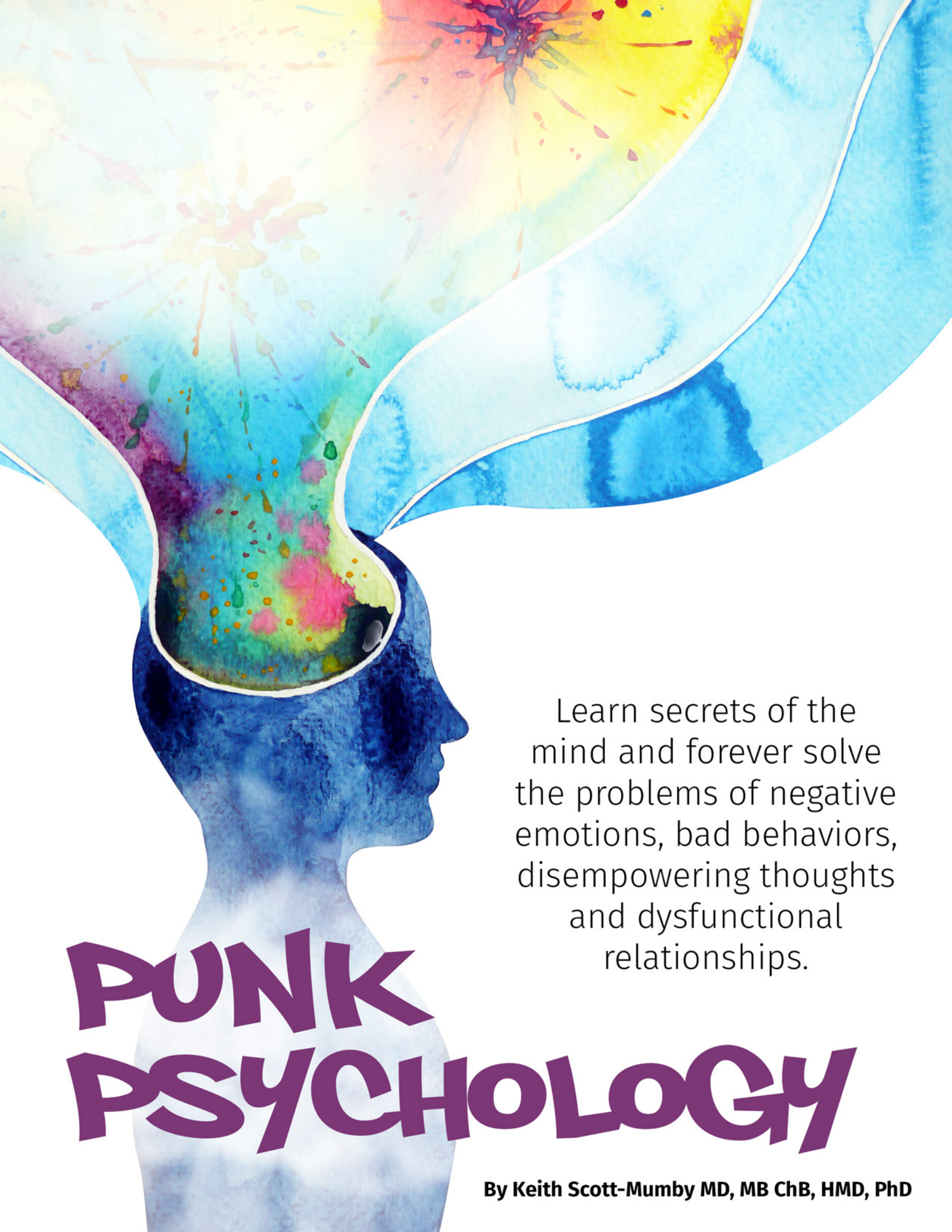


Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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Contents

1 Introducing Hypnoetics™

2 A Brief History Of Mind Exploration

3 What Is A Mind?

4 How Does It Go Wrong?

5 Terminology And Structures

6 What We Are Doing In Piloting

7 Universal Trauma Syndrome

8 Managing The TimeLine

9 Reviving Pleasure Moments

10 The Hypnoetics™ Timeline Technique

11 Further Advices

12 Sensate Awareness

13 Signs Of Progress

14 Multiple Viewpoint Hypnoetics

15 The Complex Of Self

16 The Truth About Past Lives

17 Re-Writing Personal History

18 The Protoplasm Entity (PE)

19 Better Communication Means Faster Results

20 The Undercut



CHAPTER 12

SENSATE AWARENESS

The medical term “psychosomatic” refers to feelings which are pressed upon the body by some force within the mind. Note I do not say that these feelings are delusions or unreal, only that the mind places them in the body.

The psychosomatic label is avoided here, since it has become somewhat pejorative. The general use of the word is to imply a merely fantasy feeling, which doesn’t exist at all in reality. Individuals who experience psychosomatic disease are supposed to be not really ill.

This is a very silly and ignorant distinction, of which almost all doctors are guilty. It supposes that “real” pain is different in nature from that which is illusory. A moment’s thought will indicate that all pains are felt “in the mind”, whether or not they go via nerve pathways in the first instance.

Today’s enlightened view (unfortunately not shared by the majority of the medical profession) is that all the important functions of the mind and body, all that we do and feel, and nearly all that happens to us, including sensations within the body, are the result of the working of programs or meta-programs of the mind. This includes pain, disease, unwanted emotion, unacceptable habits, destructive behaviors, false beliefs, various urges and desires and every thing that makes us feel guilty.

Even dreaded cancer can be regarded as a psychically-induced malady and most of the remarkable recoveries can be attributed to resolving psychological conflicts. The addressing of such issues is rightly considered to be a crucial part of any intelligent medical treatment.

The fact is, our body talks to us. If we take the trouble to listen, our bodies tell us something is wrong, a troubling thought is pressing, a physical condition is being ignored, some flow or communication is blocked.

We call this internal signaling phenomenon *sensate awareness*: being aware of sensations within.

You ignore the signals at your peril: they are never without a significant cause and are remarkably accurate. To ignore the messages as “unimportant” is as foolish as ignoring a red stop signal while driving in traffic.

IT'S UNIVERSAL

Everyone is familiar with sensate awareness; it's just the label that may be unfamiliar. We all share expressions like an "adrenalin rush", "butterflies in the stomach", a "heavy heart", a "blood rush" (rage), a "gut feeling" or a "lump in the throat". These are the body's feedback to what we are thinking and doing.

Here are several more for you: "I caught my breath", "My heart sank", "My blood turned to ice", "It gave me goose bumps just to think about it", "I had a heavy feeling in the pit of my stomach."

Surprisingly, so also are: "I went blank", "My thoughts were all confused", "I panicked", "His touch caused me to melt".

You will quickly see that any and all of these sensations can be caused by a thought, just as surely as by an injury, a microbe or a parasite!

Emotions too are merely a kind of sensate feedback. We experience them according to what we are doing and what our circumstances tell us. Emotions seem to be a sort of shorthand coding for how we think we should react and behave.

The more unpleasant and inappropriate emotions we can label negative emotions. The obvious ones are anger, fear or grief or these can be refined into more subtle gradations, such as uncertainty, confusion, hostility, pique, apprehension, beautiful sadness, tenseness or despair.

Above all, don't forget that sexual arousal is a kind of sensate feedback. This may seem obvious during the sexual act. But also there are many variants of sexual feeling we enter when talking about sex, being titillated in some way or anticipating later arousal and orgasm. This response can take place in public, fully clothed and without another member of the opposite sex present. It is definitely sexual experience "in the mind".

If you want to learn more about this aspect of self-analysis, read *Focusing* by Eugene T. Gendlin, Bantam Books, New York, (revised edition) 1981.

Using Sensate Awareness as a Tool

Just as focusing on the feedback signals of the measuring instruments in "bio-feedback training" enables one to change physiological functions like pulse rate, blood pressure and electrical conductivity of the skin, so can focusing on the sensate feedback make us aware of the mental programs which underlie our feelings and reactions and so enable us to drag them into conscious view.

Feeling what our body is signaling to us gives us access to a vast deal of information about the mind.

More important to us in Hypnoetics™, is that sensate awareness is a way to get much more engagement when case running. Instead of just recounting the experience as a memory (15% release) or running it by "being there and reliving it" (60% release), we can increase the discharge rate and therefore the level of relief to 90 – 95% by having the client process and re-live many other aspects of the mental imprint (MIMP). Indeed that why we use the term MIMP. Much more is imprinted at the time of the memory recording that mere thoughts and impressions for recollection latter.

There is often a LOT of force in a MIMP. It can be enough to distort the person's body or face (leaning to one side; face unbalanced to one side or flattened). There may be many feelings, such as warmth or cold, trembling, heaviness, can't move or excitement.

How Do We Use This?

Two main ways:

When opening a case for the first time, we might ask especially for any pains, feelings, emotions, aversions, obsessions, attitudes, or any persistent physical symptoms or even unwanted mental energy (such as fatigue) that the client is aware of. Often, if you question the point, these will be found to directly associate with certain physical feelings within the body. We can ask: "What part of your body do feel that hostility? [emotion, sensation, attitude...etc.]"

Getting a good list of such subjective symptoms can be a great way to approach a startup case. It's made even more powerful if you add in beliefs and decisions. Life is often turbulent and at such times a person is liable to make a

choice or decision, or formulate a belief, that later comes to haunt him or her and cannot easily be identified and got rid of.

The second way to use sensate awareness is to clear more charge from incidents that we are running. A person may just stick to memory recall and "thoughts" about what was happening. Often you will see him or her experiencing an unpleasant symptom. But it may not be mentioned. Don't be afraid to clarify what you are seeing or hearing and what the client is experiencing.

Ask leading (but not pejorative or dismissive) questions like, "Is there any specific feeling associated with running this memory?" We clarify what and where and then ask the client to run the episode again and again, each time trying to create the feeling or sensation. "Get it again... Get it again..." and so on, until the feeling is exhausted and drained out of the MIMP.

"Where in your body do you feel that heaviness?" and so on. "Get that feeling in your [body part]."

Often while running an episode, the client will mention something new, without you asking: "That time I felt really sad..." Well, have him or her run it again, "Feel the sadness, feeling really weighed down with sadness, make it come, don't fight that sadness."

"Don't fight it," is actually another workhorse phrase that you should learn and use.

Be alert and watch for signs too, like a sudden groan or jerk, that may denote an unpleasant bodily awareness. Question these (what just happened then?) and add them to your breakout worksheet. You will often end up running with a sensate awareness that was not even present when you started on the memory or encounter.

Decisions and Beliefs Too

The pilot could gain a lot of extra traction on a case by asking if there was a significant decision made as a result, or if a belief arose, due to a heavily charged episode. We can use the repeater technique, in just the same way: "Get that thought again..." or "Get that decision again..." and again and again type approach, until there is no more change.

Having him or her say a phrase out loud is often a great way to get traction or increase the client's immersion on the MIMP you are working on.

This is a cognitive step, meaning it's more about thoughts and reasoning. But here's the important point to remember: the decision or belief holds its power from the charge present in the initial incident.

But in the end, thoughts and postulates, decisions and beliefs are like real things and will *persist* until cleared in piloting.

So whatever happens, once you start releasing the charge, any decision will be weakened, any belief seem less tenable, any behavior will seem more and more foolish or pointless, as a result of clearing off charge.

LESS OBVIOUS SENSATIONS

There are other important but less obvious aspects of processing sensate awareness. The MIMP of the incident may contain the pressure to push away or hold onto something or someone. There may be a traction effort (an effort to pull towards); or to pull away (withdraw from); or to hold something still and prevent movement.

Probably the most important aspect of sensate awareness processing is the matter of forceful contact with the physical world. I'm talking about actual impact, for example in an episode of injury or trauma. It may be a distorting (deforming) injury and you will sometimes see this manifest on the person's body. The client's description of the episode will alert you to the possibility of physical violence. You want that feeling identified, isolated and processed carefully, until it vanishes. The sensation of being hit hard can be relived and processed, as with any other feeling. Don't stop till it is thoroughly exhausted from the MIMP.

You will only find out about these sensations by asking directly about them and getting your client to feel the feeling. The extra charge taken off, shown as more differential if you are using biofeedback, and more obvious case gain, make it well worth our while processing physical feelings of this order, as well as purely narrative impressions.

The thing is, after a few runs through, we start asking the client about these sensate awareness extras. They are a goldmine. You can release bucketloads more charge than with other simple psychotherapy systems!

Positive feelings

Let us not forget that positive sensate feedback exists too. In its way it can by just as valuable as the uncomfortable kind. Feelings of excitement, thrill, warmth and heart's-ease can all signal that something is good, rewarding and healthful.

Important life-principle: In the same way that we can become aware of negative feedback and use it to correct disharmony, so we can use the corresponding positive effects to reinforce whatever is beneficial to us.

Positive signals are really pointing to the truth, just as negative feelings point to lies and disharmony.

Punk points:

- The mind sends constant signals to us, via our body. We can choose to ignore these "messages" but that's not very bright. Even cancer might be a "message" that you are not living a healthy lifestyle.

- In piloting these body signals are called *sensate awareness* and are regarded as a very valuable aid to finding and cleaning out charged memories (memonemes).

- Emotions too are a kind of sensate awareness. All emotions have an important bodily component (the *feeling*).

- We can ask our client to deliberately provoke and repeat the sensate awareness, over and over, to swell the experience of the memory, "Feel it again... and again" etc.

- Even pleasurable sensations are a kind of sensate awareness, telling us something is going right!

- Force, violence, impact and injury in a memory (memoneme) are what keeps it in place. The force can hold down the thoughts or feelings... and *vice versa*.