

## **Editorial**

# **Memory Management: Victim to Witness and Victory**

Gabriel Garcia Marquez in his Nobel Prize winning novel, *One Hundred Years of Solitude* portrays the plight of Macondo, a town drowning in the quicksand of forgetfulness. The haunting memories of the crimes and the sins committed by the Buendia family were too much for them bear. The semantic dementia that progressively surmounted them was a blessing as well as a curse. In an effort to combat the devastating impact of the forgetfulness Jose Arcadio Buendia, began marking everything with its respective name: table, chair, clock, door, wall, cow, etc. However soon he realized that things cannot be recognized by their inscriptions alone since he was forgetting even their use!

It is beyond dispute that it is memory that makes us who we are. If we fail to recall who, what, where, and when of our everyday lives, life will be almost impossible to manage. Nevertheless, managing memory is a difficult task. Even though a lot have been said and written about all sorts of management strategies, memory management (MM) still remains an area yet to be explored. Our success in life depends on our ability to manage our memories. Memory may be elucidated as the processes by which information is encoded, stored, and retrieved. Without our short-term (or working) memory and our long-term (or semantic) memory a normal life is impossible. From the information processing perspective there are three main stages in the formation and retrieval of memory. They are: 1. Registration or encoding (receiving, processing and combining of received information). 2. Storage (recording and preserving the collected information) and 3. Retrieval, recall or recollection (calling back the stored up information in response to some indication to be used in a process or activity).

Not merely from the time of our birth but from the very moment of our conception we commence our collection and storage of memories whether we are conscious of and able to recall them or not. It is not living organisms alone that accumulate and preserve memories. Anything and everything that we encounter is a bundle of information and has a unique story to relate. Every event and incident leaves behind a mark on its partakers for others to discover and retrieve. People often believe that brain is the sole storehouse of memories, which is not correct. Brain is of course a very sophisticated device that nature developed in order to store up and process information. But there are more basic depositories of information within us. For example, every human cell contains 23 pairs of chromosomes that hold genetic information regarding the individual in the form of DNA (Deoxyribonucleic acid) strings. Each cell is capable of telling the whole story of the individual to a potent ear. In addition, each of these cells may have its own unique memories as well. These cellular memories, as their name suggests, are memories which have imprinted themselves in the cells as a result of its life experiences. Within the body of every human being there exist traumatic experiences from early childhood (or beyond) which are stored up in every cell of the body.

Non-acknowledged deep resentments we carry within us will resurface in due course as physical ailments and diseases. As mentioned, deep traumatic experiences (whether conscious or subconscious) are not just memories that are stored in the cerebellum, the hippocampus or the temporal lobe of the brain. These experiences are actually imprinted in each and every cell of our body in the form of cellular memories. Just as cancer cells give off a destructive frequency (as measured by Magnetic Resonance Imaging, or MRI), destructive cellular memories also give off destructive frequencies (internal stress). Until we remove the cause of the disease (destructive cellular memories), true healing is not going to happen. Surgical removal of a cancerous tumor or diseased mass is seldom an effective solution. Treating the symptom does not resolve the radical problem. A doctor who treats a disease, for instance cancer, through surgery, radiation or chemotherapy without dealing with the cellular memories that caused the cancer in the first place, is treating merely the symptom and not the root cause of cancer, which is to come back most likely sooner or later. This could be the reason behind the failure of the modern medicine to find permanent solutions to diseases.

We know that DNA strings are constituted of billions of genetic codes that contain details of their evolution down through generations ever since the origin of the world. The negative cellular memories are

like little transistor radios transmitting destructive energy patterns within the body, causing disease, chronic pain and most importantly, shutting down the body's immune system. Each of us are bundles of unconscious programming, conditioning, and limiting beliefs, which manifest energetically in dense electromagnetic fields that encase them in a perception of isolation and separateness. The conventional medicines (including alternative and naturopathic medicines) seldom address the cellular memories that created the disease. Once we resolve the destructive energy pattern within our body that causes disease, the disorder that it produces also melts away. In case we are already sick, as and when we remove the internal stress caused by those destructive cellular memories, our immune system will begin to function the way it is supposed to. By eliminating the destructive energy patterns of our cellular memories which govern our adverse reaction to external stress we can restore our lost balance. "Our best hope for healing incurable illness and disease in the future might very well lie in finding a way to heal destructive cellular memories," predicts Dr. John Sarno, professor at the medical school at New York University. He goes on to say, "If you can heal that cellular memory, then the illness or disease or chronic pain is very likely to heal." Most medical doctors agree that our immune system is capable of healing the injuries if it is not counteracted by stress. Perhaps the most damaging effect of stress is that it shuts down our immune system. When the defense system is switched off our body becomes vulnerable to all sorts of diseases. Therefore, one can conclude that diseases are either stress-generated or stress-related. Once we get rid of the internal stress caused by those destructive cellular memories, our immune system will begin to function the way it is supposed to. As science has already recognized, our body has its efficient, preinstalled self-defense and self-preservation techniques. There is nothing the body is not capable of healing. Louis Pasteur succeeded in awakening this inner-doctor to save hundreds of thousands of people from the dreadful disease of rabies. "Patient, heal thyself" would be the best and the most sensible advice that any physician can give to his clients.

### **Impacts of Memories on Our Wellbeing**

Memories can be regarded as the most significant self-preservation mechanism any organism possesses. They keep on transmitting signals to help the organism to take the right decision (At times we call this intuition). It is a generally accepted fact that vast majority of our health problems have nonphysical causes. The moment we turn on the TV or radio we are bombarded with depressing news about corruption, terrorism, violence, escalating prices, unemployment, and economic recession. Even if we want to avoid such news, the stress

has its way of creeping in and occupying our waking moments. Bitter memories generate destructive energy signals of fear, anger, low self-worth, depression, sadness, anxiety, overwhelm, irritation, resentment, bitterness and so on. These memories need not be always accurate or justifiable. Our memories could be wrong interpretations of our experiences that lead to erroneous beliefs.

However, as mentioned earlier, these cellular memories, like tiny radio stations transmit destructive energy patterns within our body, causing disease, chronic pain, etc., and worst of all shut down our body's immune system. There is enough experimental evidence to suggest that repressed emotions like anger, hate, resentment, and grief lead to the development of diseases. If our internal stress disappears, so does the disease. This has been shown scientifically through the use of Heart Rate Variability (HRV), a medical apparatus for measuring stress in the nervous system. However, we often fail to recognize that stress is not caused by external sources or personal circumstances alone. The negative memories we entertain within us cause acute emotional, mental and physical stress. If our immune system is not working properly our body becomes vulnerable to all sorts of diseases. By healing the destructive memories and beliefs the transmission of destructive energy signals can be prevented. Our immune system is thus reactivated and it in turn mends whatever condition in our body that needs healing.

### **Reemergence of Energy Medicine**

In recent years we are witnessing a renewed interest in alternative medicines based on energy. Energy medicine is regarded as a new frontier in healing, which does not involve the use of pharmaceutical drugs or conventional medical treatments. It is no longer the exclusive domain of alternative medicine advocates and natural health enthusiasts. Energy medicine appears to be a legitimate and effective healing modality, which focuses on the use of the human energy field. Healing, according to this system, is accomplished through non-physical, intangible means. Pranic healing, Chakra healing, Reiki, Usui/Karuna, Qi Gong, Hands-on healing, Craniosacral, Quantum-Touch, Massage, Emotional Freedom Technique (EFT), Thought Field Therapy (TFT), and Integrative Energy Therapy (IET), are just a few among them. 'Healing Codes' devised by Dr. Alex Loyd is yet another recent addition to the energy medicine which involves the use of fingertips of both hands pointing towards one or more of the 4 different healing centres of our body. According to Dr Loyd, by directing our healing energy we can clear the destructive cellular memories from our body and turn on our immune system.

## **The ‘Healing Codes’ of Dr Alex Loyd**

Dr Loyd claims that through the employment of certain ‘Healing Codes’ we can eliminate the root cause of any health condition, whether it be physical, emotional or mental, without the use of drugs, surgery or medical treatments. He says that it was revealed to him in 2001 as he was desperately searching for a cure for his wife who was suffering from clinical depression for years. According to Dr Loyd the ‘Healing Codes’ open the cells of the body and convert them from a ‘defensive’ mode to a ‘growth’ mode, thereby making our body virtually immune to diseases. ‘Healing Codes’ remove the destructive energy pattern caused by cellular memories. It is called a ‘code’ because the procedure involves activating the healing centres with our fingers in a specific coded sequence. According to Dr Loyd, once we remove that destructive energy pattern, the cause of any illness or disease melts away.

The healing centres are located as follows: 1. Adam’s Apple (Directly over the Adam’s apple). 2. Temples (One and a half inch above the temple, and one and a half inch toward the back of the head, on both sides of the head). 3. Bridge (In between the bridge of the nose and the middle of the eyebrow). 4. Jaw (On the bottom back corner of the jawbone, on both sides of the head). The Healing Codes are to be performed in a quiet, private, place where one can relax without distractions or interruptions. Aim all five fingers of both hands at the healing centres according to the prescribed sequence and duration. Dr Loyd has developed specific codes for every disease. The fingers need to be 2 to 3 inches away from the healing centre they are aiming at. When the fingertips are pointed at one or more of the four energy centres in the body it is said that the destructive cellular memories are cleared from one’s body and thus immune system is turned back on. “And when your immune system is working correctly, it’s impossible to get sick,” says Dr. Alex Loyd. In an effort to make sense of the inexplicable Healing Codes he had stumbled upon, Dr. Loyd began to do Heart Rate Variability (HRV) scans before and after using The Healing Codes. The results were positively staggering. He discovered that 8 out of 10 times, he could teach normal individuals how to bring their bodies from scientifically diagnosed out-of-balance stress levels to in-balance levels within 20 minutes using self-administered Healing Codes.

## **EMDR Therapy of Dr. Francine Shapiro**

EMDR (Eye Movement Desensitization and Reprocessing) is a revolutionary healing technique based on the mind-body connection. Dr Shapiro says that EMDR was an accidental discovery. In 1987, while she was walking in the woods some disturbing memories tormented

her. As she walked and pondered, she also observed her surroundings on both sides of the path, moving her eyes back and forth to do so. As Dr. Shapiro moved her eyes from left to right, the anxiety dissipated. She realized that relief from the anxiety was directly related to the movement of her eyes. She tested the method with her clients and soon discovered the amazing effects of EMDR. This technique utilizes right/left eye movement, which repeatedly activates the opposite sides of the brain. She realized that emotional experiences that are stored in the nervous system can be released by alternately activating the opposite sides of the brain. This works because it stimulates the neurophysiologic system or the mind-body connection. EMDR is recognized as a true breakthrough for its ability to treat most emotional problems quickly and thoroughly. EMDR was found very effective in the treatment of Post Traumatic Stress Disorder, Anxiety, Phobias, Addictions, Panic Disorders, Chemical Dependency, Grief, and Violence. Dr Shapiro claims that thanks to the mind-body connection, emotional healing gradually leads to physical healing as well.

The first step in EMDR therapy is revisiting the traumatic incident or incidents that lie at the root of the current problem. The client recalls the negative thoughts, feelings, and memories associated with the incident. Then the therapist begins with the eye movement exercise. Typically, the exercise is very simple: the therapist holds his or her fingers apart and begins to move them back and forth in front of the client's gaze. The client visually tracks the therapist's hand movements. Meanwhile, the client keeps focusing on the painful memory. As exercise continues, painful feelings are replaced with greater calm, peace, and resolution within the mind-body connection. A typical EMDR session takes roughly 60-90 minutes. Sometimes people can completely resolve their trauma in a single session. It is also common for people to take 5 or 10 sessions in order to reach full emotional resolution. Often, therapists will recommend that clients write down their feelings between sessions, to better guide the ongoing therapy. Trained practitioners say that with EMDR therapy, we do not need to delve into the trauma of the past and spend time digging through painful memories. Instead, EMDR activates the brain's information-processing system and allows us to make swift changes that do not disappear over time.

### **Memory Management: Victim to Witness and Victory**

Guru told his disciples, "Inside each of us a fight is going on, a terrible fight, between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, pride and superiority. The other wolf stands for joy, peace, love,

hope, sharing, serenity, humility, kindness, friendship, empathy, generosity, truth, compassion and faith." The disciples thought about it for a while and then one of them asked, "Which wolf will win?" Guru replied, "The one we feed." The moral of the story is quite simple: The wolf (in our case, memory) we feed determines our fate.

Effective Memory Management (MM) can lead us from the state of being a victim to witness and to victory. If our life gets so wrapped up in negative memories we will not be able to enjoy the present. We will remain depressed or anxious. Feeling of being a victim would keep us under the control and power of the aggressor or the situation and would render us powerless. The first step towards an effective MM is to consider the situation from a third party's point of view. Bhagavad Gita names this technique *sakshi bhava* or witness perspective. Reflect on the facts of the situation, how we have reacted, and how this combination has affected our life, health and well-being. Ask ourselves why he/she might have behaved the way he/she did. Perhaps we too would have reacted similarly if we faced the same situation. In addition, consider broadening our view of the world. Anticipate occasional failures from the people in our life. We could remember times we too have hurt others and people who have forgiven us. Writing journal, praying, meditation or sharing with a wise and compassionate person such as a spiritual director, confessor, or a friend can also be helpful in this regard.

Getting others to modify their behaviour or words is not a part of MM. It is more about how MM can change our life by bringing us peace, happiness, and emotional and spiritual healing. Through effective MM we can purge the power other persons or events continue to wield in our lives. It is like reclaiming our lost 'remote control' which others were using to switch us on and off. Since what we experience depends on what we give our attention to, deliberately we must make way for joy, peace, love, and let go of grudges and bitterness. When someone hurts us by their actions or words, we can hold on to anger, resentment and thoughts of revenge or asses, understand, appreciate and move forward. If we do not know how to manage our memories, we might be the one who pays most dearly. Proper MM can lead us forward on the path of physical, emotional and spiritual well-being.

Generally, MM is the capacity to see things and persons from the right perspective to avoid destructive effects of resentment and thoughts of revenge. It involves acknowledgement of our memories and understanding what, why, and how things happened. Imagining our antagonists as victims of their circumstances is a helpful way to be patient and compassionate towards them. Through examining

our emotional condition we will be in a position to set limits in our relationships. By forgiving ourselves and others we learn new lessons and turn out to be better and superior persons than ever before. The act that hurt or offended us might always remain a part of our life, but MM can lessen its grip on us and help us to focus on other positive parts of our life. MM can even lead us to feelings of understanding, empathy and compassion towards the one who hurt us. MM does not mean that we deny the other person's responsibility for hurting us or minimize or justify the wrong done. MM would lead us to less anxiety, stress, hostility, lower risk of alcohol or substance abuse, lower blood pressure, fewer symptoms of depression, healthier relationships, and greater psycho-spiritual well-being.

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