

MEETING THE UNKNOWN
Neuropsychology & the Human Design Bodygraph
Summary of Key Points

- the brain always superimposes the past onto the future in an attempt to survive in the now when presented with the unknown
- fear of uncertainty drives us to overcompensate in an attempt to control the unknown rather than surrender to life and cultivate self-trust
- our perspective is never objective and is always based on subjective history that includes deep biochemical levels of innate intelligence as well as learned conditioning from rewired brain patterns that can be adaptive or maladaptive
- unresolved fear stuck in the brainstem recreates external situations in life based on internalized past trauma that colors what we think is happening and triggers us into overreactive defense mechanisms
- different people we come in contact with open different brain processing pathways based on their designs and the principles of resonance
- regular aura contact with others can change our physiology over time for good or bad
- shadow work using the human design bodygraph can help address stuck energy that has been absorbed and amplified and distorted in the nervous system
- the bodygraph is our brain-mind map
- anxiety is a distorted relationship with certainty where the more we obsessively think we need to know the more anxious we become
- unresolved energy stuck in the nervous system keeps us stuck in patterns of pain that we know such as avoiding our truth and continuing on people-pleasing instead of moving toward the more powerful pain of confronting the unknown by honoring our truth at the expense of the others' approval
- short-term adrenaline can help move the body to survive but long-term stress can raise cortisol levels and lead to brain shrinkage
- fear-based trauma responses and survival-oriented self-protective trigger reactions can be associated with every center and seen through how we communicate and behave
- from a psychoneuroimmunology perspective transits and other people can trigger and lock in certain biological issues that affect mental and physical health especially in the not-self life
- it's never about the surface-level situation but always about the underlying neuroenergetic dynamics at a biochemical level
- deeper process work can involve not-self mind mapping going center by center to move away from thinking and speaking and acting from distorted frequencies when confronted with the unknown