



Mapping Disturbance – Behaviour and Mind/Body

A tool for healing and a pathway toward well-being





Intentions



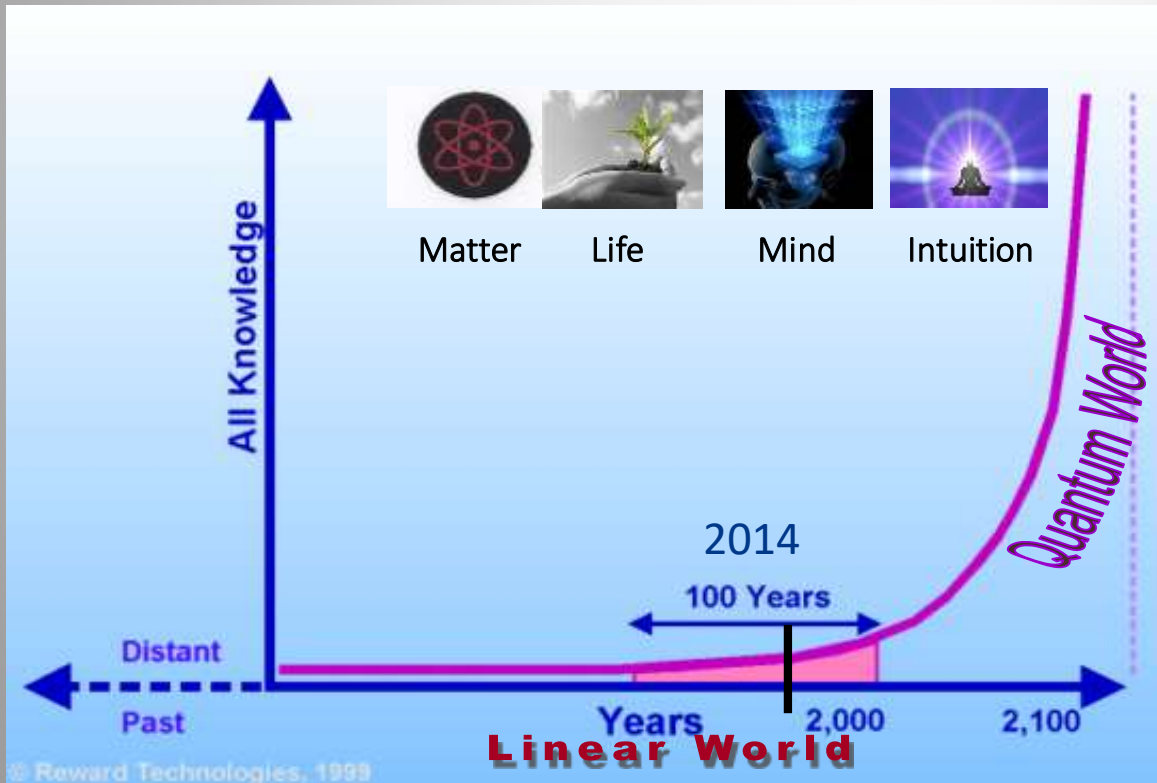
- Understand the context of disturbance and trauma – Small “t” and large “T”
- Examine the layers of disturbance and trauma
- Explore the neuroscience of disturbance and trauma
- Present a mapping tool for clients to build awareness of disturbance levels
- Lifting consciousness – Seven Guiding Principles



The Context of Change



Today's world is moving faster than ever before. This requires unprecedented adaptiveness to achieve any agenda, let alone an ambitious one. The rate of change and unknowns requires our rational minds be combined with our intuitive hearts to be successful. This is a whole new paradigm for the majority of us



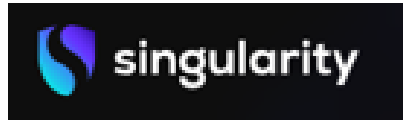
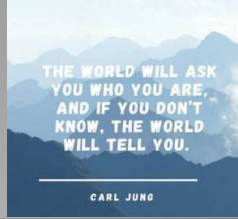
“The significant problems we face cannot be solved at the same level of thinking we were at when we created them”

Einstein

Adapted from Vernor Vinge postulated a “singularity” at a 1993 NASA symposium



The Case for Change



Singularity was founded in 2008 by Peter Diamandis and Ray Kurzweil.

<https://www.su.org/> |

Ray Kurzweil did the math and found that **we're going to experience twenty thousand years of technological change over the next one hundred years.** Essentially, we're going from the birth of agriculture to the birth of the internet twice in the next century. **This means paradigm-shifting, game-changing, nothing-is-ever-the-same-again breakthroughs... happening all the time.** As technology continues to accelerate our lives, we can't help but ask ourselves what will happen as the pace increases. These questions evolve with each passing month.

So much is happening in AI—[capabilities](#) continue to scale, experts warn of [model collapse](#), and the E.U.'s AI Act regulations are coming online. How do we find the right trajectory for a technology that could be a runaway train?

2024 has been a year of [breakthroughs](#) in quantum software and hardware. How would a radical shift in computing power and speed impact my work, and markets in general?

Exponentially accelerating technologies require ever more resources and materials. **How do we [sustain](#) our physical world** as innovation fuels never-before-seen demand for its assets?

There's so much happening right now that I'm not sure how to prepare for the next 5 years. **How do I ensure I'm making the right choices as a leader?** **How do we sustain our HUMAN WORLD?**



Unaware Consciousness



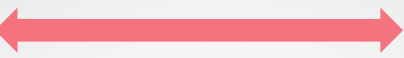
The Power/Control Triangle

PERSECUTOR

Super-Performer

RESCUER

“It’s my way or the highway.”



“Here I come to save the day!”

- I’m OK, you’re not OK.
- It’s got to be your fault.
- Often get what they want, but all involved pay a price
- Fall into control
- Can be bullying, even abusive



- I’m OK, you’re not OK.
- Others are inadequate; they need my help.
- Often offers unwelcome help and advice
- Falls into sympathy and smother love
- Can feel rejected or used

Righteous Victim

VICTIM

“Nothing works in my life.”

- I’m not OK, you’re OK.
- I can’t fix things and I need someone to help me.
- Can feel abused and helpless

Sacrificing Martyr

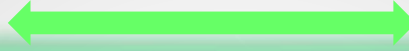


Conscious Awareness



The Possibility/Freedom Triangle

Innovator



CREATOR

“I take action to achieve my intentions.”

- Clarify clear and workable intentions
- Actions create greater good outcomes
- Be hard on the issue and soft on the person

Achiever

**Aware
Ego**

PROMOTER

“I stand for greater good outcomes.”

- Explore how much help is appropriate
- Look after yourself first so you have strength to support others
- Encourage people to stand for themselves in constructive ways

Empathiser

ALLOWER

“I hold the space and let things unfold.”

- Be present with what is in the moment
- Use everything for your upliftment learning and growth
- Look for the positive intention in all behaviour



Building A Bridge to Freedom



Awareness; Acceptance; Cooperation; Understanding; Empathy; Enthusiasm; Loving

Operating Ego

Aware Ego

Bungee Zone

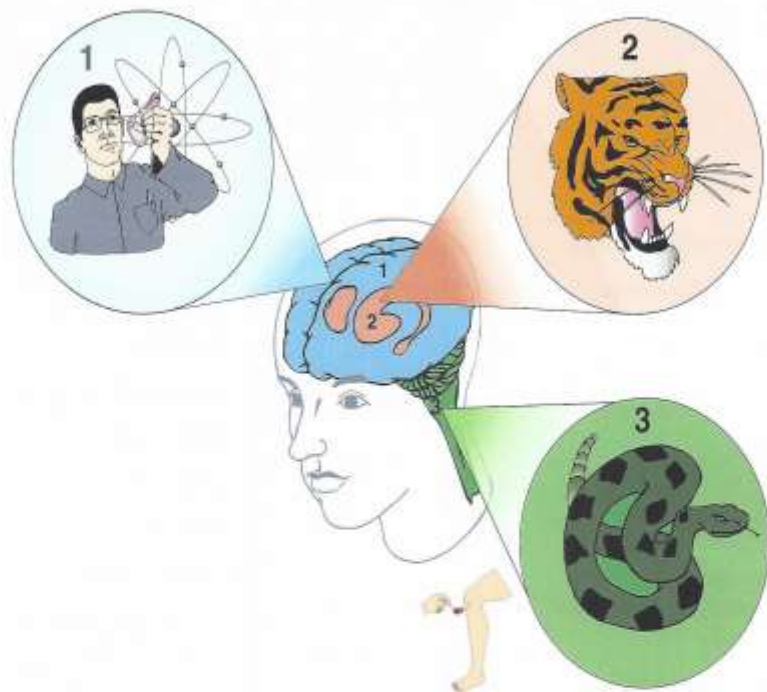
“If you can’t go within, you go without!”



(Neale Walsch)

The Brain's Three Rs

Responds, Reacts & Reflexes



| | |
|------------------|---|
| VERBAL TOOLS | <p>1. The NeoCortex – Responds <i>Questions</i> are directed to the NeoCortex.</p> |
| NON VERBAL TOOLS | <p>2. The Mammalian Brain – Reacts <i>Suppositions</i> are directed to the Mammalian Brain.</p> <p>3. The Reptilian Brain – Reflexes <i>Reflex tests</i> are directed to the Reptilian Brain.</p> |

The astute practitioner monitors the outflow of all three brain's (all three are always stimulated to one degree or another), and pays specific attention to the resultant activity of the brain being directly addressed.



Reptilian Brain

Mostly
Unconscious

Survival Instinct
Exploring Our Environment
Responding To Danger

Feeding
Fleeing
Fighting
Reproduction

Instinctive or
Genetically-programmed
Behaviors

Primitive sensations

Aggression, territoriality,
and dominance

Hunger

Breathing

Heart Rate

Primitive Muscle Reflexes

Sensory Motor Functions

"It's all about me."

Dominant in Lying Position
a in Human Coma



Mammalian Brain

Mostly
Subconscious

Emotions
Emotion, Memory Formation
Short Term Memory and
Storage into ...
Long Term Memory

Altruism

Religious tendencies

Sexuality (difference)

Complex Sensation and
Perception

Timeless—No Today,
Tomorrow Or Yesterday. All
That Ever Was Simply Is.

Hormones
Temperature Control

Perfectionistic/Idealistic
Relationship Oriented (good
or bad)

Dominant When Relating to
Another and in Quadrupedic
Position



Neocortex Brain

Mostly
Conscious*

Reasoning
Executive Decision Making

Mathematics

Composition

Invention

Understanding

Coordinates All Voluntary
Muscle Movements

Purposeful Behavior

Language

Nonverbal Ideation

Spelling

Grammar

Dominant When Engaged
in the Above Activities and
Standing Position

*Conscious - Actually selective
consciousness. Psychologists are in
general agreement that we are 80%
non-conscious of our motivations and
behaviours.



Layers of Disturbance



5%



“The conscious mind offers us free will, meaning we are not victims of our programming and genetics but masters of our fate. To pull that off, however, you have to be fully conscious lest the programming take over.”

95%



“Positive thoughts have a profound effect on behaviour and genes, but *only* when in harmony with sub-conscious programming. The sub-conscious mind is a repository of stimuli response tapes – habits playing the same signals over and over again, represents 95% of our consciousness and a million times more powerful than our conscious mind.”



Core Drivers – The Six Buckets



Longevity



Power



Knowledge



Love

Freedom

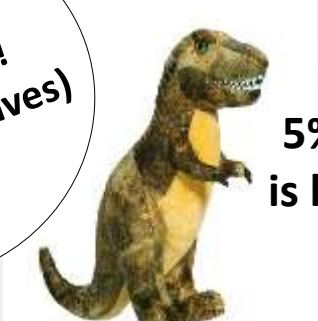
Pleasure



What's the Problem?



Don't Worry
I've got you!
(Protective Selves)

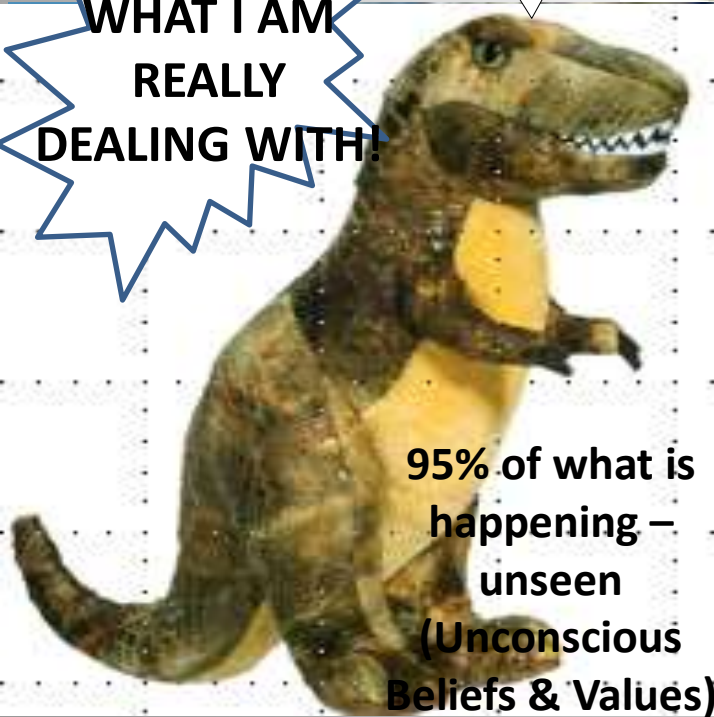


5% of what
is happening
- seen



What I
thought I
was dealing
with!

WHAT I AM
REALLY
DEALING WITH!



95% of what is
happening –
unseen
(Unconscious
Beliefs & Values)



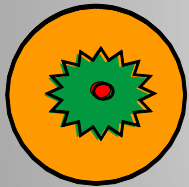


Personal Transformation



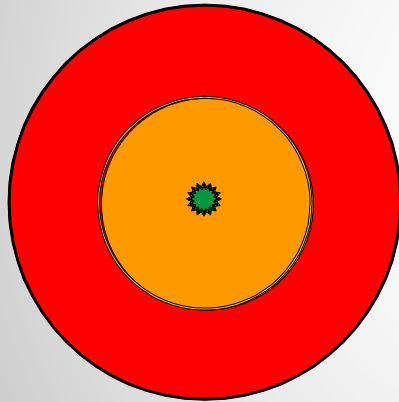
Vulnerable Self

How we arrive



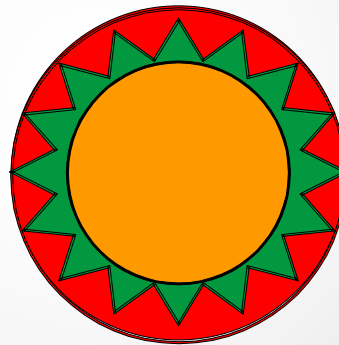
Protective Self

It's all about me!
What do you think about me?



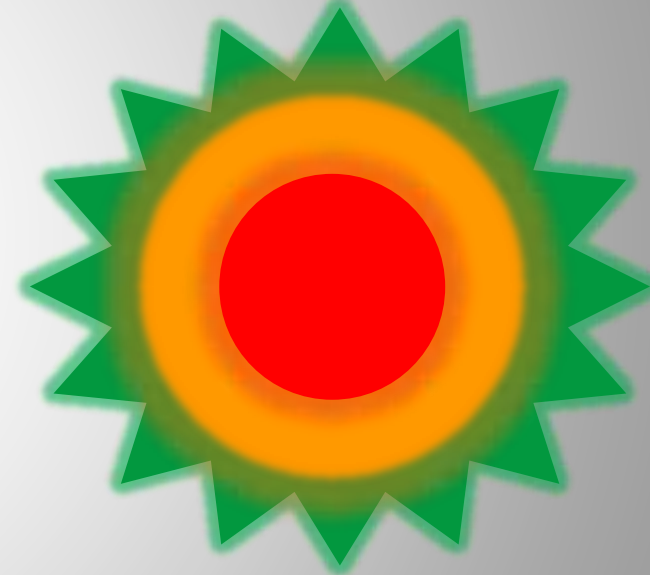
Independent Self

What others think of me
is none of my business!
It's their business!



Authentic Self

How do we find synergy?
How do we make
a difference in the world?




Authentically
vulnerable


Self Protection is key

Sense of self re-emerging

Sustainable Authenticity

 Protective Self

 Vulnerable Self

 Authentic Self