

## Reprogram Negative Personal Life Controllers

by Jan Cole

### Abstract

Being of "two minds" on any issue results in indecision, unhealthy internal conflict, and "stuckness" in your life. This paper describes an incredibly simple and swift system can help you clear stopped or blocked areas in **minutes**, erase their emotional holdings, and create space for personal change and self worth without reliving the trauma and pain, without intense analysis, tedious affirmations, and repeated contrived positive thinking. Using muscle testing, you will learn to access and "reprogram" the reptilian level of the brain that is "rutted in" and "obsessive-compulsive", surviving by routine and ritual, and won't experiment or risk.

Many therapies take hours, months of time to break down and reconstruct habits and patterns in your life that keep you from being all you can be. Often the therapies involve dealing with painful memories and emotions. Being of "two minds" on your issues can result in internal conflict, indecision and no movement. I discovered the following methodology to be **faster** than any other technique that I have experienced. By combining and integrating two different systems that I have studied, this method seems to by-pass intense analysis, reactivating the old pain and trauma, writing tedious affirmations, and repeating forced positive thinking.

**Example:** A woman, in one of the first classes I taught using this system, volunteered to share before the class her intense anger and unhappiness over her husband's late drinking nights and the "terrible fights" they had. Her declaration statement said something to the effect that she was comfortable and calm around her husband's drinking issues, which of course, in reality was not the truth. That evening we cleared her using the technique to be explained. Her news the following week was exciting indeed! Not only was her reaction neutral when he came home late, but the next day they had the "longest talk they'd had in a long, long time." AND he was coming home earlier. All this, as a result of a minute or two of clearing; no long drawn out therapies, no lectures, no advice, no books read, no painful memories or trauma reactivated.

One of the current theories in brain research comes from brain scientist, Dr. Paul

McClellan, Director of the Laboratory of Brain Evolution and Behavior of the National Institute of Mental Health. His triune brain model consists of three developmental levels: Reptilian, Limbic, and Neo-cortex.



The Triune Brain

From: P.D. MacLean

According to McClellan, the brain is linked to an archaeological site, with the outer layer composed of the most recent structure in our development, the cerebral cortex or neo-cortex. The reptilian and paleomammalian or limbic layers of the brain contain structures of early evolutionary forebearers.

"The three brains amount to three interconnected biological computers, each having its own intelligence, its own subjectivity, its own sense of time and space, and its own memory and other functions." (Richard M. Restak MD, *The Brain*, Warner Books Inc, 1979)

### Characteristics of the different levels:

#### REPTILIAN LEVEL:

- defends territory
- deceptive behavior
- awe for authority
- obsessive-compulsive neuroses
- social pecking order
- mating, nesting
- a closed system:
  - avoids jeopardizing safety
  - won't disequilibrate
  - won't experiment
  - rutted in
- survives by routine and ritual

#### LIMBIC LEVEL (old mammalian, expresses through emotions)

- provides for memory and personal identity
- emotional script or program
- bonding
- unity
- family
- community
- sociable
- affectionate
- guidance
- nurturing
- prolonged care of offspring
- broad based responses to learning with tendencies to generalize

#### NEO-CORTEX LEVEL (new mammalian, expresses through words)

- non-emotional
- rational
- establishes highly specific responses for each stimulus
- allows for effective survival strategy planning
- preserves and procreates ideas
- communicates through functional reading, writing, math

#### FRONTAL LOBES (believed to be wired to limbic, but not to neo-cortex)

- maintains a relaxed brain level
- takes in the whole situation
- uses speech to store complex ideas and to make associations
- uses inner speech to regulate activities on the conscious level
- handles abstract, hypothetical ideas
- goal sets
- analyzes
- initiates
- inclination toward altruism and empathy
- tends to see care of self as by-product of well-being of total group
- able to care for and alleviate suffering of others

(Notes from Neurology of the Brain course, University of Northern Colorado)

Jim Williams, researcher, lecturer, instructor for 17 years, and Bill Strempe, D.C., a successful Denver chiropractor of Insearch International Inc. in Denver, CO, feel that we access and have a way of expressing each of these levels in different ways:

1. the Neo-cortex through words,
2. the Limbic through emotions and
3. the Reptilian through muscle testing "into" so-called brain computer files and subfiles.

The system they have developed works mainly, they believe, with the Reptilian level, which is ritualistic, routine, rutted, defensive, obsessive-compulsive neuroses.

Combining the ideas of Williams and Stemple with those of Three in One Concepts (Gordon Stokes, Daniel Whiteside, and Candace Calloway) has proven a fast and effective way of clearing out old patterns that keep us "stuck" in different areas of our lives and/or unable to create or move with inspiration. These life controllers, as they're sometimes called, are issues we are unable to verbalize, share or even at times know about.

Once you've learned "the words" in this system the technique is incredibly simple. Consider now what your life is telling you that you may not be hearing? Which are the non-working parts of your life?

The procedure developed by Williams and Stemple for resolving issues blocking inspiration goes as follows:

1. Make a declaration--a positive, 1st person, present tense statement which **DIRECTLY CONTRADICTS** how a given aspect of your life is working.

Example: "I am organized and tidy at home."

2. Immediately test both arms for right/left brain congruency. If either or both are weak continue the following process. If not find another issue.

Note: I use PMC's for the tests. I also check and correct for any switching before I start.



3. If weakness is found, **LOCK IN** (pause lock, if you will) the awareness of the weakness by an upward **THUMB STROKE** mid forehead from the bridge of the nose. Both arms now usually test weak.

4. At this point, beginning with a strong muscle test, I age recess the individual for the possible source related to the issue.

5. I also incorporate the Behavioral Barometer developed by Three in One Concepts, muscle testing for specific emotionally related words and any "relationship to others" the issue might have, i.e. male/female, mother/father, grandparents, siblings, peers, teachers, etc. noting, of course, each test response. I feel the more information from the brain computer into conscious awareness the quicker and more powerful the shift or release of a "holding" pattern.

6. Lock in (pause lock) this additional information stroking upward from the bridge of the nose again.

7. With this significant information on the "computer screen" we are now ready to search for the file that will clear the issue. Using the following file list, developed by Williams and Stemple, muscle test to find

which of the sub-files tests strong as an indication for correction.

SPIRITUAL  
SELF-CONCEPTS  
EMOTIONAL  
STRUCTURAL  
CHEMICAL  
SEXUAL  
GROUNDING  
WITHHOLDING  
PRIOR DECISIONS  
FEARS

Example: "I have (or you have, depending on who is doing the testing) a **SPIRITUAL**, or **EMOTIONAL**, or... issue with being organized and tidy at home." Test each sub-file separately until you find one with a strong muscle response.

8. Test to see if you have agreement, a strong response in both arms. If the test is **STRONG, LOCK IN** (pause lock) by the **UPWARD THUMB STROKE** on the forehead two times.

9. Retest the original statement again.

Example: "I am organized and tidy at home."

10. There may be more issues around the declaration. Thumb stroke up the forehead once again, this time saying "**RELATED ISSUES**". Test "**UNRELATED ISSUES**". If no weakness in the arm test, you are finished.

11. If weak, continue through the sub-file list again until you find another word that will strengthen the statement,

i.e. "You have a \_\_\_\_\_ issue with your declaration of \_\_\_\_\_."

12. The correction is the same as before:

Lock in the file with an upward thumb stroke on the forehead.

Retest both arms again the declaration's congruency, repeating steps 6-9 until the muscle tests are strong for the declaration as well as the age recession, emotional words and relationship words.

Check all circuits that were once weak to make sure they now test strong.

(I seldom find anyone who needs steps 7-9.)

Sometimes the results from this procedure are immediate, and the person feels or perceives differently. Sometimes the results are more subtle and are noticed later in particular situations.

There is an amount of data equivalent to many computer chips stored in your brain and in your body, as you have reacted to and

with the world, and the world has reacted to and with you. You will probably never run out of issues to clear. Some you may not want to clear, and some may not matter very much, but some do matter. Find those areas that "stop" or "block" you, declare, edit, and refile your "mental computer" to break old habit patterns and create space to expand your abilities to participate in life in new ways.

## THE BEHAVIORAL BAROMETER

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>ACCEPTANCE</b></p> <ul style="list-style-type: none"> <li>Choosing to • Approachable</li> <li>Optimistic • Acceptable</li> <li>Adaptable • Worthy</li> <li>Deserving • Open</li> </ul> <p><b>WILLING</b></p> <ul style="list-style-type: none"> <li>Receptive • Adequate</li> <li>Prepared • Answerable</li> <li>Encouraging • Refreshed</li> <li>Invigorated • Aware</li> </ul> <p><b>INTEREST</b></p> <ul style="list-style-type: none"> <li>Fascinated • Tuned-in</li> <li>Needed • Welcomed</li> <li>Understanding • Appreciated</li> <li>Essential • Caring</li> </ul> <p><b>ENTHUSIASM</b></p> <ul style="list-style-type: none"> <li>Amused • Jubilant</li> <li>Admirable • Attractive</li> <li>Delighted • Excited</li> <li>Alive • Trusting</li> </ul> <p><b>ASSURANCE</b></p> <ul style="list-style-type: none"> <li>Motivated • Daring</li> <li>Protected • Bold</li> <li>Brave • Considered</li> <li>Affectionate • Proud</li> </ul> <p><b>EQUALITY</b></p> <ul style="list-style-type: none"> <li>Lucky • Co-operative</li> <li>Involved • Purposeful</li> <li>Reliable • Concerned</li> <li>Sincere • Productive</li> </ul> <p><b>ATTUNEMENT</b></p> <ul style="list-style-type: none"> <li>In tune with • Congruent</li> <li>In balance • Creative</li> <li>Perceptive • Appreciative</li> <li>Tender • Gentle</li> </ul> <p><b>ONENESS</b></p> <ul style="list-style-type: none"> <li>Quiet • Safe</li> <li>Calm • At peace</li> <li>Unified • Completed</li> <li>Fulfilled • At-one-ment</li> </ul> | <p><b>CHOICE</b></p> <p><b>CONSCIOUS</b></p> <p><b>SUBCONSCIOUS</b></p> <p><b>BODY</b></p> <p><b>CHOICE/NO CHOICE</b></p> | <p><b>ANTAGONISM</b></p> <ul style="list-style-type: none"> <li>Attacked • Bothered</li> <li>Questioned • Burdened</li> <li>Annoyed • Indignant</li> <li>Opposing • Inadequate</li> </ul> <p><b>ANGER</b></p> <ul style="list-style-type: none"> <li>Incensed • Furious</li> <li>Over-wrought • Fuming</li> <li>Seething • Fiery</li> <li>Belligerent • Hysterical</li> </ul> <p><b>RESENTMENT</b></p> <ul style="list-style-type: none"> <li>Hurt • Embarrassed</li> <li>Wounded • Used/abused/confused</li> <li>Unappreciated • Rejected</li> <li>Dumb • Offended</li> </ul> <p><b>HOSTILITY</b></p> <ul style="list-style-type: none"> <li>Trapped • Picked-on</li> <li>Put-upon • Frustrated</li> <li>Deprived • Sarcastic</li> <li>Vindictive • With-holding</li> </ul> <p><b>FEAR OF LOSS</b></p> <ul style="list-style-type: none"> <li>Let-down • Not-heard</li> <li>Bitter • Disappointed</li> <li>Threatened • Over-looked</li> <li>Frightened • Unwelcome</li> </ul> <p><b>GRIEF AND GUILT</b></p> <ul style="list-style-type: none"> <li>Betrayed • Conquered</li> <li>Discouraged • Unacceptable</li> <li>Self-punishing • Despondent</li> <li>Defeated • Ruined</li> </ul> <p><b>INDIFFERENCE</b></p> <ul style="list-style-type: none"> <li>Pessimistic • Immobilized</li> <li>Rigid • Numb</li> <li>Stagnant • Unfeeling</li> <li>Destructive • Disconnected</li> </ul> <p><b>SEPARATION</b></p> <ul style="list-style-type: none"> <li>Uncared for • Unloved</li> <li>Unacceptable • Loveless/unlovable</li> <li>Unimportant • Melancholy</li> <li>Morbid • Deserted</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Behavioral Barometer  
reprinted courtesy of  
Three In One Concepts.



Copyright © 1985  
Three In One Concepts, Inc.  
3210 West Burbank Boulevard - Suite A  
Burbank, CA 91505  
818-241-7946

The BEHAVIORAL BAROMETER is used in Three In One Concepts  
Identification and Definition of Distress