

Manifesting the Experience You Desire

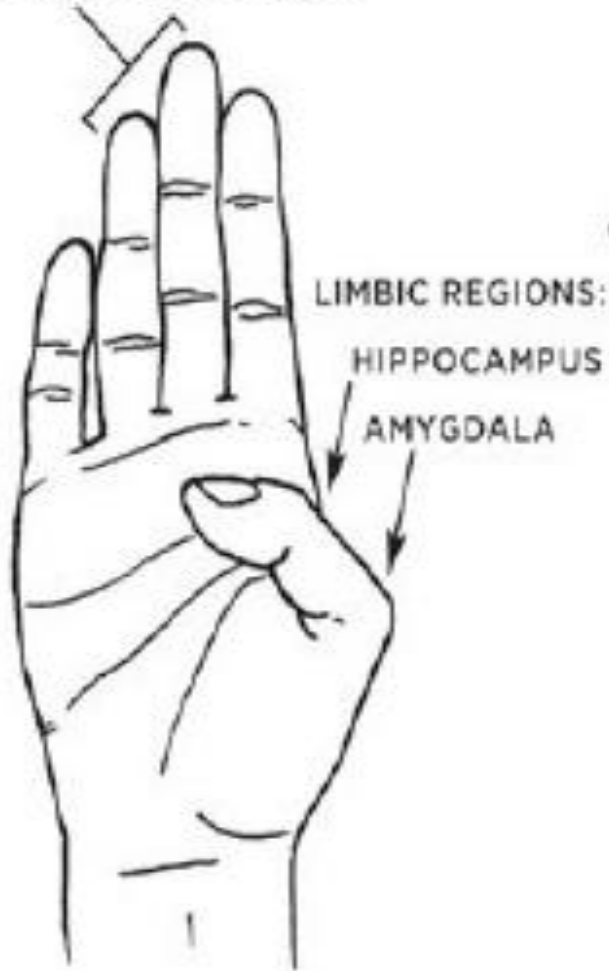
CSL Vancouver
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Dr. Catherine Hajnal
catherine@lifefundamentals.com
www.catherinehajnal.com

Our path for today

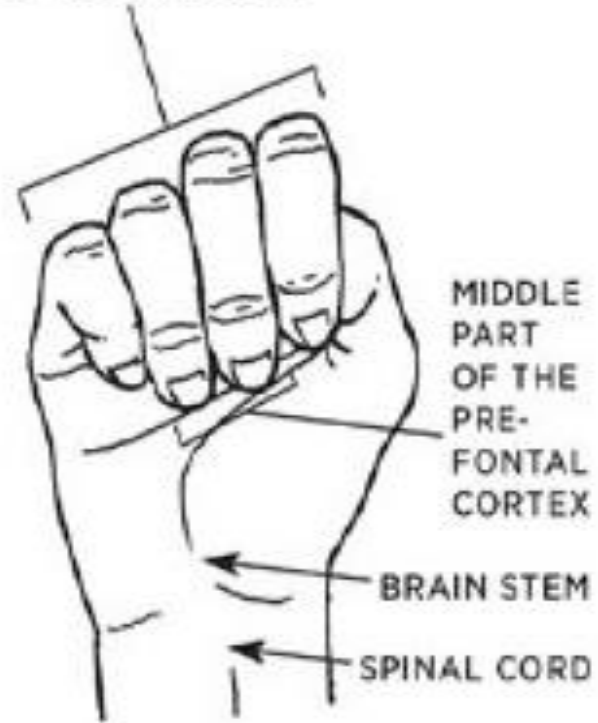
- What do we know about energy and manifestation in New Thought?
- Your Brain – focus on Limbic System (e-motions) and PFC
- The “Teflon positive” and “Velcro negative” aspects of the brain
 - Where do “lack” and “wanting” fit in?
- Why that matters in the context of connection & conversation & manifesting.
- Possibilities: Tool to work with
 - Play with NVC – feeling and needs
- Practical Spirituality: What are you wanting to manifest now?
 - Explore feelings and needs in that context

MIDDLE PREFRONTAL CORTEX



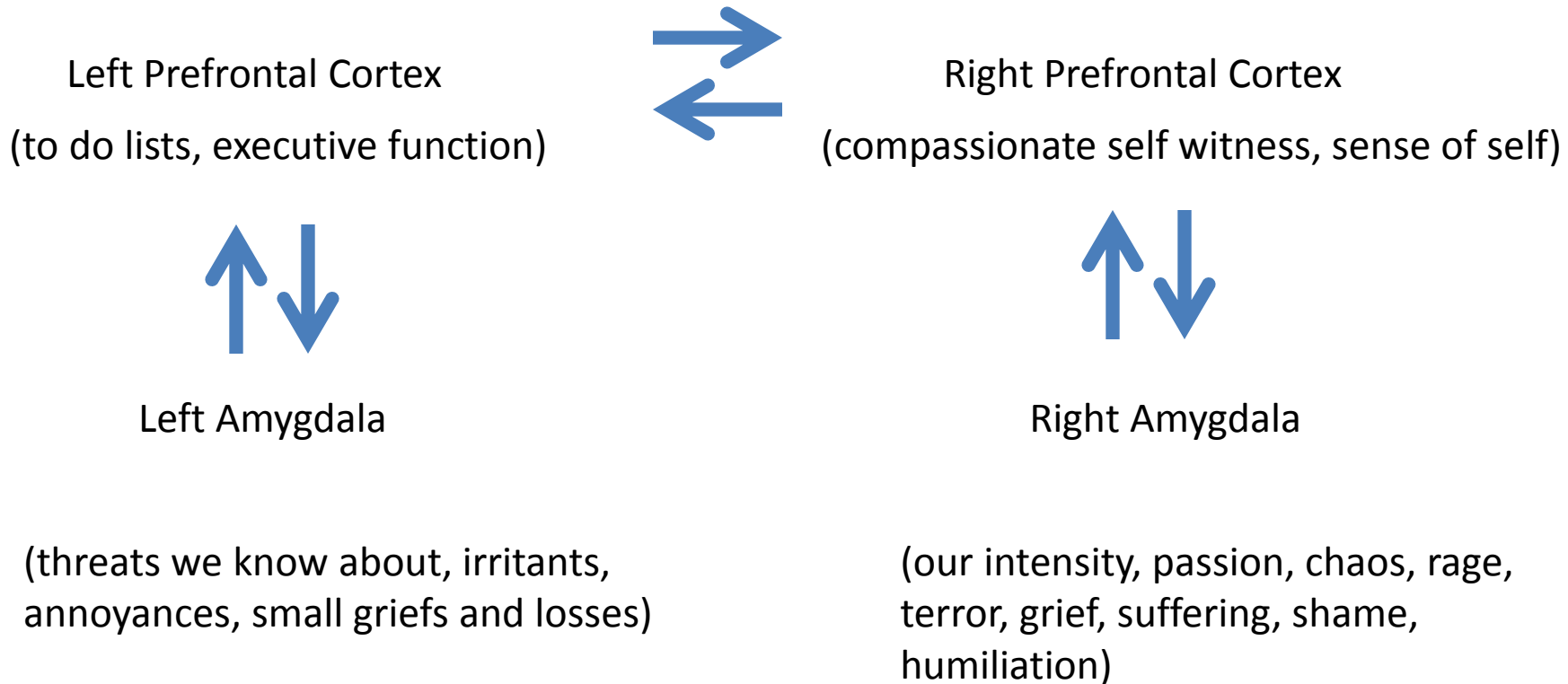
Place your thumb in the middle of your palm as in this figure.

CEREBRAL CORTEX



Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

PFC – Prefrontal Cortex



Our Hippocampi file and track our factual and autobiographical memories until they have migrated to the cortex.

Functional PFC

- Regulation of body systems
- Attuned communication
- Emotional balance
- Calming the amygdala (modulating fear)
- Response flexibility
- Empathy
- Intuition
- Morality

Triggered / Threats / Noise

- Constantly on the look out for threats
- Bad is stronger than good (threat \leftrightarrow reward)
- “Your ideas are crazy.”
 - as activating to your brain as a physical threat
- Activation of limbic system influences deactivation of PFC
- Little bit of threat creates lots of noise in the brain
 - insight does not happen when our brain is noisy –
 - impact on problem solving/creativity
- Regulation – a key to controlling “noise”

What can we do with this?

- Regulate emotions:
 - Expression
 - Helpful but can be maladaptive depending on the context
 - Suppression
 - Limbic system stays as aroused or gets worse, memory gets worse
 - Cognitive Change
 - Less arousal, no change in memory
 - Requires very thing we're losing fast when aroused - PFC

Cognitive Change Strategies

- Labeling
 - Define an emotional state in a word or two
- Reappraisal
 - Reframing/recontextualizing
 - Changing the entire interpretation of an event
- The more you understand your brain, the more you can reappraise.

How NVC can help

(Non-Violent / Compassionate Communication)

- Labeling
 - Get in your body
 - Have the words to use (feelings)
- Reappraisal
 - What’s behind the “story”? (needs)
 - Self-Empathy
- What applies to you, applies to the person you are looking at too
 - What are they experiencing?
 - Empathy for others

“Listening”

- *“Empathy is a respectful understanding of what others are experiencing. Often, instead of offering empathy, we have a strong urge to give advice or reassurance and to explain our own position or feeling. Empathy, however, calls upon us to empty our mind and listen to others with our whole being.” - Marshall B. Rosenberg*
- Empathy “Are you feeling anxious because you are needing clarity around the next steps?”
- Advising “I think you should...” “Why don’t you....”
- One-upping “That’s nothing, listen to what happened to me!”
- Educating “If you looked at the situation this way....”
- Consoling “I know you are doing the best you can.”
- Story-telling “That reminds me of the project last year when we...”
- Sympathizing “Oh, you poor thing!”
- Explaining “The reason the project is taking so long is because...”
- Correcting “You haven’t spent 5 weeks on that project!”
- Interrogating “Why did you say you’d do it? What....;When...;Where....
“How come you didn’t _____”
- Changing the Topic “Let’s go shopping.”

Living the principles...

- What are you wanting to manifest now?
 - Explore feelings and needs in that context
- What are you taking away personally?
- How does this relate to New Thought/CSL principles?

My thanks to...

- Dan Siegel
- David Rock
- Sarah Peyton
- Marshall Rosenberg

- ...for their body of work that has contributed to my understanding and evolution.

- For links to my favourite resources of theirs see:
 - <http://www.catherinehajnal.com/resources/brain/>
 - <http://www.catherinehajnal.com/resources/people-books/>