

Learning more about Alphabiotics— The Classic Brain Reboot

INTERVIEW BY JOANN IMPALLARIA

SPM: What is Alphabiotics?

Neal Smookler: I often start by saying metaphorically that your brain is your computer. Alphabiotics is like re-booting your computer. Researchers know the brain is divided into two halves and each hemisphere has its own personality. The left side traditionally has the ability for verbal skills, logic, reason, and sense of time, while the right side is intuition and abstract thought. Both are valid and of equal importance. For an individual to have a fluid and easy access to each side of the brain is utterly crucial for being a fully actualized and realized person. That way, you're literally tapped into all the things that make you unique and special, your genetic ideal. Both halves must be working and in balance. The problem we're dealing with today, in our modern society, is that when we encounter a stressful situation, such as something of high emotional content or pain, something that the individual perceives to be a threat to survival, the brain as a whole drops to a mid-to lower-level brain function or limbic function. The limbic system is the part of the brain associated with trauma, stress, anxiety, and negativity. In other words: all of the no's, don'ts and can'ts from early childhood. In response to something life threatening, one hemisphere of the brain will shut down. The side that shuts down is the passive or subdominant hemisphere. Think of that hemisphere on a dimmer switch dimmed all the way down. At the same time, the brain marshals all of its resources to the other half of the brain, and that half goes into an overly exhausted state, which is the all too familiar fight or flight reaction. The same changes that occur in the brain today occurred 10,000 years ago. Your body knowing that it's in danger will shift

from inner balance to an emergency standby state. When that occurs there is a major misappropriation of resources that then is focused outward to deal with the perceived threat. When you're in that response state, you are misappropriating your reserves outward. On a topical level, ongoing stress is an enormous drain of energy. The concept I want people to get their mind around is that when you lock into this fight or flight reaction, you are disconnecting from your Source and are literally going through your life partially separated from that very Source.

SPM: What do you mean by a brain re-boot?

NS: Using the term brain re-boot is a colloquial metaphor. I began using it because people can instantly connect and understand what a re-boot is. The brain is a sensory organ, much like your skin. The reboot is a sensory pattern interrupt that introduces a positive communication into the brain. The nature of this communication instantly balances both halves of the brain, clears stress switches and resets the system back to the clear, healthy blueprint provided you were born with. It's a catalyst for the brain to do a complete internal systems check. Without a perceived clear and present danger, the brain finds no need to remain locked in the daily hypervigilant stress response. As the brain shifts out of this defensive emergency stand-by pattern misappropriated resources are freed up to attend to priorities which had been 'swept-under-the-rug'. When the body perceives danger - resources for healing, thinking, joy, sleep, creativity and tapping the authentic expression of you - get placed on the 'back burner' where they will remain until you shift out of the fight-or-flight pattern. Have you ever seen anyone who is in a

truly hysterical mode. You often can't talk them out of it, but if you were to soak them with a bucket of ice water, the water is a sensory pattern interrupt that will literally shift that person out of the hysteria mode. The re-boot is a sensory pattern interrupt. It literally shifts the brain out of that survival response.

SPM: How long does it take.

NS: Only about 10 minutes. The process is analogous to flipping on a light switch. Once the switch is on, it's on. You don't have to do anything else. It's a very simple process. The most critical aspect of the process is that it causes the brain to do a complete systems check. When the brain realizes there is no danger, then all of that resource that you were disconnected from, all of that subtle essence of your Sacred-Self reconnects back into the body-mind continuum. But you've been separated from Source, so it's been a bit of a struggle.

SPM: Is it like going to a cranial sacral practitioner or masseuse?

NS: Most people who walk in the door have been locked in an emergency standby for years. So we're breaking a dominant stress response that has been there a long time. There's a phenomenon called cellular memory. It's a memory of this stress response in every cell in the body. There's a phenomenon in Alphabiotics called psycho-physical armoring. This is cellular memory expressing itself through the neuro-muscular skeletal system. Where a person is locking into the fight or flight reaction, the body goes into contraction physiologically. The memory of that stress response will try to reinstate itself, because it's the dominant pattern. One should be rebooted more than once to maintain

balance. Initially, when a person is re-booted and reconnected, the average adult will hold that for between 75 and 96 hours, then the memory will reinstate itself. I can get people to hold for 168 hours within 4-8 weeks. The goal is to hold the re-booted state for long, extended periods of time, without me.

SPM: Do you work with other modalities such as yoga, in conjunction with Alphabiotics?

NS: I tell people, those are wonderful things, continue to do them. The concept I want people to understand, is that if you're doing yoga or meditation or acupuncture but you're locked into this energy depleted state, it's almost as if there is a ceiling place on everything else you're doing. If you can reconnect back to Source, back into balance, then everything gets jiggled up to a much higher level of efficiency. Everything else you do will take on new meaning when you come into whole-brain balance again. I've been doing this for the past 15 years - over 80,000 times. I'm convinced that the brain becomes less hardwired when body comes into this state of balance. We kind of get wired one way, you respond to external events, and you repeat events and behaviors. I truly believe that stress over time, perhaps decades, literally distorts you from you. You are not your Authentic-Self. People in their 30s, 40s, 50s, don't feel the same way as when they were 10. When you stay locked in this state, when you're in fight or flight, disconnected from your Sacred-Self, distorted from your Authentic-Self. It's so slow, you don't even know it's happening. You start to become someone that you're not, but it becomes the status quo, and you have no other reference point. Most people cannot appreciate it until they can shift out of this fight or flight and have perspective to see it. There is a spark of divinity in everyone, the subtle essence of your soul, whatever you understand that to be. Alphabiotics is not religious, but spiritual, because we're reconnecting you back to that part of divinity within you. When I talk about a brain re-boot, it's just a topical way to get people to understand what we do. Ultimately, the sole objective is to

bring the individual to a tighter connection to their Sacred-Self. It's so simple.

SPM: Can you describe your experiences a bit further?

NS: One of the most common things I see, is that spark that the person used to have, that twinkle in their eye, is just muted. That is a byproduct of being separated from your Source for so long. What I see with people after the process of Alphabiotics is that spark returns. Most people when they walk into my office, there is something void or empty. You see children running and happy to be in existence, for no special reason, they're just expressing their divinity in an unbridled fashion. Stress grinds you down to a nub, it wears you down. As the years and decades go by, it wears you out so to speak. From my

perspective, the spark returns. The person comes into a tighter connection to their Source. The real communication that's going on is the communication with your Higher-Self. We're using the brain as our avenue to communicate to the body's inner wisdom. When I talk about a pattern interrupt into the brain, my intent is to communicate with the body's inner wisdom and the Sacred-Self. My aim is to get the body's attention to recognize the Higher-Self. Your body needs assistance from this overwhelming world that we live in. We're exposed to so much stress. The body is overloaded and has a hard time staying in a state of balance. ॐ

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About Neal Smookler

Upon receiving his bachelors degree in biology from Boston College in 1985, Neal Robert Smookler went on to continue his professional studies for a number of years in Los Angeles, California. Recalling his introduction to Alphabiotics years later is as clear as it was on that October day back in 1991..."I remember getting up after the session and I was, uh ...humming. I was literally resonating in what I can only describe as an insulated cocoon of peace. It was as if the heaviness of my life somehow lifted. I seemed to shift out of 'brown out', no longer waiting for the proverbial second shoe to drop. I felt like my brain, my entire body had been re-set, providing me with a clean slate. Have you ever experienced something that rang so true for you, that you just knew it was right? There was no intellectualizing, no analyzing or trying to figure it out. Just a gut feeling of perfection. I couldn't turn away from what I had experienced. I knew with absolute certainty that I would do this work. Two and one-half months later I was down in Dallas, Texas taking my first class. It quickly became a calling for me. Today, I literally cannot separate it out from who I am." Smookler has been a Developmental Alphabioticist now for close to fifteen years. He was trained personally by Dr. Virgil Chrane, the founder of Developmental Alphabiotics - logging hundreds of hours (and miles) at Alphabiotic Seminars in the decade and a half he has studied and implemented it. Over the



array of print media venues as well as WBZ, WZBC & WATD. He also assists and coaches those members from his own Center who have chosen a career in Alphabiotics and have begun the Alphabiotic Academy - in refining their skills and developing the sensitivity to learn the subtle nuances of this method. Today, Smookler lives in The Back Bay, spending his professional time in Wellesley, Massachusetts - The Center for The New England Alphabiotic Association.