**NAPCaRN Lunch with Robert McInnes Part One**

 **Robert McInnes**

The theory behind it is that all behaviour is seen as a symptom of an underlying principle. For instance, jealousy is the behavioural symptom, but the underlying principle is a lack of trust. So I followed this theory all the way through and developed a seven level model of counselling.

And it's a matrix of seven principles at every level.
On the left there you can see a picture of Freud.
He talked about the ego and super ego because personality does have an effect on behaviour.
It was a writer later Kahneman won a Nobel Prize for his work on, and his book was called Thinking Fast, Thinking Slow because there's a difference between the ego, which is the left brain, or left hemisphere which is consciousness.
And talks to us out through the world.
It works slowly because it uses words at about 40 bits per second.
But the right brain in the subconscious is processing electrically about 40 million bits a second. So what we're processing in the right hemisphere through the right hemisphere in the body electrically is a lot different speed to what we're using with words and cognition through the left brain.
So we'll look at how those two fit together in the next slide.
So here we're looking at all the metrics, the seven levels and the seven principles at each level. So in order to keep it simple, because it looks quite complex, we'll just stay in column one and have a look at column one.
The top levels. A Level 7 is seen or recognised by this model I've created as the right brain, driven by spirituality or as McGilchrist who put out a book in 2021 called The Matter of Things where he wrote 800,000 words on the difference between the left and the right brain.
This is going to dramatically change the way we look at psychology in the future, but what he said is that the left brain, we've been hunter gatherers for two million years since we're since we stood on two legs as Homo erectus and then Homo sapiens for two to three hundred thousand years, but the left brain was to find food and the right brain was to keep it safe. So the left hemisphere of the brain is used based on greed to find food. But when it got food it wants power and profit. According to McGilchrist and therefore that drives the ego of wanting things in contrast to that is the right brain, which is driven by fear to keep us safe.
And it integrates the whole body to keep us safe. So it's driven by fear rather than greed.
So we've got these two competing forces between the left and the right hemispheres and between the personality of the ego and the superego or the Id, which is the words that Troy used.
At level one, we've got the spiritual side driven by intuition and by creativity and imagination and therefore we have hope. So the definition of hope is that I know I can get there, but I don't know how. That's the definition of hope in this context of this matrix. Under that, we've got the left brain approach, which relies on logic and reason, and it says I need the truth, so therefore it works to goals, not to hope. So a goal is I know I can get there and I know the pathway there, so therefore I can work out the truth as I go along. The left brain people, when I talk about left and right brain people, for the purpose of this exercise, I'm looking at the extreme of left and the extreme of right. You know, a lot of people are balanced and they use the left brain in the right context and they use the right brain, the right context.
But if you get them out of context or you're extreme, you'll get conflict and differences. So for the purpose of this exercise, in talking about negative emotions, I'm talking about the extreme of the left brain and the extreme of the right brain.
We then go down to level 5 relationships. So what we say is that love, there is all different types of love. But love is based on four relationship principles, and they're called Trac, TRAC, Trust, respect, acceptance and commitment.
So if we look at trust from a left brain level 6, we will say I'll need the truth. I need the truth before I can trust you.
And that might be appropriate in a lot of cases. I need the truth, but there'll be other cases where my intuition tells me that I love you. And it's not based on any truth, it's just intuition. And that is a right brain concept.
So you can see that a left brain person will rely a lot more on knowing the truth for logic and reason, whereas a right brain person will want to know that truth.
So then we drop down to what happens when we have trust.
To have trust, you need courage. But if you lose trust and you lose courage, you then have fear. So we're saying at level 3-4 and five, fear. Fears is a normal emotion, just like anger's a normal emotion.
W hen you've got fear, you develop courage and build trust. When you've got anger, you become assertive and you build back your respect because anger's a loss of respect according to this model.
But if you lose, if we're still staying column one, if you lose control.
Your fear can become paranoid fear.
And then you come back to this right brain. Your right brain wants to keep you safe. So it doesn't like paranoid fear. It wants it brought out in the open and exposed and fixed, whereas your left brain, your ego doesn't want your paranoid fear revealed. So you're in conflict within yourself and the left brain person will then create a fantasy to cover up the paranoid fear, which could be a lie, or it could be an addiction. I'll just stay in my room and play computer games or I’ll stay at work and I won't go home because I don't want to face the fear, the paranoid fear.

So that's a rough look at the model from the matrix point of view, we'll now go on and have a look at how the negative triggers arise.
So negative triggers arise from two sources according to this model I'm teaching. There's a difference between emotions and moods.
They're both feelings, but the difference is that a mood doesn't have thoughts. It's just a body sense.
Whereas an emotion, according to Feldman Barrett, who wrote a book about how emotions are made, they're created from moods and thoughts are attached, and that creates an emotion.
So you can see that the left brain person who is using logic and reason comes across a right brain person who is using moods. They just wake up in the morning with a mood and say I'm feeling sad.
The left brain person relies on thoughts, so they think the mood is an emotion. Therefore there must be some reason for feeling sad. So they'll ask you why you're sad and you say I don't know. I just feel sad. But then if they got paranoid fear.
You can see how it can get to your concealing something from me. You're hiding something from me, but you're not. You just feeling a mood.
So that's the difference between a mood and an emotion. A mood won't have a thought, and an emotion will have an a thought. If we have a look at moods, their body senses, they come from the gut area.
They come from all your body senses, so you can have some people have high sensitivity and some people have low sensitivity. So obviously if we've got high sensitivity, you're going to react quickly.
So in terms of picking up the sense and then it's the energy you've got, how quickly does it move through your body? So if it moves very quickly, it's said to have high intensity and if there's a lot of energy then then there's a high density. So if you're a person with high sensitivity, high intensity and high density and it's negative.
It can come up very strongly up through the right side of the body and then into the consciousness.
In anger management is 15 types of anger.
One of the most common types I'm seeing in 2024 is explosive anger, which means that the sensitivity, the intensity and density are negative energy coming up so strong that by the time they hit the conscious mind, you can't stop it. So the person can see what they're doing. They can feel what they're doing, but they can't stop it. And it comes out as explosive anger.
And that is one of the 15 types of anger which can come up through this through this mood to this emotion and to this outlet as behaviour.
So if we move on to the next slide.
We'll see that on the left hand side, there we see how this happens that the sensors and under the body sensors there's the positive, the negative, the false positive and the neutral energy. The energy comes up, hits a thought, creates emotion. Now if that happens a lot, a lot of times.
You then develop core beliefs.
And therefore the core beliefs get triggered.
And they are controlled through an impulse control, which back on imatrix was called that influencing principles, which is that courage. So between the fear and the trust, you've got courage. So your impulse control includes all your influencing principles, your courage, your patience, your self-control, your calmness. And this is where the stress arises, where there's a conflict between your core beliefs or your negative emotions.
And your impulse control, that's when you're under stress, but you start to lose the patience or lose the self-control or lose the calmness and it's kept in place by what's called a vagal break, which pushes your heart rate down to 70 beat/72 beats per minute.
And your heart rate can fluctuate up to 90 and down to 60 and you'll still be in control. But if the vagal brake goes off you lose control of your emotions and your impulse control is not affective, and that happens through the nervous system.
So we'll switch over and have a look at the nervous system on the next slide.
A lot of people have heard of the fight flight freeze response and that goes down the sympathetic nerve. There are three longest nerves in your body. These three nerves, the fight flight freeze and the door and the ventral vagal calm nerve. They go from the stem of brain down through your body.
Fight flight simply means mobilisation, moving while you're moving forward or backwards with your vagal break on, you're in control and there's not a problem. You just might be a bit too pushy or a bit too withdrawn.
If you get overwhelmed with the fight flight, then you'll go down the freeze where you'll start to immobilise yourself. You'll start to procrastinate. You'll put things off. If you get right down the bottom, you can get depressed and withdrawn.
But there's a third nerve, called the ventral vagal nerve, where you're calm and relaxed.
And when you're at level 5 in my model of trust, respect, acceptance and commitment to be at the optimum stage there, you're calm and relaxed and you're in control.
You're not down at the gut level in a defensive mode of fight flight freeze, so the objective is to get to the calm, the big the vagus nerve where you're calm.
So what we're having a look at here is the left brain, the conscious mind, the trigger comes in and it comes across to the right brain. Remember, your left brain is working at 40 bits a second. The right brain's working at 40 million bits a second.
And we're doing these pattern matches. These constant pattern matches and predictions going over and over things making predictions.
And then from those predictions, there will be energy generated and their behaviour will be produced. And if our pattern match and prediction doesn't change, and it was in a negative situation, we just call it a bad habit which just keeps repeating because it's the same pattern, matched the same prediction based on a trigger which is similar to the original pattern match.
Now, neuroscience is telling us now that when they do MRI imaging, the right side of the body can make a decision up to seven seconds faster than the conscious mind is aware of it.
And so the conscious mind is following these pattern matches and predictions that's happening in the subconscious mind.
But the subconscious mind isn't identifying it like that.
A more practical example is if you're watching my lips speaking, then it looks like that the words are matching the lips, but your eyes are looking at me at the speed of light. But the sounds going back at the speed of sound, and so therefore your brain adjusts the speed of light to equal the speed of sound. So it appears that everything's in sync, and so your brain makes these adjustments to time to make sense of things. And so a left brain that's working at 40 bits a second has got to make a lot of adjustments to a right brain that's working at 40 million bits a second.
This comes to how do we make a change in our habits the easy way? We can work through behaviours, but behaviours take a lot of repetition of behaviour to make a change. But what I discovered in my first placement when I was at a drug and alcohol centre in Spring Vale.
I worked with these guys that were five men locked in a house. They couldn't leave the house. They recruited them from jail, or they volunteered to be there if they're alcoholics, a lot of the drug addicts came straight from jail to the house and they had explosive anger. This is back in 2006.
And I was there only counsellor for rehabilitation and what I did, I was trying to get their anger under control because some of them, you put five men together in a house and they sleep two to a room. There's one TV and one games room. You had conflict and so I had to try and get their explosive anger under control. So I stayed there for five years as a volunteer every Tuesday and just experimented on different ways of controlling anger. And I came up with this way, which worked, but I didn't know why it worked. So I spent the next 10-15 years working out how it works and how it works. It's created a intervention between the pattern match and the prediction in the subconscious mind.
And I've opened up my own practise in 2010 and taught this technique to over 3500 people. So we'll just have a look at the next slide to see how it works and what it has done is it uses what's called a mantra and a visualisation.
Positive thinking doesn't work if the left side of the brain is thinking positively and the right side of the brain is doesn't agree with the positive thinking which is coming from the left side of the brain because the right side of the brain's got all the energy and it'll say, yeah, I know you want this, but I don't feel safe with that idea and therefore it won't work. So if you've got a core belief that money is bad and your left side of your brain saying I want to make $1,000,000. Then you can do all the positive thinking you like, but it won't convince a core belief that money is bad. That's in your right brain. So you've got a mantra though. The great thing about a mantras which have been around in India for 4000 years is they get into the right brain without any feedback from it. And so the mantra you say is the five words at the top of this slide.
Stop, find, calm. big picture.
And you say it is a mantra.
During the day for 5 minutes a day, you just keep repeating it while you're doing what's called a procedural habit. Procedural habit means you drive a car. you can think about something else. You can wash the dishes and think about something else. So when you're thinking about something else, you do the mantra, stop, find calm, big picture and you just repeat these words for 5 minutes during the day.

What the words mean, the first three words stop, find, calm means stop going down the fight flight, stop the going down the freeze, look for or find the calm nerve. Stop. Find. Calm. Stop. Find. Calm. You're doing a repetitive statement to train your brain to switch nerves when the trigger arrives.
You're setting up a programme in your brain.
And then you do a visualisation at night. So if I was particularly angry with my wife, for instance, I do a visualisation of her face just accepting me or smiling at me, even accepting me, but I wouldn't think about it. You don't use your left brain if you want to make a change, so I just stare at the face. It's either a visualisation or an actual picture and I just stare into it.
And I do that for three minutes at night. If I can't hold this there, then I just stop and start again. As long as it adds up to three minutes. It doesn't have to be three continuous minutes. And then what will happen is that when a trigger comes along…nothing will happen for three days. It takes three days to put this this new habit into production takes three days of eight minutes a day, 5 minutes saying the stop, find, calm and three minutes. Looking at the big picture. Then, after three days between three days and seven days, if a trigger comes, what your brain does the same pattern match. So if it's anger, your anger will come up, you'll feel it come up, but at 40 million bits a second it'll just drop and your brain will switch to calm nerve. And then your brain will go not to the prediction you normally make, but to the big picture and your subconscious brain thinks how do I get her to agree or smile at me? And you'll say or do something different.
And that's how it works. So I've got a 2 minute video on that that will be available to you. So if you wanted to go over and try that, it certainly works. If you've got an anger issue and to a lesser extent it does work with anxiety because it's calming the sympathetic nerve.
That is a summary of my presentation. I apologise that we've had to squeeze it into 30 minutes or 25 minutes, but maybe I'll end there.

 **Anne Walters**
Wonderful. Thank you so much, Robert. So amazing, what a fantastic start to the three sessions that we've got. I'm just wondering if anyone has any questions for Robert.
Yes, Manfred. Great to see your hand up.

 **Manfred**
I don't know if you can hear me or see me? Hello.
Hi Robert. Thank you very much for this first session in terms of the triggers and when you talk about core beliefs, if I understood it right, is our previous experiences created that core belief and then the trigger or the trigger first?

 **Robert McInnes**
Yeah. So the core belief gets established over time. Normally at most of them would be there during the first 12 years that you're born. That's when a lot of patterns and core beliefs are established. And your brain matches with triggers, it will pattern match and then go back to a previous time, you believe that happened to you. So your pattern matched this person to the previous person and that's caused the prediction that this new person is the same as that person and therefore my response will be the same.
But the core belief sits there as a underlying sort of basis for the pattern, the patent match.

 **Manfred**
Thank you. In just a second question, when you talk about mantra and visualisation, do you also add a layer on top with practise?
For example, if I want to read two books in a way, and I have not been reading for a long time?
Would you do a visualisation and then training practise on top? Can that work?

 **Robert McInnes**
Yes, as long as you do the mantra during the day, you can substitute it for any picture. Yes. For instance, if you wanted to buy a new car, you'd put your new car as your visualisation. It's not going to produce a new car for you. But when you went to spend money on, say, a video game for a few hundred dollars, and it's supposed to be going towards your car, your brain would stop you or slow you down at least to stop spending that money on that because it's saying you need it for this new car. That's how it works.

 **Manfred**
Thank you, Robert.

 **Anne Walters**
Thanks so much for the question.

Robert in our chat we have a question from Di Blackwood. What impact do the hormones have, e.g. teenagers being very angry or even aggressive with parents when in the past this is not their normal behaviour?

 **Robert McInnes**
Yes, well, when you get to 12 years of age in emotional years, you then go into your second stage of attachment where you break away from your parents and you join your friends and a teenager does get these additional hormones which create a different type of energy or more energy, but they're programmed to breakaways because for two million years you have to leave the tribe and go out and hunt. Now,
why would you go out and hunt? You've got no knowledge, no skill, no experience, and there's lions out there. So we're programmed to break away from our parents so.
When I say a 13 year old looks at their father and their father comes in with a curious mind, the brain of the teenager will think it's anger, not curiosity. So their brain changes and so with these changes happening in their hormones and they'll say to their dad, why are you angry at me? And then he'll say but I'm not angry. There you go. And all of a sudden that's gone into … and that helps them break away. But a very crude way of doing it helps you break away from your tribe, get out in amongst the monks where the action is in finding food.

 **Anne Walters**
We'll have one more from Sam. Fire away, Sam.
You're on, you're on mute. Sam. Unfortunately, we can't hear your wonderful question.

 **Samantha**
Thank you for your presentation. I was just wondering how do you figure out what the big picture is when your monkey brain starts arguing about actually what's important about what's in the big picture? Like, no, it should be this or hang on over here.

 **Robert McInnes**
Yes, so that.

 **Samantha**
Does that make sense?

 **Robert McInnes**
OK, so that's why it comes back to that. You've got to start with hope. You've got to say, OK, this is what I want the situation to be. I don't know how to get there, but your monkey brain will give you all the reasons why you can't get there. But you've got to go past that and have hope. OK, I know I'll get there, but I don't know how. So my picture is that I'm there already, even though I don't know how I'm going to get there. And you've got to stop the left brain talking.
And that is very difficult sometimes. But if you just say go past the left brain you can bring yourself down to Ground zero by saying what happens if I lose all my 5 senses and I lose all my memory? What have I got left? I just I am. And it just is. And you just start from there. OK. I am I. I is. I've got nothing. But I'm just here now. What? What picture do I want?

 **Anne Walters**
Thanks so much Sam, and thank you to everyone for joining us today and particularly for those who hung in with all your patients. It's amazing that you were so excited to have Robert speak and that you were able to stay on. So a really big thank you to all of you for today. And Robert, thank you so much for coming and joining us as well. Now as I mentioned at the start, we have a short survey that you we would love for you to fill out. If you've got some suggestions for us on the general programme as well as some topics that you might like Robert to cover at his next session which is on the 11th of October, really keen to get your feedback on that and we also have put in the chat that activity that Robert mentioned earlier in his presentation. So feel free to click on those in the chat and do that activity over the next week or so.
There is someone, Robert, that has asked to if they could ask a question after the end of the session. So for everyone else, thank you for coming and that's a wrap for today's session. And if you do want to hold on the line, Robert, could you just stay on for a couple of minutes and answer some questions that would be great.
Thank you so much. Have a wonderful weekend everyone.

 **Robert McInnes**
Thank you.