

Mind Energy Body Transformation™

Definition of Terms

3 Rings of Healing: the transformational process of moving through the outer-most ring of one's defenses, through the middle ring where trauma is held, and back to the center ring of Core Being.

5 Step Mindfulness Process: the process that we engage in Me-B Transformation to lead ourselves and others to self mastery. Step 1 is Self-Awareness. In Steps 2 and 3 we use Aligned Intention to examine and label what negative beliefs and emotions triggered us and why. In Step 4 we sense where in the Me-B Systems the LVC is held and we listen to any wisdom or lessons held there. In Step 5 we allow the energy of our LVC to transform to HVC and Core Being in our Me-B Systems.

10 Stages of Consciousness: the various stages that one passes through on their journey towards anchoring deeper and deeper into Core Being and transforming LVC back into HVC.

Aligned Intention: the ability to choose the highest good for ourselves; occurs when we allow the flow of source to move through us. It comes from the Manifest Energy Intention Line (Hara Line in Barbara Brennan's System of healing).

Ancestral Energies: patterns that we are born with and that are held in our bodies and in the blueprint of our DNA as it is passed down through centuries.

Archetype: patterns that are derived from the universal collective unconscious. By accessing the energy of higher vibrational archetypal structures that we would like to embody, we can shift ourselves or a client deeper into aspects of their divine spirit. Conversely, we can also help ourselves or our clients tap into negative archetypal patterns held in the Me-B

system.

Awakening Process: a process that unfolds as we choose to live our life more consciously. As a result, joy, happiness, and safety grow within, regardless of external challenges.

Awareness: the ability to know when we have been triggered out of our center and our ability to utilize Choice Points to realign with our Core Being.

Chakras: a set of energy vortexes that exist within the Auric Dimension. There are seven major chakras that we work with in Me-B Transformation.

Character Structure: There are 5 major body-centered Character Structures developed and used by Alexander Lowen and William Reich. In Me-B Transformation™ we have renamed the character structures names by their gifts and not their expressions of ones' defenses. We all have parts of us represented in each character structure. As we adopt the gifts of each we realize our balanced potential. Excel (Ridged), Spiritual (Schizoid), Heart-Centered (Masochist), Leader (Psychopath), Compassionate (Oral).

Choice Points: Are the moments when we correct our life course. They are the opportunities we experience moment-to-moment as a result of developing our centered awareness and connection to Core Being. As we open to create Choice Points, we are more able to eliminate negative patterns and realign with our Core Being. Just as if a ship is only one degree off course will soon becomes 100 degrees off course if not corrected, we can use Choice Points to correct our life course and undo our negative patterns of the past.

Chronic Illness: any re-occurring symptom or pathology that is persistent, long-term and/or terminal. Both physical and emotional challenges can be considered chronic.

In chronic illness, there is sometimes low vagal tone and high dorsal vagal tone. This might not create optimum health. Chronic illness in itself is trauma. Working to mitigate any additional trauma or stress to our emotional system might be important.

Contact: Contact is one of the most important skills. It means that we are aware of our level of connection to Core Being, Programmed Personality, ego and defenses. Contact with another means we are seeing them in their Core Being yet can also be aware of their programmed Personality, ego and defenses. True contact is non-judgmental.

Core Being: (Core Star in Brennan work) the dimensional expression of our deeper truth, the deeper reality of our unique divinity; who we really are before we have been programmed or altered by life experiences.

Core Distortion: Is anything that causes us to lose our connection with Core Being and dramatically impinges upon our ability to be present. They are located in the lower levels of the Auric field. The external situations of trauma, genetics, developmental wounding, relational attachment issues--and even everyday life--create our Core Distortions. Core Distortions also include our reactive feelings of anger, fear, pain, hurt, depression, anxiety, and confusion. These distortions perpetuate our negative beliefs and cause us to maintain a false identity.

Consciousness: a form of energy that is the blueprint for everything, as well as the medium that connects the mind with the body. As we change our consciousness, we change our energy system.

Defenses: unhealthy ways of protecting the self that send out the energy of the past and are the “tipping point” that recycles the negative past.

Detachment: the experience that occurs when we access the Manifest Energy Intention Line and feel difficult emotions without being overwhelmed by them.

Digging in the Dirt: stage One of Me-B Transformation where we begin to explore who we are; the first stage where we are just beginning to discover our unhealthy defenses, false beliefs, and Public Personality.

Discharge of the Freeze: Lack of discharge of our bodies freeze response could create vulnerability to our body and health. As we learn to discharge any left over freeze energy, we could support a more balanced system. In addition, we could reduce unhealthy hypo or hyper-arousal states that can cause stress on our body. (Robert C. Scare, MD; *The Body Bears the Burden*). As Core Being or HVC comes into our body, we often shake and quake away the freeze energy. As we can move our body in a healthy defensive manner in all Me-B Systems, we invite health and happiness

Dissociative Capsules created by procedural memories: According to Scare, the number of one's Dissociative capsules is determined by the sum total of one's cumulative life traumas. He said that capsules consist of procedural memories from the past trauma, but are perceived as being present, and are therefore dissociative. This "living in the past" could stress our body-mind system. (Robert C. Scare, MD; *The Body Bears the Burden*).

Dimensions: in Me-B Transformation we work with 5 dimensions: 1) the Physical Dimension (our body) 2) the Auric Dimension 3) the Manifest Energy Intention Line (Hara Line in Brennan work) 4) the Core Being (Core Star in Brennan work) Dimension, and 5) the Multi-dimensional Fabric of Interconnectedness

Dorsal Vagal: Among body centered practitioners when we say

someone has gone into "dorsal" we mean the nervous system has gone beyond overwhelm. For instance, you may have at times in your life felt overwhelmed, that you could not take on another thing. Imagine feeling this way *all the time*. When this state becomes chronic we believe the nervous system has *decelerated* into a state called dorsal. The problem is that this state--as with all states--become *normalized*. That is, the individual becomes so accustomed to the state that it becomes the norm for them. They acclimatize to the flatness of their demeanor. Sometimes the change in behaviour is noticed but is *falsely attributed* to getting older! One friend of mine described it as a ship in calm waters, in the doldrums...nothing to look forward to, nothing to pick up her sails. As the nervous system moves into dorsal it selectively shuts down to conserve energy. In doing so, it becomes restrictive in how much stimulation will be taken in. In response, the individual, quite unconsciously, gradually moves into a lifestyle that serves to preserve energy. He or she moves into what is referred to as ['living in the minimus'](#). This restrictive state is not conscious but it will unknowingly influence the choices we make. I might choose for instance to get a video rather than go to the theatre. Not a big deal once and a while but maybe it now reflects the pattern of how I approach every activity.

"The way you do anything is the way you do everything". Dr. Suzanne LaCombe, April 7, 2007.

Ego: the part of us that works extremely hard to prevent personal growth, because change means death to this part of us. Our Ego is lower in frequency than our Core Being.

Ego Death Process: an ongoing death-rebirth process of our Ego, that never ends for the spiritual warrior. The warrior engages this process as an opportunity and a gift.

Energetic Tool: The mind is a powerful energetic tool for

transformation when filled with the HVC of the Enlightened Observer. Sound, acts of kindness, hands and body can also be energetic tools.

Enlightenment: the ability to move from the programmed personality level back to Core Being. This can only be done when we create a stronger state of presence.

Enlightened Observer: the part of our mind that is connected to our Core Being and holds enough HVC to enable us to move through the 5-Step Mindfulness Process with compassion, kindness, and ease.

Explorer's Mind: the internal detective that examines the deeper issues of what is really going on within and around us, so we can move out of blame or judgment and into self empowerment.

False Self: what we adopt as a result of life experiences, trauma, prenatal, birth and childhood experiences that create false images and beliefs within us. This False Self can limit us from achieving our life's passions and joys, and it also creates LVC.

Heart Rate Variability: Heart rate normally increases with inspiration and decreases with expiration. In his book, Scare calls it the Respiratory Sinus Arrhythmia (RSA). The greater the difference between these rates, the healthier and more stable the autonomic nervous system, a measure of homeostasis or optimal autonomic balance (Robert C. Scare, MD; *The Body Bears the Burden*).

High Vibrational Consciousness (HVC): the energy of our Core Being when it is felt as a sensation in the body and a thought and concept in the mind.

Holding Two Places At Once: stage 4 of Me-B Transformation,

where one learns how to hold the dark in the light and the light in the dark. One is able to be in connection with the emotional challenge as well as the Enlightened Observer/Core Being without over-identifying with Core Distortions and traumas.

Kindling and Autonomic Dysregulation: Kindling is the development of self-perpetuating neural circuits through repetitive stimulation, said Scare. In other words, continued and repetitive stress and/or trauma causes an imbalance in our neural circuits. Kindled posttraumatic procedural memories provide repetitive, unconscious cue-related input to the sympathetic limb of the autonomic nervous system, leading to increased dysfunctional cycling and dysregulation, according to Scare. (Robert C. Scare, MD; *The Body Bears the Burden*)

Levels of the Field: vibrational frequencies that are accessed through the chakras and are part of the Auric Dimension.

Low Vibrational Consciousness (LVC): The unbalanced energy of our Negative Programmed Personality that holds negative beliefs, trauma, ego, false sense of self, illness, and difficult emotions.

Manifest Energy Intention Line: runs through the middle of our Central Channel but is on a different dimensional frequency. It allows us to feel difficult emotions but not be overwhelmed by them, because this dimension helps us detach (not disassociate). Energetically, it feels like a safe and solid base. From it, we sense strength, clarity, and solidity.

Manifest: creating the outcomes that we want through tuning into the Manifest Energy Intention Line and realigning with positive intention.

Mindfulness: a tool that we can use to cultivate presence.

Merging: What results when people who are processing trauma become energetically, cognitively, and somatically over-identify with the trauma in a way that creates further discomfort and fear.

Multi-Dimensional Fabric: the energy that we experience when we remove “us” from the equation and connect to the frequency of universal oneness. This fabric weaves through all of us and connects dimensions, worlds, universes, consciousness, and concepts of time and space. It resonates brightly and is reminiscent of the beauty seen in the Aurora Borealis (Northern Lights).

Negative Cycles: Cycles that occur when one merges and over-identifies with pain, illness, trauma, and difficult emotions.

The Polyvagal Theory of Emotion: This is a very complex theory. It deals with Vagal Tone/Dorsal Tone and the vagal break. A short review deals with two parasympathetic nerve centers in the brainstem medulla: dorsal and ventral vagal nuclei. Dorsal vagal complex governs digestive, taste and hypoxic responses. In part, it provides primary neural control of abdominal organs. It also promotes change from mobilization to immobilization-the freeze response. High dorsal vagal complex tone may promote immobilization and freeze. In our normal day-to-day life, this is not healthy because it could deal with fear, helplessness, dissociation, and lack of body awareness (Robert C. Scare, MD; *The Body Bears the Burden*).

Programmed Personality: a false sense of self that occurs when our identification is linked to our negative past.

Presence: the result of energy, intention and mindfulness. When presence is experienced not only in the mind, but also in the body and energy systems, its quality increases.

Public Personality: the inner actor within us that pretends it knows who we are but is afraid to sink in and really see the truth.

Saboteur: the internal part of us that thwarts our forward movement.

Self-Mastery: the ability to experience Core Being in all mind, energy, and body systems. Occurs when one recognizes that they have been triggered out of their center and can consequently follow the 5 Step Mindfulness Process to return back to Core Being. It is a life long exploration. Although we are never done, self-mastery is when we feel free and happy, even though there will always be more LVC to transform.

Shape Shifting: the process of moving through the Three Rings of Healing to transform LVC into HVC, reclaim one's connection to Core Being, and complete the transformation process.

Spiritual Junk Food: also known as "Spiritual Bypass." Consists of self-delusions designed to allow us to artificially boost the ego and avoid owning our Core Distortions and imperfections. Spiritual Junk Food is present when we think we are connected to our Core Being, but we are really escaping to higher frequencies to avoid pain, instead of transforming that pain into HVC.

Star Child Energies: represents the lessons our soul has learned over its many lifetimes. Specifically it represents the insights, gifts and talents we have developed from living on many different planets and many different dimensions across the cosmos. We can learn to access the memory of these lessons so they can be helpful to us in this lifetime.

Structured Levels: levels 1, 3, 5, and 7 of the Auric Field. They are part of the meridian structure and look like fiber-optic grids of light.

Subconscious: the part of us that we are not aware of that holds lower vibrational frequencies; the material that tends to

create the difficulties in life.

Transformation: the result of shifting the energy and returning to Core Being by bringing the HVC of our Enlightened Observer into the dense LVC of the Programmed Personality.

Transition (death): We believe death is a transition from this earthly form to the spiritual dimension that is formless. So when someone is “transitioning” we call this the death process. Me-B students learn to help people transition through death.

True Self: see definition of Core Being.

Unstructured Levels: levels 2, 4, and 6 of the Auric Field that deal with relationship issues and are infused with beautiful colors.

Trauma: Harsh programming in the mind/energy/body systems that makes it difficult or impossible to reconnect to Core Being.

Vagal Tone: High Vagal Tone means a person’s nervous system is aligned for “Social Engagement” and no trauma is creating a **Core Distortion**. Low vagal tone signifies a dysregulation in the nervous system and a probably Core Distortion dealing with safety and attachment has arisen. Following the 5 Step process, can restore Vagal Tone. The Ventral Vagal Complex fosters social engagement and maternal infant bonding and complex social behaviors. High vagal tone promotes health and communication and social engagement (Robert C. Scare, MD; *The Body Bears the Burden*).

Void: the place of the unknown; the time in-between the death of the old sense of self and before the birth of the new sense of self; the metaphorical womb.