

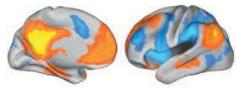
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Glossary

Default Mode Network (DMN):

Discovered by Marcus Raichle, MD in the mid 1990's, this brain network is active when we are not engaged in specific cognitive tasks. Hyperactivity of the DMN has been scientifically linked to several mental/emotional and physical conditions that encompass chronic stress.



Areas in orange are the default mode network

Executive Functioning:

How medical researchers refer to the part of the brain that controls intentional cognitive tasking. When executive functioning is present, DMN activity ceases.

Taming the DMN:

The process of disengaging the DMN using NLP awareness techniques to restore executive functioning.

Whole-minded Living:

Living in an integrative way that fosters engaged executive functioning, normal DMN activity, healthy problem solving and genuine self-acceptance.

Program overview



N) PLAY AUDIO INTRO

Welcome to the Tame the DMN Stress Relief Program. This program can be broken down into three simple stages.



1. Identify Your Stressor

First we will identify your stressors, the situations in your life than take away from your well-being by promoting chronic stress.



2. Tame the DMN

Next, we will tame the DMN by actually deactivating this part of your brain that causes ongoing, chronic stress and activating your stress-free executive functioning around the area of concern in your life.



3. Integrate a Whole Minded Way of Being

Finally, we will help you integrate a whole-minded way of being into your life, so that your former chronic stressors no longer keep you in a state of chronic tension.

The Origin of Stressful Thoughts and Feelings

Sometimes it may seem like there is a little demon living inside your brain making you feel tense and miserable. Well, there is! Your brain has an internal network, the *Default Mode Network (DMN)* that, when active, continually generates an ocean of mental activity and body tension. *The DMN never, ever stops churning* unless you are purposefully engaged in a particular kind of cognitive task. When your task-oriented mind is resting, the DMN is working overtime. This is a proven, scientific fact that has been validated via fMRI scans (see references).

Default: A predetermined setting

The DMN is your brain's *default mode*. What is a default mode? It is a pre-programmed setting that remains constant until it is purposefully changed. It is like a digital clock that blinks 12:00 a.m. until you set it to the correct time.

When the DMN is *overactive*, common in today's world, it is like a digital clock that blinks the word "stress" incessantly. You move throughout your day on autopilot, with churning, grinding thoughts and body tension ruling your awareness. Your stress and preoccupation get in the way of dealing with others, getting work done and even sleeping. You experience the DMN in action when:



Your mind wanders aimlessly and unproductively

Your thoughts "spin" and your mind seems cluttered

You can't "turn your mind off"

You find it difficult to concentrate

You find it difficult to listen to others due to your own stream of thoughts

You can't sleep, even though exhausted, because your mind is running

You feel "tired and wired"

You experience intrusive thoughts

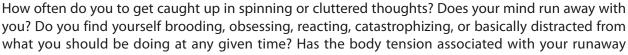
Your mind races or you engage in obsessive thinking or brooding

You feel chronic body tension or pressure

The DMN doesn't filter information or attempt to protect you in any way. It merely generates endless *mental and emotional* data: negative thoughts, scary thoughts, disgusting thoughts, horrifying scenarios, mundane musings, compensatory positive thoughts, etc.

Many times we don't like the thoughts that pop into our mind. But the DMN doesn't filter or censor itself. It runs on autopilot. The shocking or even terrifying nature of some of the thoughts and accompanying body sensations that pass through or just "pop in" your mind and body should be ample evidence of this. To the DMN, a thought is merely a secretion of neurotransmitter, neither positive nor negative.





thoughts accumulated to the point of discomfort? Do you find yourself so tense that you overreact emotionally to common situations? If so, you are experiencing the chronic stress that the DMN generates.

Here is an example:

You're taking a shower. You could simply be washing and relaxing, enjoying the warm sheets of water running down your back. Instead, you entertain a stream of thoughts, such as wondering what you are going to wear today. Then, you begin thinking about an outfit that would work, but then remember that you've gained a little weight and the pants won't fit. So, you start thinking about how you need to work out more, then make an excuse that you don't have the time because you work so much and have to take care of the kids. Pretty soon, you are feeling tense and angry because your spouse seems to have time to do what he wants but you don't. You actually never have any time for yourself and everybody just wants things from you...how miserable you are! Now you just want to escape. Next, your spouse walks in with some nice, hot coffee for you and you bite his head off.

Does this kind of thing happen to you? Are you frequently "cut off" from your natural environment, the sights, sounds and feelings of the outside world, a slave to your incessant mind? It's not your fault. It's the default. And there is a solution.

Mind wandering, automatic or knee-jerk reactions, passive thoughts, runaway or obsessive thinking, free-floating anxiety, body tension and stress rule the day when the DMN is in charge. A brain on DMN autopilot is a mind and body without conscious intention or focus, a raging sea of energy whose sole goal is to keep churning. This is the greatest cause of chronic stress known today.

Why has the DMN come to dominate modern mental and emotional life? Perhaps because industrialization and technology have insulated us from the natural environment. We live largely out of touch with nature, disconnected from the outside world that naturally draws our attention away from mind chatter and the tensions of the day. We often can't even enjoy a nice, warm shower without our DMN taking over!

The DMN is deactivated during cognitive and perceptual tasks that demand our conscious attention, such as seeing, hearing or feeling something outside yourself in the world around you. Take a moment and remember when you were able to enjoy:

The gentle warmth of the sun on your neck and back
A cool, ocean breeze on your face
The lively sound of a mountain stream
The cool feeling of water swirling your body as you swim
Glowing orange and pink cloud patterns that highlight a stunning sunset
A cheerful chorus of birds chirping

In these special moments, caught up in the richness of the external world, we remain inwardly calm. In other words, the DMN is tame. A different part of your brain, your *executive functioning*, is engaged and you are at peace.

What if you could live a substantial part of your life with the DMN turned OFF? This is the purpose of this program.

The rest of this course will teach you the specific ways to use your attention to deactivate your DMN. It has been proven via fMRI scans that you *can* deactivate this brain network. When you engage in a particular kind of cognitive task, the DMN shuts down in favor of the executive functioning of your brain. This is not speculation, but a proven, scientific fact.

(see references).

As your DMN rests, you will experience stress relief like never before. You won't have to try to convince yourself to relax in spite of your preoccupation with the problems of the day. This is relaxation at its core, disengaging the part of your brain that causes chronic stress in the first place.

With the DMN deactivated, you can then learn to integrate your mind and body in a way that sustains your stress-free state in an ongoing way. Soon, a new way of being in the world – present, integrated and whole - will become natural to you. You will still experience challenges and life will still offer up it's difficulties, yet you will feel much more centered and connected, ready to do what you need. Your clock will finally be set to the here and now.

NLP: Intentional use of the Senses

Precursors to a Tame DMN

Our conscious thoughts emerge out of the stream of information that churns in the dark matter of the brain's default mode. That stream of information is actually like a super highway. Various studies of consciousness suggest that our sensory system processes over 11 million bits of information per second. The precise amount of data isn't important; what's important is to realize that we process far more information every second than we can possibly be aware of.



The information that reaches our conscious mind is limited, but significantly influences our experience of being alive. Through NLP we can learn to work with – alter, shape and manage – certain aspects of our conscious experience to minimize distressing patterns and emphasize constructive ones. In other words, with NLP we can engage our executive functioning with unparalleled precision.

Within NLP there is great emphasis on three of our sensory systems: **visual, auditory, and kinesthetic** (seeing, hearing and feeling). Each system is known as a *modality*. Using traditional NLP we go beyond analyzing *what* we are thinking or experiencing by learning how our thoughts and experience are structured in our brain. Understanding this structure and how to influence it gives us monumental advantages.

With the discovery of the DMN and the brain's executive functioning, we have identified the specific NLP awareness practices can be used to systematically tame the DMN and allow for integration of stressful situations, turning them into stepping stones for productive living.

NLP Awareness Practices that Tame the DMN



Beyond seeing, hearing and feeling, we make two other essential sensory distinctions and we are not referring to olfactory/smell or gustatory/taste. *The broad-narrow* and *internal-external* sensory distinctions hold important keys to deactivating the DMN and living in a whole-minded way.

These two additional sensory distinctions (internal-external and broad-narrow) are probably more important to our psychological functioning than seeing, hearing and feeling alone. Without an internal-external (what is inside our mind and body vs. outside) distinction we would have no concept of time or space. As young children develop their internal vs. external ability, they become proficient at understanding time and distance (how long till their birthday and how far to grandmother's house).

The broad-narrow distinction is, to some degree, lost in western culture. Our task-oriented world tends to encourage a narrow focus at the expense of broad-minded considerations. We like to focus on goals, tasks and specific feelings. When we go to the doctor, for example, she asks, "Where does it hurt?" When we think about the day ahead, we tend to narrow it down to some specific things we want to accomplish. We like to be concrete in our thinking, feeling and in the way we conduct ourselves.

Usually, pain is experienced as a narrow perception; we know right where it hurts. Pleasure, general well-being and relaxation, on the other hand, tend to be very broad and diffuse sensations. We find the question, "Where, exactly, do you

feel wonderful?" somewhat odd because wonderful is a broad sensation. We usually feel it all over.

Living with broader perception involves the *big picture*, the *larger vibration* or *tuning into the cosmic symphony*. Again, these are not common to the daily life of most people. Working with these distinctions, however, is essential to taming the DMN long-term and living in a whole minded way.

Our brains have distinct and separate neurological structures for processing **broad** and **narrow** sensations. To the brain, broad and narrow are more than a matter of degree, but entirely different ways of a interpreting the world. For example, the eye contains two types of light receptors: rods and cones. We use cones for narrow, focused vision and rods for broad, peripheral vision. Information from these two types of visual receptors is processed independently and in different areas of the brain. They are fundamentally different classes of perceptions, thus different types of thought. Again, it's not a matter of degree but of a fundamental perceptual difference. Cameras focus and zoom, but this really isn't the same as the eye's broad and narrow ability. The camera is changing by degree, not shifting a manner of perceiving and interpreting the world.

Hearing also is split into broad and narrow, differences that can be noticed in what's called the "cocktail party effect." At a party we can focus our attention on the sound of a single voice or switch to hearing the entire room at once. If you have attempted to record someone in a noisy setting, you understand the result of this phenomenon. Electronic manufacturers have attempted to design a device with the capability of recording a single voice separate from a noisy background, but to no avail. At present we don't have any idea how to get a machine to narrow its auditory focus, something that we all do everyday without conscious effort.

NLP Sense Experiments

)) Play Audio 2

These experiments are precursors to the work you will be doing on your specific stressors. These are the specific NLP states that you will need to deactivate the DMN. Since you will need to understand them later in the program, please practice thoroughly.

Do the following: Sit comfortably and allow your mind to wander. Notice the images, sounds and feelings you are experiencing. After a few moments, engage yourself in the following activities, one at time, until you have completed them all. This should take you 5-10 minutes.

Visual External – Narrow

Intentionally stare at something specific, like your thumbnail. Notice the pattern of colors, the lines, the texture and shape. Keep your attention intentionally fixed, as much as possible on this narrow area and continue noticing the visual patterns. Do NOT label what you see.

Visual External - Broad

Expand your external vision to encompass everything in your visual field. Do not focus on one specific thing, but take it all in at a glace. Just "notice" everything, including anything in the periphery, in a single picture. It may be difficult not to focus on one specific thing, and notice that when you do, you lose the bigger picture.

Auditory External – Narrow

Pay attention to some specific, mundane sound (not someone's voice or musical lyrics as we tend to make meaning out of these that distracts us) such as the hum of the refrigerator or the air conditioner, the sound of a fan blowing or the sound of distant traffic. Don't interpret the sounds. Just listen.

Auditory External – Broad

Attend to all of the sounds within your auditory field at once. Don't tune in to one specific sound, but listen to everything simultaneously. You won't be able to make meaning out of any specific sound. Just listen to them all.

Kinesthetic External - Narrow

Intentionally direct your attention to the feeling of the furniture on which you sit. Touch it with your hand. Notice the texture and temperature. Is it smooth, rough, warm, cool? Put all of your attention into the feeling of contact between your hand and the furniture and the specific feelings that go with it.

Kinesthetic External - Broad

Next, notice the overall feeling of your body's contact with the immediate environment. This can be tricky because western culture does not teach us how to do this. In particular, notice the feeling of the air against your skin all over your body. Notice your body's weight and how the force of gravity holds you in place, connected to the ground, the furniture or the earth.

Kinesthetic Internal – Broad

Now, notice how you feel on the inside. Not in a specific location, but all over on the inside. Again, this can take some getting used to because it is an unfamiliar way for most people to pay attention to feeling.

NLP Mind Cleanse

1. Stressor Map: Choose a Stressor and map it

(Wikipedia) Pictorial methods for recording knowledge and modeling systems have been used for centuries in learning, brainstorming, memory, visual thinking, and problem solving by educators, engineers, psychologists, and others.

N)) PLAY AUDIO 3

A Stressor map begins with any word, idea, thought, concept or situation that you find stressful. Write that down in the center of the page. Then, brainstorm! Free associate by writing down anything that comes to mind when thinking about the stressor. If you're writing about weight loss, it might be things like *I'm fat, I hate to exercise, I don't have time, Vegetables- yuck!*. Allow your DMN to purge all of your stressful thoughts and feelings onto this cognitive map of your stressor. Look at the sample map below to get an idea of how it looks. Then turn the page to do your own.

EXAMPLE STRESSOR MAP:

Mind Map History

Some of the earliest examples of such graphical records were developed by Porphyry of Tyros, a noted thinker of the 3rd century, as he graphically visualized the concept categories of Aristotle. Philosopher Ramon Llull (1235–1315) also used such techniques.

British popular psychology author Tony Buzan claims to have invented modern mind mapping. He claimed the idea was inspired by Alfred Korzybski's general semantics as popularized in science fiction novels, such as those of Robert A. Heinlein and A.E. van Vogt. Buzan argues that while "traditional" outlines force readers to scan left to right and top to bottom, readers actually tend to scan the entire page in a non-linear fashion. Buzan also uses popular assumptions about the cerebral hemispheres in order to promote the exclusive use of mind mapping over other forms of note making.

The mind map continues to be used in various forms, and for various applications including learning and education (where it is often taught as "webs", "mind webs", or "webbing"), planning, and in engineering diagramming.

People Stare at me

I'm Fat

Tension in chest

My Weight

Depressed

I have no discipline

I am bad and don't care about myself My clothes don't even fit

BLANK STRESSOR MAP:



2. Tame the DMN

Here you are: you have identified a stressor and mapped it. Now, to tame your DMN, apply the NLP states of attention. These states will engage an entirely different part of your brain, deactivating the DMN. When this happens, your stress will melt!

Now, utilize one of the external states to activate your executive functioning.



Do the following:

1. After writing the name of the same stressor on the New Awareness Map, move your attention to one of the external states from the list above and hold it there until you feel settled. Here are some examples:

Listen to a humming sound (computer, refrigerator, fan)
Feel a texture or temperature on the outside of your skin (desk, fabric, chair or any object)

2. After you have done this for a few minutes and feel settled, record your thoughts in the Awareness Map on the next page. Again don't sensor yourself. Just write down the thoughts that come to mind after you've settled your DMN.

NEW AWARENESS MAP:

WRITE	STR	FSSC	PΔ	RO\	/F
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N) PLAY AUDIO 5

3. Access a BROAD state of attention and hold it for a minute. Your choices for our purpose here are Feeling Broad Outside, Feeling Broad Inside, Seeing Broad Outside or Hearing Broad Outside. For example:

Notice how you are feeling on the inside – your entire inner self at once. See everything in entire room or panorama in front of you all at once, without focusing on one specific thing.

Hear everything going on outside you at once, without singling out one specific sound.

You have just cleansed your mind, deactivated your DMN and reconnected to your health! Now, integrate the experience and apply new learning to your life by completing the following worksheet.

NLP Whole Mind Integration Worksheet

■)) PLAY AUDIO 6
Consider the stressor with your DMN deactivated. If such is the case, you should feel relaxed, cleared minded wit grounded or stable feelings. In this space, with your DMN inactive, complete this activity sheet.
Name of Stressor
1. Say to yourself or out loud the following:
I accept [this stressor], fully and completely. [This stressor] has been part of my experience and not separate from m [This Stressor] is a legitimate part of me that I no longer deny. I am sure it contains value on some level.
Accepting this stressor in its current form, as a legitimate part of you, answer the following questions:
What valid concern in my life does this stressor represent?
Why should I be grateful for being concerned about this?
What do I want in this area of my life?
How can I move forward productively?

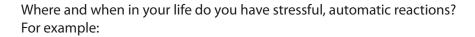
Integrated Living

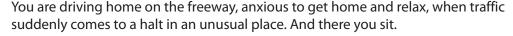


The key to integrated living with your whole mind and body is to increase your awareness of the moments when your DMN is active and the kinds of stress it causes. Once you understand this, unraveling your stress will be a simple and straightforward process. As your DMN takes a back seat to executive functioning, an entirely new, stress-free world opens to you.

Anchored Stress

NLP uses the term *anchor* to refer to automatic responses that we have been conditioned to have. The classic example is the red traffic light. When you see a red light, the foot goes on the brake. You don't need to think about it. Your automatic response that has been conditioned over time bypasses the conscious mind. In NLP terms, the red light is an *anchor*, a learned stimulus that gets an automatic response.





You get a much higher than expected cell phone bill.

Your child refuses to do what you ask, whining and crying incessantly about it.

Your co-worker spreads rumors about you at work.

Your date stands you up, leaving waiting at a coffee shop for 30 minutes.

You find out your spouse has been lying to you.

Like a red light to our psyche, events such as these are often experienced as stressors. When specific situations consistently cause you to overreact, it may be because your DMN has been programmed throughout the course of your life to react poorly to specific types of common but unfortunate situations. As if that weren't enough, the DMN may follow with an ongoing stream of intrusive thoughts that you can't let go. You end up stewing on the unfortunate event hours, days or even years later. Thoughts and memories may be burned into your DMN, ready to intrude whenever you try to relax!

When caught in the throes of the DMN grip in this way, we tend to develop certain character traits by virtue of our reactions. These reactions are known as *compensations* and fall into two categories. Both categories are associated with a type of *persona*.





Expanded Persona

The expanded persona reacts to anchored stressors by puffing up. This is the blowfish response, to make oneself larger than ordinary as a defense mechanism against a perceived threat.

For example, your date doesn't show up for coffee. As soon as you realize it, you are offended and wonder what kind of loser would make a date and then blow it off. You're tempted to call and leave a message with a firm piece of your mind on what a flake your date is. Instead, you call your best friend and vent for a while on how few worthy dating candidates actually exist.



Contracted Persona

The contracted persona reacts to anchored stressors in the opposite way, by shrinking the persona. When the date doesn't show up, the contracted persona immediately doubts his own legitimacy, perhaps even being embarrassed, as if others in the coffee shop notice how unworthy he is. The contracted persona is like a turtle going into a shell, protecting himself from the judgment and rejection that comes as an onslaught from the world.

Both Personas are Inherently Stressful

Whether your tendency is to expand like a blowfish or contract like a turtle, you put your body under a similar duress each time you do it. The anger, annoyance, shock, disbelief, frustration, intolerance, anxiety and self-condemnation bring a wave of physical stress that is no different in your body than any other form of unhealthy stress and with all of the negative health impact.



The genuine self is you without any persona; no expanding or contracting. This, of course is impossible to accomplish every time, but learning to get closer to the genuine you is always a physical and emotional stress relief. When you encounter an anchored stressor, the response of your genuine self is markedly different than expanding or contracting.

When your date doesn't show, it is disappointing. It may even be painful, but you won't have reason to assume that the other person or you are less than a person because of it.

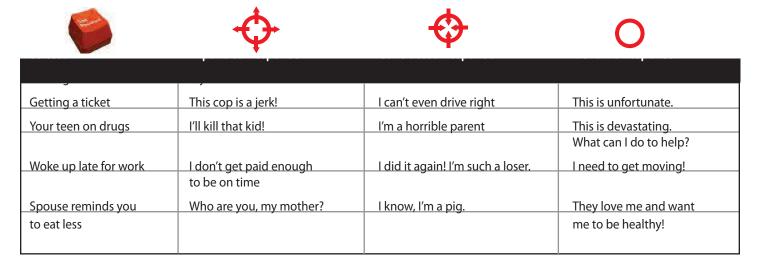
Responses from the genuine self may involve disappointment, sorrow, pain, grief, fear and other acute emotions. These emotions, when experienced fully (without expanding or contracting personas – blowfish or turtles) are usually resolved without the continual onslaught of intrusive autopilot thoughts from the DMN.

With your genuine feet on the ground, there is no typical problem that cannot be helped along by the Whole Mind Integration worksheet.

A New, Whole-minded, Stress Free You

When a stressor event appears in your life, what is your reaction? Both expanded and contracted responses in humans lead to stress. Genuine human responses, while they can be emotional, lead to resolution and avoid stress in an ongoing way. The key is to identify your "persona" reactions, whichever they might be, and turn them into genuine responses.

To tame your DMN as part of daily, stress-free living, identify your top anchored stessors by filling in the table below. Here is an example of what it may look like.



Fill out the worksheet on the next page to identify typical stressors that evoke unhealthy, persona-type responses within you, then tame your DMN using the process in this program and record your genuine response for each of the stressors!



	e the Divily . For Chi		17
Genuine Response			
Contracted Response			
Expanded Response			
Stressor			

DMN Research

http://www.latimes.com/health/la-he-brain-side-20100830,0,5044867.story

The Los Angeles Times recently reported that some psychiatric conditions, including PTSD, depression and even autism and schizophrenia, are correlated with too much activity or "faulty wiring" in the DMN.

http://www.scientificamerican.com/article.cfm?id=the-brains-dark-energy

Scientific American has called the DMN **the brain's dark energy**, affirming that the DMN holds a key to understanding neurological disorders and even consciousness itself. This article also proves the deactivation of the DMN during cognitive tasks.

http://insciences.org/article.php?article_id=2987

InSciences.org has reported that the brains of depressed people are different than healthy brains, due to over activity in the DMN. The activated DMN causes self-consciousness and the inability to "lose oneself" in the activities of life.

http://bodyinmind.com.au/chronic-back-pain-and-the-brain/

Numerous studies involving functional magnetic resonance imaging (fMRI) of the brain, tell us that chronic back pain (CBP) alters brain function well beyond the feeling of pain and can cause impairments like depression, impaired decision-making and sleep disturbance

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC140943/

Functional imaging studies have shown that certain brain regions, including posterior cingulate cortex (PCC) and ventral anterior cingulate cortex (vACC), consistently show greater activity during resting states than during cognitive tasks.

Awareness & Stressor Map

WRITE STRESSOR ABOVE

WRITE STRESSOR ABOVE

NLP Whole Mind Integration Worksheet

Consider the stressor with your DMN deactivated. If such is the case, you should feel relaxed, cleared minded with grounded or stable feelings. In this space, with your DMN inactive, complete this activity sheet. Name of Stressor _____ 1. Say to yourself or out loud the following: I accept [this stressor], fully and completely. [This stressor] has been part of my experience and not separate from me. [This Stressor] is a legitimate part of me that I no longer deny. I am sure it contains value on some level. Accepting this stressor in its current form, as a legitimate part of you, answer the following questions: What valid concern in my life does this stressor represent? Why should I be grateful for being concerned about this? What do I want in this area of my life? How can I move forward productively?

Genuine Response			
Contracted Response Ge			
Expanded Response			
Stressor			