

The logo for 'Punk Psychology' features the words 'PUNK' and 'PSYCHOLOGY' in a bold, purple, stylized font. The background is a watercolor-style illustration with a yellow and orange sunburst or brain-like shape in the upper left, transitioning into light blue and white washes.

PUNK PSYCHOLOGY

Sensate Awareness:

The medical term "psychosomatic" refers to feelings which are pressed upon the body by some force within the mind. The psychosomatic label is avoided here, since it has become somewhat pejorative.



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The general use of the word is to imply a merely fantasy feeling, which doesn't exist at all in reality. Individuals who experience psychosomatic disease are supposed to be not really ill.



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This supposes that "real" pain is different in nature from that which is illusory. A moment's thought will indicate that all pains are felt "in the mind", whether or not they go via nerve pathways in the first instance.



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Today's enlightened view is that all the important functions of the mind and body, all that we do and feel, and nearly all that happens to us, including sensations within the body, are the result of the working of programs or meta-programs in the mind.



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This includes pain, disease, unwanted emotion, unacceptable habits, destructive behaviors, false beliefs, various urges and desires and every thing that makes us feel guilty. Even dreaded cancer can be regarded as a psychically-induced malady (Dr. Hamer).



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The fact is, our body talks to us. If we take the trouble to listen, our bodies tell us something is wrong, a troubling thought is pressing, a physical condition is being ignored, some flow or communication is blocked.

We call this internal signaling phenomenon
“sensitive awareness”.



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Everyone is familiar with sensate awareness; We all share expressions like an “adrenalin rush”, “butterflies in the stomach”, a “heavy heart”, a “blood rush” (rage), a “gut feeling” or a “lump in the throat”. These messages are the body’s feedback to what we are thinking and doing.



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“I caught my breath”, “My heart sank”, “My blood turned to ice”, “It gave me goose bumps just to think about it”, “I had a heavy feeling in the pit of my stomach.”

Surprisingly, so also are: “I went blank”, “My thoughts were all confused”, “I panicked”, “His touch caused me to melt”.



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You will quickly see that any and all of these sensations can be caused by a thought, just as surely as by an injury, a microbe or a parasite! Emotions too are merely a kind of sense awareness feedback. We experience them according to what we are doing and what our circumstances tell us.



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The more unpleasant and inappropriate emotions we can label negative emotions. The obvious ones are anger, fear or grief or these can be refined into more subtle gradations, such as uncertainty, confusion, hostility, pique, apprehension, beautiful sadness, tenseness or despair.



PUNK PSYCHOLOGY

The more unpleasant and inappropriate emotions we can label negative emotions. The obvious ones are anger, fear or grief or these can be refined into more subtle gradations, such as uncertainty, confusion, hostility, pique, apprehension, beautiful sadness, tenseness or despair. **Sexual feelings too...**



PUNK PSYCHOLOGY

More important to us in Hypnoetics™ (PP), is that sensate awareness is a way to get much more engagement when case running. Instead of just recounting the experience as a memory (15% release) or running it by “being there and reliving it” (60% release)...



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BUT we can increase the discharge rate and therefore the level of relief to 90 - 95% by having the client re-live many other aspects of the mental imprint. Indeed that why we use the term MIMP. Much more is imprinted at the time of the memory recording than mere thoughts and impressions...



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There can be a LOT of force in a MIMP. It can be enough to distort the person's body or face (leaning to one side; face unbalanced to one side or flattened). There may be many feelings, such as warmth or cold, trembling, heaviness, can't move or excitement.



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**How Do We Use This? Two main ways:
When opening a case for the first time, we might ask especially for any pains, feelings, emotions, aversions, obsessions, attitudes, or any persistent physical symptoms or even unwanted mental energy (such as fatigue) that the client is aware of.**



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Often, if you question the point, these will be found to directly associate with certain physical feelings within the body. We can ask: “What part of your body do feel that hostility? [emotion, sensation, attitude...etc.]”



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The second way to use sensate awareness is to clear more charge from incidents that we are running. Often you will see him or her experiencing an unpleasant symptom. But it may not be mentioned. Don't be afraid to clarify what you are seeing or hearing.



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Ask leading questions: “Is there any specific feeling associated with running this memory?” We then ask the client to run the episode again and again, each time trying to create the feeling or sensation. “Where in your body do you feel that heaviness?” and so on. “Get that feeling in your [body part].”



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I often add “Let it come,” “Let that feeling come/grow.”

“Don’t fight it” and so on. This is especially true if someone hits tears. The normal instinct is to fight it/hide it. Urge them to let it flow freely.



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Be alert and watch for signs too, like a sudden groan or jerk, that may denote an unpleasant bodily awareness. Question these (what just happened then?) and add them to your breakout worksheet. You will often end up running with a sensate awareness that was not even present when you started out.



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Having him or her say a phrase out loud is often a great way to get traction or increase the client's immersion. We call this "repeater". Here's the important point to remember: the verbal decision or belief holds its power from the charge present in the initial incident, not the other way round.



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Thoughts, decisions and beliefs are like real things and will persist until cleared in piloting. So whatever happens, once you start releasing the charge, any decision will be weakened, any belief seem less tenable, any behavior will seem more and more foolish or pointless, as a result of clearing off charge!



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Probably the most important sense awareness processing is the matter of forceful contact with the physical world. I'm talking about actual impact. You want that feeling identified, isolated and worked carefully, until it vanishes. Don't stop till it is thoroughly exhausted from the memento.



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Positive Feelings

Let us not forget that positive sensate feedback exists too. In its way it can be just as valuable as the uncomfortable kind. Feelings of excitement, thrill, warmth and heart's-ease can all signal that something is good, rewarding and healthful.



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Important life-principle: In the same way that we can use negative feedback to correct disharmony, so we can use the corresponding positive effects to reinforce whatever is beneficial to us.

Positive signals are really pointing to the truth, negative feelings point to lies and disharmony.



Work with Sensate Awareness. It's a language all of its own!