PHOTO COGNITIVE THERAPY® (PCT)

LESSON 1

AN INTRODUCTION

STRESS, TENSION & OUR RESPONSES
The stress factors of today’s society, especially on today’s youth with institutionalized education, telecommunications and mass media presents an ever burdening pressure on the psyche. We all have been secretly hypnotized since birth. Every day, newspapers, radio and television programs, and other people are implanting harmful thoughts and emotional perversions which become deeply embedded into the subconsciousness, should one be out of control of his/her mental faculties, which is typical in children. Inevitably, as adults, we become outer-directed instead of inner-protected. Indirect hypnosis manipulates the minds and behavior of millions of people, leading to destructive behaviors and disease.

From the moment a baby is born, society, family, parents and guardians begin molding the psyche. The moment the infant leaves the womb, he/she becomes recipient to suggested behaviors and habits that will drastically affect his/her future. Experiences, sensations, behaviors, and even conversations are stored in electronic memory banks and result in images and impulses for future reference, action and reactions, and a plethora of compulsive behaviors.

Habits quite simply are acts so frequently repeated that they become almost automatic in performance. Most human beings respond to stimuli in patterns similar to animals in that sensory stimuli set off reflexive behaviors in the nervous system, out of control of superior intelligence factors, unless they develop complete control of their instincts. These are known as conditioned reflexes. These are electronic memories so automatic we call them activated shells. Habits feed on childhood memories and even past-life traumas which act as deep emotional locks which become most difficult to break without strong therapeutics.

The sources of compulsive behaviors can be now readily traced back. We develop a complex of physical and emotional habits which branch out from primitive emotions formed in early childhood or left as residue from genetic memories. Once the soil and roots of these behaviors are identified by the individual, they lose their power over behavior patterns. Total Recall and mental awareness initiates a break in habit patterns, thereby initiating a healing response.

Photo Cognitive Therapy (PCT) is a new method of healing and rejuvenation using pulsed, monochromatic light for optical, resonant induction and procurement of powerful, emotional states. By direct access of activated shells (traumatic memories forcing behaviors in undesirable manners), prior episodes can be accessed and effectively neutralized. Finding a means of accessing these early, uncontrollable feelings - and then altering the dynamic associated with them - has been the goal of nearly all psychotherapies in decades past.
The advent of Photo Cognitive Therapy since 1989, has offered unparalleled speed and ease at which to access these tortuous emotions, in a clinically clean format using a heretofore, unrecognized dynamic - light, instead of darkness. Classical forms of hypnosis requires the subject to close the eyes, in order to drift into lower levels of the sub-conscious. Light impact upon optic nerve, however, allows the conscious mind, to continue its perception. In this zone of \textit{awareness - subconscious access}, deep impulses can be accessed and effectively encountered neutralized. This remarkable discovery came about quite by accident as the device was originally used for improving vision. Upon working with children with learning disabilities, enormous improvement in behavior was demonstrated early on. Upon treating adults, regressive states were so easily accomplished, interactive auditing was began. Revolutionary results followed as interviewing techniques were developed. The colors were amplified with select gemstones adding a more coherent component to the optical pulsation. The results were even more dramatic and conclusive.

\textbf{The effective feature of Photo Cognitive Therapy is to resolve and heal unwanted feelings.} The result is that the adult, in command of their feelings, will be able to experience the \textit{child-like} feelings as they exist \textit{now}, and consciously neutralize their destructive power and influence over musculoskeletal impulses, oral communications, and \textit{faulty autonomic steering} of the body’s glands and tissue systems. Clean language and interviewing skills of the practitioner, are used to discover and facilitate a change in the patient’s deep memory. The end result is the patient instantly \textit{feels better}. Pains due to psychosomatic control are instantly eliminated. The patient gains an avenue of freedom not realized by an form of medication, even homeopathics.

\textbf{CLEAN INTERVIEWING}

Clean language and interviewing skills are used to allow the client to discover, evaluate, change, and ultimately transmute unhealthy memories and subconscious impulses. It was discovered and developed by Dr. Charles by a unit now called the \textit{CHROMATIC ILLUMINATOR}, that monochromatic light, multiplexed with faceted gemstones, can quickly facilitate \textit{total recall} of these \textit{activated shells}. Induction and facilitation of patient cooperation and recall occurs generally within 20 minutes. Since light holds to the key to the process, it has been called \textit{photo cognition}, or light awareness.
Unlike hypnotic suggestion, clean interviewing searches for icons to be explored during a state of self absorption. It empowers the patient to examine, analyze, and transform painful memories that translate into vague complaints, unresolved illnesses, or addictive/compulsive behaviors.

Synchronized, pulsed colored light facilitates a natural withdrawal into the self, unlike classical hypnosis which can lead to loss of self-control. It is described as a light trance wherein the conscious mind is allowed to directly interface with the subconsciousness mind. By clean language, the interviewer searches for icons which are entirely generated by the patient. Clean language protects the client, maintaining dignity and mutual respect of the on-going relationship.

The operation of photo cognition means the interviewer does not need to know the full content of their experience. Clients only answer what they want to. They do not have to talk about their experiences, unless so compelled. They are allowed to be resistant, since the mere recognition of the insanity of the moment usually facilitates neutralization of aberrant thought as part of processing.

The secret was found that light itself can be the effective neutralizing force, resolving anger, guilt, and shame without interactive psychotherapy or suppressive hypnotic suggestion. Pulsed photons through optical transport to the brain during the cognitive state facilitate a transformation, akin to the religious expression to see the light. There is evidence to suggest that when an engram is transformed in this manner, there is an actual change in the brain’s molecular connections. Thus, facilitation changes response patterns, and eliminates the icon. The client is set free.
A key to health lies in the reception and assimilation of light energy. These are the functions of the etheric body known to Oriental medicine. It sends and receives not only electromagnetic energy from the environment, but also feelings and thoughts. The human body is viewed as a dynamic interaction of body - etheric body - and emotion/mind. Many terms have been used over the centuries to describe this etheric energy - aura, vital body, etheric double, and of late in Russia - bioplasmic energy.

Most sources conclude that the etheric body is an organized energy field (Life or L field according to Dr. Burr of Harvard) that moderates and perpetuates organic metabolism as well as conferring sentient function through the medium of the nervous system. Chinese medicine is well known for its anatomy of this energy fields circulation currents according to acupuncture theory. Hindu and Tibetan medicine identify the internal structures known as chakras, or wheels of force.

The study of the Chakras or “light wheels” provides a unique basis to understand the operation of color, and how and why it produces the effects so easily procured through Photo Cognitive Therapy. Their Bioenergetic anatomy and physiology has been written about over many centuries in both Hindu and Tibetan cultures.

According to Oriental medicine, they are etheric vortices that feed invisible light to the endocrine glands and nerve plexi. They are color repositories that feed the body on a quantum level. By collecting and distributing vitality globules, known as prana in Hindu, their colors perpetuate metabolism. They are also the medium for transmission of emotions, coloring as it were the sentient being.

The transmission of activated shells through the avenue of the chakras is well known in Oriental philosophy. These traumatic memories, unresolved conflicts, or unjust deeds, known as gegs (ghosts) in Tibetan philosophy, inhabit the sentient being and act through the medium of the chakras. They are able to seize control, at times, with the individual displaying certain illnesses and various psychopathies. Tibetan medicine posits that by removing these gegs, not only is health restored to the individual, but also karmic impulses and future misfortune.

The diagram on the next page shows the classical eight color bodies enveloping the physical organism. The force centers are located in the general areas which feed focal major nerve plexi and endocrine glands. Each color body has a predominate color which it requires to perpetuate its function.
The chakras respond to emotional impulses of the higher bodies, as well as to physical conditions of the five senses - hearing, touching, smelling, seeing and tasting. In fact, according to Hindu philosophy, it is only through the medium of the five senses that the true man/woman has any contact with the physical world.

The predominating color in the person’s aura is a guide to his emotional proclivities: red indicates sensuality and hatred; orange pride and materialism; yellow false intellectualism; green compassion and conservatism; blue religious inspiration; gray fear or cunning; black deceit; brown avarice and illness; and white purity and enlightenment.

In Photo Cognitive Therapy the color is selected to activate the chakra that will elicit a response of the activated shells. It may be viewed as an implosion process where the wheel is charged with pure color while the shell collapses into consciousness since the chakras are intimately connected to the spinal column. This is a theory of the author, but easily demonstrates itself in practice.

The Activated Shell

Classical psychology has shown that man exists on two levels of being - conscious mind and subconscious mind. We view consciousness as a linear processor, able to capture thoughts and execute thinking patterns, one at a time or in series. Its data comes from the five senses and is influenced to a degree by subconscious impulses. Icons surface strong impulses that inhibit the being more or less according to their degree of health. The person enters a state of waking, meditative trance. The icon thus surfaces impulses that more or less control the being. The goal of therapy is thus to surface these subconscious images in full view (light), and process their control by exposing the insanity of the moment.
The subconscious mind, however, is much more vast and capable of parallel processing, both from stored data (engrams) and sentient reception. It is found in the unhealthy individual, the subconscious mind has a life of its own, seemingly without any conscious control. Its anchor points (icons) appear rather childish, since many of them are created at a very early age, where many disease processes begin and perpetuate throughout adult life. When they anchor into the bioplasma and cause actual change in living tissue as a result of repetitive excitation, they are called engrams. The engram thus becomes a permanent memory or thought, anchored into living tissue, arising into nervous and glandular responses. When activated by an icon, the shell reverberates into well known psychopathies - habits, fixed attitudes, addictive impulses, Pavlovian responses, etc.

Activated shells take on a life of their own and in time, result in the engram. They are solicited during the interview in a free and clean language so as to not modify their surfacing or to allow the participant to runaway with imaginative processes. When they percolate into consciousness while the client is in full light of the process, they are then seen as bizarre or irrational impulses and behaviors. This empowerment allows the subject to clear them from consciousness and reduce their power. Thus, we now come to some fundamental differences between Photo Cognitive Therapy and Classical Hypnosis...

**PHOTO COGNITIVE THERAPY vs. CLASSICAL HYPNOSIS**

<table>
<thead>
<tr>
<th>Photo Cognitive Therapy</th>
<th>Classical Hypnosis</th>
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<tbody>
<tr>
<td>Performed in full light with goals towards discrimination</td>
<td>Performed with eyes closed without objectivity</td>
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<tr>
<td>Total recall with no amnesia</td>
<td>Usual amnesia</td>
</tr>
<tr>
<td>Light trance only, withdrawal and absorption into self</td>
<td>Deep trance, loss of self/ego</td>
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<tr>
<td>Engram is photolytic</td>
<td>Engram is substituted with suggestion or more engrams</td>
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<tr>
<td>Reduces and transforms feelings, leaving no implants</td>
<td>Takes away unwanted feelings and substitutes implants</td>
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<tr>
<td>Empowers the adult to analyze and reduce the subconscious</td>
<td>Empowers the subconscious</td>
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It has been aptly stated that we are creatures of habit. We develop a complex of physical and emotional habits that fosters health, or leads to its detriment. Both fostering hygiene and health practices the integrity of the body is sustained. Yet today, the average person eats foods that cannot sustain the body biologically leading to gross corpulence, spends fifteen years of time gazing at the television, and engages in conversations littered in vulgarity. Self-preservation becomes overshadowed by subconscious impulses to the point the average person loses control, developing addictive impulses for junk food, over-the-counter drugs and stimulants, and delight in the destructive affairs of others.

From the moment a baby is born, parents and society begin its molding process. Once the power of selection and rejection is lost to the subconscious, desire overpowers logic, bad habits develop into the plethora of destructive lifestyles:

- Overeating
- Smoking
- Drinking
- Negative Thinking
- Impulse Shopping
- Talking & babbling
- Poor hygiene
- Meddling in the affairs of others
- States of depression
- Recurring anxieties

Physical habits and impulses are the counter side of the way we feel about ourselves. Emotional habits color not only the surface of the personality, but the deeper character as well. People are habitually depressed, habitually evasive, habitually late, habitually disorganized, habitually dishonest, habitually disaster-prone. The list is endless.

Photo Cognitive Therapy is for patients when symptoms which cannot be resolved by other, usual therapeutic approaches. When the origin of the patient’s symptoms relates directly to childhood trauma, PCT is indicated. It is of great benefit when pains and discomforts are ongoing and recurs without explanation, even after successful therapy. And it is also greatly indicated when bad habits directly interfere with therapy, as in smoking, drinking, and overeating.

Thus, the method of PCT is to key in the corresponding chakra. Color and gemstone energies are introduced into the eyes where the spinal cord gravitates it to the chakra. Activation and induction time is usually five to ten minutes. As photons fill the chakra, weaker and heavier energies, i.e. the activated shell(s) and matrix toxins, tend to collapse and disperse, and surface to consciousness with proper interviewing technique. It is at this point the shell or engram can be recalled, recognized for its negative values, and effectively neutralized.
Pulsed light synchronizes the brain rhythms. The recipient is at all times conscious and can claim total recall. The pulsing invokes the void spoken of Oriental meditation that allows these thoughts to surface into consciousness. The pulse is variable and can thus be adjusted for individual comfort.

PART II: OUR INVOLUNTARY CONTROL & FEAR - REACTION MECHANISM

Most of us believe that we have full control of our behavior. We would like to think that we operate mentally and logically on a day to day basis. The fact, however, is that most of us are in an emotional trance state as much as half of our waking time. Why do so many of us become tense? Upset? Frustrated? Sad? It is due to the fact that we have lost voluntary control of certain fields of thought and emotion. Let us first consider the physical bodily functions of involuntary control.

Support life physiologic processes in the body may be divided into two basic categories: muscular and non-muscular. We have conscious control when awake over the external muscular system, the skeletal muscles and oral cavities. Breathing is an interface function, we can control it voluntarily to some extent, but without conscious attention respiration is carried on automatically by the subconscious. Part of mental training and yoga is to voluntarily train the subconscious to rhythmically breathe. Thus breathing occupies a mid-position between voluntary control and an involuntarily controlled process. And here we see one secret of obtaining mind/body control - rhythmic breathing.

We have no conscious control over most of the internal muscular processes including heart action, peristalsis, excretion of urine, etc. Sexual energy and response can come under voluntary control, but during engagement many lose control and thus suffer from sexual dysfunctions. Tantra Yoga is a system of rhythmic breathing designed to merge “worldly energies” with spiritual essence through regulated sexual engagement. As planetary beings we have an apparent scarcity of models for a life of conscious ecstasy. The Hindu masters knew that zest, sensuality, vitality, and laughter were all part of the spiritual path. Tantra is an art of total experience combining rhythmic breathing, massage, meditation, and sexual engagement.

The list of non-muscular processes that are affected by emotions,
include a wide array of functions:

* Liver functions, blood regulation, clotting factors, storage of glycogen, detoxification, etc.
* Spleen functions, blood purification, antibodies
* Kidney functions, elimination of toxins, blood electrolyte regulation
* Pancreatic functions, sugar regulation, digestion
* Endocrine secretions
* Cell nutrition, repair, excretion
* Autonomic nerve regulation

We have but little control over these functions, except by way of hygiene, meditation, higher mind control, emotional maturity, etc. They are generally directed and controlled automatically by our subconscious operations upon the nervous systems. One should realize that many processes of the body are out of our conscious control and they far outnumber those over which we have no conscious control. The involuntary functions are necessary for the continuance of life, as for example while we sleep, during trauma, while we postulate, and when we enter trance states, e.g. daydreaming, depression, anxiety, irritability, etc.

The subconscious is always in control of the involuntary processes. However, it can extend its control over voluntary processes, as for example the skeletal muscles and oral muscles as in “Freudian slips,” spontaneous vulgarity, and other forms of “verbal diarrhea.” From an evolutionary aspect, in primitive times, these movements would involve flight and fright to escape from a savage animal or a falling object, for example. In our modern times these functions persist. Involuntary muscular processes come into play whenever there is danger or perceived threat. Through sensory perception, an emotion is aroused, usually fear or anger, and is followed immediately by intense muscular excitation. Perception, evaluation, emotion, action are involved in the production of tension and stress. Not only are there muscular contractions, but also biochemical changes in the body’s glands. You can now readily see that chronic stress results in chronic muscular spasms, glandular dysfunctions, and premature aging.

Discrimination, reason, and logic are suspended during periods of stress and perceived threat. What are the criteria by which an experience or situation is labeled as threatening or dangerous?

1. Any situation which threatens to take the life of the individual.

2. Any situation which threatens loss of a member of the body, such as an eye, arm or leg, or which can damage a member of the body or cause it pain.
3. Any situation which may interfere with the attainment of the necessities or perceived necessities of life. This is simply called desire and in some literatures the subconscious is referred to as the “desire body.”

4. Any situation which threatens one’s emotional security i.e. which could produce loss of esteem, loss of approval of others, induce personality damage, or other forms of emotional harm, etc.

The reason for the inclusion of the fourth category is because man does not live by purely satisfaction of physical needs. One of the principal differentiating factors between man and animal is that man has a far greater capacity for emotional and mental experience, and is a being for whom social considerations such as success, attainment of wealth, recognized status and approval from others are important.

Under primitive conditions or in wartime, the escape from physical dangers are the principal preoccupations. As physical dangers have been brought under control, social considerations have become increasingly important, and the fear-reaction mechanism is evoked more freely for situations that threaten one’s emotional stability, habitual thought patterns, belief systems, and social status.

When the involuntary emotional system assumes control due to a situation regarded by the organism as threatening, some very profound changes take place. Intense emotion is aroused, correlating with altered hormonal secretions such as the liberation of more adrenalin from the adrenal glands, increased blood sugar, altered blood distribution to favor the muscular system at the expense of one’s internal organs, and additional nerve energy directed to the muscular system to energize it for immediate action.

These changes are specifically produced for the purpose of facilitating the expenditure of greater physical effort by the person. Expenditure of that effort automatically uses up the biochemicals, hormones, and nutrients for abnormal stimuli and reverses the peculiar processes induced by emotion, until the organism returns to chemical and physiological normal.

The Fear-Reaction Mechanism was evolved over long periods of time, specifically for the purpose of dealing with physical dangers. Under modern conditions, one is rarely subject to physical dangers that are personally directed or inflicted. Animals have been tamed or placed under control, man has shelter against
the elements, political and legal systems to create a modicum of orderliness, and today we enjoy a plethora of creature comforts. Only in the lowest cultural strata or in the world’s ghettos do men still settle disputes with measures that can produce bodily harm, such as the use of knives, fist-fighting or by guns. Most individuals above the lowest cultural strata will not experience a direct threat of physical danger, but may perceive threat while in public areas in the world’s slums, inner cities, or areas where theft by force is common.

Therefore in times of relative peace, personally-directed threats against one’s life or against any part of one’s body (categories 1 and 2 of the list given) are rare. These were the dangers that were frequent in primitive times, and it was for these categories of dangers that the Fear-Reaction Mechanism was developed and for which this mechanism produced satisfactory results for purposes of survival and evolution.

In contrast, modern culture brings the 3rd and 4th categories of danger to the forefront - non-physical dangers, involving situations which may interfere with the attainment of the necessities and luxuries of life, or which may threaten one’s emotional security are now predominate. This is the situation in which we find the main causes of stress and muscle tension.

**THE DILEMMAS OF THE FEAR-REACTION MECHANISM WHEN FACED WITH NON-PHYSICAL DANGERS**

It is no longer socially acceptable to respond with aggressive behavior when we are subjected to emotionally injurious and abusive
treatment. If a person cheats us in a business deal, or tells a prevarication or lie about our life affairs, neither you nor I can commit violence as a socially or legally acceptable measure. Aggressive personal behavior is suppressed, partly during childhood training and partly by the force of law and public opinion. Personal retaliation is no longer condoned except by way of law suits and verbal attacks.

Also in modern society many of the situations which arouse our emotional reactions have *impersonal* rather than personal causes, so there is no specific target against which we can direct our responses, either physical or emotional, except by way of writing our elected officials, or invoking public opinion.

It can be seen that on all sides we face problems that induce worry, anxiety, concern, fear - and the causative factors are usual so diffused and impersonal that we are up against a wall when it comes to physically doing anything about the problems! To be faced with a danger or a possibility of danger and to lack any effective means of combating it, is a prime cause of tension, stress and frustration leading to chronic muscular tension and premature fatigue.

Thirdly, physical flight is no longer the solution to the type of problem encountered in modern times, though some individuals still attempt it when driving automobiles, prefer jobs that move them from location to location, change jobs frequently, etc. as measures of avoidance or denial. It can be seen that both of the two typical responses of the Fear-Reaction Mechanism - fighting and fleeing, are no longer appropriate to the types of dangers encountered in a modern culture and civilization, and therefore these responses are in most cases suppressed within the subconscious.

**CONSEQUENCES OF INTERFERENCE WITH THE FEAR-REACTION CYCLE**

Suppression of the final phase of the Fear-Reaction Cycle, namely the phase of *action*- (fighting or fleeing), does not stop the earlier phases of the Fear-Reaction Mechanism’s Cycle from occurring. For the Fear-Reaction Mechanism takes control of a person in the face of any type of situation perceived to be dangerous or in any way threatening to the person’s interests. This occurs on a completely automatic basis - it is a built-in, inherent feature of our organism.

The physiological, chemical and emotional changes induced by the Fear-Reaction Mechanism still come fully into play whenever the Fear-
Reaction Mechanism is aroused. Energizing of muscles for action, without permitting that action to take place, produces the effect well known as tension and stress. Behind muscular tension there is nerve tension. When muscular and nerve tensions accumulate and are not discharged, emotional and mental tensions result.

Since economic and social danger arise frequently and may even persist on a more or less constant basis for long periods of time, the production of tension is likewise frequent or constant. Every time we experience an adverse emotion - fear, worry anxiety, concern, etc. - that is an indication that our normal physical functioning has been altered. These alterations would quickly subside if the emotional tensions were discharged by physical action - but under modern conditions they are not so discharged, partly because aggressive behavior is no longer condoned, and partly because there is often no target to fight, and partly because flight no longer solves problems of our societal conditions.

The human organism is genetically designed to tolerate, on a periodic basis, the chemical and physiological changes aroused by adverse emotions, without becoming ill. But failure to discharge the underlying emotion promptly, means that the chemical and physiological changes tend to be perpetuated for relatively long periods of time. The organism was not built to handle these altered states on a chronic basis without harm.

**PROLONGATION OF EMOTIONAL TENSION DUE TO LACK OF EXPRESSION AND ADEQUATE DISCHARGE, CAUSES:**

1. **Tense muscles**: Nervous energy is directed to muscles that enable them to take on the burden of extra exertion. When that exertion is prohibited due to psycho-social behavior patterns implanted in the ego, the muscles are left in a state of tension for prolonged if not undue periods of time becoming chronically spasmed in most all parts of the body. For example, in the face we see chronic anger causing stiffness of the masseter muscle; in the neck tightness in the shoulders because one does not strike;
in the back, tension due to overwhelming burdens; in the legs, unable to flee, etc.

2. **Improper blood distribution throughout the body:** Emotion through the autonomic nervous system alters the distribution of blood between the internal visceral organs and the peripheral or outer muscular system that would be used in physical exertion. Health certainly cannot be maintained if the internal organs are under-nourished due to inadequate volume of blood circulation. Contradistinctly, chronic fear seizes the solar plexus leading to congested digestive organs and blood stasis.

3. **Irritated conditions in the emotional system:** Emotional tension in responding to a threat of danger, goes into an irritated condition which interferes with smooth and adequate control of the internal organs and glands, their secretions and functions. The organs either become hypofunctional or hyperfunctional. The condition and power of the involuntary emotional system cannot be underestimated when it is irritated by unresolved emotions.
4. Reduced Consciousness, less reason and logic: The involuntary system is slow to let go of its control until tension aroused by the Fear-Reaction Mechanism is discharged. Since in our modern conditions, it remains un-dissipated for long periods of time, even for years on end, man/woman gets into a conflict between the conscious and subconscious mind. Thus we get the personality problems, violent behaviors, and criminal intentions which cause so much difficulty in business and commercial life, as well as in discordant family life, juvenile delinquency, etc.

5. Fatigue: or the suppression of muscular action by inhibition of the “fight or flight” instincts, means the withholding of energy to organism to other systems. This is one of the principle reasons why undue and chronic fatigue have become widespread if not epidemicial.

The key to the understanding our tension or stress from emotional causes lies in the distorted functioning of the Fear-Reaction Mechanism. It was intended to function as a processing agent for meeting emergencies, and to be in operation for brief periods of time only. During this brief period of time, the person enters a trance-like state. Suppression of the muscular exertion of the Fear-Reaction Mechanism, means that abnormal changes of a physical, emotional and mental natures are perpetuated in the person for long periods of times, with the adverse consequences.
DELAYED RESPONSE AND REPETITIOUS RESPONSE OF THE FEAR-REACTION MECHANISM FROM A PAST IMPACT

Any incident causing physical or emotional pain to an individual, is in the nature of an impact delivered to that individual. A living organism differs from an inanimate object, in that the living organism can exhibit delayed responses to past impacts due to its ability to store electrical energy and intelligence, and deliver it at will. This is a very important point. If a person is hurt at any time, physically or emotionally, the memory of that hurt is recorded as a facsimile, and upon any possibility of repetition or memory of that injury, the emergence of an icon in a field of activity or perception (real or otherwise), the Fear-Reaction Mechanism comes into play and tensions result. These are delayed responses to the past impact.... For example, a person who has had several auto accidents becomes very tense and fearful when a “near miss” occurs in his subsequent driving experiences if he/she has not cleared the memory of the impact. If a school boy is beaten up by a bully, he becomes fearful or apprehensive whenever he again sees the same fellow (icon) on the school ground. If the injury is repeated, then any large or abusive school boy (a generalized icon from associative thinking) will initiate subconscious memory (recall), and thus we have the creation of “secondary” or Repetitious impacts.

Not only do we as living organisms exhibit delayed responses to past impacts, but there is also no limit to the number of times in which we may exhibit responses to the same impact when they are not discharged and cleared.. So we not only have delayed response, but also repetitious and thus prolonged responses. A person may continue to exhibit adverse responses over a period of many years, even throughout an entire lifetime, to an impact stimulus early in life. These are then facsimiles in chronic restimulation and are the cause of much suffering and misery.

For example, a girl who was abused or frightened at an early age regarding sex, or by her mother’s warning that sex was shameful or that men were evil about sex, this would create an unpleasant memory or emotional shock on the dynamic of sex. Thereafter she likely would have a fear reaction or other adverse response whenever the subject of sex is brought to her attention throughout life, and therefore she becomes dysfunctional or frigid in her relationships or marriage. This is an example of failure to differentiate between two entirely different situations - being a small child and being an adult. This would be a dynamic or reactionary states due to post-hypnotic suggestion from the mother, and age
As another example of age regression, take for instance a man who, as a boy, was frightened by fear of poverty by his father. He may develop such a worry about money (post-hypnotic suggestion) as to maintain miserly habits long after attaining a prosperity, and to consequently make his family suffer by being angry with them over spending normal amounts of money. Here again we have repetitious response to a past impacts, coupled with failure to differentiate between economic status as a small boy, and prolonged status as a successful business man. Again, all part of a cluster phenomenon resulting in common everyday trance.

**PROLONGED RESPONSE OF THE FEAR-REACTION MECHANISM**

This refers to the condition in which the adverse emotional response of a person to a painful incident becomes prolonged for a considerable period of time, to the extent of imposing a long-term continuous handicap upon the person. Prolonged Response differs from Repetitious Response, in being continuous instead of intermittent. This state fulfills the definition of *psychoneurosis*: emotional maladaptation due to unresolved unconscious conflicts. There is loss of contact with reality, and the person’s effectiveness in performing his or her duties are handicapped. The client usually recognizes that their altered thoughts are abnormal but appear personally unable to do anything about it.

For example, a woman in her sixties lost her devoted husband through death. The resulting grief was unusually intense and continued for over ten years, becoming the dominant controlling factor over that woman rendering her unfit for normal social contacts or any useful activity.

Or, for another example - women in her fifties was rudely awakened in an early morning hour by an abrupt message that her only son had died in an motorcycle accident. She went into shock, developed psychosomatic physical ailments, became highly nervous and thoroughly miserable.

In most all instances of Prolonged Response, there is a continuous application of “acting as if one were in the past”. The reaction displayed is usually appropriate or understandable at the time of injury and but becomes progressively chronic and less appropriate. Here we have a failure of the Fear-Reaction Mechanism to clear its energy pattern and failure to release its active control over the bodily functions, emotions, or thoughts.
What is normal on an acute or temporary basis becomes undesirable if continued on a chronic, long-term basis.

These undesirable responses are made possible by Memory Facsimiles: an emotional charge which persists in time but is not cleared as a flow of life experience. Memory is one of the attributes of a living organism. Without memory, one could not benefit from past experience, or accumulate knowledge. The adverse consequences are due not to the nature of memory but are due to the Fear-Reaction Mechanism producing inappropriate responses when consciousness is suspended and the subconscious (the child within) is wide open to complaints or attack. The conscious mind fails to process the inflow of data.

Facsimiles of forgotten incidents that produced physical or emotional injury are called engrams and can be just as real as are memories of remembered incidents. The functioning and control of the endocrine and other systems of the body proceeds at a level below that of our conscious awareness. Whether consciously recalled or not, a certain subtle tension persists and upon the slightest recall, whether by way of vision, hearing, touch, taste or smell, the subconscious reacts as if in a state of emergency, while the conscious mind may only feel a vague irritation or uneasiness.

There are myriads of thought processes that our conscious mind only perceives a small part. PhotoCognitive Therapy is yet the most effective means to quickly access these thoughts, memories, and feelings.

**TYPES OF PAINFUL INCIDENTS THAT AROUSE THE FEAR-REACTION MECHANISM**

In PCT we find two basic types of incidents that arouse the Fear-Reaction Mechanism - damage to the physical body; emotional trauma to the ego or personality. Incidents producing direct damage to the physical body, include anything that produced unconsciousness, shock, or physical pain whether incurred through accident, inflicted deliberately by another, or self-inflicted.

Included in this category are all incidents that produce body tissue damage, whether by cutting, burning, or crushed tissue, or shock. These facsimiles leave powerful inflections that can persist many lifetimes leading to dysfunctional tissue, as in rheumatism and arthritis, vague pains which have no apparent origin, or even proneness to accident in which there is a repetition of the karmic act.
Also anything that interferes with a physiological need such as suffocation, threatened or actual drowning, starvation, exposure to severe elements, etc. Deprivation for sex gratification is also a state of physical as well as emotional trauma to the body.

As with the body, there are incidents that produce direct damage to the personality, and other incidents which interfere with the needs of the personality. Both classes of incidents also arouse the Fear-Reaction Mechanism. In the Theosophical literature, of which you will be exposed to in the course, we are said to have a soul body, a mental body, an emotional (subconscious) body, and a physical-etheric body. At this time of human development, there has been a merging of the mental body with the emotional body, commonly referred to as personality. In the Hindu literature it is called chitta-maya. The mental atoms are entwined with the emotional atoms that lead to desire. Due to this merging is why personality trauma arouses the Fear-Reaction mechanism and is why we live in such a troubled world.

A personality left free to think, feel and express as it sees fit, is an undamaged personality. The personality can be damaged either by compelling it to think ideas, feel emotions or express ideas and feelings not of its own, or by suppressing the thoughts, feelings or expressions that are natural to any given personality. The primary damage is first inflicted by the parents and immediate family, but later extends into daycare centers and educational institutions.

Due to the merging of the mental and desire bodies, there are five basic needs or appetites of the personality:

1. Knowledge, in the form of data and ability to discriminate.
2. Approval or admiration from others.
3. Fair treatment by others.
4. Success in achieving goals.
5. Companionship.

Any incident which interferes with any of these needs, causes emotional pain if not logically discriminated and is recorded in the person and arouses the Fear-Reaction Mechanism.

Practically no one can obviously go through life without incurring a sizable share of losses, failures, betrayals, criticisms and rejections that lead to indirect damage to the personality. The difference in the amount of damage in any once individual is simply one of degree. The ability to handle damage is determined by soul and mental body’s development and can be revealed by the Astrological Chart.
PSYCHOSOMATIC ILLNESS: INCIDENTS DAMAGING BOTH THE BODY AND PERSONALITY

Psychosomatic illness refers to those disorders having psychogenic determinants originating from the personality. Because the body and the personality are so closely identified with each other, the personality becomes distressed at body damage or interference with corporeal needs, and displays this unhappiness by means of corresponding emotions and attitudes. Likewise, the body is affected by personality damage or interference with personality needs, and may register that feeling by fatigue or overt illness. Illness can be a displacement activity to avoid looking at problems in one’s areas of life. Physical symptoms often mask underlying personality defects. For example, back pain may be a displacement illness disguising discordant sexual relations between partners. Thus, each body - physical and emotional - reacts to the other’s painful incidents.

HOW ADVERSE EMOTIONS CAN INTERFERE WITH PRODUCTION OF NERVE ENERGY

Man is just as much an electronic being, as well as a physical and chemical being (see the author’s book PHOTOBOTICS). All functions of the body are controlled by and dependent upon electrical flows traveling along the nerves. Physical function is dependent upon adequate nerve impulses to the muscles required for that effort. Memory, thinking, and communication are all dependent upon electronic processes which in turn depend upon satisfactory volume of nerve energy flows. Anything which interferes with the normal flow of nerve energy, likewise interferes with bodily functions, physical health, and the ability to remember and think.

All forms of physical therapy directed to the physical body include methods for increasing or decreasing nerve energy flow. Medical physicians use stimulants to increase nerve energy flow and sedatives, narcotics and hypnotics (various categories of medicines) to decrease
nerve energy flow. Osteopathic physicians and Chiropractors influence the quantity of nerve energy flow to different parts of the body through manipulative methods. Physical therapists utilize methods such as the application of heat, cold, electrical currents, etc. to influence the quantity of nerve energy flow to and from different areas of the body. Massage Therapists employ tissue manipulation to regularize nerve and blood flow. Acupuncturists use needles, heat and massage to stimulate or sedate the electrical flows of the body’s energies.

**HOW ADVERSE EMOTIONS CAN INTERFERE WITH PRODUCTION OF NERVE ENERGY**

An individual’s emotional and mental attitudes have a great deal to do with the amount of nerve energy produced or generated! For example, a person performing a job he/she enjoys, can have plenty of vitality for accomplishing the physical work involved. However, if one gives that same person a job involving the same amount of physical labor but of a nature which he/she dislikes, they will tire much more quickly. Why? Because the actual production or generation of nerve energy is to some extent controlled by one’s attitudes, though this control is a process taking place below our level of awareness so that most do not realize it. A large percentage of people chronically have low energy and inadequate organ function, because of their dissatisfaction with their environments and because of unhealthy viewpoints regarding life, which result in diminished production of nerve energy.

Nerve energy, to properly fulfill its function, not only needs to be produced or generated, but also to be conducted or transmitted from the brain, through the spinal cord, and to the specific organ, gland or tissue it is intended to energize and control. Interference with transmission of nerve energy can be just as damaging as interference with production or generation of nerve energy. There are a number of factors which can interfere with conduction or transmission of nerve energy but the principal interfering factor is tension.

Tense nerve and muscle energies cannot pass on impulses efficiently, because they are still responding to old excitation patterns in chronic restimulation. Tension causes contraction - a person tense because of fear, anxiety or apprehension, contracts his diaphragm and therefore has improper breathing. We have seen people whose diaphragms have been rigid for years because of unresolved fears, one of the many instances in which emotional and muscular tensions can interfere with tissue oxygenation, inflow of pranic currents, and thus adversely affect
health.

Present-time tensions are often due to recorded or stored emotions from incidents occurring many years past. This is only possible because of the pronounced tendency of the human being to manifest delayed response and repetitious response to painful incidents of the past, as outlined. Nerves tense by responding on a delayed and repetitious basis to previous stimuli, are not in a normal condition to transmit new impulses adequately, and therefore are deficient in the amount of nerve energy they can conduct or transmit. This means that the body and the mind run at “low voltage” instead of normal voltage. We have all seen how electric lights go dim, and how electric motors slow up, when voltage drops. The same principle applies to human functions, all of which are electrically activated and controlled.

NERVES AS THE MEDIATING FACTOR BETWEEN PHYSICAL AND MENTAL MECHANISMS

Nerve tissue is unique in that it provides a communication link between physical tissue and mental energy! Nerves are adversely affected by physical disorders of any part of the body. For example, if the liver is toxic, we feel sluggish because it stores blood sugar and delivers it upon demand. Physical disorders affect our attitudes and emotions, through the nerves. Nerves likewise are adversely affected by undesirable emotions and thoughts. It has long been known that a person can “worry himself sick” and that anger can upset normal physical functions.

Sound physical health, freedom from excessive tension, and a high position on the emotional spectrum are characteristics that are required if life is to be fully enjoyed and constructively utilized to the maximum extent. Many individuals are not considered to be physically ill, yet are functioning on reduced energy because they are not making use of the full life potential. Adverse emotional reactions interfere with all three aspects of normal nerve energy flow - its production or generation, its conduction or transmission, and its distribution throughout the body.

If we are to attain a full realization of our life potential, we need to adopt means for dealing with the adverse mental and emotional factors, so that these factors can no longer interfere with normal flow of nerve energy and vital energy (prana). When this interference is eliminated, our ability to make use of a greater proportion of our life potential is markedly enhanced. PhotoCognitive Therapy is a dynamically new, easier, quicker and more effective method for the elimination of adverse mental and emotional factors.