

Processing Experiencing Log: Explanations to Components

Triggering is a provocation stimulating an old disturbing biological arousal response. Triggers set off a neuronal and hormonal activation, powered by the memory of a past overwhelming and unresolved experience, in a present event. In effect, a past experience sets off a present experience. When triggered, your motor neurons effectively charge the amygdala resulting in sending out intensive and extensive instructions to defend against a repressed, yet perceived threat to one's survival in the present moment. The aim is to establish a sense of OK-ness.

If you feel you are overreacting to the present situation, you may be triggered. A trigger merges with an element of an unresolved overwhelming event and re-activates the suppressed survival energy that was not fully expressed with the original event. This unexpressed survival energy has since been compressed until disturbed. In short, past experiencing has not been fully digested, discharged nor healed.

Sensations are life-force energies flowing through biological forms. Each of us can feel the sensation of the heart beating, the heat of red pepper on the tongue, the vibrancy of a melody through hearing, the recoil from the odor of a skunk. The physical senses receive and perceive these transmissions of flowing energy as sensations. The 5 senses have receptors which process the signals of

transmitted information through bio-photons. These forms and flows of energy transmit the information into electro-biochemicals and electromagnetic frequencies which inform the bodily tissues, and the mind, of the experience. The processed signals are imprinted into banks of memory and can be perceived as a whole, as well as specific qualities.

Sensations are felt in the body as qualities along a spectrum of pleasure to pain. Sensations signal impulses, urges, and cravings for survival, food, sleep, relationship, safety, and sex. Perceiving the sensations can expose emotions, thoughts, wants, memories, images, ego and the individual authentic being.

Emotions are succinct primitive codes of communication. They are signals motivating intentions for decisions and life choices. An emotion is a cause, a purpose, an intention, a driver of an ego state which can become a rationale for the workings of the mind. For example, "the pursuit of happiness"

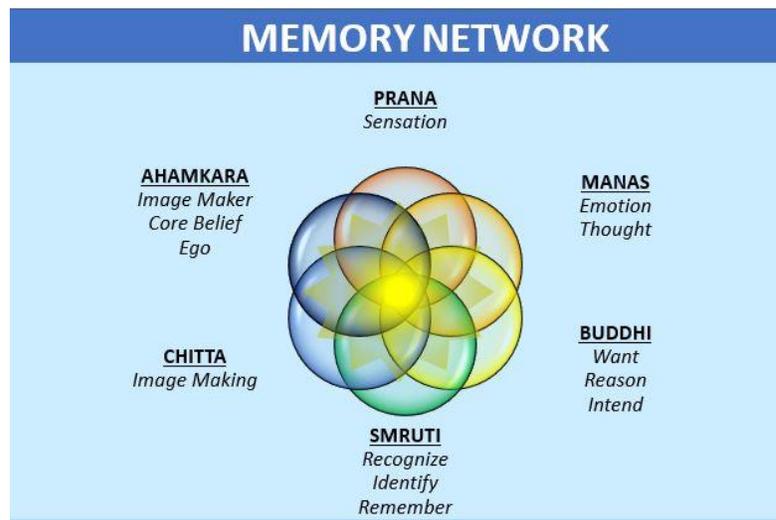
may justify behaviors which ignore the present joy in the quest for future happiness.

An emotion is a conceptualized description of emoting. Emoting can be felt as live flowing energy having many qualities. Emoting itself is not an emotion. An emotion is a label applied by the ego to encapsulate what is being experienced through the emoting. Emotions arise from conditioning and belief systems within an identity, a personality.

Emoting is a gestalt, a whole message, an uncut and immediate notification demanding attention to what is happening *now*. *Perceiving* emoting fully immerses the perceiver in the experience of the moment.

Suppressing emoting is what creates toxic emotions. It is unhealthy to suppress emoting. Once suppressed, and not understood, the energy will compress and crystalize in the body and into the subconscious, continuing to exist as condensed depressive energies,

transforming into physical, mental, and emotional symptoms. These condensed energies fester until sparked, triggering re-activation and re-enactments of the past unprocessed experiences. This can result in emotional disease and mental disorder.



Emotionally reacting to emotions is like a dog chasing its own tail. Being responsive to processing emotions in addition to emoting, recognizes the emotion and the emoting as they are, no more and no less. In doing so, one receives the essential message that speaks to you from yourself, of experiencing the past and the present, simultaneously. This is the gestalt. This is healing.

Thoughts are objects of the mind, mental perceptions, information formed after passing through the senses, sensations coupling with feeling and emoting, as well as integrating with one's innate intelligence, wants, memories, past images, beliefs, and belief systems.

Thought conceives and impregnates other conditioned beliefs. A thought can be generating, motivating, organizing, intending, and de-constructing, such as reasoning. Thinking is not a thought. Thinking is contemplating.

Wants rise from the physical, the body-conscious, while desires rise from the mind. Longing is from the heart, the seat of the individual consciousness seeking its own internal guidance. Motives and reasons are mental objectives orienting the self to the past and future. Wanting, desiring, and motivating can be felt and perceived as qualities of the conditioned intellect.

Individual intelligence orients to existing moment to moment in a perpetual state of witnessing what is happening now and knowing now.

Memory is information, an object of the mind which generates physical, emotional, and mental impressions upon an individual's multiple levels of consciousness. Memory can be a recognition, an identification or a remembrance of a thing, a process, or a person in the past. Memories can occupy the subconscious and unconscious levels of the body and the mind. Memory can be an abstraction, an idea that shifts with each episode of remembrance, and may no longer represent the actual qualities of the original occurrence.

Images are generated from information transmitted through receivers and receptors of each sensory organ and are processed by the mind where they are stored in the body and the mind. These images exist as audio/sound images, tactile/touch images, visual images, taste/flavor images, and smell/aroma images. Each image has a quality and or qualities which can be perceived, felt, and experienced, due to their "magnetized" nature in our physical bodies and through molecular associations within memory networks.

Core Belief

Core belief is the origin, the seed of the ego. Fear is a belief, not an instinct. Alarm is instinct. Arousal is instinct. Fear is a belief that has been socially identified, attached, and over-coupled with an autonomic arousal-reaction to a past threat. The fear of not surviving an event (past, present and future) is thereby conditioned into the ego.

The self, "yourself," is an image, an ego which is an accumulation of images and beliefs collected from the experiences you have lived. These images are structured in your body and your mind and are considered to be "yourself" by your mind, identifying you as the body and mind. This ego is a system comprised of structure, process and behaviors born out of past reactions to threat, which become attached to your beliefs, your emotions, and your ego-self. Fear is at the epicenter of core belief syndromes and is meant to compel the believer to comply and adhere to the belief system. In summary, "yourself," i.e. your ego, equals hidden fears which seek safety through attachment to the belief system(s).

"Yourself" is not you. You are an individual, a unique part of a coherent whole, a unifying innate intelligence relating to all that is. The individual is not a system of beliefs. Universal and individual life force energies jointly give rise to the nature of an individual. This union of mutual bonding gives birth to the pulsing, beating heart. Aligning with individual innate intelligence empowers freedom from self, freedom from ego.

Distress Signals The lack of balanced tension and harmonic healthy stress is sensed in the conscious mind as incoherent waves signaling a disturbance. The disturbance alerts the individual's multiple levels of consciousness to actual or past unresolved threat.

The over-coupling of conditioned fixations further stimulates disturbances of unresolved dissonant sensations, emotions, thoughts, beliefs, wants, desires, values, and images, all of which comprise the unresolved memories stimulating the distress. It is a closed feed-back loop.

Self-Caring Skills are active methods for accessing, understanding, and unifying one's innate intelligence with the conditioned self, the ego.

Self-Caring skills are implemented by you to seduce the self into caring for itself and for you. Through the implementation of empathic self-care, the programmed self is introduced to the authentic self-caring individual. Some self-caring skills presented in this website employ conscious attending, imaging, empathizing, focusing, and expressing.

Witnessing is perceiving "now". Witnessing does not build a knowledge base. Beliefs do. Witnessing is understanding "being" and "being understanding". Witnessing unifies the opposing forces, flows and fields of energy in feeling and knowing yo.

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