

Welcome to *Whole Brain Balancing*, A Personal Message from Paula

Introduction

My personal journey from childhood through adulthood, replete with various life stage challenges, ultimately led me to several transformational and psychotherapeutic modalities. These include subconscious change (with PSYCH-K), neurofeedback for brainwave reregulation, trauma healing and DNA Activation. I experienced and learned these methods for my own growth following mid-life crisis. Eventually, they shaped the development of my *Whole Brain Balancing* practice.

As an American baby boomer born in the 1950's, I enjoyed our generation's many socio-economic privileges. The cultural assimilation process, a suburban upbringing, exposure to diverse racial and religious relations, higher educational access and professional opportunities for women comprised a significantly different world from that of previous generations. Globalization and technocracy bridged two of our most volatile centuries. My early identity was formed by complex influences from these eclectic times. My experience included multi-cultural dissonance, adolescent angst, extensive travel, artistic training and academic pursuits. Overall it was an adventurous lifestyle. It led to interesting career paths and culminated in unanticipated mid-life challenges.

Unique to my generation there was a focus on the internal journey. The aim was to deconstruct and reconstruct consciousness. This, too, was part of my experience, initiating me into the subconscious realm. This exploration prepared me to guide others seeking intense self-revelation through deep introspection. I utilize various facets of my *Whole Brain Balancing* practice to nurture your healing journey. Applying the inter-related modalities of deep subconscious change, brain integration, trauma healing and DNA Activation ensures your metamorphosis.

Background

Growing up in a bilingual household, while still quite young I precariously balanced my traditional Mediterranean upbringing with contemporary American culture. I often felt like I was alone, trapped between dissonant worlds bound by inter-generational ties, trying to bridge their inherent contradictions. As a teenager, reconciling the contrasts between my individual and ancestral challenges was confusing and overwhelming. My adolescent transition into young adulthood was set against tensions dividing two radically different realities.

In the 1960's and '70's, these personal, cultural contradictions were largely overshadowed by decades of collective global trauma. Domestically and abroad, turbulent social change movements, increasing economic instability and escalating violence became the new norm. I

felt disappointed in the failed American Dream my grandparents and parents had aspired to. All along I had resisted assimilating into mainstream American culture but was now resigned to it.

At the same time, I became determined to fathom my inter-generational mandate of honoring our rich cultural and ancestral heritage. Undertaking a fine arts degree in college, I completed my studies in Siena, Italy and subsequently lived in Rome. Amidst a medieval Tuscan setting, direct exposure to my native culture's spectacular history informed my Italian art, music and literature studies and travel. Benefits of a European education featured traditional artistic training and rigorous intellectual discipline. Daily exposure to Italian culture and dialects through traveling refined my understanding of cultural diversity and my competency in language skills. The rewards of an American liberal arts education combined with study and travel abroad profoundly transformed my worldview and initiated my career development.

Individuation

Excelling in my studies, following graduate school initially I pursued a career in academic art librarianship to broaden my intellectual horizons. With funding from the National Endowment for the Humanities, the culmination of this initial career phase was an award-winning bibliographic project and publication on American women artists that I was fortunate to spearhead. Ironically, as I moved forward, I learned my finest teachers were not my parents, mentors, colleagues or professors. Rather, they were the moments of transcendent wisdom I forged through struggling internally with my innate and conditioned selves. Instinctively, I knew reinventing my personal identity was key to developing a true adult self, separate from childhood programming. I believe this existential paradox holds true for each of us, regardless of how it plays out. The internal struggle between one's authentic self and the conditioned self, is a universal human dilemma.

Following this protracted and complex process of adult individuation, I approached mid-life, having reached my professional stride, and began preparing for an early retirement. Unexpectedly, I faced inevitable parental caretaking responsibilities motivated by my traditional culture's imperative. I did not anticipate how this unexpected family role would profoundly alter my destiny.

Responsibility for my two elderly parents severely fragmented my time, energy, drive and focus. I felt I was continually losing ground personally and professionally. Complex dynamics divided my family members, derailed my career, depleted my resources and destroyed my health. The toll extracted was so severe that recovering from it appeared impossible. Exhausted and discouraged, I had few ideas about how to cope. My former high functioning personal life and stimulating career had both disappeared, for what seemed to be forever.

Healing

Searching for recovery solutions included utilizing the numerous deep change techniques available. These older generation methods including Rapid Eye Movement (EMDR), Emotional Freedom Technique (EFT) and hypnotherapy provided only marginal improvement. I continued to suffer stress responses to unresolved trauma. Having little interest in medication or traditional talk therapy, and unaware of brainwave reregulation methods using biofeedback or neurofeedback, my search continued.

Eventually in 2011, I encountered a PSYCH-K endorsement from Dr. Bruce Lipton, who is its strongest promoter and champion. With a deep breath, I committed to an intensive training in California with Bruce Lipton and Rob Williams (PSYCH-K's founder). Intending to learn about epigenetics and positive psychology, I aimed to recover my former physical vitality, mental clarity and emotional resilience.

Amazingly, I comprehended Bruce's scientific theory (epigenetics) underpinning PSYCH-K and learned Rob's multiple balances. After several days of consistent practice, I began to feel subtle yet distinct improvements. Physically, emotionally, mentally and spiritually, a clarity and calmness that had long eluded me began to awaken within. My energy improved and self-confidence resurfaced. I wondered what my next steps would be when the training ended.

PSYCH-K®

Encouraged by positive results from practicing the balancing processes, I continued studying PSYCH-K at the intermediate and advanced levels for several years. When my former career as a senior research analyst phased out, I reinvented myself with an "encore" career. Fortunately, I had studied public health that certified me as a wellness professional. Feeling grateful for my renewed health, I felt called to assist others seeking recovery from similar setbacks. I established my PSYCH-K practice in California in 2013, and in 2015 expanded it into North Carolina.

Neurofeedback

As I learned about the neurofeedback research validating PSYCH-K's "Whole Brain State," I sought the benefits of clinical neurofeedback for my personal brainwave reregulation to advance my recovery. While maintaining my independent PSYCH-K practice, I became not only a client but a student and practitioner of neurofeedback at an integrative healthcare clinic. Diagnostics from detailed brain maps documented my brainwave improvement, and extensive neurofeedback sessions were profoundly restorative.

As my recovery continued, I was trained to technically assist clients with various brainwave disorders. Typical conditions included traumatic brain injury caused by concussions, infections,

and other injuries resulting in addiction, depression, anxiety, as well as sleep and attentional disorders. Studying neurofeedback taught me detailed inter-relationships between the brain, brainwaves and related behaviors (including maladaptive trauma responses).

Trauma

My public health dual-certification in Healthcare Disparities and Transformational Healthcare Leadership along with my personal healing journey, enabled me to compare results from my neurofeedback treatments and PSYCH-K biofeedback outcomes. (I consider PSYCH-K a form of biofeedback because it uses muscle testing.) I sought to compare and contrast both their similarities and differences regarding brainwave reregulation. I was particularly interested in evaluating trauma healing with both modalities.

Widely practiced since its founding at UCLA in the 1960's, neurofeedback is substantiated by research and remains the gold standard of brainwave reregulation methods. Compared to PSYCH-K it is clinically-based, requires computer interface and is expensive. (Neurofeedback is rarely covered by healthcare insurance and PSYCH-K is never covered). PSYCH-K is an alternate brain integration technique that also improves cognition and enhances emotional health. Unlike neurofeedback, it is characterized by ease, speed, convenience and affordability.

Results of a PSYCH-K balance create symmetry across the brain's two hemispheres yielding the "Whole Brain State." A balance also accesses the mind's three aspects, including conscious, subconscious and the super conscious mind's unlimited processing power and spiritual awareness. Unlike neurofeedback, its assessments and protocols are less precise yet still highly effective. In my personal and professional experience PSYCH-K's combined effect of the "Whole Brain State" and accessing the mind's three aspects for deep change remains convincing and genuinely transformative.

Invitation

Over many decades I have cultivated my emotional intelligence and honed my professional skills. I dedicated my efforts to transform my childhood programming, reconcile ancestral trauma and invent a new dream, from the inside out. I now invite you to reimagine your own story. Traveling together, we will journey from fragmentation back to wholeness, with compassion and benevolence as our guides.