



COGNOMOVEMENT

The Cognomovement system effectively creates a mind/body remap.

Remapping the brain is a way to change the pathways that your thoughts take in order to control your reactions to a given situation. Your brain is a complex system of pathways that are facilitated by electrical impulses sent between neurons. A “brain remap” is a bit of a misnomer in that the map exists and is changed between the brain AND the body.

Brain remapping is often referred to in Neuro-Linguistic Programming (NLP). Cognomovement (CM) borrows from the NLP ideas on remapping. However, CM uses a multi-layered technique to very quickly achieve not only a permanent remap of an un-resourceful loop, but releases entire groupings of programming from the body/mind connection. The result allows for a release of the energy that the body has been using to run the loops and programs, restoring the released energy back to the body. Greater physical and mental energy is immediately experienced along with better mood, creativity, focus, attention and better sleep.

The brain and body create well-worn pathways between thoughts and reactions in the body. You could call them a loop, the technical term is a “calibrated loop”, which can move both ways. The loop can originate with a thought in the mind that creates a practiced reaction in the body. Or it can originate in the body with a familiar sensation, feeling, sound or even smell, which then travels to the mind starting the cycle of the loop. These loops are often the source of habitual problems in the mind, body and spirit and therefore create blocks in overall well-being, goals and success in life.

As an example of how a brain map works; If you are shown a picture of a snake, your brain immediately accesses the loop that informs the body of how it should react. If you are afraid of snakes, you will jump back in fear. However, if you happen to like snakes, you will view the picture in an entirely different way, and possibly lean in to see what kind of snake it is. The signal travels to the body, creating an immediate automated response based on past experience or knowledge. In this situation the brain will rarely take time to assess the current situation as new and unique and create a new response. It's set up to keep us safe, thus the immediate response without prolonged thought. This might be great for snakes, but not so great in areas like food, mood, physical activity, addiction and relationship and so on.

Loops are played out in relationships in exactly the same way, each reaction based on the map within each person in the relationship. An easy way to see it is; When you behave that way, I react this way. Then because I react this way you, react that way, and round and round often with exactly the same words and actions again and again. A relationship pattern can be broken instantly when one of the partners remaps their automated pattern within their own neurology. They will no longer react the same way to the same stimulus. The outcome is then different. Because responses are no longer automated in at least one of the participants the loop can no longer play out as it did before! The opportunity is available to create a brand new interaction, based on choosing responses not based on old neurological patterns. If you've ever wondered why a person keeps repeating the same idea or phrase in a long running argument that doesn't make sense or add to weight to their perspective, a calibrated loop may be the answer. Breaking it sets both parties free from it. A remap deletes the current pattern, so the brain and body can never access it the same way again. A new pattern can be installed in its place. The files are either deleted entirely or moved in both the brain and in the path to the body.