

## **The Wernicke's Connection How You Can Remove Sabotaging Commands From The Brain**

by Stephanie Relfe B.Sc. (Sidney)

White Mountains, Arizona

E-mail: [Stephanie@relfe.com](mailto:Stephanie@relfe.com)

Web-sites: Health, Wealth & Happiness: [http:// www.relfe.com](http://www.relfe.com)

The Mars Records: [http:// www.themarsrecords.com](http://www.themarsrecords.com)

Metatech: <http://www.metatech.org>

As most kinesiologists know, we are not our body. We are a spirit. The brain is not the mind. The mind is an energy field which communicates between you (a spirit) and the brain. The brain is a physical 'switchboard' between the mind and the body.

Research has shown that words are stored in a specific area on the left side of the brain. What is not so well known is that there is an equivalent area in the right half of the brain which is also involved with language. Both these areas are called the Wernicke's area.

According to Professor Julian Jaynes, lecturer in Psychology at Princeton University, up until around 3,000 years ago, mankind was basically not conscious as he is today. He did not think in terms of concepts, and he was not introspective (i.e. he did not turn inwards and think about himself).

Instead he operated with what is called a "bicameral mind". The bicameral mind was man's mind before he developed self consciousness. Early man did not make any decisions on his own. The concept of "self", of being independent and self-reliant, did not exist.

Whenever a decision had to be made, early man looked for a "sign" from an outside authority, such as a king or a god, to tell him what to do. For example, if he went along a road which divided into two roads, he might throw some stones into the air to see which way they fell, to tell him which road to take.

Other signs that early man used to determine what action he should take when he was faced

with a decision were often "voices" which he heard in his head and which brought immediate obedience.

Experiments have shown that if the Wernicke's area in the left half of the brain is electrically stimulated during speech, it will interfere with the ability to talk properly, almost halting speech.

The same type of stimulation to the Wernicke's area in the right brain, however, causes a person to hear "voices" or "commands". These are usually of an authoritarian or dictatorial nature, and can be identified as the voice of one who was feared, admired or "looked up to" by the person being stimulated. We call these commands "Wernicke's commands", because they are commands stored in the Wernicke's area of the brain.

The two Wernicke's areas are connected to each other by a thin bridge of tissue. This is where the term "bicameral mind" comes from. It seems that the "voices of the gods" were in fact internal dialogue coming from the right half of the brain.

If mankind was to become civilized, this simple mind had to greatly improve and consciousness had to develop. However, the bicameral tendency is still present today! It is the bicameral mind, the right side of the Wernicke's area, which we "hear" when we hear those little words of self-invalidation and sabotage.

The 'authorities' who might have put commands into this mind are no longer "gods"

- they are anyone that we might have looked up to at some time. These can include parents, teachers, peers, politicians, and doctors.

Have you ever been told to "grow up", "shut up", "eat up", "forget that" or "give up"? Have you ever been told "you're mad", "you're bad", "you're stupid" or "you'll never make it"?

If somebody you thought was powerful said "you're too fat", "you'll never change", "you'll forget", "you're a slow learner", "eat ALL your food", "you're not good enough", "strong enough", "pretty enough", "clever enough" "you'll go to hell" etc., etc., then they may have made an 'entry' in your right Wernicke's area, an implanted command, which is still influencing you to this day!

When people do any work or therapy to get rid of negative beliefs, the beliefs they try to get rid of things are usually worded as "I ...", eg. "I'm not good enough" or "I'm too fat". But "find the truth, and it will set you free". These beliefs are not filed in the brain (which is like a super powerful computer) under an "I" point of view. The commands are entered as said by another person, as if the person is right there, talking to you! For example, the belief may be "I'm no good" but the original command (which is stored in the brain) was "You're no good".

In 1996 Australian kinesiologist David Bridgman made an astounding discovery. He combined (1) the theories of the mind and how to remove negative beliefs from it as put forward by L. Ron Hubbard with (2) the explanation of the "Bicameral Mind" and authoritarian commands and with (3) Neurological Organization Technique, a kinesiology system involving eye movements which was developed by Carl Ferreri of New York.

The key to removing these beliefs is that they are stored in the brain as though another person said them, e.g. "You won't remember". The brain then tried to make sense of the command and translated it, for example, as "I won't remember". This command then interferes with the person. To get rid of the command you must find the EXACT wording

of the command, which in this case is "You won't remember".

This specific kinesiology procedure enables a person to REMOVE the sabotaging commands from the brain. Instant improvement is generally noted in the person who has done this.

These commands are hidden in the brain a bit like the way that 'drop down menus' are hidden on the computer screen. Sometimes you can't see the menus, but they are still there. When you do the correct kinesiology procedure, the sabotaging commands "drop down" and then you can delete them. But they do not all appear at once. It can take a number of sessions to get rid of them.

I can still remember the evening when a group of about 30 kinesiologists learned the Wernicke's correction for the first time from David Bridgman. After being taught by David, we paired up to work on another person and to be worked on. I was surprised how easily the man who was working on me was able to help me to work out what the sabotaging commands in my brain were. He didn't look all that psychic, but after I told him what areas in my life I was having trouble with, he asked me a few questions and within a few attempts he had the sentence we were looking for. When it was my turn to work on him, I saw that it was almost as if the sentence was written on his forehead!

The next day I had a very powerful experience. I was feeling VERY happy, after having a number of Wernicke's commands removed from me. I was sitting on a bus in the early morning, traveling with a lot of people who were going to work. I was seated at the front of the bus facing the rest of the people. I was observing how very sad and depressed they looked, and that they almost had a 'grey' color to their faces. Suddenly, it was almost as though again I could "see" the Wernicke's commands written on their foreheads - and there were hundreds of them!!! Some of them were VERY negative. My heart went out to them.

Now I almost cringe sometimes when I hear the things that people say to their children, for example, in the supermarket. I wish I could

explain to them that they need to find a more supportive way to say what they need to say. I was told once at a seminar that a study showed that the average child hears over 300 negative things a day, and about 30 positive ones. (If anyone can advise me of the reference for this study, I would be very grateful).

This is a simple, revolutionary and very powerful procedure.

The key to doing these corrections successfully is to get the EXACT wording.

### **How To Test For Wernicke's Commands**

1. *As for a normal kinesiology session*, first do the pretests. Test both Anterior Deltoid and Supraspinatus muscles. Then test for dehydration, switching and blocking. Once everything is in order, proceed to step 2.

2. *Find an area in life* that the client is still having trouble with.

3. *Work out a phrase* that could create difficulty in this area, as it is said BY ANOTHER. For example, the sentence would be "You are not good enough" (Not "I am not good enough").

4. *Have the client say the phrase out loud*, while:

- a) You test one Anterior Deltoid AND
- b) The client touches the right side of the Wernicke's area of the brain, which is about 3 fingers posterior of Neurovascular 9 (just above and just behind the ear).

If the arm goes weak when they say this sentence (while they touch the right Wernicke's area), you have the correct wording.

If the arm stays strong, you have not got the correct wording.

5. *Once you have found the phrase* which causes the arm to test weak, ask the client who said that to them. When they name the correct person, the arm will go weak again when you test.

Ask the client to turn their eyes UP and to the RIGHT, while they continue to touch the right

Wernicke's area of the brain. Have them say the phrase out loud again. It should now test STRONG. If it tests strong now, you have the correct wording. (If it tests weak it is likely that a part of the person's mind does not want to face what happened to the person. Try doing Emotional Stress Release. That is, put a hand on their forehead, covering both sides of their forehead, for a few minutes or more).

### **How To Correct for Wernicke's Commands**

a) DANGER !!! Be careful not to damage the eyes. The touching must be as GENTLE and LIGHT as possible. TRIM ALL NAILS SHORT !!!!! During the breathing do not go too fast. Allow the client to breathe at their own speed so as not to cause hyperventilation.

While doing all corrections, have the client think of the phrase.

Do the "Test for Wernicke's Commands" as outlined above.

1. Ask the client to Look UP to the RIGHT while they Breathe IN and think of the phrase. At the same time you GENTLY touch the left side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release. (This is to lightly stretch the fascia (envelope) of the eye muscles).

Allow the client to Breathe OUT

2. Ask the client to Look UP to the LEFT while they Breathe IN. At the same time you GENTLY touch the right side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

3. Ask the client to Look UP to the RIGHT while they Breathe IN. At the same time you GENTLY touch the left side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

4. Ask the client to Look DOWN to the LEFT while they Breathe IN. At the same time you

GENTLY touch the right side of their UPPER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

5. Ask the client to Look UP to the LEFT while they Breathe IN. At the same time you GENTLY touch the right side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

6. Ask the client to Look DOWN to the RIGHT while they Breathe IN. At the same time you GENTLY touch the left side of their UPPER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

b) Re-test with the person repeating the phrase and eyes to the front, while they touch the right Wernicke's area of the brain. The muscle should now test strong, indicating that the command has been removed.

c) Say "thank you". That is, acknowledge the client.

d) Say "What's the next one?". This encourages the next command to come to the mind of the client, so that you can find the next phrase to work on. Repeat the test and the correction as above

### **Helpful Hints**

Many clients when asked for commands that sabotage them will say phrases from an "I" point of view. This isn't it. Whatever they say starting with "I . . .", get them to repeat starting with "You . . .".

When they name phrases or people which are not the ones you are looking for, don't invalidate their answer. Merely ask "What else?" or "Who else?"

The phrase is usually associated with whatever the client is talking about. For example, if they say "I can't think of anything" ask them what someone may have

said to stop them thinking. It may be that someone said "you're stupid". If they start talking about an incident from their past, the phrase was probably said during that incident.

If they have a problem with remembering who said the phrase to them I also ask them who may have THOUGHT this at them. I have found that sometimes people pick up a thought from a person if they just THINK it. After all, sometimes it's pretty clear what someone is thinking. They don't really need to say it out loud.

The phrase can sometimes be just a one word insult, such as "fatty".

The key is to get the EXACT wording. You may need to add words such as "very". For example, it may not be "You're hopeless". It may be "You're very hopeless" or "You're bloody hopeless".

If the phrase was said in a language other than English, get them to say the sentence in the language in which it was said, after translating to you what they are saying.

For information and video, send an E-mail to [Stephanie@Relfe.com](mailto:Stephanie@Relfe.com) with "Wernicke's video" in the title.

### **References**

Bridgman, David, *Balancing the Bicameral Mind In Touch*, Australia, Autumn 1997, #41 p. 18

Ferreri, Dr Carl. *Neuro Organization Technique*.