of course at some point in our life, the memory will get our attention and if we listen to it, we will have freedom and life but if we ignore it, our path will be difficult at best. It is a process of learning and connecting, then learning and connecting some more. Some experiences may be not as traumatic and they resolve much more quickly than others while some may be so traumatic that we end up taking baby steps to resolve them.

And it is easy to want to do all of this healing work focusing on the logical mind, but there is a cellular component that if left untouched, will not heal. There must be a release of both the cellular and the logical mind components to offer true healing. It does not matter what path you use to accomplish this, just that you do allow it to happen.