

UNDERSTANDING THE RFA PROCESS

**A revolutionary tool for using the new discoveries in
RIGHT/LEFT BRAIN TECHNOLOGY
to greatly enhance your life**

by Max B. Skousen

The discovery of bacteria 150 years ago transformed the science of medicine so that the average person, as well as doctors, could use personal hygiene to prevent many common diseases. In the same way, the recent discoveries on how our subconscious Right and conscious Left Brains work independently, can enable you to solve many sources of stress in your life. There is a simple process which you can learn which will transform the way your mind and body has been conditioned to handle physical, mental and emotional stress^{3/4}from the womb to present time.

Just as the value of doctors washing their hands before operating is now seen as "obvious," this new tool for accessing the Right Brain, to make it also "conscious," can provide similar advances in your personal life. This process, called **Relaxed Focused Attention (RFA)**, can be learned and utilized quickly to help you solve some of the most perplexing problems that show up in your life, from allergies, dyslexia, migraines, phobias, and temper to such "normal" upsets as self-consciousness, impatience, intolerance and other uncomfortable ways we tend to put up with the ordinary pressures of life.

UNDERSTANDING THE LEFT AND RIGHT BRAINS

Our brain is actually composed of two sections, like a walnut. The Left Hemisphere is our conscious mind because it works with words, concepts and logic. That is the side we identify as being us. It is the Left Brain which goes to sleep at night. Since it works in words, it is our talking side. For example, when people lose the left side of the brain through a severe stroke, they lose their ability to speak. This hemisphere, working through language, functions laboriously, comparable to going at the speed of sound. Even though our conscious mind takes up half of our brain, it is doing only about 10% of our mental processing. So half of our brain is used for conscious thought while most of our mental processing is done by the Right Brain, below the thinking level.

We might compare the two parts of the mind to a television set. The Left Brain is like the TV tube which gets all of the attention, but 90% of the electronic processing is done by the black boxes behind the tube. If anything malfunctions, it is almost always a problem in the black boxes.

The Right Brain, like the electronics of the TV set, works holistically, comparable to the speed of light. It is often called the subconscious because it doesn't think with words but with a "sense" of knowing. Stimulus received through out five senses is processed by the whole brain and then "sensed" by the Right Brain as to whether it is a positive, neutral or a negative event based on our programed sensing memory. For example, if we see someone who has been saying unfair things about us, even without thinking, we instantly get a contracted, uncomfortable feeling. In contrast, when we see a loved one, we get an expanded, comfortable feeling.

HEALING THE "HEART" AS WELL AS THE "MIND"

RFA Therapy is not hypnosis, nor is it giving the participants a lot of advice or having them unload their stories, as fascinating as this kind of counseling might be. Instead, this approach is an amazing way to make the negatively programmed dynamics of our Right Brains, called the subconscious in psychology and the heart in the scriptures, to be consciously available for discovery and correction. The process can uncover and heal the reasons most of us are living far below our spiritual, intellectual and emotional capacity.

Although emotional and spiritual transformation is a gradual, growing process, many specific limitations, such as phobias, allergies and physical maladies, along with procrastination, fatigue, stress, maladies and depression can often be handled with immediate and dramatic results.

THE BENEFITS OF UNDERSTANDING, THEN HEALING, OUR NUMEROUS DYSLEXIAS

Most people have some forms of dyslexias, though most are minor rather than severe. Although standard medical science stands baffled by the malady, an alternative approach through Kinesiology has proven amazingly effective. The dictionary defines "kinesiology" as the study of muscles and their movements as applied to physical conditioning. Thanks to the science of Kinesiology, by the use of muscle testing, we know how to find and eliminate the cause of many forms of dyslexia which have burdened individuals most if not all of their lives.

We have found, almost without exception, each particular dyslexia was caused by a single traumatic event much earlier in a person's life. The resulting stress appears to have caused some of the neuron patterns in the right brain to become distorted and begin giving an opposite response to that which nature had designed. Through a simple process of muscle testing, we can find the ages when these, often totally forgotten, traumatic events occurred.

The Relaxed Focus Attention Process (RFA) can enable us to help an individual bring the details of the event back into consciousness. Once the circumstances are known, the disruptive memory can be de-traumatized, enabling the neuron function to be restored back to its original design. In a high percentage of cases, this correction is permanent, just as correcting software in a computer becomes permanent. The results of a person being released from the particular malady is to experience life in a much more productive and joyful way, free to start learning without the handicap.

RECOGNIZING THE SIGNIFICANCE OF DIFFERENT TYPES OF DYSLEXIA

A recent Newsweek cover story, "Kids Who Can't Learn," October 27, 1997, reported how researchers say they have begun to unlock the puzzle of bright kids who can't learn. The culprit, they say, is dyslexia. Another current article, "Understanding Dyslexia," in People Magazine, September 22, 1997, featured comments by Dr. Gordon Sherman, director of the Dyslexia Research Laboratory at Beth Israel Deaconess Medical Center in Boston. He emphasized that dyslexia has nothing to do with intelligence or motivation, but has plagued people as accomplished and diverse as Albert Einstein, Winston Churchill, Tom Cruise and Whoopi Goldberg.

Dr. Sherman emphasized that dyslexia is not a disease, meaning a pathology of the brain. At the same time, although traditional medical science has not as yet found a cure, they know these distorted

neuron patterns can be reprogrammed through arduous training.

HOW DOES A DYSLEXIA DEVELOP

In response to the question, "How does it develop?," Dr. Sherman explained that he too believes it has to do with the way neurons are organized in the brain. Neurons are the cells which conduct impulses. Thus, psychologists are focusing on neuron dysfunction in such diverse areas as (1) perception, (2) processing, (3) memory and (4) attention. As for most common learning disabilities, dyslexia relates to language^{3/4}reading, writing and spelling. In these areas, many show trouble in comprehending words or letters in sequence. Others can read words very well but don't understand the content. Still others have trouble naming letters and sounding out words, despite the fact that they often have large vocabularies and reason well.

The article lists many kinds of classifications, such as dyslexia (lexia = reading), dysgraphia (graphia = writing), dyscalculia (calcula = mathematics), dyspraxia (praxia = muscle coordination) and dysomia (omia =memory). Some maladies are being found so basic they are given initials. Three are ADD (Attention Deficit Disorder), which is distractibility, and VPD (Visual Perception Disorder), which is difficulty in visual comprehension, and APD (Auditory Perception Disorder), which is difficulty in audio comprehension. The dictionary includes other "dys," which means "abnormal." Dysphonia describes the emotional state of depression, anxiety and restlessness. The term for a morose disposition is dyspepsia. However, since the term dyslexia is becoming well known, there is a tendency to include many of these neurologically programmed malfunctions under that familiar umbrella term.

WE USE THE TERM "DYSLEXIA" TO INCLUDE ALL DISRUPTING NEURON PROGRAMMING

Obviously, dyslexia is the result of the mind working opposite to its normal function. By including many different forms of abnormal programming of the mind under that familiar name, we are able to emphasize that all distorted neuron programming is a mental software problem rather than a hardware problem. With this broader definition of dyslexia, an important breakthrough might be made in emotional healing if we treat all such unnatural, subconscious programming as treatable dyslexia. Like the senses, we think we have only five primary senses^{3/4}touch, taste, sight, hearing and smell but in reality we have over 300 specific senses. A few examples of other senses would be the sense of falling, direction, what is up, pressure, danger, etc. So although dyslexia is defined specifically as difficulty in reading, it also includes math, attention, comprehension, and many other manifestations.

1. These would include all phobias, such as irrational fears of height, water, freeways, untidiness, germs, insects, snakes, flying, etc. Claustrophobia, the fear of being shut in, would be another. Hypochondria, the fear of becoming ill, is a big one for some people.
2. Most allergies also fit into this problem of trauma induced, incorrect neurological programming. We find that the body is not allergic to any non-poisonous thing. It is the right brain which connects some present stimulus with an old traumatic event, thus producing an allergic reaction. When the event or events are discovered and released, the allergy is either greatly reduced or disappears altogether.
3. Many physical conditions are the result of lingering stress due to old traumatic events. Typical of this are such maladies as asthma, hay fever, migraine headaches, frequent colds, bursitis,

arthritis, high blood pressure, chronic pain, chronic fatigue and many others. Each of these can be the manifestation of another form of faulty neuron programming.

SPECIAL ADDITIONAL STEPS IN THE RFA PROCESS

The RFA process includes several extra steps when dealing specifically with dyslexia, so we are treating every form of self-limiting programming as a form of dyslexia, thus providing more permanent changes than it would be otherwise. Of course, we all have our unique personalities and individual differences, but when we function below our true capacity, it is well to recognize that a disruptive and distorted program is involved.

We have had a saying in our counseling which helps to support this wider understanding of dyslexia. It is this:

Once a decision is made with feeling (right-brain programming), it becomes the rule of attitude and action from then on until it is recognized and altered.

When traumatic events occur in our lives, starting in the womb, these events are interpreted by making definite, deeply felt decisions about perceived dangers in life. The left brain, the conscious mind, makes them with thought, the right brain, the subconscious mind or heart, makes them with feeling. The conscious mind easily forgets, but the right brain NEVER FORGETS, thus redirecting the neurons to come up with a permanent response to anything which reminds the heart of the event, thus reproducing the conditioned reaction to the old event. In this way, we can begin to understand why we are intolerant, impatient, or incapable with things that other people have no problem feeling comfortable with. We casually insist that we are just who we are, but the truth is that we are what we may have become through dyslexic programming.

CHECK LIST OF POSSIBLE SIGNALS OF PARTICULAR DYSLEXIAS

The following list can function as mind joggers.

1. Easily embarrassed and self conscious
2. A feeling of shame about hidden secrets
3. Fear of abandonment
4. Morbid fear of speaking before a group
5. Chronic depression
6. Tendency toward extreme gullibility
7. General lack of ambition
8. Difficulty in knowing or asking for what you want
9. Fear of intimacy
10. Deep hurt because of having been molested or raped
12. Deep distrust of the opposite sex
13. Insatiable need for approval
14. Difficulty in making up your mind
15. A need to control or manipulate others
16. Constant procrastination
17. Sexual impotence (male)
18. Sexual frigidity (female)

19. Uncontrollable, spontaneous body movements (ticks)
20. Deep sense of unworthiness
21. Feeling of financial insecurity or bondage
22. Persistent and disabling jealousy
23. Addictions to alcohol, drugs or tobacco
24. Compulsive over-eating
25. Feeling of being too fat without being fat
26. Sleeping problems
27. Real intolerance to certain people, music, subjects, situations, places or sounds
28. Severe times of loneliness
29. Deep resentment for having been offended, exploited or misunderstood
30. Feelings of being overwhelmed
32. Persistent feelings of being unloved or unappreciated
33. Deep dissatisfaction with your job, career, home, spouse, church, car, life, etc.
34. Frustration in not having a meaningful life, not doing what you really want to do
35. Difficulty with remembering or concentrating
36. Constantly comparing yourself to others
37. Feeling like a victim of other people or circumstances.
38. And many others

CONCLUSION

Now that we are treating all subconscious restrictive programming the same way we treat ordinary dyslexia, the healing process is usually much more permanent and complete for a specific condition. In the past we have thought, simply, of a person as having dyslexia or not having dyslexia. Later, we found that some people have more than one dyslexia, sometimes half a dozen, each of which explains different forms of negative reactions and limited capacity. But now, from this broader definition of dyslexia, we can test to see if a person actually has a multitude of different dysfunctional programs. The truth is that most of us fall into this multiple category. By working on even a few of these obstacles, an individual begins to experience a much more capable, healthy, joyous, and unburdened way of life.

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