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, and your dominant personality 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 ideas, so both halves must be working and in balance. The problem we're dealing with today, in our society, is that when we encounter a stressful situation, such as something of high emotional impact or pain, it's something that the individual perceives to be a threat to survival, the brain as a whole goes into a mild-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 of your childhood. In response to something life threatening, one hemisphere of the brain will shut down, creating a state that shuts down the parasympathetic or parasympathetic system that shuts down the parasympathetic or parasympathetic system that means danger and that's redolent of the term 'flight or fight.' 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 mode. Your average adult time that there is a major misappropriation of resources that then is focused only to deal with this 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?
Neal Smookler: 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 re-boot 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 state. When the brain realizes there is no danger, all of that resource that you were disconnected from, all of that subtle essence of your Sacred-Self reconnects back to 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 cranium sacral practitioners or massage?
Neal Smookler: 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. As the brain shifts out of this defensive emergency stand-by position, it's 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, feeling, sleep, creativity and tapping the authentic expression of you—you'll place 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 get to them out of it, but if you were to soothe them with a bucket of ice water, the water is a sensory pattern interrupt that will literally shift that person out of the hysterical 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?
Neal Smookler: 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, all of that resource that you were disconnected from, all of that subtle essence of your Sacred-Self reconnects back to the body-mind continuum. But you've been separated from Source, so it's been a bit of a struggle.

About Neal Smookler
Upon receiving his bachelor's 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 a clear recollection of standing outside a store 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 involuntary state of peace. It was as if the quietness of my life somehow lifted. I seemed to shift out of "tense" 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 rings so true for you, that just knew it was right? There was no intellectualizing, no rationalizing 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 E. Atlant, 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. Over the years, Smookler's work has been featured in an array of print media venues as well as WBEZ, WZBC & WADT. He also assists and coaches those interested in furthering a career in Alphabiotics and have begun the Alphabiotic Academy - refining their skills and developing the sensitivity to learn the subtle nuances of this method. Today, Smookler lives in the Black Bay, a 300-acre residential, professional time in Wellesley, Massachusetts - The Center for The New England Alphabiotic Association.