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Making Neuroscience Work

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Abstract

With an ever more demanding life and work environment the conscious brain is commonly at great risk of becoming overloaded. Thus burnout is fast becoming a growing problem particularly for those in responsible or challenging jobs; with few real solutions for avoiding what are regarded as inherent stresses or stressors. However, we have a powerful ally in the form of the subconscious brain with infinite capability. Unfortunately it is largely ignored because few understand its existence or how to manage it. Certainly it has to be handled in precisely the right way and with great care. Our problem is we have not learnt to use it other than largely by repetitious habit or accident. Mostly those accidents are bad accidents and we have no idea what we are doing and only aware of the unfortunate consequences. The moment we begin to access this powerful intelligence in the best way possible and in its many forms, it quickly responds in showing us what high performance really is. Examples discussed in this article are re-activating a stalled innate healing system and rerouting stress emotions so they do not act on sensitive organs and therefore, they do not aggravate the stress process or cause more production of unnecessary stress hormones and neurotransmitters.

Keywords: stress, cortisol, subconscious intelligence, innate healing intelligence, HPA axis

Resumo

Com uma vida e ambientes organizacionais cada vez mais exigentes, o cérebro consciente está frequentemente debaixo de um grande risco de saturação. Desta forma, o burnout está rapidamente se tornando um problema crescente, sobretudo para os que têm trabalhos desafiantes ou de grande responsabilidade com poucas soluções reais para evitar o que são considerados como fatores stressores ou stress inerente. No entanto, temos um poderoso aliado na forma de cérebro subconsciente com uma capacidade infinita. Infelizmente, é frequentemente ignorada porque poucos percebem a sua existência ou como geri-la. Certamente que tem de ser tratado precisamente da melhor forma e com muito cuidado. O nosso problema é que não aprendemos a usá-lo de outra forma que não através de hábitos repetitivos ou acidente. Na maior parte das vezes, são maus acidentes e não temos qualquer ideia do que estamos a fazer e apenas nos apercebemos das suas consequências infelizes. No momento em que começarmos a aceder a esta poderosa inteligência da melhor forma possível e nas suas mais diversas vertentes, ele rapidamente responderá para nos mostrar o que o alto desempenho realmente é. Os exemplos discutidos neste artigo são a reativação de um sistema de cura inata estabelecido e o reencaminhamento de emoções stressantes de forma a que elas não atuem em órgãos sensíveis e, desta forma, não agravem o processo de stress ou causem mais produção de hormonas stressoras e de neurotransmissores.

Palavras-chave: stresse, cortisol, inteligência subconsciente, inteligência de cura inata, eixo HPA

Introduction

This article looks at the question of recognising, understanding and using important intelligence centres in the brain that are largely ignored. It examines how external activators, e.g., stressors; can trigger habitual subconscious behaviour programs resulting in automatic limiting even irrational reactions. The issue is to learn how to use the subconscious brain to run new high performance subconscious thinking strategies. Think of this as thinking 80% with the intuitive creative brain instead of the normal 2%. The principles of “MindPower Recognition” and “Neuro-fault Protection” are to understand the brain as the worker and the mind as the creator (Tanzi, 2012). This article also looks at how redundant thinking reactions can be effectively sidelined (changed behaviour) without any usual resistance or negative spinoffs. The principle argument is in using natural brain management strategies to help in setting up new specific automatic subconscious

programs, which can dramatically improve performance without more stress.

A principle objective of this article is to show how it is possible to put neuroscience to work relatively easily, subject to concept changes in how to better use the brain and the mind. The subject of this paper also focuses on the serious matter of controlling stress before it does any harm.

More than forty years ago I started my journey into neuroscience by studying the body’s innate healer’s intelligence system. My principle objective was to understand how it is that the body and brain have the most astounding capability to protect and heal itself, therefore, why does the innate healing system work most of the time and then not at other times? To illustrate this Dr. Deepak Chopra says, (Chopra.;1989) *“The frustrating reality, as far as medical researchers are concerned, is that we already know the living body is*

the best pharmacy ever devised. It produces diuretics, painkillers, tranquilisers, sleeping pills, antibiotics, and indeed everything manufactured by the drug companies but it makes them much, much better. The dosage is always right and given on time; side effects are minimal or nonexistent; and the directions for using the drug are included in the drug itself as part of its built-in intelligence."

Clearly; given the enduring survival of mankind; the mind-body/brain has an incredible survival and self protection capability. My search was to understand when parts of its system go wrong, why can the central healing system change to assist in destroying itself?

The first principle decided upon for working with any brain/mind/body innate centre of intelligence, is the fact the intelligence is written in the system, (Chopra, 1989, pp.41-61) therefore, each centre of intelligence is all knowing. To get the best results it is ideal to begin with a few absolute rules. Because of the

incredible complexities involved, it is advisable to always work-with and not-against these innate centres of intelligence. (Denton, 2007) Though this may seem logical it is not always what happens. During my research a paradoxical but successful formula has been found in avoiding the belief to have the remotest idea or even attempt to find what is involved or indeed what has gone wrong to cause an ailment. Consequently, one should also avoid any attempt to fix the ailment or suggest how it might fix itself. (Denton, 2007, 2016). In developing these principles it has been found necessary to respect the fact there may be many unknown centres of intelligence shut out of managing any one part of the entire body/brain system, notably any system that is not working properly. One change in concept is accepting when there is a problem; only those centres of intelligence involved understand what has gone wrong and most importantly; what changes, (internal or external support) are needed to

put it right again. Activating this knowledge raises the issue of communicating with these centres of intelligence.

The Key is in Communicating

The next stage is in learning how best to communicate with one's subconscious mind or that of a patient's and any centres of intelligence that may be remotely involved in the systems failure (consequent ailment, symptoms and causes), (Denton, 2007, 2016). This process is designed to work with a partial systems failure e.g. such as the immune system, the innate healing system or cell program malfunction. (DNA damage associated with mitosis and cytokinesis failure (Karlseder, 2008). If the condition is persistent and not responding to orthodox medical treatment, it may be concluded there is an internal intelligent resistance with specific reasons or purpose controlling the malfunction. (Chopra, 1990), (Denton, 2016). As all

matter contains information and that information is also intelligent, (Chopra, 1990) if the mind is corrupted by severe stress, trauma or something else this intelligence has the capability to block normally effective orthodox treatment. (Locke & Colligan, 1987), (Denton, 2007, 2016). Thus, the working assumption is that if pharmaceutical medication is blocked, a different type of external help is needed to reactivate the innate healing system. This may enable it to heal the innate healing system so that it can naturally heal the body (Chopra, 1990) or respond appropriately to orthodox medical treatment. The answer to this conundrum is in respecting, honouring and not getting in the way but communicating with this incredible subconscious intelligence (Denton, 2016). It is believed that by letting go of awareness or helping the process, it is possible to use the innate healing intelligence to recognise what is blocking the internal or external healing process or both. Experience demonstrated

how in some cases it may be necessary to clear a blockage in the innate healing system by raising the awareness of the patient even if they may have no conscious understanding of the process or the outcome. To get to and highlight the cause without ever knowing what it is; may be achieved by specialised coaching at the deepest subconscious level. Paradoxically, this proves to be a supreme state of consciously letting go by the healer of any direct healing support intentions other than raising the patient's subconscious awareness of the root cause. This strategy appears to provide the highest level of appropriate external intervention that is acceptable to the innate centre of healing intelligence and, which the body/brain needs to heal itself.

To achieve this the healer, namely a doctor, psychologist or therapist has to let go of the slightest intent to help with a specific idea or solution other than being available. The objective is to support the innate healer to restart itself by the healer

being completely passive. The process works by this innate intelligence knowing exactly what it needs to restart a failed system. (Denton, 2007, 2016). The innate healing system signals its need for assistance by creating symptoms. This requires the re-programming of a genetic performance program requiring an incredible knowledge of precisely which part of the management program has been corrupted, blocked or broken. Hence it becomes apparent the only intelligence capable of knowing what is needed is the body's innate intelligence either specific centres of intelligence or via the body's general management intelligence.

The Process

This solution depends on setting up a refined telepathic communication also intuitive guidance between the healer's and the patient's subconscious intelligence. First it is essential to establish there is nil intent to suggest, offer or impose any help other than to be completely available in the process of

support. Once the telepathic connection is established, the healer invites the patient's subconscious intelligence via the telepathic link, to find; the equivalent genetic programming within the healer's programming. This can be achieved by the simple thought sent telepathically to the patient's innate intelligence of "*I do not know what I can do to help so tell me or show me what I can do?*" Contained within this thought is the sincerity and proof of not getting in the way with preconceived solutions also of being completely and unconditionally available. Only then will the patient's innate healing intelligence begin the process of locating and copying precisely the genetic information it needs and then upload that into its own system. This is essentially the same as correcting a virus or bug in a computer by removing or deleting the corrupt or broken program and then reinstalling a fully functioning program. Attempting to find a perfect replacement would be impracticable. Because of any

intelligence centre's incredible knowledge and capability, the conclusion is that it can cherry-pick exactly and only those parts of information it needs to correct its own defective parts. This is likened to replacing a burnt out domestic fuse, spare-part surgery or replacing a faulty part for a car. As far as analysis and observation can tell, if the patient's subconscious healing systems can upload a working segment of information into its failed program, at that moment it can re-enable a failed innate healing system to work anew. Experience found that when this process was believed to have worked, healing happened at incredible speed, thus there was no need for repeat treatment. The reason for this conclusion is due to the speed at which the brain works. Therefore, once a healing program is restored, the innate healing system within every cell and neuron is fully functioning. (Chopra, 1990).

If the process did not work first time, it may have been due to an over eagerness of the healer to help, thus

breaking the first cardinal rule and consequently getting in the way of a far greater intelligence and capability. Second, the healer's innate healing systems or DNA programming may not have had the correct programming information. Third, the patient is running a conscious or subconscious resistance in the form of a perceived benefit in maintaining the ailment and their sufferance; *Case histories* (Denton, 2007). If the innate healing system does not want to be reactivated or cannot be reactivated by the above methods, then the cause or causes are possibly deep seated in more complex blocking devices. This signifies additional modern psychology or life coaching methods may prove advantageous in supporting the patient to resolve limiting thinking, which maintains their internal blocking strategies against all efforts to heal them.

Performance Based on Comparisons and Experience

The above study, research and experience became the basis for understanding an alternative process for healing the effects of prolonged severe stress. This is the resultant cortisol poisoning of brain cells and blocking the regeneration of body muscle tissue. The underpinning principles of supporting the body's innate healing system evolved into a new form of high performance thinking at the subconscious level and effective in - life, business management or professional sports. This development turned into the concept of MindPower Recognition® and Neuro-fault Protection®.

To support my experiments and research, I trained in practical sciences of NLP (neuro-linguistic programming) Life and professional coaching, Sports Mind coaching also I studied accounts of EST. (EST; is a forerunner to NLP therapy. (Denton, 2016) All these methods work with the subconscious mind and therefore centres of intelligence. Thus, they collectively help in accessing the most

achievable solution compatible with all subconscious and conscious beliefs. (Hodges, 1998). Consequently, as in the healing principle of non intervention mentioned above, this type of support highlights the difference between coaching and consulting. Finding workable solutions via coaching has proven to be more productive than simply being told what to do. (Boyatzis, 2005). Consulting has an important place in higher performance, nonetheless; it is itself; more performing when integrated with performance coaching skills. When best advice fails to recognise limiting subliminal beliefs and values, the subconscious mind is likely to reinforce any blocking values or even impose new performance hurdles. (Boyatzis, 2005). Finding subconscious solutions is well understood in the coaching-for-performance industry (Denton, 2016), (Boyatzis, 2005). It is the principle factor in achieving higher performance. Therefore, the above suggests strong reason why it is important

to communicate with the subconscious in specific terms, while not directly interfering in the process of achievement.

Limiting beliefs (Denton, 2007) can act as a strong fault system blocking higher performance guidance. The Neuro-fault Protection process goes several steps further in using the brains own strategies of creating subconscious hurdles or barriers for the purpose of internal performance limitations. The first step is in setting up security barriers to control limiting behaviours like stress and panic. The next step is introducing new performance patterns and beliefs in their place. (Denton, 2016).

Breaking Limiting Habits the Easy Way

Neuroscience is a fast developing and growing industry especially concerning business and corporations who are well aware of the benefits of life and corporate coaching. Although life, executive and other coaching specialities, may be considered to be on the periphery

of neuroscience proper, new ways are being developed to put neuroscience to work at a deeper subconscious level. This is largely because like the healing model, greater success is about taking conscious beliefs and habits out of the performance equation thus enabling the subconscious brain to take the greatest load in high stakes performance (Denton, 2016).

Stopping High Stress with High Performance Strategies

The following looks at the possibility of eliminating the risks of stress by designing new innate performance programs. This aspect of neuroscience psychology begins to take on a greater meaning of more and better performance at every level without undue stress. Further observation and analysis of research results indicates new carefully designed high performance programs compatible with modern demands for performance are absolutely necessary because the body/brain has not had time to evolve on

its own in our fast developing stressful environment.

How many general practitioners try to help their patients with one pill or potion after another to find, a prescription has little effect - they have bad side effects - they work only for a short period - the dosage has to be increased or they move onto something stronger with proportionately undesirable side effects. (Locke & Colligan, 1987). Where does it end? For many people it devolves into exasperation, frustration, loss of confidence and wondering if they will ever have any relief from their ailment, condition or situation. This opinion is also based on personal experience, documented reports, anecdotal accounts and reported litigation involving seriously misguided medical treatment designed to beat the body/mind intelligence into submission. Such a scenario directly relates to my personal experience and quest for relief from the effects of chronic hay-fever since six years of age. Following the failure and

side effects of many years of swallowing different formulations of anti-histamines and years of discomfort from desensitising injections, I was bordering on believing I would never find relief from this affliction that seriously marred my summers from April until September. It was about 1980, while listening to a radio doctor, when I immediately effected a relatively simple change in my eating habits. This led to far greater results than any antihistamines had ever offered. The answers and successes came by simply observing my body's reactions in relation to the foods I was consuming. This is an example of working-with the body's innate intelligence and not against it (Denton, 2007).

Then Came Burnout

Though bringing about the downfall of my professional career, burnout focused my past research and study of the innate healing system, to turning all that experience into helping me through this new crisis in my life. Anyone

going through real burnout or even the earlier level of overwhelm, will recognise the “want to but cannot syndrome.” (Denton, 2016), (Boyatzis, 2005). My progress through this syndrome aided me in developing an understanding where this mind process resided and how it worked. I call it the 7th Sense Intelligence (Denton, 2016). I found through carefully observing its characteristics and consequences of any attempt to get around it that its purpose seemed to be that of survival and self protection. I concluded this particular centre of intelligence was devoted to protecting me from doing again what I had so ably done before and that was largely responsible for getting into burnout. Before I fully understood this “want to but cannot syndrome” intelligence, I began to recognise that everything I tried to get myself going again, were simply blocked by what I can only describe as an immense and impenetrable mental barrier or wall.

The first step forward was in understanding precisely what burnout had done to me and my body/brain and mind. It was abundantly clear that due to the poisoning of vast amounts of brain cells by prolonged saturation of cortisol, (Sapolsky, 1985) mental activity like reading, conversations or planning the day ahead, rapidly evoked mental and physical exhaustion that lasted for several days at a time. The reasons for this are explained at length in the book, ‘High Performance After Burnout’ (Denton,2016). Experiencing, recognising and observing the process of these centres of intelligence led to better understanding the power of the “want to but cannot syndrome” and its own intelligence. Despite this immense hurdle, I began to realise how the neuroscience of the innate healing system intelligence may have more connections with burnout than the nuts and bolts of the medical issues. Certainly, burnout (the destruction of brain cells and thus thinking pathways) is the consequence of cortisol

poisoning resulting from the inability for the brain to cope with the stress and stressors of high performance expectations (Sapolsky, 1985). Yes, this and much more is well understood today in 2016. Back in 1995 when the word neuroscience was only known to a few and I was in the midst of burnout, it was of no great importance to the average, hard pressed, overworked small town medical practitioner whose main purpose was to dish out pills and potions to ever more demanding patients.

Research and conferring with like minds working on the same field of research was at that time a long if not difficult process. Office computers and the internet were in their infancy, Google and other forms of social media were not to appear for many years in the future.

Moving Forward to Greater Things

I had developed a reasonable grasp of the existence of the immense power and working intelligence of this “want to but

cannot syndrome.” First I accepted it as an independent leadership within my mind at the subconscious level. Then I began formulating a plan for my own healing by working with it rather than trying to beat it at its own game. This was to hopefully gain an advantage to work myself out of the burnout trap and not be held perpetually by it. My strategy of “working-with subconscious mind power” was a development of earlier experiments in managing performance programs, which I first put to the test when going to the dentist several years before my burnout.

I have never been squeamish about having an injection but when going to the dentist my greatest dislike was the needle injecting the anaesthetic. It was not the prick of the needle, it was the sensation it was going right through my jaw that I found disagreeable. Also I absolutely hated having a numb mouth for four hours after.

The solution proved to be my first specific effort at making neuroscience work for me. I set up and uploaded a

program to get my innate healing system to anaesthetise the nerves of the tooth my dentist was going to work on. In the dentist’s chair, once this program had been set up, I was fully awake and aware of everything the dentist was doing but I had no numb jaw or feeling of pain during any drilling. The next and subsequent visits to the dentist required no more conscious effort on my part to set up a new program as the first one had been designed to switch itself on when I sat in the dentist’s chair and then turn itself off when I left the chair. I have recently had a tooth nerve extraction and can confirm that more than thirty years later the program remains effective exactly as first created albeit with a different dentist and dental chair.

This experience spawned new automatic subconscious performance programs. In my formative years of driving a car, like many hot headed young men, I had suffered the indignity of numerous car accidents, some my fault and others beyond my control. Based on my

success in the dentist's chair, I set up a safe driving program for my part - also it included protection from other driver's misguided behaviours. The inclusion of telepathic awareness of other drivers enabled me to pre-empt potential or unseen dangers and keeping myself out of their way. This last point is another reference to the principle of telepathic communication when healing a patient. Immediately I noticed how my driving style was changing for the better. The overall change was so marked; I further challenged my safe driving procedure by test driving a car intended for mind disorientation experiments. That car had had its steering reversed to turn right when steering left and vice versa. The exercise was to drive the car without practice around a course of approximately one hundred metres in length, which consisted of a series of simple and tight turns, one immediately after the other. The course was marked out by road cones so that any errors could easily be seen if cones had been slightly

moved by passing wheels. My specialised program to drive this disorientation car took ten minutes to set-up complete with automatic start and stop triggers also self deletion after the exercise plus uploading it into my subconscious mind. At the first attempt I completed the course in forty two seconds without one error or hesitation. The norm for completing the course was several minutes with numerous errors and corrections. On the second attempt I made one error on the final turn just before the exit. Immediately I looked at my watch and noted it was two seconds past 12 O'clock. I was delighted with this result as I had set the performance program for self deletion at precisely midday.

Why Hypnosis, Meditation and Telepathy?

Hypnosis, self hypnosis, deep meditation and telepathy are integral parts of working with the subconscious brain/mind. One notable example of this is the use of hypnosis to activate the innate healing system to apply local and general

anaesthesia is becoming better known and used for a growing number of hospital operations. A secondary benefit of hypnosis as opposed to local or general anaesthetics has been noted in the advanced speed of the patient's recovery or healing process and with fewer post operation complications or infections. The process developed in Neuro-fault Protection uses deep meditation, self hypnosis and telepathy to calm brain activity as low as possible to seven cycles per second. This is an ideal mind state to upload a new performance program to the subconscious brain. Once a high performance program has been installed, hypnosis is only used for that specific program if one wishes to delete or update it. The uploaded program includes the necessary automatic switching mechanism information to start and stop the desired program exactly as and when required. As Dr Deepak Chopra says concerning the body's innate healing system, "the

directions for using this process are built into the process itself."

Getting Back to Cell Intelligence

The problem I started looking at was why does the body's innate healing intelligence works most of the time and then not at other times? For example; why do healthy fully functioning cells become cancerous cells? The list of possibilities, with their individual explanations is indeed long. These may include anything from cell division errors, inherited gene programming with specific body clock triggers to beliefs, emotional trauma, to chemicals or other hazardous elements ingested or absorbed by the body. Many years ago medical scientists believed that a cancer cell was one that had lost its senescence performance program. That is, the cell has not only lost its ability to repair itself, it also no longer knew what it was or what it was designed to do. Therefore it became a renegade cell outside of normal controls. Then it was discovered that the cancer cells had not

lost their original senescence programs but they had somehow been switched off, the search then started to find a chemical trigger that could find the senescence programs and switch them on again.

One estimation suggests that, four million cells in your body are dividing every second. This means their complex DNA blueprint is being copied and replicated at the same rate. With every (Mitosis) division there is the potential for small imperfections to major errors that may result in any number of cells going rogue and eventually becoming cancerous (University of Rochester Medical Centre).

Going back to the beginning of this paper, it becomes apparent the only intelligence to know why a cell went rogue is the cell itself or the innate healing centre's intelligence. Therefore, these are the only areas of intelligence that really understand how to switch the performance programs on again.

My approach was therefore to work with this intelligence. The puzzling question arose as to why this amazing intelligence was not able to switch its system on after being erroneously switched off or correcting all cell division errors as and when they occurred. One conclusion was that if it was due to inherited body clock controlled gene programs, the innate healing system was actually running the problem itself and not aware there was anything wrong. It seems the process of the instructions for use being imbedded in the process itself is a double edged sword. An ailment cause may include the patient in some way being the main actuary involved in the fault also unintentionally maintaining the switch in the off position. Thus, they are actively preventing the innate healing system from doing what it had evolved to do. I refer the reader back to earlier comments regarding the need for the patient's subconscious intelligence to recognise there is a problem. With a little more

analysis, and study, then came the conclusion that an external influence such as a healer could resolve this dilemma but as stated above it had to be non invasive at the level of intentional help and certainly non confrontational. As stated earlier that external influence proved to be a combination of being passively available with the complicit help of the “Innate Healing Intelligence” in uploading a information identical to those parts that had been corrupted. The first part of this process was to get the patient to let go of what they were emotionally hanging onto even though in some cases they are not aware of what that is (Denton, 2007, 2016). The second part was offering exactly what the “Innate Healing Intelligence” already knew it needed but so far had not been able to access. The final part was to do this free of any intention to help or interfere. Understanding this latter part of the process and observing the results, led to designing many other

automatic instantly compatible subconscious high performance programs.

Burnout Stress

The only medical support I had for my burnout was my doctor insisting I immediately take a three week holiday abroad to get well away from by stressors. Sunning myself on a Mediterranean beach, allowed me for the first time to realise how stressed I had become. Being in the early stages of understanding what stress was and how it worked, I was appalled to find on my return to work, the speed my stress levels took control again. This indicated I was responding to my own emotional trigger mechanisms by virtue of association and recognition of situations or environments that immediately triggered my stressors. This meant the holiday had made no difference to reducing the causes of my stress and burnout. I realised the holiday had mainly allowed my cortisol levels to diminish for a short while also taking some time for reflection.

Grasping this aspect of burnout led me to the fact I and my thinking patterns, beliefs, values and behaviours were responsible for my stress and burnout and nothing else. Studying what little factual information I could find on burnout and getting out of it did little to help me. I decided to build on my own experience with that of others who had written about their unique burnout story. Then I went along with emerging picture to progress in my own life by letting go of everything I had done to get myself into burnout. This strategy was a direct attack to eliminate all those old stresses and stressors so quickly attacking my emotional intelligence. Sometime later, I found that by using the minds own strategies, setting up subconscious stress barriers worked better than trying to delete, understand or unravel the stressors.

Trying to delete a stressor means first trying to define and understand it. Not only is that almost impossible but at my conscious level of thinking, why reinvent

the wheel when the “Innate Healing Intelligence understands everything about any specific stressor? Second, I deduced that trying to delete a stressor was likely to create a resistance response from my survival intelligence. Thus the answer is to simply communicate to the “Innate Healing Intelligence” what is required of it and let it do what it is so capable of doing without any interference. Although it was a long road, thanks to many discoveries along the way such as stress barriers and other improvements, the Neuro-fault Protection burnout healing process has been greatly refined and considerably shortened. However, as always, with the caveat that everyone is unique, therefore, there are no “one size fits all solutions” or “hard and fast guarantees” for how effective or how long the process will take. Having made that point it is clear it is better to avoid high stress and burnout and the consequences of the journey through it. The solution is to avoid it by greater use of subconscious mind intelligence.

7th Sense Intelligence

My experience is that once the “want to but cannot syndrome” has been activated, switching it off or diminishing its control is extremely difficult and often with resistance like a considerable periods of mental and physical fatigue.

The greatest reward for me was learning to improve my condition at a time when few professionals understood what burnout was or had much idea of how to support a sufferer. I had also learnt to turn all that study of theoretical neuroscience into something that worked. MindPower Recognition is really the process of understanding the power of the subconscious mind and how to access it, work with it and use it to good effect.

Redundant Thinking and Getting to

Grips with the Subconscious

Powerhouse

From burnout came the processes of Neuro-fault Protection[®]. This is to say, the way we humans have evolved to use

our brains is largely dominated by inferior conscious thinking fraught with egotistical errors and limitations. The bigger game in town is the vastly superior possibility of subconscious brain thinking with its intuitive lines of communication. These connect to its incredible centres of innate intelligence also lines of access to Albert Eisenstein’s famous field of energy and information so useful in subconscious creative intelligence when working on new projects and goals and even in the field of risk, chance and gambling.

Because of expectation levels for performance, the conscious mind thinking process is largely overloaded, exhausted, redundant and therefore more easily susceptible to stress and being burnt out. The conscious mind’s biggest stumbling block is its ego and its major problem of thinking it knows best; when in reality its knowledge is mostly lacking or outdated. This is largely because in a global environment where practically everything is changing daily so fast, little remains

constant and reliable. Even if outdated by only seconds, those seconds add up to avoidable mistakes and accidents waiting to happen.

When is a mistake not a Mistake?

Many sectors of people are under previously unknown levels of stress and making more mistakes in their lives and jobs than ever before. Mistakes equals more stress. Using the overworked, near exhausted, conscious mind in an effort to perform and succeed; even fighting to avoid mistakes; is time consuming and stressful. This means the effort of correcting mistakes before they do their damage is another stress. The subconscious brain can do it all so much quicker and with zero stress. However, there is a fly in the ointment. There is an infernal belief in having to make mistakes to succeed. This seems to be born out of advanced education establishments and irresponsible famous entrepreneurs expounding their views of its good to make mistakes. Such advice is largely

under the pretext of organic R&D. There is nonetheless an internal survival resistance that is fighting against this belief because of the opposite belief that says that making mistakes is a quick way to fail an exam, lose your job or a client or even destroy a company. When it come to piloting an aeroplane or building large structures the consequences of mistakes can really be catastrophic. Thus, for all those with a head full of theory and little worldly experience there is a permanent subconscious stress of which way to jump. This situation seems to have permeated all manner of life situations like a game of Chinese whispers. Its origin seems to be from one of Henry Ford's speeches when he stated, "*in life you will make mistakes. In order to succeed, whatever your mistakes, learn from them and never repeat them.*" No doubt by a process of inconsistent ill thought repetition it turned into "*you have to make mistakes to succeed.*" Fair enough; although unsaid by Henry Ford, in learning from the mistakes

there may prove to be a new and more successful outcome. It is clear even the most careful person will make mistakes, which is inevitable in a world that is so complex and changing so fast. Nonetheless, how many people really do learn by their mistakes? What I am clear about is that those who advocate making mistakes to succeed, they themselves fail to realise the matter of mistakes causing ever increasing stress. For sure, the mistake of burnout is not a mistake to be proud of. It destroys effort, confidence, jobs, lives, stable income, savings, careers and it even destroys dreams and hopes. The pro-mistakes advocate will quickly retort with the argument, *“Look at yourself, if you had not made the mistake that got you into burnout, you would never have discovered so much about successfully getting out of it.”* This argument is simply being wise after the event, which any self appointed idiot guru can do. Given my previous work on the Innate Healing system, I may well have

gone along this research and discovery path in any event. Yes, the fact of my personal experience of burnout has been fundamental to finding a solution. The reader may realise the arguments for or against making mistakes are a constant revolving door. With claims and counter claims on both sides of the divide, there seems to be no definitive answer to the question. Having had a substantially thorough experience of mistakes leading to burnout and making other mistakes, perhaps my final comment is the difference between mistakes themselves. There are those to lean by, (*should have known better also looking for any additional aspects that could prove useful in the future*). Mistakes to be regretful for (*knew better but had not learnt the lesson and hopefully it is not too late to make amends*). Then there are mistakes, which do result in a fundamental change to be proud of. Making mistakes because it is a way to succeed is not making mistakes, it is Research and Development. R&D is the

science of observation and learning from the results, making changes and testing again. Therefore, I say to those self appointed 'mistakes are good' gurus, without the disciplines of R&D, most mistakes have downside costs also they create stress. Most stress creates destructive cortisol and irrational behaviours likely to lead to more mistakes and additional cortisol in a self perpetuating nightmare of ill conceived knee jerk reactions.

I turned my burnout into something that has produced worthwhile results only because of the time, effort and focus I put into it so it became R&D. Despite this fact, the financial, health and other costs have been significant. All this leads to being observant to ones condition, circumstances and the amount of effort needed to achieve goals. If the mistakes are too many – if the rewards are not appearing or not proportionate to the effort- if the effort is producing disproportionate stress - then it is time to

step back and analyse everything carefully in order to find a better less stressful and more rewarding way forward. The good news is being able to set up subconscious mind programs and strategies to help get the most out of mistakes with subliminal warnings for when it is actually time to step back and reflect.

When it comes to performance brutal honesty says mistakes have to be kept a secret in an RD environment. In the real world of high performance there is no place for mistakes. This means in today's high demand professional environments successful performance has to be out of the subconscious mind where there is no mistakes psychology. The answer is the knowledge for creating stressor barriers that prevent stress and therefore ovoid mistakes (Denton, 2016).

The Evolution of Stress

One profound conclusion I have come to is that high stress situations and the need for stressor barriers have occurred

because society has evolved during the past fifty to a hundred years infinitely faster than the brain has been able to evolve naturally to meet all changes, events and expectations. Added to which, the brain seems to have no defences against the mass production of cortisol and other stress hormones it produces and certainly is incapable of disposing of it safely. This has happened largely because our behaviours have changed from a life of running from or fighting Sabre Tooth Tigers for which cortisol seems largely to have been invented. Now we are faced with static situations within offices, work or confined home environments. There is a lot of stress, therefore plenty of cortisol but not much muscle activity in running or fighting to burn it off. Medical science does not know how to stop the production of cortisol, norepinephrine or other stress hormones and neurotransmitters in times of stress. Going jogging or working out in the gym hours later is mostly too late and shutting the stable door after the bull of

panic and stress has demolished the china shop of emotional stability. Therefore, the very best solution is neuroscience and a radical change from habitual redundant behaviours to more worthwhile and productive outcomes. My money is on the smart choice of doing what is appropriate in this vastly changed and constantly changing world and therefore, pre-empting the production of more destructive cortisol and irrational behaviours (mistakes) by thinking with the vastly superior power of subconscious performance.

So What's Next?

First it is important to park outdated redundant beliefs and thinking practices where they can do no harm. Next to introduce new modern subconscious mind performance programs. This is rather like deleting redundant 'apps' and adding new performing programs or applications to your mobile phone, i-pad or computer. These processes upgrade the brains capability to deal with situations it has not

had time to develop suitable responses itself by natural evolution.

Dr. Deepak Chopra's words about the body's innate healing intelligence, (Chopra, 1990) offers a remarkable solution when focusing between the lines. If the body's innate healing intelligence can produce anything the pharmaceutical industry can and better; then likewise the brain with its profound fathoms of subconscious intelligence can stop the all damaging stress hormones, the question is how. As suggested earlier, if it is the case the brain is caught up in its own dysfunctioning systems - it really does need a little outside help but please do not tell it so as it is extremely sensitive; powerful yes, but sensitive.

So now I invite you to come with me on a journey aboard MindPower Recognition's neuro-submarine 'Neuro-fault Protection.' Let me take you for a ride deep into the uncharted seas of the subconscious mind. This is a journey simply to demonstrate the difference when

a new performance program is inserted into the emotional intelligence centre. This submarine is steered by subconscious intelligence. We simply tell it where we want it to go and leave it to do a perfect job due to its incredible intelligence and knowhow. Therefore this is a journey showing you what the subconscious brain can do when you start tweaking its performance, (Randall, 2016), (Denton, 2016) by adding some new high performing 'apps' and pressing its control buttons in a different way also allowing it to show how capable it really is.

Left to redundant habitual behaviours, negative emotions rapidly turn into stressors that head straight for the amygdala and hypothalamus glands. Before setting off on this submarine journey, let us consider how emotional intelligence ends up as more damaging cortisol. Many readers may be familiar with the HPA axis or the hypothalamus, pituitary, adrenal gland process that leads negative emotions like fear or panic stress

to the production of the stress hormone cortisol (Randall, 2016). Let us first visit the hypothalamus and its near neighbour the amygdala gland. Both are sensitive to stress emotions such as fear, doubt and instant panic. Whatever stress is, it is certainly highly charged emotions out of control. The moment any one of many emotional stressors are triggered the Amygdala-HPA axis is fired up. In milliseconds the adrenal gland is pumping more cortisol into the blood stream with the consequences of thousands if not millions more brain cells and thinking pathways poisoned into inactivity. Cortisol was meant to be a muscle fuel enhancer. This is just like a jet engine's after burner pumping fuel directly into the engine's exhaust flame to instantly give it greater thrust. Likewise, cortisol was meant to be burnt up instantly in muscle tissue and giving greater force for fighting or running for your life, whether that was setting up an attack or running away from one. Since modern social correctness says you should

not hit your neighbour, partner, boss or manager over the head with a stone axe each time they upset you or run for the hills each time you see someone you are frightened of. This means all that stress induced cortisol has nowhere to go but do a whole lot of reoccurring damage like blocking the regeneration of muscle tissue, poisoning brain cells, raising blood pressure and damaging the immune system by blocking killer 'T' cells (Randall, 2016).

The neuroscience key developed by Neuro-fault Protection[®] is to create a new 'app' program of an automatic radar system program capable of spotting and blocking an emerging stressor emotion before it can do any damage. This is done by side tracking it into another new 'app' program, namely a safe cul-de-sac. That cul-de-sac is behind another new purpose built 'app' namely a stress and stressor barrier to prevent any stress signals getting to the amygdala, hypothalamus and the HPA axis. By enabling the subconscious

or innate healer intelligence with an evolutionary after-burner boosting program, if the emotion cannot get to the amygdala or the hypothalamus it cannot carry on down the HPA axis, thus, no new unwanted cortisol and a happy immune system warding off those nasty little cold and flu germs.

So what about when the body really does need that cortisol and adrenalin to escape a real life danger approaching fast? That process is untouched because the new 'app' programs are designed to only respond to specific stressors, like your partner or boss, or those in modern times you realise you cannot or should not fight or run from. These are stressors that can be held in a safe place while things quieten down, thus preventing unnecessary damage from being done. Typically these can be minor irritations turning into whole scale arguments where knee jerk reactions, unwise words or even violence that often regrettably occurs. An example of these is the situation where two people cannot have

a rational conversation without one or both spontaneously and uncontrollably descending into another violent argument. This can be; despite powerful promises of intentions to never let that happen again. These situations commonly occur in failing marital, office/ work relationships. For the above and other reasons there is no simple or complex one remedy to fit all situations. Therefore, it is wise to set up a new specific stress blocker for each new dangerous stressor that appears on the scene. Given time and experience, one gradually develops a stronger resistance or immunity to new stressful situations. Thus the production of unwanted cortisol and other stress hormones with nowhere to go, like unnecessary mistakes these can now be safely diminished or avoided altogether.

Our neuroscience submarine Neuro-fault Protection has journeyed into the territory of emotional intelligence. The subconscious brain has already set up a protective stressor program and a stress barrier with its own high speed attraction

force rather like a Maglev train driven by its powerful high speed magnets. You are looking through the periscope and at the sonar and the radar screens for any signs of stress or stressors. A blip is spotted on the radar screen. The new programme has identified a potential emotional panic response to a stressor that has appeared on the horizon. That new emotional stress activity is seen as something that normally fires up another serious stress behaviour and another bucket full of cortisol. The emotional response explodes all around us. Hold on everyone; our submarine is being pulled at lightning speed and then suddenly we stop. We take another look through the periscope and just make out an enormous barrier like a huge wall. We are caught behind the protection barrier with a big emotional energy field. Because it is trapped behind this barrier instead of slamming into the amygdala and hypothalamus glands it now has nowhere to go and nothing to do, so it quickly begins decaying. As the stressor fades

away our submarine is released and can return to the emotional intelligence centre. You notice how steady the submarine is and the emotional seas are calm again. Checking with the cortisol production intelligence centre in the adrenal gland, it reports it has had no recent signals for more cortisol production. A check with cortisol/blood concentration intelligence, says there has been no delivery recently and cortisol levels are continuing to recede. Checking with performance intelligence, they say, “everything is working well, our leader is calm focused and unaware of controlling a potentially damaging emotion caused by an habitual stressor, not previously deactivated.”

Leaving this hypothetical scenario, for those wishing to make sure they are free to experience all their emotions, positive and negative, there is no need to worry. Every new emotional stressor is going to have its day to show you what chaos it can cause in your mind and body. Only then do you take the responsibility to

choose to learn the lesson and stop the ‘tail from wagging the dog.’ Learn the lesson and prevent that particular stressor from causing its unique chaos again. This is done by creating another unique performance program ‘app’ to instantly identify and deal appropriately with that particular stressor next time it begins to raise its head or suddenly jumps out to face you down in terror.

As you see, the process reroutes bad stress signals to a place they cannot do any harm. The key is in perfection, as in writing a computer program. One or more errors in writing a new ‘performance app’ program and you get something else other than intended. This was the same discovery when studying why the innate healing intelligence sometimes gets its signals crossed and therefore stops working. Like mitosis there are infinite ways to get those signals crossed. Those reasons may be impossible for the brightest of minds to unravel. Once again the best way is to program the all

knowing; all seeing subconscious brain to deal with what only it knows and can see.

The subconscious mind is the ultimate willing servant. There is only one stipulation; it must be respected with meticulously precise directions.

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