

## **Learning to Unlearn**

*"Your perception is always an interpretation".*

Enric Corbera

### **Introduction**

Human beings grow up firmly believing that the source of all their conflicts lies outside. By looking for the cause of what is happening to us outside, we adopt a passive role. We become inclined to feel that we are mere victims of circumstances. However, for thousands of years philosophies have been suggesting we see life through different lenses, by taking greater responsibility for both our health and wellbeing. New scientific research and studies are now either questioning conventional theories or taking them a step further. Some of these new theories are looking at how the body, mind and emotional state interrelate. How our emotions affect our wellbeing is a subject that is being increasingly studied from different angles. Knowing that the way we perceive our environment influences our emotional state opens the door to a new paradigm: we understand that we are able to decide how we want to experience any situation.

### **What is Bioneuroemotion**

Bioneuroemotion is a method to help people achieve personal wellbeing through a deep understanding of the origin of emotional conflicts. It examines the relationship between the body, mind and emotions by integrating scientific, philosophical and humanist disciplines.

Bioneuroemotion focuses on a concept of health that embraces all of our facets as human beings. We now understand that our health is linked to many factors, including social aspects of our lives such as education and work. The principles that define Bioneuroemotion are humanistic by nature and can be applied to all areas of life to help us achieve complete wellbeing. In order to achieve optimal health, we must find social wellbeing both at a personal and group level. That is why Bioneuroemotion stresses the importance of knowing how to identify and manage our emotions. Emotional coherence is a quality that can be learned, developed and practiced daily.

Bioneuroemotion aims to help people find emotional freedom by practicing coherence and inner balance. We create internal imbalances, by blaming others and ourselves or favouring what we think we should do over what we want to do. Bioneuroemotion considers that emotional coherence is the path to freedom. It gives us the opportunity to take responsibility for our own actions and decisions, which in turn helps us to achieve coherence and resolve conflicts.

So as to make this book easier to read, we shall now give a brief presentation of the main concepts behind our philosophy and its practice. Various authors and disciplines have inspired each of these concepts, allowing us to draw the hypothesis

and conclusions that we turned into useful tools for wellbeing. Each chapter explains a specific concept in greater detail.

## **Emotions**

Bioneuroemotion examines what emotions are, how they come about and what role they play in our experiences. Our emotions anchor our memories and create beliefs that influence the way we interpret our reality. This chapter primarily focuses on the concept of perceived stress, which is understood as a state of emotional upheaval that carries an implicit meaning. Emotions disguise information related to an unmet need. This information reflects the characteristics of the person who is experiencing it, as well as affecting their body, relationships and life in general.

## **Behavioural Epigenetics**

Behavioural Epigenetics give us a new perspective that allows us to explain the mechanisms through which we inherit information from our family's past experiences. Bioneuroemotion studies epigenetics, understanding stress and emotions as factors that can modify and disrupt gene expression. Epigenetics explain how genes are activated and deactivated according to environmental stimuli. And, some of the most influential indicators of this process can be found in our emotional reactions. Inherited beliefs and behaviours define the way we perceive and experience reality.

## **Biology**

We approach human biology from an evolutionary phylogenetic perspective. We study the origin of organs and body tissues, looking at what environmental need they fulfilled in the first place. Therefore, when a specific organ or tissue is affected, we examine its function as well as the environment in which it was created, according to its evolutionary stage. This gives us pointers as to what type of emotional stress had an influence on the condition that is manifesting itself.

## **NLP**

The theoretical framework upon which neuro-linguistic programming is based helps us to understand that our behaviour affects our environment, that our beliefs and the words we use affect our bodies and that our actions stem from our own interpretation of the world. In Bioneuroemotion we use specific NLP resources to pinpoint the subjective experience that keeps a person trapped in a certain situation. At that point, we are able to add new resources to that experience and help the person expand their own perception of it.

## **Quantum physics**

Quantum physics is currently seen as the discipline that can unite science and consciousness. Many quantum physicists have accepted that the observer and his/her consciousness influence matter. This discipline is on the path to demonstrating that all that exists is interrelated.

All the techniques and knowledge applied in the Bioneuroemotion method pursue one objective: greater awareness. It is about laying the foundations of a deep sense of awareness to foster a state of mental balance and understanding.

## **How the method is evolving**

Although Bioneuroemotion's main objective has always been to improve people's wellbeing through the understanding of the origin of emotional conflicts, there has been a marked evolution in the way the method is practiced and applied.

Bioneuroemotion starts by examining any conflictive situation a person is experiencing to delve into their unconscious mind and uncover the inconsistencies that contribute to the issue manifesting itself in the first place. Not only does this method provide answers to physical conditions, but it also solves interpersonal, social and work issues and, ultimately, any situation that causes emotional upheaval. Now, biology and the interpretation of physical symptoms are just seen as added resources to help investigate the unconscious mind. The current method is flexible and open to new approaches. It always bears in mind that every case is unique and that it must be dealt with as such, without determinism. Moreover, it advocates making as little suppositions as possible before tackling any case. Indeed, by having a broader perspective and adopting a more objective standpoint, the practitioner is able to accompany people in a much more effective way. Referring to the realm of psychology, Carl Jung himself said: "the less the psychotherapist knows in advance, the better the chances for the treatment working". (C.G. Jung, 1945, pp. 96-97). Nowadays, we know that two people can have the same physical symptom but very different stories. That is because every person's unconscious mind establishes different associations. As a result, we cannot draw the same conclusions for people who present similar symptoms.

Bioneuroemotion does not see the body as an end in itself but rather as the perfect tool enabling communication between a person, their consciousness and their environment. It is not really what happens that matters, but how we perceive what happens and the emotional reaction it generates in us.

All in all, the current Bioneuroemotion method follows four main steps:

1. *Identifying a conflictive situation.* It looks for a very concrete and specific difficult or stressful situation.

2. *Identifying the stressful scene or moment.* It focuses on the point in time when the problem started to occur, in order to understand the person's emotional environment at that particular moment of their life.
3. *Looking for other resounding situations.* It looks for other similar situations of difficulty to identify commonalities. That way it is able to detect specific stress triggers for that person.
4. *Looking for family resonances.* It looks for links between the difficult situations the person is experiencing in their current life and those experienced by the members of their family tree.

Finally, people get to find out what unconscious factors had been conditioning their experiences up until then. After becoming aware of all of the above, they are in a position to choose new ways of dealing with those difficult experiences. Bioneuroemotion believes that emotional coherence is the most effective way to manage difficult situations. It also fosters healthy personal growth.

### **A different way of looking at the world**

Bioneuroemotion is based on the philosophical principle that we appear to live in a dual world, even though everything really is united and interconnected, everything complements everything. We believe that we make our own conscious decisions, when in fact we are reacting to unconscious information that is being expressed in all areas of our lives.

Bioneuroemotion is about stepping into emotional adulthood. It helps us to understand that we are always in a position to choose how we wish to see what we are experiencing. It is about awakening to the responsibility that every single one of us holds with regard to what is happening in our lives. To venture into this process is to learn to see that changes come from an open mind, and that the solution to all our problems is available to us, in the present moment.

Bioneuroemotion is for everybody but not everybody is for Bioneuroemotion. Precisely because it means making a commitment, taking on an attitude and having an intention: being prepared to be the one to change.

### **Conclusions**

1. Bioneuroemotion follows a distinctly humanistic approach. However, it is always open to new information. It doesn't ignore other approaches and always welcomes the opportunity to learn from other disciplines and points of view.
2. Bioneuroemotion mainly studies and works with perception. Cognitive changes resulting from a switch in perception lead to fully coherent and meaningful emotional, and behavioural changes.

3. After carrying out thousands of sessions, we have realised that studying and knowing about our family history is key to understanding our own patterns of emotional conflicts.
4. Bioneuroemotion helps us to understand that in every moment lies an opportunity to overcome and change our own perception of life. The present is a consequence of the past. So in order to live a new present, free of any negative conditioning, it is in our interest to unlearn some of the information we have inherited or, at the very least, become aware of it and decide whether to keep it or leave it.
5. We teach people to be self-sufficient, to take responsibility for their emotional state, and to feel empowered and capable of resolving their own issues. Bioneuroemotion is based on the idea that we are all responsible for our lives and circumstances. It avoids people feeling victimized and rules out the belief that there is nothing one can do to turn an experience around.
6. We are constantly projecting our beliefs, emotions, feelings and opinions, which in turn create our experiences. The relationships we establish with others complement our inner emotional state. So, every event that occurs and every person we meet is reflecting aspects of our own consciousness. If we want to understand our environment, we first need to understand ourselves. Every situation is an opportunity to get to know ourselves better.
7. The thousands of cases studied through Bioneuroemotion sessions suggest that working on people's awareness and perception helps improve their emotional wellbeing, and therefore also enhances their physical, mental and social wellbeing. They also point out that it is an effective method to be added to the list of other successful disciplines that pursue human health and wellbeing.