



The **hippocampus** is the part of the brain that is involved in memory forming, organizing, and storing. It is important in forming new memories and connecting emotions and senses, such as smell and sound, to memories. The hippocampus is a horseshoe shaped paired structure, with one hippocampus located in the left brain hemisphere and the other in the right hemisphere. The hippocampus acts as a memory indexer by sending memories out to the appropriate part of the cerebral hemisphere for long-term storage and retrieving them when necessary.

Think of this part of the brain as being a secretary and holding on to the information that has value to you. The material that you consider the most valuable, the secretary puts in a location that is the most assessable. This value is often measured in terms of pain and pleasure. When material loses value, the secretary places it in a location that is not as easy to get to.

The **amygdala** is an almond shaped mass of nuclei located deep within the temporal lobe of the brain. It is involved in many of our emotions and motivations, particularly those that are related to survival. The amygdala is involved in the processing of emotions such as fear, anger, and pleasure. The amygdala is also responsible for determining what memories are stored and where the memories are stored in the brain. The amygdala can be considered our watch dog that does not know how to tell time.

Components involved in clearing past emotional pain:

**Hippocampus** – the part of the brain that files information. The EMOTIONAL LIBRARIAN of the brain.

1. Short and long term memory manager
2. Keeps the things we place the most value on.
3. Value is determined by PAIN or PLEASURE
4. Discards things that are not of value.

**Amygdala** – the part of the brain that has 4 different operations and is the GUARD DOG of our Minds.

1. FEAR – FIGHT
2. FEAR – FLIGHT
3. FEAR – FREEZE
4. PEACE – REST

Directions for clearing past emotional pain

1. IDENTIFICATION –
  - a. Identify presenting emotions and rate what you are feeling from 0 – 10.
2. INTENSIFYING –
  - a. Think about the event that caused the pain and try to feel the event as much as you can.
  - b. Separate the emotions from your identity. WHAT are you FEELING?
3. SIGNALING –
  - a. Light tapping pressure above the heart to make sure your GUARD DOG is in the present and knows that you are not currently in danger.
  - b. Make sure the tapping continues through the entire session.
4. OWNERSHIP –
  - a. Take ownership of what you are feeling and separate it from the event.
    - i. i.e. "This feeling of sadness is mine. I am in control of this feeling. I can do whatever I want to do with this feeling. This feeling belongs to nobody but me and I am in control of it."
  - b. Make a decision whether you want to hold on to the feeling or let it go.
5. LETTING IT GO –
  - a. Verbal and emotional choice to release the emotion and related pain
  - b. Acknowledgement that we were designed to be able to let these things go.
  - c. Keep communicating that you are letting it go from your heart and wherever it is attached to your body.
6. VERIFICATION –
  - a. Take a deep breath
  - b. Rate your level of pain from 0 – 10. Continue to repeat the process until you get it to 0.

