

FREE SAMPLE

Be The Cause:

Healing Human Disconnect

A preview featuring the Preface, Setting Your Consciousness, the Introduction, and the beginning of Panel One.

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Preface

"The reason why the world lacks unity and lies broken and in heaps, is because man is disunited with himself."

~ Ralph Waldo Emerson

We are born perfect and connected.

We are then disconnected from and made imperfect.

We can become connected and complete again.

YOU can become connected and complete again.

Broken. In heaps. Disunited. Doesn't sound good for the human race, does it? Is this our modern-day fate? A warning? A wake-up call? The great poet Emerson held a mirror up to the human race, and when it reflected back, he did not see a pretty sight. We are a witness to a disconnect between religions, nations, and social classes—a disconnect between mother and child, father and child, husband and wife, our extended families, immediate communities, and the world at large. Back in 2001, I was having a conversation with a friend about the divided, suffering, self-destructive state of humanity. We spoke of how disconnection between people leads to "isms"—oppressive, discriminatory ideologies that fracture our interconnectedness, creating a pathway to annihilation. Isms of theology (Catholicism, Judaism, Hinduism, Buddhism, Muslimism, Fundamentalism, etc.) produce exclusionary factions that have the potential to create conflict on a global scale. Isms of politics (Capitalism, Socialism, Fascism, etc.) lead to ideological biases that have caused mass destruction. Isms of identity (racism, sexism, classism, etc.) promote schisms of ignorance and intolerance that further manifest into prejudice and inequality. "Isn't it time that we join the human race?" I asked. As these words escaped my lips, the seed of inspiration was born within me. Why not create a system to heal our fractured humanity through healing our fractured sense of self? With all of our technological advances, it seems that not much has changed in our relationships over the centuries. As a matter of fact, it seems that, as a human race, we have become more disconnected than anytime in recorded history. After many years of extensive and intensive psychological and spiritual study, I believe I have finally captured, condensed, and abridged decades of theories, case studies, and simple wisdom into an easy-to-use, fast and effective system (my personal E=MC2) for taking any problem in life and converting it into a transformative, paradigm-shifting solution. I call it the Be The Cause(R) System for Healing Human Disconnect(R). At the heart of the Be The Cause System is a Mind Map(TM) matrix, a visual aid to assist you in your journey From-Through-To. From the problem of disconnect-through the dismantling of the effects on your mental, emotional, and physical health-to a paradigm shift into reconnection and healing. What I have found time and time again is that the Be The Cause System, coupled with my Mind Map's simplicity and laser-like focus, allows my patients a pathway to heal their mental dis-ease much quicker, deeper, and longer lasting than through traditional psychotherapy. I share with you this journey to provide you with the same system I share with my patients and provide you comfort and confidence in this extremely effective, proven-in-the-real-world strategy of repair and renewal.

Over the course of your journey, we will look jointly at the cause of what I call the "hole in the soul"—a sense of emptiness accompanied by symptoms of anxiety and depression brought on by isolation, shame, loneliness, anguish, despair, misery, and other forms of torment. Together we will discover why we became disunited with self. We will peer into the hole of Human Disconnect, beginning with mother-infant disconnect, and expose the "secret" of how to reverse its effects on our psyche and heart. As we get to the core, or cause, of the matter, we will plunge into that chasm like a heat-seeking missile speeding toward its target, unraveling the discordant blueprint of your life and

shattering the negative illusions you hold about yourself. As a psychologist in private practice for over 20 years, I have accumulated a vast body of clinical knowledge and experience alongside over two decades of spiritual study-especially the study of Kabbalah, the secrets of Jewish mysticism. I have found that the inception and strength of the Be The Cause System is rooted in sound psychological theory and ancient Kabbalistic wisdom. Whether you, my dear reader, are atheist, agnostic, or have a belief in God, a higher power, or Source (as I like to call it), we can all benefit from diverse common ground teachings that express our need for human interconnectedness, that extol the virtues of loving and being loved unconditionally, and that create a pathway to healing ourselves from the inside out. Before we can heal globally, we must heal individually and release our suppressed and often painful feelings from the wounds of the past. Ultimately, we must forgive ourselves (and others) by harnessing the most powerful healing force known to man: unconditional love based on principles of truth, integrity, and ethics. I warmly remind you that you are not alone on your journey, that you and I are on this expedition together. Through our intimate and all-embracing collaboration, we will transmute this once life-encompassing trauma of disconnect into reconnection and rebirth of your true, whole, unique, amazing, and soulful self. Shall we begin?

Setting Your Consciousness

"Control of consciousness determines the quality of life."

~ Mihaly Csikszentmihalyi

Max Planck, the father of quantum theory, understood that behind anything that exists there is consciousness. It is the organizational concept behind all thoughts, actions, and even the material world as we experience it. He said: "I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness." We are born. We are wounded. We can heal. You can heal. By setting your intention and/or consciousness now, you can Be The Cause of better outcomes for your life. Consciousness, or intention, is fundamental. Consciousness is causal. Many of my patients discover that as they shift their consciousness from fragmentation to wholeness, they experience life as more interconnected and "at one." Think of the Mind Map as your $E=MC^2$ quantum, consciousness shifting tool. The intention behind the Mind Map is to heal the disconnections that wounded you, taking you from the darkness of the unconscious to the light of the conscious. Think of it as a system that will shift you out of being fragmented and into being whole. For now, take a moment to set your consciousness and/or intention on "healing" and prepare for the first step of your personal Mind Map journey.

Introduction

"If you can't explain it simply, you don't understand it well enough."

~ Albert Einstein

"You are about to enter another dimension, a dimension not only of sight and sound, but of mind. A journey into a wondrous land of imagination. Next stop..." You may recognize this narration from the famous Rod Serling TV series, *The Twilight Zone*. I begin with this introduction to acquaint you with a journey into a wondrous new system, a system that offers you a new lens through which to perceive your life, and one that in the beginning may feel "alien" to you. Although change can feel quite strange, let me reassure you that once you learn to adjust your vision and begin perceiving, or "seeing," your world through a new lens, it will seem like a master key is unlocking the mysteries of your unconscious. I call this new lens, or "psychoperceptual" lens, the Be The Cause System for Healing Human Disconnect. Although heredity and organic malfunction can be devastating to the psyche, you will discover through this lens that Human Disconnect is the single most preventable injurious factor to mental health as well as the root cause of inorganic psychopathology, or mental dis-ease. You will also discover that because most genetic attributes cannot be corrected, focusing on the nurture aspect of mental dis-ease versus the nature, or genetic factor, is a more effective approach to the reversal and the healing process. Without this focus on what actually can be changed, the hole in the soul will force us to remain unconscious. At times, I hear words in a piece of music that strike a deep, resonating chord within me. The song "Flaws" by Bastille is one of those songs. I am compelled to share the lyrics with you because they so accurately describe the hole in the soul that generation after generation of Human Disconnect leaves us with: **Flaws by Bastille** When all of your flaws and all of my flaws Are laid out one by one A wonderful part of the mess that we made We pick ourselves undone All of your flaws and all of my flaws They lie there hand in hand Ones we've inherited, ones that we learned They pass from man to man There's a hole in my soul I can't fill it, I can't fill it There's a hole in my soul Can you fill it? Can you fill it? As we pass down our flaws-person-to-person, generation-to-generation-the hole in the soul grows larger and deeper. Throughout our lives, we attempt to fill this hole with alcohol, drugs, sex, power, money, fame, relationships, and more. But instead of fulfillment, our fruitless attempt to "fill" the hole creates anxiety, depression, isolation, regret, loneliness, anguish, despair, misery, and torment. As we suffer individually, unable to fill this hole, we inevitably either implode and self-destruct or explode and project our rage and suffering onto others, causing more pain and disconnect. This occurs because we don't know how to cope with the pain and therefore misdirect it at ourselves and/or others. Through my many explorations, I have discovered time and time again that the origin of inorganic human suffering stems from the earliest detachment in our lives: the mother-infant disconnect.

All forms of Human Disconnect have profound negative effects on both our physical and mental well-being. However, none is as profound as the mother-infant and father-infant disconnects. When we are disconnected from, not only do we suffer mentally and emotionally, our bodies undergo painful experiences as our physical health suffers as well. All kinds of somatic symptoms (backaches, headaches, chronic stomach pain, soreness, and much worse) are examples of how intricately the mind and the body are interconnected. All human beings suffer. It is the nature of life. We all experience suffering in different ways and to different degrees. None of us are immune to life's pain. Some people experience minimal pain and suffering, others undergo much more profound experiences. The case studies presented in this book are based on more extreme examples of pain; however, it is important to know that the Be The Cause Mind Map System is applicable to all cases, both mild and severe. Sometimes the disconnection in our lives is a result of acts of commission, or what is done to us. Overt examples of commission are physical abuse, sexual abuse, or verbal abuse-such as being criticized, shamed, blamed, or judged. An often

overlooked form of overt abuse is emotional smothering, often mistaken for love and care. Sometimes disconnection results from covert actions, or acts of omission. This type of disconnect reflects what was not done for us. Emotional or physical neglect-beginning in infancy and early childhood-are prime examples of acts of omission. Often, acts of omission or neglect can seem even more painful than overt abuse to the person on the receiving end. One of my patients reported that, at age four, she put her hand on a hot stove just to get her parents' attention. Some of us would rather suffer excruciating pain than be ignored or disconnected from. British psychiatrist and psychoanalyst John Bowlby, father of attachment theory, and his colleague, American-Canadian developmental psychologist Mary Ainsworth, did massive research on the effects of maternal deprivation on infants and young children separated from their mother or primary caregiver. Their work with delinquent children deprived of affection and the effects of hospital and institutional care led to Bowlby being commissioned to write the World Health Organization's 1952 Geneva report on the mental health of homeless children in post-war Europe. Back in the 1950s in Europe, the relationship between mother and infant as a factor in healthy child development was an unheard of concept. It was Bowlby who stated: "The infant and young child should experience a warm, intimate, and continuous relationship with his mother (or permanent mother-substitute) in which both find satisfaction and enjoyment." Bowlby went on to explain that without this type of attuned, love-centered bonding, significant and irreversible mental health consequences would occur. In laymen's terms, what Bowlby was stating was that an integrally significant factor in healthy development is the power of unconditional love in the form of selfless, infant-child centered parenting. In Bowlby's own childhood, he typically saw his mother only one hour a day. Like many other mothers of the upper-middle-class British, she believed that parental attention and affection would lead to dangerous spoiling of the child. Raised by a nanny who left the family when he was almost four years old, Bowlby described her departure as akin to the loss of a mother. Evidently, this was the wound that fueled his interest in attachment theory. Some of my own wounds of childhood have subsequently fueled my interest in his attachment theory as well. Because Bowlby so elegantly explains the hole in the soul phenomenon from a psychological perspective, I acknowledge and continue to honor his work through my Be The Cause System for Healing Human Disconnect. The fact that he was so "spot on" at a time when the rest of society felt the opposite makes me admire him that much more. Although Bowlby never defined attachment theory in terms of unconditional love per se there was no psychoanalyst more attuned to the effects of the lack of unconditional love on mental health. His research confirmed that mother-infant disconnect has a devastating effect on the human psyche. I will refer to Bowlby and his attachment theory often in this book as we go on this journey together. It is one of the key theories that I have built my Be The Cause System upon. Whether we view Human Disconnect through the microcosmic lens of mother-infant disconnect or through the macrocosmic lens of global disconnect, the same theme appears. The hole in the soul within each of us can only be filled with the most powerful healing force in the universe: unconditional love. By coloring outside-of-the-lines of my profession and immersing myself in spiritual wisdom and studies, I am convinced that the power of unconditional love-a subject not talked about enough in the profession of psychology-is a crucial and causal aspect of healing. Through self-love-and by extending it to family, friends, and community-we can all become agents of healing. Whether you believe in Source, nature, universal intelligence, universal truth, or God, we can all agree on some basic universal truths: unconditional love is a powerful healing force. Self-expression (not repression) of our deepest authenticity is a healthy way to prevent the emotional implosions and explosions that detonate our hopes, dreams, and ultimately, our mental health. Judging, blaming, shaming, and criticizing are forms of harming the self and others, while self-reflecting to self-correct is a pathway to evolving.

The reason I call my system the Be The Cause System for Healing Human Disconnect is two-fold: Human Disconnect, as explained above, is the source of untold human suffering; second, you are going to be learning a system that teaches you to Be The Cause of the experiences and outcomes in your life by setting your "consciousness" or intention (where we are "coming from" you might say) on principles that serve you and others

best. For example, when we come from a consciousness of judgment, criticism, hate, negative intention, or shame, we attract, reinforce, and create more darkness in our lives. Conversely, if we come from a consciousness of non-judgment, cooperation, love, compassion, and hope, we invite strength and growth into our lives. As you learn to see the world through the lens of your new consciousness, you will learn to be the master of creating better outcomes for your life. As Albert Einstein says, "You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew." However you want to look at it, new, healthier patterns have to be learned in order to grow beyond (and eventually replace) the old, obsolete, destructive patterns. The heart intention behind the Be The Cause System is to create a pathway to reconnection and healing-from the wounds of disconnect; through the dismantling of the effects of these wounds on your psyche and overall health; to paradigm shifting into interconnection, reconnection, and unity. As you learn to dismantle the old, encoded misinformation and recode into health, you will ultimately learn to Be The Cause of far better outcomes for your life. Although we are going to explore the ways in which we have been wounded (through no fault of our own), we are also going to take full responsibility for our lives by doing the work it takes to liberate ourselves from the suffering of the past. We cannot change the negative experiences of the past, but we can change our perception of them and diminish their dark power over us through the shifting of our consciousness. By learning to view every event through a perspective of connection/disconnection, you will see that this game of light versus darkness is about recognizing the wounds, exploring and dismantling their effects on you, and learning to reconnect and "reboot" your entire system gone wrong. At the heart of my Be The Cause System is the Mind Map, a nine Panel visual matrix of information rich in metaphor. It is my personal paradigm shifting $E=MC^2$ formula for healing. The Mind Map will teach you how to actively direct your consciousness to get the results you intend. You will learn, using the practical and straightforward imagery of the Mind Map, how the initial disconnect in your life (with your birth mother or primary caregiver), coupled with other early parental detachments and deficiencies, created the blueprint of negative core beliefs about who you are and what you think, feel, accept, and believe about yourself. These negative core beliefs-interwoven into the fiber of your being during the formative years of your life, beginning at the preverbal (before language) stage of infancy-become the unconscious (and later, more conscious) foundation of your self-identity. Everything that you experience through the perceptual lens of your core beliefs becomes your perception of who you believe you are. For most of us, our primary core belief is profoundly negative: "I am not good enough. I am unlovable. I am worthless. I am not important enough to be number one," or some other, similar, self-disparaging variation. Once this negative core belief gets entrenched in our psyche (I like to think of it as a "psychological virus," or "psycho-virus"-the type that makes you psycho), it infects our self-perception and forms the basis of our inherent insecurities and self-unacceptance. As we ingest and digest our negative core beliefs, we manifest them in our relationships with ourselves and others. This primary negative core belief-our psychological "Achilles' heel"-and the offshoot negative core beliefs get retriggered when we judge ourselves, when we feel judged and/or criticized by others, or any time our feelings get hurt. Once "infected" with this negative core belief, we also begin to look for proof from the world around us to reinforce our concept of self-worthlessness. Everything in our lives that scares us, undermines us, depresses us, sabotages us, numbs us, tortures us, threatens us, oppresses us, etc., is based on the content and potency of this negative core belief. Once you begin to see the potentially cataclysmic consequences of your present-day view of yourself and the world as seen through the lens of your negative core belief, you will appreciate how important it is to do the work to dismantle it. As you break apart this negative core belief, you will debilitate its power over you and allow the intentional forces of your consciousness to direct your life.

One of the great injustices-perhaps just as woeful as any of our suffering-is the fact that we see ourselves through this cracked and distorted lens of disparaging self-worth, and then blame ourselves for the so-called "failure" of our lives. But the truth is, none of it is our fault. We are not the genesis of this negative core belief from childhood, just as we

are not the cause of Part One of our lives. Take it in and contemplate it for a moment. You are not the cause of ingesting this negative core belief and allowing it to infiltrate into the core of your being. None of the information that created the blueprint of your core belief has to do with you. None. Helpless and completely dependent upon our caregivers for sustenance, safety, security, nurturing, and unconditional love, we depended on them for our self-definition. If we were lucky enough to have parents that were emotionally mature and dedicated, and present enough to attune to our needs, we were blessed. But the majority of us were not. Let me be perfectly clear-this system is not a system of blaming, shaming, criticizing, or judging our parents (or ourselves if we are parents). It is a system based on allowing ourselves to cleanse the wounds of our past, preventing ourselves from creating future wounds in our next generation, and ultimately forgiving ourselves and our parents for their and our human flaws. It is a system based on an understanding that these wounds are multigenerational, that our parents are not the cause of Part One of their lives either. Most of us experienced covert, subtle forms of abuse from our caregivers (lack of attunement, disconnection, self-absorption). Others were subject to more overt forms (physical, verbal, or sexual abuse). Powerless to shield ourselves from these intrusions to our psyche, these undesirable influences enter our minds and marrow without any buffer. We ingested them because we were emotionally permeable sponges, ready to receive what was encoded into us, allowing it to mold our developing personalities, attitudes, and values. In the course of your Mind Map journey, you will learn that we are hostages and casualties of childhood. Up until now, we have been unable to fully identify, hold responsible, and ultimately forgive the injurers-our parents. To add further insult to considerable injury, nearly all of the cues, intuitions, and information that we unconsciously "sopped up like a biscuit" and used to form our negative core beliefs are based on lies, falsehoods, and fabrications, usually based on our parents' own negative core beliefs from their childhoods. The inheritances that our parents gave us beyond genetics were the hand-me-downs of suppression, neglect, and maltreatment from their own difficult upbringings. This is a multigenerational virus that keeps on giving, right on down the line. Inevitably, this replication, if not disrupted and transmuted, will germinate, and these psycho-viruses will infect the next generation, passing down to our children the childhood wounds passed down to us. The Be The Cause System was created for you and future generations. Through a deeper understanding (and subsequent cleansing) of the complexities, breadth, and intensity of the profound wounds of childhood, we can stop this horrific process from transmitting to the next generation and truly "going viral." As we move away from the superficial cognitive and/or behavior modification and medication management treatment plans and look at the cause of the wound, we can begin to realize that simply "modifying" or numbing out our own and our children's pain is antithetical to healing. Although I myself use these adjunctive tools and treatments in my practice, they are never a substitute for a treatment plan based on looking into and treating the originating cause.

The Mind Map Explained

As we move away from blaming, shaming, judging, and criticizing ourselves for the not-so-ideal outcome of Part One of our lives, we will no longer simply settle for glossing over our parents' personal responsibilities for creating our state of dis-ease. As we begin to understand the multigenerational nature of psychopathology (and the need to heal ourselves before we take on the responsibility of becoming parents), we can finally hold our parents therapeutically responsible and accountable for passing down the impact of their unhealed wounds. Only then can we begin to heal the wounds presently festering in our (and our children's) bodies, hearts, and minds. As we move toward healing at the causal level, we can head towards deep, sustainable restoration and stop this multigenerational transmission of pathology that leaves us all highly susceptible to suffering and disease later in life. This interruption of the process is one of the most pleasurable and rewarding aspects of my work. I call it "healing forward." The Mind Map is a very easy and powerful visual tool for illuminating how the wounds of childhood were delivered and embedded, and how they have manifested into your life. It is an active instrument that creates a pathway out of the symptoms and into the work of healing, and incorporates a matrix full of empowering information and metaphors. It is based on a from-through-to model: from the problem (or creation/encoding of the problem), through the process (or dismantling/decoding of the problem), and to the solution (or paradigm shift and recoding into solution). Please look closely at the Mind Map. There are nine Panels. They are organized into three rows of three, from left to right and top to bottom. The top row (Panels One, Two, and Three) deals with Creation/Encoding-Your Past. The middle row (Four, Five, and Six) focuses on Destruction/Decoding-Your Present. The bottom row (Seven, Eight, and Nine) explores Reintegration/Recoding-Your Future. With this clear-cut structure, the Mind Map is designed to mimic the natural flow of life: from birth to death to rebirth. Just as life is created from an original cause, broken apart, destroyed, and then reorganized into higher forms, problems too can be seen as created, dismantled, and reintegrated from the problem (Row One), through the process (Row Two), and to the solution (Row Three). The graphics are vivid and simple, allowing people of all ages and cultures to grasp the concepts intuitively and understand the logic, symbolism, metaphors, and problem-solving attributes of the Mind Map(TM) quickly. This formidable tool will allow you to transform your own deep-rooted issues and challenges into conscious, creative solutions. Ultimately, the Mind Map(TM) is a visual representation of a system designed to prevent problems before they begin. As Albert Einstein once said, "Intellectuals solve problems. Geniuses prevent them." Now that you understand the basic structure of the Mind Map, let us get a little more specific about what each panel represents in the progression of our lives.

Creation: From the Problem- Encoding Your Past

PANEL ONE represents the **Wound**, the original disconnect between mother and infant. On the Mind Map, it is represented by an image of the Big Bang, or "First Cause." This is the first representation of duality (our darkness and our light) and the introduction into the psyche of first needs unfulfilled, first struggles and disappointments, and first sensations of self and others. **PANEL TWO** represents the **Reaction** to the **Wound**. Primitive emotional experiences centered around comfort/discomfort and pleasure/pain begin to form. The amygdala-the primitive part of our brain responsible for emotions like fear and anger-encodes both soothing (connecting) experiences and traumatic (disconnecting) experiences. When disconnected from, the infant reacts to the wounds of disconnect by crying or shutting down. In early infant development, these reactions are preverbal-before words, thoughts, or cognitions. As the infant develops, the self acquires and shapes feelings into thoughts. Over time, the mind absorbs, clutches, and creates meaning through experiences. Life becomes more intricate and potentially more dangerous. **PANEL THREE** represents the **Encoding of the Wound**. Cognitions, thoughts, feelings, emotions, and behaviors become

patterns encoded into our being, creating an unconscious blueprint or negative core belief that manifests into our relationship with ourselves, others, and with the world around us. This encoding comes from our parents' messages, their treatment of us (encoded when we were in the preverbal stage of development), and the words they spoke (encoded when we were in the verbal stages of development) that we have claimed as our own. More often than not, this encoding is painfully negative, leaving us with a reproachful self-perception based on the lies "infiltrated" into our consciousness. These infiltrations, or psycho-viruses, later crystallize and inevitably become our negative core beliefs. We combine the many voices of judgment and disparagement-now firmly implanted in our heads-into one voice of self-critical disapproval. It is then through this dark, cracked lens that we perceive ourselves and the world. Then, unconsciously, we begin to look for "proof" that confirms our self-judgment by projecting our false interpretations onto the world, whether they fit in reality or not. This reinforces our self-crimination deeper into our psyche. Think of it as the world mirroring back to us how we feel about ourselves. The world, now merely a mirror reflecting back the lies we have taken as truth, becomes an unsafe place to live in. Soon, these triggered feelings catapult us into the abyss of chaos. I call it the beginning of the formation of the "double dungeon of darkness"-darkness from within and darkness from without. Trapped in a double dungeon of darkness, we feel imprisoned and hopeless, turning deeper inward into isolation and self-reproach.

Destruction: Through the Process- Decoding Your Present

PANEL FOUR represents **Chaos**. It manifests when others reinjure our initial wounds. Think of these reinjuries as triggers that activate our negative core belief(s). The undercurrent of ambiguity and uncertainty that begins at the preverbal infant stage, combined with our inexplicable sense of being disconnected, breaks us down into profound anxiety, cynicism, and hopelessness. As we further implode or project these fears onto others, the resulting chaos forces us to look for ways to cope with the anguish and agony of our despair, including wearing rose colored glasses and using quick fix techniques to deny the problems at hand. **PANEL FIVE** represents **Defense Mechanisms**. In order to deal with the heavy burden of chaos and suffering imposed on us by our negative core beliefs, we begin to generate defense mechanisms-methods of rationalization, deflection, and avoidance to brace against the fear of letting go of the problem or issue. This only serves to exacerbate the problem over time. Eventually, we become unwavering, impervious, and brittle in order to block out our own poisoning self-image and life's confirmation of it. But sadly, our impermeable shield also blocks out the light of emotional nourishment. As we cautiously attempt to let in some sun, we often overcompensate, tipping the scales in the opposite direction. We become porous, allowing toxins to infiltrate and injure our vulnerable, disjointed psyche. Because of this, we suffer, be it by poisoning, starvation, or putting our heads in the sand and delaying the inevitable. **PANEL SIX** represents the **Breakdown/Breakthrough** of unhealthy and unsustainable defense mechanisms that no longer function to help you manage your life. In extreme cases, the war within us reaches a climax-exploding into aggression/hostility or imploding into depression/anxiety-leaving us (and those around us) shattered, traumatized, and in turmoil. Breakdown/Breakthrough occurs when we reach critical mass, the tipping point between destruction and rebirth. It is at this tipping point that the walls crumble around us, and we are left holding the remnants in our hands. What we do from this point forward forecasts our fate and decides our destiny.

Reintegration: To the Solution- Recoding Your Future

PANEL SEVEN represents the **Paradigm Shift**. A paradigm shift is a new way of seeing yourself and the world around you and a new way of being or relating to yourself and the world around you. As you begin to clear up your cracked lens of psychoperception, you will learn to direct your consciousness with intention, put an end to being at the effect of life, and learn to Be The Cause. **PANEL EIGHT** represents **Healing**. Once limiting core beliefs dismantle, the old, infected DNA blueprint can dismantle, atrophy, and die, allowing you to reboot your system and

begin the process of healing and recoding. By encoding healthier thoughts, behaviors, and habits into the fiber of your being, you can create a hardier, more sustainable sense of self. By sharing your health and linking up with like-minded people on the same DNA pathway to healing, you can blueprint an evolving synergistic system for yourself and others, as well as for the next generation. **PANEL NINE** represents **Unity**. Living in unity creates a radical shift in the way you live your life. It is a new way of relating to yourself, your immediate community, and the world at large. When you are in unity with yourself, you can begin to manifest all your hopes, dreams, and aspirations and become a trailblazer to others. When in unity, the entire planet (including our animals and the ecosystem) benefits. The Mind Map is a very easy-to-use and powerful tool to illustrate how the wounds of childhood were delivered, embedded, and manifested into present day life. The Mind Map will help you understand, track, and dismantle a system gone wrong. As you will see, it elucidates exactly what is necessary to paradigm shift out of the wounds of childhood and into a healthier, more sustainable system.

Are you still with me? Good. It gets more interesting once we break it all down in the coming Panels. To summarize the domino effect of this process by Panels: 1. Problem begins. 2. Problem manifests into feelings/thoughts/behaviors. 3. Problem becomes encoded into your psyche, creating patterns. 4. Problem causes massive breakdown/confusion or chaos. 5. Problem comes up against resistance or defenses. 6. Problem comes to a head, imploding/exploding, causing more chaos or new opportunity to decode the old. 7. Problem paradigm shifts into a new and sustainable system. 8. New, positive solutions encode into your being, allowing healing in our relationships with self and others. 9. The new personal consciousness spreads to a positive world consciousness, ultimately leading you back to unity with yourself and all of life. Simple as pie (or pi as mathematicians like to say!). The Mind Map offers nine slices of exploring your life through a kaleidoscope of systems, patterns, new perceptions, ideas, and challenges in a way that is thought-provoking, intimate, amusing, and-most of all-effective. At times, I will make connections between the Be The Cause journey and my favorite childhood book and film, The Wizard of Oz by Frank L. Baum. The Wizard of Oz is a perfect allegory to describe the yellow-brick-road journey to self-knowledge, a journey far outside the box of traditional psychotherapeutic interventions. The mythology of The Wizard of Oz, not unlike the Be The Cause Mind Map, is replete with vivid visuals and metaphorical mirrors, symbols that act upon our psyche and create gateways into our unconscious. These doorways allow us to reflect upon our deepest concept of self and our relationship to the universe. Along the journey you get to discover, explore, and unravel the internal and external mysteries of existence and the meanings that you assign to them in your own life. As it has been said, "The road to Oz is the road to self-knowledge." Einstein once remarked, "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." In the course of your process, I will teach you how to "think like a shrink" so that you can connect the dots of disconnection and move your life forward. By laying down logical tracks, your emotions can begin to trust your logic and flow along these tracks. There will never be a better time for you to use your logic and newly acquired consciousness to challenge your false beliefs in order to find your truest self. There will never be a better time to explore the promise that shifting your consciousness holds for you. And there will never be a better time to regain your equilibrium. So, I invite you now to turn the page, open up to new possibilities, and get ready to Be The Cause of creating better outcomes for your life!

Panel One

From the Problem: Encoding

"The wound is the place where the Light enters you."

~ Rumi

Whatever begins to exist has a cause. At its core, the Be The Cause System recognizes that there is a beginning, or cause, to all things, and specifically, a cause to our deep-rooted and underlying issues. When I question existence, I prefer to focus on the original cause. Although the Be The Cause System was inspired by my studies of psychology, spirituality, biology, and the Big Bang theory of creation, the focus of this book is to look deeply into the first cause of mental disease, or as I like to call it, mental dis-ease, and trace our symptoms back to it. The heart of this system is based on a psychospiritual and psychological foundation. I assure you that this is not a "religious" model. There is no dogma, no rules, no regulations or "commandments" to follow, and no sins to repent. Let us look further into the cause. Neurobiological findings substantiate that infant/child abuse and neglect is traumatically injurious to the psyche. According to Danya Glaser, M.D., a psychiatrist from the University College, London, the trauma of abuse and neglect not only interferes with our emotional development but interferes with our cognitive and physical development as well. According to Glaser: "It has been shown that there are considerable changes in brain structure and function in association with both traumatic abuse and severe neglect. The fact that many of these changes are related to aspects of the stress response is not surprising. Because brain development highly depends on the infant's early experiences, these new neurobiological findings shed some light on the many emotional and behavioral difficulties abused and neglected children exhibit over time. We now better understand issues such as hyper-arousal, aggressive responses, dissociative reactions, difficulties with aspects of executive functions and educational underachievement." I stand witness to these findings. Based on over 20 years of working with patients, it is my opinion that mother-infant disconnect and father-infant disconnect (or disconnection from the primary caregiver), in the form of neglect and abuse, is the first cause (or root cause) of preventable, inorganic psychopathology, cognitive impairment, and psychosomatic illness. It is sad (yet not uncommon) that the very caregivers who were meant to protect and love us unconditionally fail to provide their infants and children with the emotional ingredients that create a healthy human psyche. Worse, many times these same caregivers don't want to take the time to self-reflect, self-correct, and heal their emotional wounds themselves so that they can offer their children better parenting. Whether the inability to provide "good enough" parenting was intentional or unintentional-nature does not care-the effects are the same. For the time being, we will disregard the reasons so we can focus on the cause and dismantle the effects. Children are not born with a care manual, and parents, for the most part, don't possess the skills and education for how to parent, as their parents most likely didn't teach them. Worse yet, many parents rely on "experts" who sometimes misinform. In the following chapters, you will learn much about the injurious effects of Human Disconnect on the psyche and learn how to break out of the multigenerational prison of hand-me-down psychopathology.

From Womb to Wound

"The neglect and humiliation of a child by adults is a killer of trust, of hope, and of possibility... Is there anything more important than a child? Is there? Is there another time in your life when love, care, tenderness, food, education are more important than in a childhood?" ~ Audrey Hepburn Childhood is a hostage situation. We have no control over the way our caregivers parent us (or fail to). As infants and children, we are in their hands, for better or for

worse. If we are fortunate, our parents provide us with safety, nurturance, and attunement-all expressions of unconditional love. Some parents (usually because they received "good enough" parenting themselves) have a lot of light to give. Other parents (usually because they didn't receive good enough parenting) have little to give and cast a shadow over our sense of well-being. From the first moment of birth we are expelled into the world. The umbilical cord is cut, we take our first gasp of air, and we leave the comfort zone of the womb. Birth is our first experience of mother-infant disconnect. Life consists of a series of necessary separations. Healthy separations foster growth and help us separate, individuate, mature, and evolve. However, not all separations are created equal. While it is inevitable that at times our primary caregiver will fail to attend to our needs quickly enough, it is the harmful separations of abuse and neglect that leave us emotionally compromised, crippled, and/or unable to grow and flourish. An often overlooked injury to the psyche is the injurious effects of being "smothered." Some parents are so overprotective that they don't allow their infant/child to properly separate and individuate, instead keeping them imprisoned in dependency. This type of injury can be just as crippling to growth and development as abuse and neglect. The "helicopter parent," or hovering parent, a concept you may be familiar with, is a prime example of emotional smothering. Please recall that the wounds inflicted on you during Part One (your infancy and childhood) were not caused by you and are not your fault. You are not the cause of Part One of your life. You are not the cause of what happened to you in your first few years of life. As infants and children, we are at the effect versus at the cause of our life. Because we were unable to control what happened to us, and worse, because we were unable to express and communicate our pain to the very people who caused us pain, these injuries got stored in our minds and bodies in the form of emotional and physical symptoms. The mind and body are intricately connected, so when we hurt emotionally, we hurt physically, and vice versa. Symptoms are the language of the unconscious. When the wounds of our past cannot be expressed and processed emotionally, they manifest as symptoms. When we repress our feelings, we either turn them inward, and against ourselves, or project them onto others. Symptoms of repression can manifest as depression, a result of anger turned inward. At times symptoms of repression manifest somatically as backaches, headaches, or stomach aches-the mind and the body are interconnected. Symptoms of aggression, on the other hand, are the result of anger turned outward. Symptoms of aggression manifest as acting out on others-yelling and/or hitting or physically harming others, for example. The more we repress or aggress, the more we thwart authentic expression and healing.

You will learn more about the insidious process of repression and aggression and how they stunt our psychological growth. Unable to stay silent, our symptoms, like writing-on-the-wall clues or hieroglyphics, continue to "talk" to us, and even escalate and "yell" at us, until we decide to address them. As you learn to think like a shrink, you will learn to decipher the clues and connect the dots that point an arrow back to the cause of the symptoms, allowing you to finally address the repressed pain and finish your psychological business. When we suppress the expression of our authentic feelings and silence our "bad" ones to protect our caregivers and/or protect ourselves from our caregivers, when we project our anger onto others to avoid the anger we feel towards the "original cause," we pay a huge emotional price. As children we are unable (and unsafe) to know what the truth is and how to say it to the people who hurt us (usually our primary caregivers), so we stay silent or redirect the pain. The fear of retribution and rejection stops us from speaking out. After all, we "can't bite the hand that feeds us." Many of my patients have undergone unconscionable maltreatment by their caregivers and have had to suppress their authentic, hurt, angry, taboo feelings for fear of retribution and rejection, or just because they didn't know that what was happening to them was not their fault. When we turn those feelings inward or project them outward, we become emotionally sick and/or contaminate others with our pain. When we express, we begin to heal. Far too often, people don't ask for help until they are brought to their proverbial knees by the intolerable pain of their symptoms. This is usually when I get a call for help. In her brilliant book, *Prisoners of Childhood: The Drama of the Gifted Child and the Search for the True Self*, psychoanalyst Alice Miller talks about how repressing our true authentic feelings create a "false (repressed) self."

Not safe to say the truth about how we feel, we blame ourselves for the bad around us. Alice Miller says, "a child would rather be a bad child in a good world than a good child in a bad world," meaning that children would rather blame themselves (and think they are at fault) than think that they are living in a bad and unsafe world. I remind you again: You are not the cause of Part One of your life. You are not the cause of what happened to you in your first few years of your life. You are not the cause of your mental pain and suffering!

As an adult, you are no longer hostage to your childhood. Although you may find that you are still mentally hostage to your past, you are now free to choose to take a journey out of your darkness of repression and into the light of self-expression, so that you can learn how to Be The Cause of Part Two of your life.

The Pathway to Healing

The pathway to healing is a non-judgmental pathway with truth as your guiding light. As you begin to therapeutically express your taboo feelings, you will begin to correct your cracked lens of psychoperception and begin to decipher the lies from the truth. The truth process is not a blame, shame, or "throw your parents under the bus" plan. And, in case you were wondering, there is no need to hurt your parents in the process. No parent has been harmed by the healing process, and most of the time, they are not present to your "truth conversations"-therapeutic conversations meant to express repressed emotions. Some parents opt to participate in the healing process with their children. When they do, it is often as life changing and healing for them as it is for their children. It is an honor for me to do this type of multigenerational work. I call it "healing backwards" because I am helping the parent(s) heal their wounds as well. As you journey from-through-to, I suggest that you pack lightly. You will need: A **Truth Light to Self-Reflect**. Carry it with you at all times, and feel free to shine it on the dark repressed areas of your past. As you begin to expose the wounds that infiltrated into the fiber of your being, use the truth light to illuminate and dissolve any unconscious lies that limit or have limited your growth. Recall that darkness cannot exist in the presence of light-no matter how dim. A **Mirror to Self-Correct**. As you learn to look at the harmful thoughts, feelings, and behaviors that have penetrated and encoded into your psyche, you can begin to self-correct and break free from being a hostage to your past. I suggest you use your mirror to self-reflect on who you are becoming as you self-correct and recode into your authentic self. **Self-Acceptance**. As you learn to put your relationship with yourself as primary and learn to love and accept yourself, you will begin to understand the powerful healing force of unconditional love. As you let go of judging, blaming, shaming, and criticizing yourself, you may find that your mental health, your ethics, and your treatment of others improves as well. What you need to leave behind: judgment, shame, blame, and self-criticism. Stay clear of these negative forms of consciousness as they will only trip you up, land you into the chasm of darkness, and thwart your journey. As you travel along the yellow-brick-road to healing, you may need to leave your comfort zone. As you eventually make a paradigm shift out of your "old" self and into the new, you may find that you may become unrecognizable to yourself and others. No need to panic: It's by your own free choice.

The 'Curse-by-Design' Gift

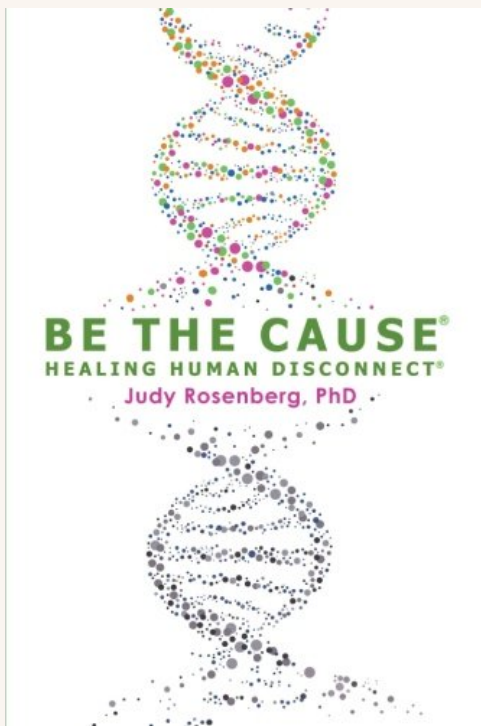
M. Scott Peck M.D., in his timeless and insightful book, *The Road Less Traveled: A New Psychology of Love*, talked about suffering: "To proceed very far from the desert, you must be willing to meet existential suffering and work it through. In order to do this, the attitude toward pain has to change. This happens when we accept that everything that happens to us has been designed for our spiritual growth." Dr. Peck's quote describes what I call the "curse-by-design," a concept that I will be referring to frequently. The curse-by-design concept is a way to regard the sacredness of the wounds from our past as an opportunity to help us grow emotionally and spiritually. To move forward in our lives with wisdom, courage, and compassion, we must embrace and accept our curse-by-design, allowing it to shatter the un-truths of our past, and shift our perception from illusion to truth. According to ancient

spiritual teachings, darkness is the absence of light. When the veil of darkness is lifted, there exists only unconditional love. Ancient spiritual texts and religious mysticism all support this prevailing, life-affirming notion. What does it all mean? In order to truly heal our wounds, truly forgive our parents (and ourselves), and flourish in this enormous and often difficult world, we must enter our dark, infiltrated past and finally come face-to-face with the lies and misinformation we encoded into our being-starting at the causal level. As we expunge the poison of our infiltrated past, we have a new opportunity to dismantle the old blueprint, recode the future, and pay our mental health forward to our future generations. I call this entire process-"healing the past," "healing the now," and "healing the future"-"healing forward." As you absorb the information in this book, think of all your wounds from your past as your curse-by-design injuries that have left a gaping hole in your soul to, as the philosopher Rumi says, "allow the light to enter you." They are designed to help you grow psychologically and spiritually if you permit them to be your teacher and impart more wisdom into your life. Notice the light in your soul.

Preview: Panel One

The complete book continues with the full Panel One chapter and all remaining panels of the Be The Cause Mind Map System.

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