



*The Full Story*

# **Welcome to Higher Brain Living**

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## Chapter One

### *A Science Fiction Story*

The year was 2121. A New Day was dawning. A New Era was rapidly approaching as the collective consciousness of humanity was bursting free of the restraints of pure reason. Humanity was ascending to a new summit of awareness. Vast waves of people were seeing the world through new eyes. They were awake, aware and thriving in all aspects of their lives. This new shift in consciousness brought with it a beautiful new meaningful world. In some strange way even the things about life that didn't seem to make sense, somehow on a deeper level now did. This new awareness revealed that everything was just as it should be. The world was rife with color... brilliant color everywhere. Everything that was touched seemed to turn to gold. Sights, scents, sounds and taste were more vivid than imaginable. The world was bestowed with meaning.

Critical mass had been reached as vast portions of the population were liberated into this new way of being. A fear of death and the death denial that followed that fear had haunted humankind for so many millennia. This fundamental death fear was now transcended with this new mind, this new awareness. Existential fears were a remnant of the past. The days of rumination and denial about one's own mortality had nearly ended for this new wave of people. For 50,000 years humanity had lived with the terror of its own impending mortality. These newly awakened people knew that the past was but a memory and the future only a dream as both past and future only existed in this very moment. It was this very moment, this present moment, this now moment that held the answer to all of their species greatest questions.

Along with this new consciousness, strange vast fields of influence had been discovered beyond the electromagnetic spectrum. These fields of subtle energy had been laid down by all those ascenders who had stabilized a connection to their *New Brain*. This great field provided a strong magnetic-like pull for the rest of humanity which made the ascent to higher consciousness easier. With every new person that engaged and energized the *New Brain* and woke up, the field grew stronger. Waves of unfolding consciousnesses grew as a billion imprisoned minds were breaking through the atmosphere of reason and into the deep space of ever present awareness.

The human brain had evolved...not in the typical Darwinian sense of the word... not the kind of evolutionary change in structure that would happen as a reptile somehow burst wings and birds followed with flight. This evolutionary leap in the brain was one of function, not form. The form of the *NEW* brain had been laid down long ago, and potential for transformation currently boiled beneath the surface. Emergent properties lay latent in this new human brain. These new properties needed only to be nudged into existence. Although the architecture for radical change was seated in the brain, its potential was only now being cultivated, and new level of consciousness brought with it, and a new way to live. An evolution in function in the *NEW*

human brain and the corollary evolution of consciousness in the mind were now occurring on a large scale.

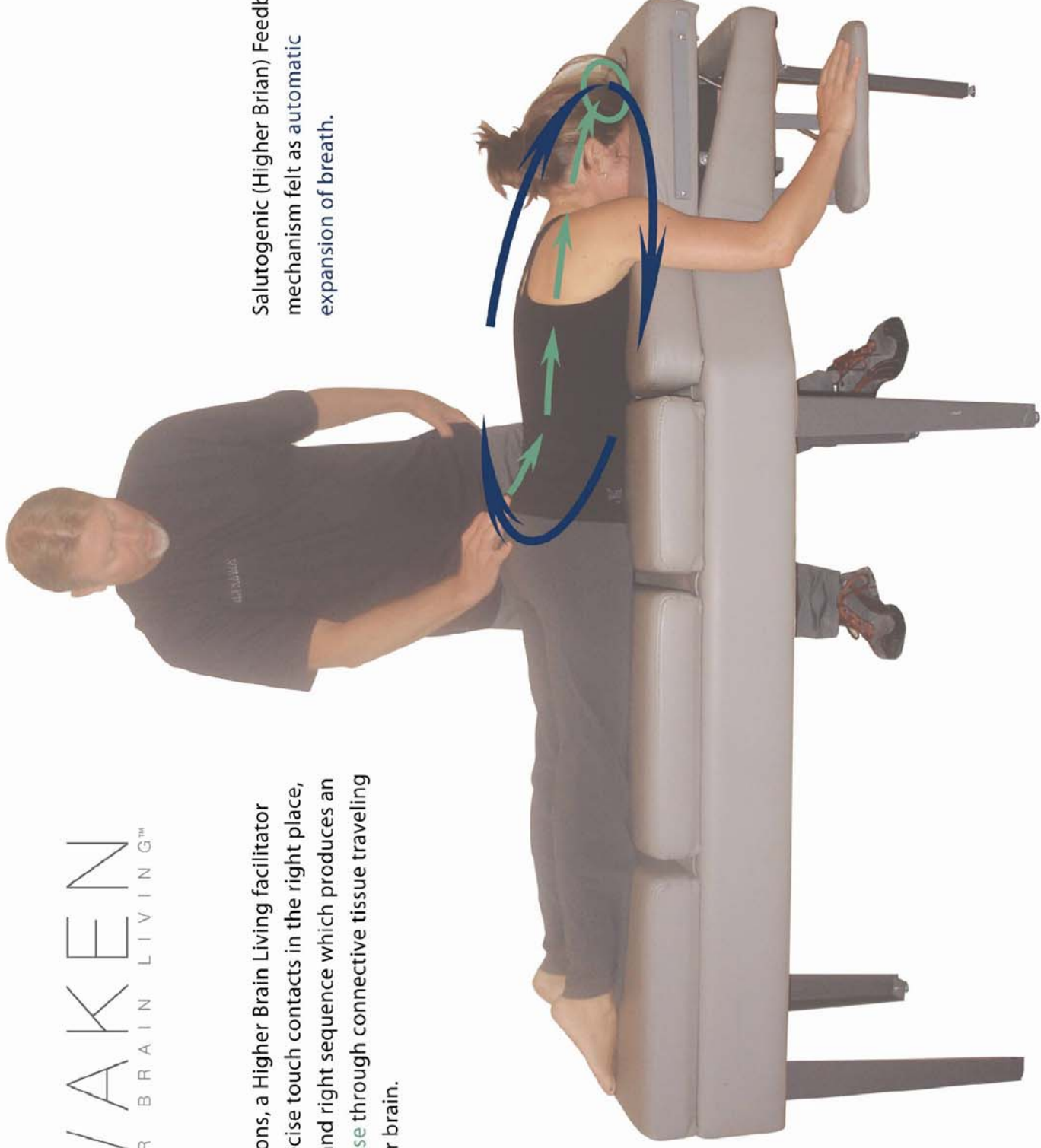
A discovery had been made that energized this higher brain structure, and promoted these latent evolutionary potentials in “the **NEW Brain**”. A new discipline was bursting onto the scene in the Western world. A way now existed for the facilitators of this new discipline to access entry points in people’s bodies that activated pathways leading to these dormant, latent evolutionary potentials in the *NEW Brain*. Experts, facilitators of the *NEW brain* were being trained and this new discipline was spreading throughout the Western world. Simultaneously, recipients who had received the new brain tune-up were gathering to share and practice together the new system that had led to the large scale awakening of this *NEW brain* in humanity. These groups resembled a modern version of the salons of 19<sup>th</sup> Century Paris during the Enlightenment Period. People were gathering to discuss this new mode of Higher Brain Living and to practice the art...the science...the breakthrough... that helped them evolve. It was a time of great potential. Excitement was everywhere. Humanity was co-creating its own evolution!

All this excitement was due to the discovery of pathways in the body leading to the **NEW Brain** which could be activated with merely a human touch. This touch would turn on the newest brain structures which simultaneously led to a dissipation of the old primitive lower brain survival based feedback mechanism. The dormant evolutionary potentials were now being set loose. Utilizing this new system facilitated emergent properties, in the form of waves of energy that could be seen to the naked eye coursing through the human body, releasing stress, rejuvenating and reorganizing every cell of the body. When this new discipline was applied, a spontaneous movement of breath would surge in the body, creating a feedback mechanism that brought life sustaining oxygen up through the body and increased metabolism in the **NEW Brain**. This new brain connection was associated with new modes of knowing and being. The affect was freeing, liberating. The result of each experience with this new discovery was an increase in the duration of time one would be uploaded into the **NEW Brain**. An expanded consciousness and sense of empowerment coincided with this **NEW Brain** connection. Over time, the recipients of this new discipline had developed permanent access to the *NEW brain*. It was now possible to instantly turn on this *NEW brain* and with the accompanying internal sense of empowerment one could discover their passions and accomplish any goal in life. Through this new system a map of their life could be quickly viewed and the awesome power of the **NEW Brain** could be unleashed and directed at the pursuit and realization of their life’s purpose!

And when all goals were accomplished and body, mind and spirit flourished in all areas of life. One could access this **NEW Brain**, relax into the now moment and find that at their deepest core they and spirit were one, and finally, the greatest of all searches was over.

During sessions, a Higher Brain Living facilitator provides precise touch contacts in the right place, right time, and right sequence which produces an energy release through connective tissue traveling to the higher brain.

Salutogenic (Higher Brian) Feedback mechanism felt as automatic expansion of breath.



## Chapter 2

### *The Time is Now, the Story is True*

The preceding chapter is not science fiction! Evolutions latest advancement, the prefrontal cortex of the human brain lies largely dormant in humanity. It has been said that we humans use approximately 5% of this newest, highest part of our brain.

I will contend that virtually all of humanities challenges are largely due to lower (old) brain dominance. Our addictions, the inability to heal physically or change destructive behavior, violence, depression, the degradation of the environment, failing educational and financial systems and the inability to sustain positive life changes, are all signs of a world trapped in the pinning's of the lower primitive brain. **Our future is in the *NEW Brain*.** The *NEW Brain* (prefrontal cortex) allows us the experience of empowerment, joy, gratitude, purpose, and meaning in life, and the ability to transcend all of these things and experience our direct intersection with the Divine. The *NEW Brain* allows us the ultimate ability to experience Spirit directly. Yet, humanity has not been able to consistently upload into these *NEW* brain structures, I believe, until now. With the discovery and development of this revolutionary new approach, you will learn how to use in this Guide to help you achieve your highest potential by connecting to these *NEW* brain structures. **Human Emergence and Rapid Transformation (H.E.A.R.T.) will show you the way to activate this highest brain, and let your body, mind and spirit soar in all areas of your life. Welcome to Higher Brain Living!**

**H.E.A.R.T. and Higher Brain Living** is powerful, and humbling. It is indeed sacred. I believe anything of this revolutionary nature must be grounded in science and must be supported by solid theory. The following chapters will briefly attempt to do just that. I will not dwell on the science and at times will generalize. I will use the descriptor "prefrontal cortex" to represent the "*NEW* brain" and although this is accurate, in actuality, other brain and body structures are likely to be involved. The technicalities are endless and so we will use the term, the "*NEW Brain*" (prefrontal cortex) to represent this complex as it is central to the entire process. We could commit an entire book to this topic alone. However, this introduction is first and foremost a way for you to better understand the **H.E.A.R. T. technique and the Higher Brain Living system** so that you may join us in transforming your own life, and on a larger scale you help to lay down the cosmic grooves for the conscious advancement of humanities future.

Never before **H.E.A.R.T** has there existed a way to energize the higher brain and upgrade physiology, immediately followed by the introduction of gentle bursts of physical, mental and spiritual components that will themselves become integrated into the body and will themselves further advance the Higher Brain connection.

NOW.....

**Imagine back to a time when you felt the most alive...** Close your eyes and remember the best day of your life, a time when nothing could have ruined your day. You were in the moment. Maybe you were getting married or a job promotion, or were completing some project, or artwork, or you were having your first child. Maybe you donated your time to a community service event, or helped someone in need. Possibly, it was the fulfillment of some big dream you had. Go on.. feel it...that feeling of empowerment and joy and even invincibility. On that day you were unstoppable...feel that for a moment....let that feeling sink in.

What if you could have that feeling for longer intervals? What if you could have that feeling every day? What if that feeling of empowerment could become your new baseline? What if you could walk into any situation and instantly be in that place of invincibility? How would your life be different?

That is a promise of the **H.E.A.R.T.** and Higher Brain Living Method; you will stretch that interval of wellbeing until you have permanent and immediate access to that internal experience of joy, empowerment and vitality, every day of your life.

That empowered feeling is produced by the prefrontal cortex of your brain and this experience can become your new baseline in life! Scientists have discovered that the *NEW* brain has **salutogenic** mechanisms; this sounds like a technical term but it is actually derived from the Latin word “Salus”. Salus is a common Latin toast to health, vitality and wellbeing. Consider the following words of a recent article titled “*Functional Salutogenic Mechanisms of the Brain,*” published in the peer reviewed journal *PERSPECTIVES IN BIOLOGY AND MEDICINE*.

*“Although little is known about salutogenic mechanisms, further research on the relationship between salutogenesis and brain function can be expected to provide new strategies for improving health world wide”*

*“Thus, functional salutogenic mechanisms could have provided organisms with a self-perpetuating cycle of enhancing self-confidence and well-being.”*

What researchers are now telling us is that your brain (your **NEW Brain**) has mechanisms in it that are designed to produce confidence, empowerment and well-being! How exciting is it to know that a large part of your brain lies dormant and that this dormant part of your brain holds the keys to the “kingdom”? If I asked you to write down a list of the top five things that you want in your life that you don’t now have, I will promise you that every one of those dreams is only attainable if you can turn on your **NEW Brain**. Research has shown that we currently only use approximately 5% of this **NEW Brain**. Wouldn’t you like to know what you were capable of if you could energize the other 95% of your **NEW Brain**?

It turns out that when this *NEW Brain* is energized, not only does it produce internal states of joy, empowerment and well-being, but also your body's ability to heal and rejuvenate is accelerated.

**Energizing the *NEW brain*, the first major breakthrough with H.E.A.R.T:** Pathways have been discovered in the human body that cues the new brain. My many years of study in the fields of personal growth, N.S.A. care, spiritual development, developmental psychology, consciousness studies, subtle energy studies and chiropractic led to the research, refinement and discovery of new pathways and new ways to gently contact the body and activate the *NEW Brain*. After many years of research and 75,000 documented sessions, I have created a way to rapidly apply this breakthrough information. As you receive sessions in an **AWAKEN HIGHER BRAIN LIVING CENTER**, you will learn to cue these pathways and energize the Higher Brain on your own. This creates a feedback response as the Higher Brain learns how to sustain the experience and just takes over on its own. Each **H.E.A.R.T.** session energizes the Higher Brain and increases the corollary positive emotional state.

During a **H.E.A.R.T** session as the higher brain is cued, and more of the dormant part of the *NEW Brain* energizes, you feel the internal sense of wellbeing as stress is being released and the body rejuvenates itself. As the **salutogenic** mechanisms turn on in the *NEW Brain*, a wave of breath spontaneously moves through the body, bringing oxygen and increasing the metabolism of the *NEW Brain*. After a few sessions, a larger wave will move through the body releasing stress and further rejuvenating the body. Stress is stored as tension in the body. This tension is held in the deep connective tissue of the body in the form of a sine wave. As the **salutogenic** mechanisms of the brain engage, the tension is released in the form of a wave out of your body. What amazing potential awaits you in the other 95% of your *NEW Brain*!

**Another breakthrough with H.E.A.R.T and Higher Brain Living is that you can leverage this rejuvenation response and simultaneously introduce other techniques to upgrade all the systems of the body.** This breakthrough occurs once the *NEW Brain* is active and stress is being released. As rejuvenation is occurring there is an increase in your body's ability to receive and use other productive techniques. This allows us to remedy one of the biggest challenges in the healing arts, or personal development field, in general. The challenge has always been a lack of **sustainable** positive changes. Most of us can relate to this. You see a massage therapist and a week later the stress is back. You go to your chiropractor and in a few days you are out of alignment, again. Quit taking your high blood pressure medication and quickly your blood pressure increases, again. See your psychologist, leave the session clear and focused, but somehow old patterns creep back in. You have a session with a life coach, but can't sustain the motivation; you take a great vacation, come back renewed and then, same old life. You treat yourself to a spa day and a few days later you can't even remember what it felt like when you left. You feel clear during meditation but then... I am not criticizing any of these wonderful methods, but the facts remain that rarely do people have profound long-term life changes.

**H.E.A.R.T.** can help all of these wonderful methods work much more effectively and sustainably. So how can we make productive experiences stick or hold?

Once the **NEW Brain** energizes, (as you progress in this process you will learn to self energize your Higher Brain) a variety of productive techniques can *then* be easily received and utilized by your body. Included in these techniques are: yoga, massage therapy, gentle chiropractic, mental clarity techniques, and stress clearing methods, meditation, Cranial Sacral therapy, energy work, body work, acupressure and other effective life- enhancement methods. The body is now flexible and reorganizing, the rejuvenation response is active and stress is coming out of your body.

As your **Higher Brain** is energized, stress is released and your body is rejuvenating, and you are now ripe for positive change. Introducing any of the above mentioned effective methods at the time the **NEW Brain** is energized leads to Quantum change because we have recruited the power and wisdom of your Higher Brain to metabolize the effects. You are not just randomly lying there like a piece of clay. You are in the process of rejuvenating while these other effective techniques are introduced into your body.

The truly amazing thing and something I never anticipated from my research is that not only do these other methods create the change they are traditionally known to do (only in this case with a Quantum effect and high degree of integration), but when introduced during active **salutogenesis**, they also further advance the **NEW Brain** energy and the **salutogenic** mechanisms! That is, during **salutogenesis**, the brain takes the energy from the introduced method and uses it to further promote its own energy upgrades.

Let me try to make sense of what happens when life-enhancing methods are introduced into your body *during* this **Salutogenic Rejuvenation Phase**. Suppose you had a Westinghouse blender full of water. Imagine that the water in the blender represents your body. Now... pretend that you have a dropper of dark green colored liquid in your hand. Now... imagine that this dropper of green liquid is the most potent healing substance in the world. Let's say this green liquid substance was the nectar of a plant just discovered deep in the Amazon rain forest and it is a panacea, a "Fountain of Youth" that you want to get into your body. Remember the water in the blender is your body. Now... imagine holding the dropper of this miracle green liquid over the turned **OFF** blender full of water (your body) and dropping three drops into the blender. Remember the blender is turned off. So, what happens? Not much! The miracle green substance slowly settles near the bottom and produces a few small off shoots into the water (your body). When all is said and done, approximately 95% percent of the water is unaffected by the worlds most powerful healing substance. Now... let's repeat the experiment in our mind, only this time right before we squeeze three green drops into the water (your body), we turn the blender **ON**. What happens when this small quantity of this miracle substance enters the water (your body)? Yes, it is dispersed into every single water molecule! Every cell of your body now contains this most powerful panacea! The outcome of these two experiments is as different as day and night.

The water in the turned off blender was largely unaffected with very little integration of the substance put into it. The other blender full of water, however, when turned on first, led to 100% integration of the powerful substance put into it. Furthermore, if you turned the blender off and came back in a month and checked, all of this amazing green substance would still be integrated into your entire body (water in blender) Do you get this? Can you see how transformational it is when a system is turned on first? That was the only difference between virtually nothing happening and a 100% transformation. One blender was turned **ON**, the other was not.

Now... imagine what happens when you energize your *NEW Brain* AND **salutogenic** mechanisms engage AND your body starts to rejuvenate and *THEN* you take a yoga class, or meditate etc... while this **Salutogenic Rejuvenation Response** is active in your body. The blender is turned on, a **Quantum Effect** is attained, and the transformation is integrated and sustainable! **We change the rules of the game of healing and growth when we energize the system (*NEW Brain*) first!**

Each **H.E.A.R.T.** session brings more energy to the *NEW Brain* and a **salutogenic** rejuvenation response is initiated in the body. As you learn to energize your **Higher Brain** on your own, you can then introduce other powerful methods in body, mind and spirit that create Quantum, sustainable improvements.

**But wait...there is more. Once your body is stress-free and upgraded and you have more energy available to your *NEW brain*, HEART can help you *USE* this energized *NEW brain* to transform any area of your life!**

The **H.E.A.R.T.** process has a revolutionary method called “**EVOLUTION IN 4 DIMENSIONS**” to quickly identify “hot spots” in your life that may be holding you back from creating abundance in your life. Once these “hot spots” are located, the **H.E.A.R.T** process can connect your goals and passions directly to that feeling of well-being and confidence which is produced through the energization of your Higher Brain and eliminate the “hot spots” in any area of your life.

This change in your relationship to your environment also promotes your body’s ability to select healthier genes, turning off bad genes and turning on good genes (this will be addressed in detail in a later chapter).

You will learn to approach life from the energized *NEW Brain* and engage **salutogenic** mechanisms quickly and immediately to change any situation! This will allow you to approach and act on your goals and passions from an internal sense of empowerment. **You can create the life of your dreams!**

In fact, within a few weeks all you will have to do is think of your goals or that which you wish to change and the physiology for change is available! **Positive and appropriate thoughts and goals are now connected to the Higher Brain.** You can connect that feeling of wellbeing and

invincibility (the one you remembered earlier) with the specific goals in your life! In time, all you will have to do is think about your passions and the **Higher Brain is activated**. You feel empowered! Your goals and passions are no longer just fleeting ideas, but now are embodied. **Your New Brain will help sustain your thoughts and convert them to action**. How different would life be if just thinking about your passions or goals instantly produced that internal feeling that you could take on the world and nothing could stop you? Read on!

**Tier 2 of H.E.A.R.T introduces the Evolution in 4 Dimensions (E4D) process. E4D** is used by clients as a means to reflect all **4 dimensions (Mind, Body, Relationships, Environment)** back to their newly energized **Higher Brain** and increase awareness of how all **4 Dimensions** are affecting life changes that are sought.

Once clarity is gained as to what needs to change in your life and how that change needs to happen a **ReSOULution** is created. A **ReSOULution** is a brief statement that describes how you want a specific area of your life to be and the action required to make it come true.

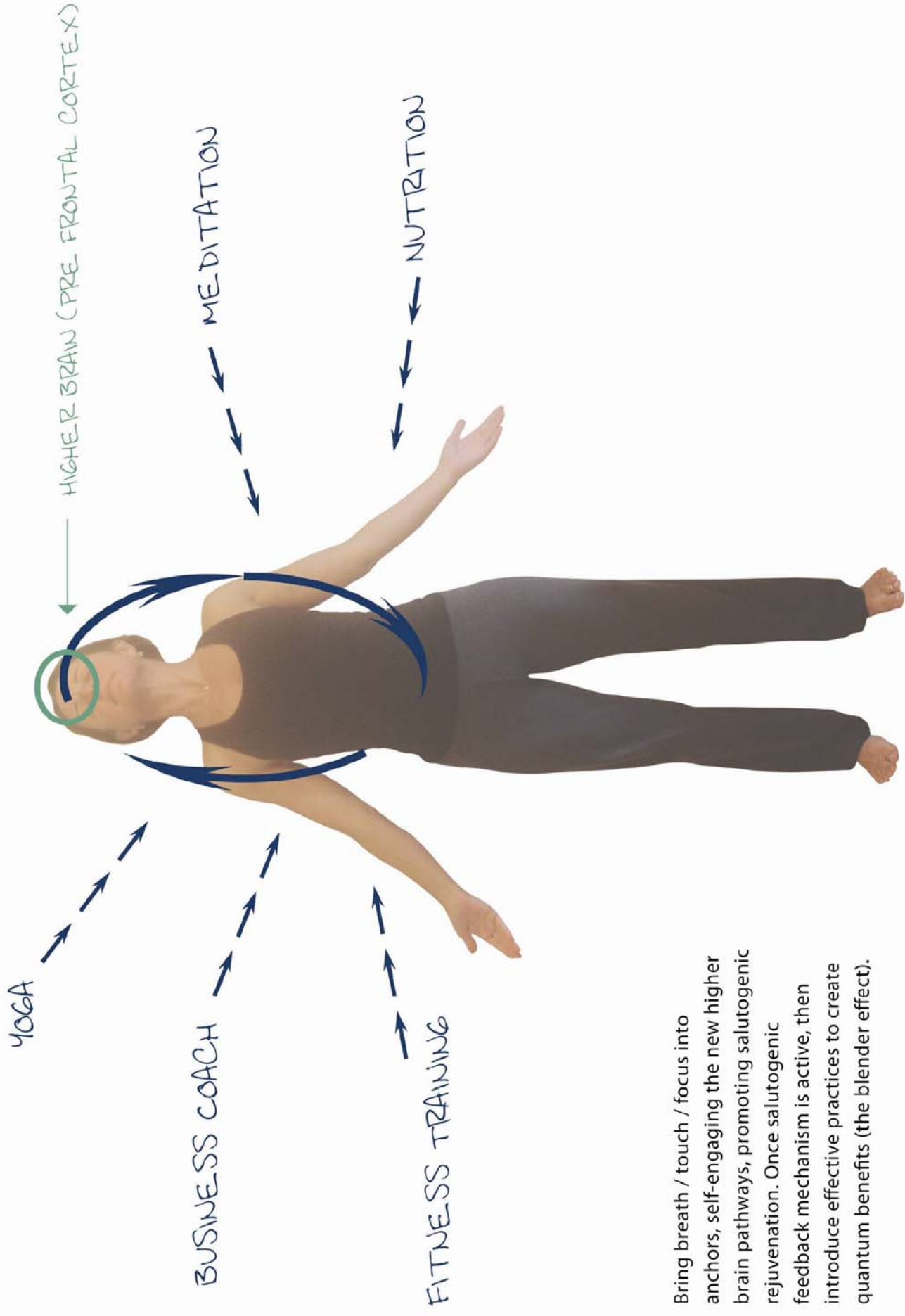
**ReSOULutions** are then associated with the Higher Brain response during sessions at the peak time of **Higher Brain** activation, thus associating the sought after life changes with the part of the brain that can actually create the desired changes! Later you can state the **ReSOULution** and instantly create a surge of energy into your higher brain.

Remember the lower brain seeks “sameness” because sameness = safety to the Stone Age brain. The Higher Brain sees opportunities and seeks growth. Wouldn't it make sense to have your passions driven forward by the higher brain?

As you progress, your internal and external environments are being improved. Each time the environment is changed, that new environment resonates back to you with a different signal/input, creating a reverberating circuit. We add in the right stimulus at the right time (interior and exterior) and promote evolution.

This approach creates a **reiterating feedback loop** between you and your environment. As each tier of growth through **Higher Brain Living** is approached, tier appropriate input and recommendations will be introduced. As you change your environment and change your perception of your environment, new techniques are again introduced into the evolving nervous system. The new potentials in the Higher Brain alter the environment (and perception of the environment). Then the practitioner and the recipient can introduce appropriate input as we begin Tier 3 and create our fearlessly authentic life.

# Higher Brain Energy Surge Technique



Bring breath / touch / focus into anchors, self-engaging the new higher brain pathways, promoting salutogenic rejuvenation. Once salutogenic feedback mechanism is active, then introduce effective practices to create quantum benefits (the blender effect).

## Chapter 3

### *Your Old Brain is Eating You Alive*

*“A brain system designed to keep us from getting eaten is now eating us alive”*

*-Neuroscientist, Stephen Maren*

The year was 50,000 b.c. A Paleolithic woman stepped out of her cave and picked up a scent in the wind. There were beautiful wild flowers blanketing the landscape as a brilliant red and gold sunrise exploded in the sky, the lake that spread out before her reflected a million diamonds dancing in the rippling water. However all this beauty escaped her, for hers was a brain built for survival. Instead of feeling wonder and gratitude at the beauty around her, she was instead being automatically prepared for hyper-vigilance in her world. Flowers weren't important. The warring tribes to the east were. The man-eating saber tooth tigers in the valley below required constant monitoring, and the constant threat of not having enough food to take back to her children required that she stay focused on surviving another day. Fortunately for her, since there was no other option, the unconscious structures in her primitive brain were always preparing her to do battle with her world. Her life had no sense of purpose or meaning. In this hostile and predator rich world, she would be lucky to make it to her early twenties.

Turn the page now as a 21<sup>st</sup> Century woman steps out of her suburban home, the same primitive part of her brain sensing a thousand little tigers and warring tribes in her environment thus preparing her to survive. Her tigers are the demands of the modern world. Her tigers are...the plumber she is waiting for to fix the dishwasher and relieve her of the dishes...the cell phone tucked between her shoulder and her ear...the late arriving plumber that is sure to make her late to her meeting...rushing in traffic only to slam on the brakes as someone cuts her off ... hoping the meeting will end before she has to pick up her children at school...worrying about money while ruminating about how she is going to go about making dinner tonight...rushing home with her kids yelling over the radio in her coupe which is blasting an ominous warning of elevated terrorist alerts on the eve before she has plans to fly down to Phoenix to visit her sister. She is being locked into the same survival structures in her brain as the aforementioned Paleolithic woman. She doesn't notice the beauty all around her. She just has to get through the day. No purpose, no meaning, only survival. Unlike the Paleolithic woman, however, this 21<sup>st</sup> Century human has a **NEW Brain designed for transcendence**...new areas of her brain that when active are designed to fill her with gratitude and awe and wonder at this marvelous world. However, it rarely if ever is active. In fact, the research tells us that she, like most people, only use around 5% of the **NEW Brain**. For our 21<sup>st</sup> Century woman, the unconscious lower brain that is trying to protect her from the perceived danger in her world...is eating her alive!

## **If indeed we have the anatomy and only use 5% the new brain, then why?**

**Stress physiology:** Imagine as we did with our 21<sup>st</sup> century woman, that you were alive 50,000 years ago. You were out in the jungle gathering berries to bring back to your family in the cave. All of your energy, all of your blood supply must be directed towards you surviving. You never know what predator lurks around the next grove of trees ready to pounce. This is how it works... all information from your environment first goes into the lower brain because survival is top priority. The lower brain is designed to react very rapidly to a threat in our environment. It is built to keep us from being eaten. As information comes into our senses (sight, touch, smell, hearing, taste), it goes into the lower unconscious brain first. That is a point to remember. All information that comes into your sensory system is first filtered through the lower primitive brain even before the higher conscious brain knows anything is out there. This is why you may jump away from a snake only to find a few moments later (when the information makes it up to conscious awareness) that the snake was only a small coiled garden hose. The lower brain doesn't think, or rationalize; it only reacts to protect you. Something out there may want to eat you and you cannot waste precious time uploading all the way to the higher thinking brain to analyze what to do. You must react. That is how the lower brain processes the world around you.

A March 2003 **Discover** magazine article referring to the lower old brain stated; *“This may have been an optimal design in which survival was a minute-by-minute question, but it is not a good adaptation for modern environments in which the stressors can be performance reviews....of course, the persistence of the low road (lower brain response, my parenthesis) in a world where predators are largely non-existent may no longer be adaptive...”*

**Newsweek**, February 2003; *“To get at the essence of anxiety, you have to start with the anatomy of fear. The brain is not just a thinking machine it is a biological adaption, designed to promote survival in the environments where it evolved. As Neuroscientist Steven Hyman of the National Institutes of Health observes, ‘Survival depends on the ability of an organism to respond to threat or reward, and predict the circumstances under which they are likely to occur.’ The brain structures that handle that job evolved long before the neo-cortex (the seat of conscious awareness), and they easily override it...it can readily learn to perceive a mundane stimulus as a warning sign...”*

Stress and stress hormones (mediated through the old brain) have now been demonstrated to be associated with every major symptom, condition, or disease (including the major killers heart disease and cancer). A recent study has demonstrated that up to 90% of all medical doctors office visits are now a result of stress.

The blood flow and energy required to fuel the defensive systems in your body which “protect you from a predator” must come from somewhere. There is a finite amount of blood in the human body. If the lower brain is reacting to the environment, defensively, which the research demonstrates is happening nearly 24/7 in modern culture, blood supply is diverted into our

defensive systems so we can fight, freeze or flee in the face of a tiger (even if this tiger is traffic on the freeway etc...). Where the blood flow goes is where the action is. If a tiger is coming, you need that blood supply where it can protect you. But this comes at a price. This routing of blood supply must come from somewhere. It comes from the digestive system and immune system. Our precious immune system keeps us alive, it arrests a simple cold from taking over our bodies and killing us (as happens in immune-compromised cases such as Aids). It fights and stops cancerous cells that our growing in all of our bodies. Even low grade stress compromises immunity, so it is not difficult to see why health and healing are severely compromised in stress physiology... or why turning on the **Higher Brain** and releasing the stress response also results in **increased healing and immunity**.

Harvard neurologist Martin Samuels, as quoted in a recent Newsweek article; "*Norepinephrine (a stress hormone, my quote) is toxic to tissues- probably all tissues, but especially the heart.*"

Newsweek, February 27, 2004: *New conflicts: While well adapted to passing threats that require immediate action, our stress responses are less effective against daily annoyances, such as a pushy boss or hectic daily commute. Health problems: After years of chronic activation, stress responses can wear the body down. Some of the common symptoms include; impaired memory, a weakened immune system, high blood pressure, stomach ulcers, skin problems, digestive difficulties.*"

Newsweek, September 27, 2004: "*We know that chronic stress, though not always fatal, can disrupt the digestive system, worsen symptoms of menopause, and interfere with fertility. Indeed*"

Newsweek, February 24, 2003: "*People are reporting headaches, insomnia, back pain, neck pain, disorientation*"

Although this guide is first and foremost an introduction to the **H.E.A.R.T** and **Higher Brain Living System** and all the wonderful potential available in the **NEW Brain**, I wanted to use this Chapter to point out the deleterious effects of not making this shift to Higher Brain function in humanity. So, if it is not enough to know that a completely new way of being in the world awaits you in your **NEW Brain**, consider that you are currently being "**eaten alive by your old brain!**"

The old lower brain arrests the energy from going to the pre-frontal cortex. The old lower reptilian brain is designed to keep you from being eaten by a tiger. In the modern world, that reptilian brain experiences a thousand little tigers out there! Stress decreases healing and clarity and reduces meaning in life by keeping us out of the **NEW Brain**.

The prefrontal cortex does the opposite. This **Higher Brain** turns on your body's ability to rejuvenate and feel a sense of inner calm and meaning. That feeling of well-being is meant to be your natural state. However, with all the demands of the modern world, we can't keep the **Higher Brain** turned on, and stress instead becomes our baseline. In fact, at no time in history has this new **Higher Brain** ever been fully awakened. Most of humanities history has been one

of survival. Hyper-vigilance in the environment was needed to stay alive long enough to eat and procreate. We are past that point, however, the old reptilian brain is still there processing the world before the **Higher Brain** even knows it. **The good news is that the *NEW Brain* can be awakened in everyone, and the more it is energized, the center of gravity shifts from lower brain dominance to the Higher Brain!** We have the architecture, and we are only now finding out how to use it! This is where you future is!

Newsweek, February, 2004: *“Researchers have recently traced this fear busting capacity to a particular part of the prefrontal cortex. “*

The ***NEW Brain*** has “**fear busting**” potential!

**You can’t be in both places at once.** If your body is storing energy and directing blood flow into the areas of the body needed to protect you, it cannot be simultaneously “in” the ***NEW Brain***. Consequently and why **H.E.A.R.T.** is so effective, if you can turn on more of the ***NEW Brain***, even for a moment, stress must be released. You cannot sustain the stress feedback loop if you connect more fully in the **Higher Brain** as there is not enough blood in the human body to be in both places at once. Stress must be released when you energize the new brain!

Note: I maintain that “living” in the new brain does not diminish the appropriate lower brain survival response when it is needed. In fact, I believe this response can be initiated more efficiently when your energy is not being burnt out by low-grade stress responses that are active throughout most of our days in the modern world.

## Chapter 4

### *DNA and Your New Brain*

A new field called **Epigenetics** (which means beyond genetics) has scientifically disproved much of the prevailing model and belief that DNA is the major factor in health and well-being. Leading edge researchers are concluding that your **DNA is not your destiny!** Within each of us is the capacity to select and then reselect different genetic responses based on our current and ever changing relationship to the environment. We even have within us material to rewrite DNA. **Higher Brain Living's** unparalleled approach not only facilitates rapid reorganization and rejuvenation of your body, but also improves your relationship to your environment. Research shows that new perceptions of the environment have been proven to positively influence whether “good genes” or “bad genes” are selected for.

**Discover** magazine, November, 2006 **THE NEW GENETICS, DNA IS NOT YOUR IDENTITY** *“Our DNA –specifically the 25,000 genes identified by the Human Genome Project – is now widely regarded as the instruction book for the human body. But genes themselves need instructions for what to do, and where and when to do it. A human liver cell contains the same DNA as a brain cell, yet somehow it knows to code only those proteins needed for the functioning of the liver. Those instructions are found not in the letters of the DNA itself but on it, in an array of chemical markers and switches known collectively as the epigenome, that lie along the length of the double helix. These epigenetic switches and markers in turn help switch on and off particular genes.”*

*“We commonly accept the notion that through our DNA we are destined to have particular body shapes, personalities, and diseases. Some scholars even counted that the genetic code predetermines intelligence and is the root cause of many social ills, including poverty crime and violence. “Gene as fate” has become conventional wisdom. Through the study of epigenetics, that notion at last may be proved outdated. Suddenly, for better or for worse, we appear to have a measure of control over our genetic legacy.”*

Conventional wisdom is wrong! As Max Planck, Co-founder of Quantum Physics famously stated, “Old paradigms die when the believers in old paradigms die”. **H.E.A.R.T. and Higher Brain Living** is a tool designed to hasten the death of that old paradigm. How liberating it is to know that we are not captives to our DNA...and it gets even better.

**Discover**, November, 2006: *“The even greater surprise is the recent discovery that epigenetic influences can be passed on from one generation to the next, sometimes for several generations, without changing a single gene sequence.”*

Wow! From where I sit, this is evolution occurring in very non-Darwinian terms. If you are living in the **NEW Brain**, which is what **H.E.A.R.T. and Higher Brain Living** is all about. You enhance your relationship to the environment. If you are uploaded into the **Higher Brain** you experience the world with gratitude, joy and empowerment this flips off the switches of unhealthy genes and flips on the switches of healthy genes. Scientists now know as fact that that how you relate to your environment throughout a lifetime can change which genes are turned on.

## Chapter 5

### *Emergence, Evolution and Your New Brain*

What I call “**functional evolution**” involves a new level of function that occurs from unchanged form. The prefrontal cortex of the human brain is the evolutionary “crown of creation.” I believe that evolution, whether in form or as we are discussing, in function, often has a gestation period. That is, latent tendencies start to boil beneath the surface before a full-blown emergence (something new and novel) happens. I believe that is where humanity currently is positioned regarding the **NEW Brain**. Evolutionary new potentials are boiling beneath the surface of humanity. **H.E.A.R.T.** simply engages that which is trying to emerge, naturally. These potentials are working themselves to the surface and becoming easier to engage.

The emergent mechanisms of the **NEW Brain** are the salutogenic mechanisms (you feel as increased breath and/or movement during your sessions) which include an oxygen pump to metabolize the prefrontal cortex and the waves that develop to release stress and rejuvenate the body and further clear pathways for the free flow of energy to the **Higher Brain**. In other words, these new potentials are slumbering under the surface of our **NEW Brain** like early wings that grew on the first primitive bird, but had not yet been flapped and not yet taken flight.

H.E.A.R.T. sessions gently nudge those new wings into motion and they soon discover how to flap on their own and take flight.

In the **Higher Brain** of a human being, nature is now waking from her slumber and becoming aware of evolution itself. Nature is becoming conscious of herself and becoming conscious of the evolutionary process. If indeed free will is built into the fabric of self-conscious beings, then we can now participate in the evolutionary process. Thus, a new mechanism of evolution has emerged. The free will of sentient, self-aware beings can participate and direct this evolutionary unfolding. **We can “choose” to promote evolution.**

The emergent properties of the **Higher Brain** allow us to increase our awareness to the world and the choices we make. From **Higher Brain** awareness we can promote the consciousness needed to insure that our values keep pace with our rapidly changing environment and technological advancements.

The prefrontal cortex has been referred to as the “silent area” because there is so little activity that can be measured in this **NEW Brain**.

“Evolutions latest neural addition seems to lie largely dormant within us despite the fact that it seems it should offer a discontinuously new potential, a new reality-a whole new mind”

‘Joseph Chilton Pearce’

## Chapter 6

### *Higher Brain Living Summary*

Experts understand what higher consciousness looks like; they know how to measure these higher levels of development in humanity. The evolution of consciousness leads to these rarified summits of human potential. However, the experts know very little about “how” to bring about these higher transformations. Historically there have always been eloquent theories about transformation but rarely a capable vehicle. The results with most methods are dismal. The reality is that very few people really and truly have significant and sustainable transformations of consciousness beyond the changes they attain leading up to their early twenty’s. Much research has been done. There just hasn’t been a vehicle capable of promoting human change in vast percentages of a population in an amount of time practical in the postmodern world.

To further this challenge, the things that actually do work in the healing arts or personal or spiritual development industry are usually not very sustainable. Positive change occasionally happens, but often quickly returns back to the old way of being. I have suggested in this Guide that the primary reason behind these dismal and fleeting results is largely due to the recipients return to *old* brain structures and mechanisms.

A popular new age notion and pop psychology idea is that “thinking” the right thoughts will do the trick...good luck. Consider this; if your higher *brain* is not adequately energized you cannot even sustain positive thoughts (let alone take the appropriate action needed for change). Your thoughts are fleeting at best.

In the preceding chapters, I explained this 2 million year dominance by the lower brain in humanity. We also explored how we can directly experience the revolutionary potential in us all to shift from lower brain to Higher Brain Living!

I believe Higher Brain living to be an answer, to eliminating the Stone Age brains dominance and fulfilling our evolutionary potential. H.E.A.R.T. has a unique ability to energize the *new* brain and supercharge human physiology, simultaneously associating positive thoughts, goals, intentions etc...*while* the higher *new* brain is turned on. This allows for the never before discovered ability of a person to discover their passions and instantly turn on the new brain and apply the empowered experience of this Higher Brain energy to eliminate specific life challenges and live their passions!

The rules of the game change when you first energize the *NEW* brain. Stress is released, bad genes are turned off and good genes are turned on if you are in the *NEW* brain. The food you eat is better assimilated and utilized if you are in the *NEW* brain. Other growth

**promoting techniques provide greater benefits if you are in the *NEW* brain. On higher levels, life has purpose and meaning if you are in the *NEW* brain. In addition, the ability to make radical life improvements and live your passions all happens through the *NEW* brain. Granted, all areas of life affect you and we cannot reduce all of life to brain function. However, if we can turn on the *NEW* brain we have a powerful starting point for change in all of those areas of life. So why start at the periphery when the success of everything demands being in the *NEW* brain. You can use the *NEW* brain to improve every area of your life. HEART uploads you into your *NEW* brain and accelerates your ability to use this *NEW* brain energy to achieve the life of your dreams. Your potential is greater than you can imagine.**

**If you follow this Higher Brain Living system your life is guaranteed to transform. You will never see yourself or the world again in the same way.**

### **The Higher Brain Living Program has 3 Tiers:**

**TIER 1 of H.E.A.R.T** energizes your Higher Brain and your body will begin a generalized rejuvenation phase (Salutogenesis). Stress is released and you experience more clarity and lightness of being.

**TIER 2: Evolution in 4 Dimensions.** This Tier eradicates the “hot spots” in your life. You will get clarity about what is holding you back and apply the *NEW* brain and its associated internal sense of empowerment to making change. This is a giant breakthrough in mental/mind change! The ability to connect positive thoughts to empowered physiology!

**TIER 3: Emergence of the Authentic Self.** It is in Tier 3 that you will gain clarity about what brings meaning and passion to your life. You will discover what really moves you. Where is the juice for you? What were you born to do? You will then apply this new brain energy to LIVING your life’s purpose.

**Clients begin sessions in an AWAKEN Higher Brain Living Center for a variety of reasons:** Burn out, stress reduction, to increase confidence, spiritual growth, weight loss, feeling stuck in life, maximizing potential and further evolving consciousness, headaches, pain, anti-aging, a desire to find meaning, purpose, hope, health, improved thinking, relationship challenges, mental/emotional problems, financial concerns, prevention, or to accomplish any goal in life. Regardless of the reason for entry, within this nonlinear system, you will very rapidly discover that there is more to life than you ever imagined and Higher Brain Living will be there to lead you through the higher Tiers.

***New Brain Energy + Empowered Emotional State + Specific Context = New Life***

**Get Ready.... the Revolution is Here!**