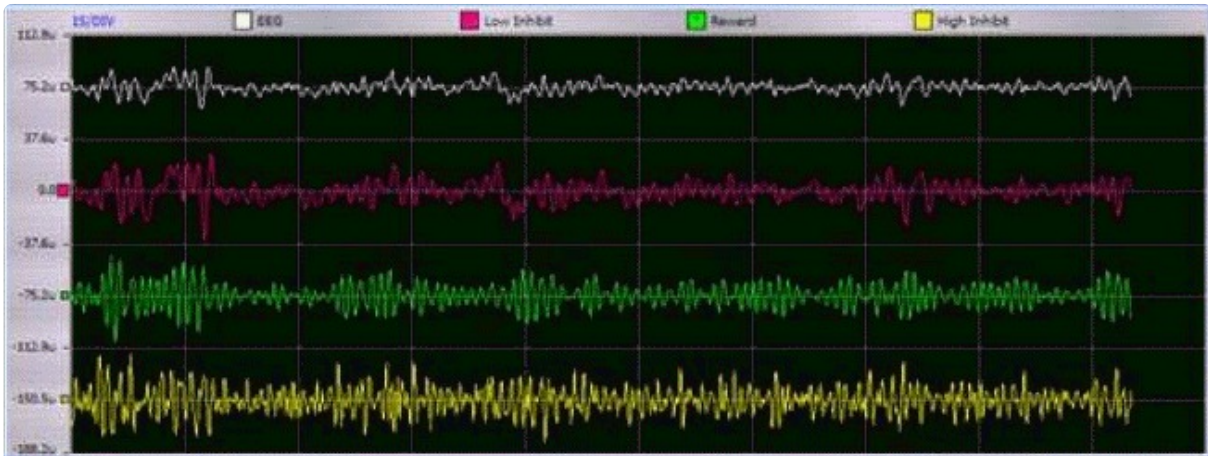


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## Beyond Neurofeedback

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## Mental Regulation

Brain frequencies relate to the rhythms of brain processes. These are the processes that are managed by the areas of the brain near where we measure the frequencies. Not all of what your mind does is represented in that list of processes located in your brain. Some of what you do is handled in a location we don't know, or through some combination of other means.

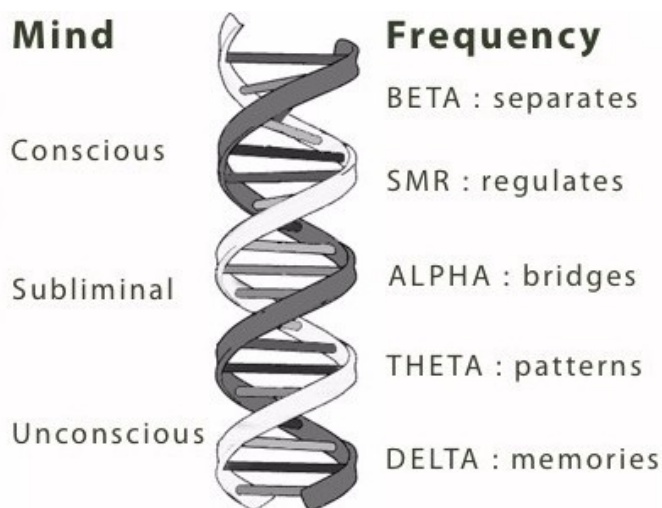
Certain processes proceed most successfully when they manifest certain frequencies. Your brain works most effectively when there are certain relationships between the electrical frequencies of its parts. Neurofeedback is a process focused on training the parts of your brain to operate at those frequencies at which they work and communicate most effectively.

Brain frequencies describe the state of one or more of the brain's components but your thoughts, feelings, and emotions are a separate matter. Brain frequencies relate to how your content-filled brain functions, and this does not depend on what's on, or in your mind. That may not be exactly right, but it's a reasonable model that separates regulation from configuration.

## Contents of Thought



Separating how your mind works from what your mind works with is foreign to most people. We recognize extreme dysfunctions, such as the inability to stay awake, fall asleep, organize our thoughts, or handle our emotions, but we rarely see them as two parts to the same equation. Is boredom an attention problem or due to be forced to do boring things? Is fear due to our hyper-insecurity, or our being asked to cope with truly dangerous things? Only in extreme situations can we make judgments of this kind for another person.

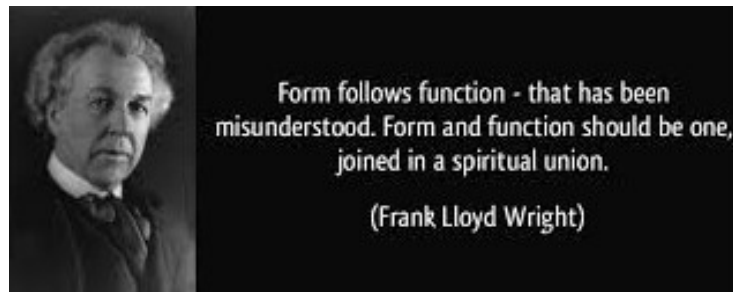


To simplify things you can say that the way your mind functions, and what is in your mind, are two different things with overlapping effects. You might say they are two sides of the same coin. For a more complete therapeutic approach you need to consider both how your mind is working, and what your mind is working on or with.

## **Regression Therapy**

Regression means to go back. Regression therapy appeared in psychology along with the idea that your problems have their roots in earlier events, and that you can deal with those events more effectively by returning to them -- by regressing -- than you can by dealing with their consequences in the present. The questions that a regression therapist asks are, "Is there one cause? How can you recall it in a way that is useful? Can you resolve it once you have returned to it?" Regression therapy is structured in its questions, but not formulaic in its answers. It certainly deals with content where neurofeedback does not.

We need more than two approaches to describe all that our mind does, but the combination of neurofeedback and regression therapy feels comprehensive: one deals with process, and the other with things. If we use both to their greatest effect, then we've built a path leading from the container of thought to its contents.



## The Marriage of Form and Function

My interest in enhancement leads me to ask what a person regresses to if they don't have a problem? The answer, interestingly enough, is that it doesn't matter what you're led to, you just deal with whatever comes up when you "go back." The result is something called "Past Life Regression" therapy.

The name "past life" comes from the literal interpretation of the stories that emerge. The name "therapy" comes from the therapeutic origin of the method. We do not need to limit ourselves to the origins that this name implies. Regression has huge positive potential even outside the context of dysfunction. The "past life" interpretation is unnecessary, and does not make sense in many cases.



When you do regression without a specific problem you regress to the issues that define your life and limit your understanding. These issues often present themselves as lives, which may or may not have occurred ... or have not yet occurred, but that's another story! At the same time, an essential component of the "past life" regression process is to go beyond death. By going beyond one's sense of mortality one can transcend one's earthly experience and see life from a higher plane.

This is often referred to as the "between life" story, and it is here where the greatest wisdom comes. Both the past life and the between life stories can be so strange and un-life like that the whole process is better given the name Spiritual Regression. It is not a therapy in the usual sense, it is a visionary experience.



Ever since I started this work decades ago I have been interested in combining the processing of experience with the contents of experience. My previous methods of engaging content have been religious, athletic, scientific, contemplative, musical, interpersonal, and pharmaceutical. I have found these all to be slow, difficult, and unpredictable.

Spiritual regression is the tool I've been looking for: it's fast, easy, and relatively certain. Even in those cases where its effects are modest it achieves progress which, through repeated sessions, will ultimately yield breakthroughs. I'll talk about more about the combination of these two modalities in the future.

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