2016 May Newsletter

Nancy Rockey
"Do you often wonder why you do what you do or why others have what you consider WILD reactions? Well, here's the info . . .

The brain develops from the bottom up. The part of the brain known as the Reptilian Brain or Brain Stem, is at the base of the brain. It develops in the womb and organizes basic life-sustaining functions. It is extremely responsive to threats from then on throughout the entire life span. Its duty is Basic Housekeeping: Arousal, Sleep/Awake, Hunger/Satiety, Breathing, Chemical Balance.

Just above the brain stem, in the center of the brain and half of it in each hemisphere, is the Limbic System. It is organized mainly in the first six years of life, but it continues to develop in a use-dependent manner throughout life. Trauma has a major impact on it lifelong. It is the map of the relationship between the brain and its surroundings. It provides emotional relevance, categorization and perception.

The third (top) level is the cortex and pre-frontal cortex. It continues to develop throughout the life. Its work is: Planning and anticipation, Sense of time and context and Inhibiting inappropriate actions. Also contained are moral judgment, empathetic understanding and spiritual nature. It assists children ages 2-3 to begin to understand that others can have feelings different than our own.

Without flexible and active frontal lobes, people become
creatures of habit and relationships become superficial and routine. Invention, innovation, discovery and wonder are all missing. These frontal lobes can also prevent us from doing things that would be hurtful to others.

What is of utmost importance in our understanding is that the brain’s (Limbic System) is very powerful! The more input there is from the Limbic System there is, the less capacity the brain has to put a damper on destructive behaviors. Because the amygdala (component of the Limbic System), receives information from the Thalamus (another Limbic System component) faster than the frontal lobes do, we tend to react even before we are consciously aware of the danger. By the time we realize what is happening, our body may already be on the move.

The danger signal from the amygdala signals a trigger for the release of powerful stress hormones, including cortisol and adrenaline, increasing heart rate, blood pressure and rate of breathing.

Neuroimaging studies of human beings in highly emotional states reveal that intense fear, sadness and anger all increase the activation of subcortical brain regions involved in emotions and significantly reduce the activity in various areas of the frontal lobe. When that occurs, the inhibitory capacities of the frontal lobe breakdown, and people “take leave of their senses.”

Well now, that’s a whole lot of science, isn’t it? However, the science helps us to understand what we have said about ourselves all too often, “How could I be so stupid?” We cannot always accurately predict what’s coming and when, and part of that is just due to the way the brain works.

Remember the last time you “blew up”? What was the trigger that made you “lose your mind” and allow you to blow? Was it that you felt rejected, and related the present rejection to your experiences of early childhood rejection at home or in the schoolyard? Perhaps you were unable to connect was with what was happening to you. Remember, those memories are part of your brain and fueled by that busy amygdala.

When was the last time you “lost it and found big tears running down your cheeks?” If you’re like me, perhaps it
was on Mother’s Day with thoughts of the mother I cherished, who is no longer with me. Those pictures of her face including the sound of her voice and the fragrance of her perfume, just can do me in – and here I go again.

The human brain is totally amazing! God created the amazing computer with files and files of information jammed into that 3 pound universe. God was far ahead of Apple and Microsoft back when he created our first parents, Adam and Eve. And they’ve handed down the amazing abilities of our brain to us.

Perhaps you find yourself worrying about the future, about which, by the way, you and I can do NOTHING. In actuality, your Heavenly Father, whose brain’s computer makes ours look ridiculously small, knows the end from the beginning and is in total control. You and I can sabotage His power, just like we can do some foolish thing to mess up our laptops, but HE can even take our bad choices and turn them around to make all things the way they should be.

Next month we will look at how to reduce the stress you might be experiencing. You’ll find great science, common sense and spiritual counsel too.

God Bless you!

Ron and Nancy

Science taken from
The Body Keeps the Score
by Bessel Van Dre Kolk, M.D.

On June 30th, Ron has an appointment with a world renown physician who is an MD and also naturopathic physician. He has had excellent results with people suffering from Cancer and Parkinson’s Disease. We are thrilled to discover than he is actually located in our state, so only a 2 ½ trip by car to see him. Ron also has a booked follow-up appointment for July 12th.

We ask for an interest in your prayers, that this physician, under the guidance of the Great Physician, might offer the perfect treatment for Ron, as his dream is to be more actively involved in ministry, as he once was.

Thank you!
Hi .. It's a high brilliantly blue sky day with little clouds punctuating the sky.

My friend, Nancy and I were outside cleaning up the patio, re-potting a big pot-bound plant, cooking something on the barbecue grill - just enjoying outdoors, greeting the new day with joy and expectation of good things to continue to come our way... but first I have to allow these new things into my life! There's more to this day than the lovely morning we shared!

My favorite tea (for these past few months) is made by Good Earth and has a tiny tag with a saying and this one says, "You can go amazing places when you quit stepping on the brakes." -Dr. Larry Iverson

Hmmm. ... I connected with that. I don't attempt many new things as I figure it probably won't work out as I expect (my perfectionistic self, rearing its ugly head) or "what - ifs" abound so I discount the thought almost immediately and think it isn't worth the effort. I tend to quit before I even start.

It doesn't have to be an actual physical place to go to .. it can also be a new place in my brain, a new experience or thought that I have not yet entertained. So I limit, limit.. limit myself without even consciously thinking about it, and I don't want to continue doing that. There's so much interesting stuff out there to be a part of and experience!

I DO want to try new things and broaden my horizons and not let fear rule me. Enough of that! My brakes are pretty well worn out from over use at this point.

So here's to "setting sail" and leaving all the "what-ifs" behind .. how quickly they could sink my bright red canoe. I am choosing a canoe so I can paddle slowly taking in all that is around me and stopping to explore and experience spontaneously. I may not get too far in a given time, as I may stop often and that's okay. It's the open, forward motion I am interested in pursuing. Not stagnating! And the shore line will safely hold the beached canoe while I pause and discover ... whatever draws me in! Good bye ho-hum and boredom!

My mode of transportation has no noisy motor - I want to be able to hear nature around me if I am outdoors, especially the birds.. And I won't be worrying about running out of fuel. I will paddle only as far as I can manage, remembering it's a return trip! and savoring as I go along. Tomorrow is another new day to embrace.

Oh .. and my canoe is RED because it is a bright and cheerful color! And it might draw atten-
A young man, who was our host in the Czech Republic several years ago, is now a professor at Andrews University. He has written a beautiful paper about Church Unity, and in it has referenced our materials, and in particular, our MindPrint Inventory. His suggestion is that church leaders each do the MindPrint, ascertaining how their particular brain gift leads them to their opinions, thoughts, feelings and actions, and how those impact committees designed to work together for the furtherance of the gospel and for the promotion of church unity.

Might you be willing to keep his efforts in your prayers too?

Do you sometimes wonder just where you fit? Would you like to change your career into passionate rather than dull and boring? Would you love to know what special gift you have been given and learn how to play, work and live enjoying it daily? If so, this is for you!

The MindPrint Inventory is a revolutionary in-depth look at who you are!

Purchase and take the Mind Print Inventory - $199