

# **A Multi-dimensional Approach to Healing Attention Deficit Disorder (ADD)**

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## **Abstract**

The intention of this paper is to provide an alternative approach to healing Attention Deficit Disorder (ADD), using Brennan Healing Science techniques. It is intended to provide information for those who suffer with ADD, their families, teachers, and doctors, as well as to provide a reference for Energy Healers. I have used literary research to include the teachings of doctors who are very familiar with ADD, as well as doctors that are well educated in the area of energy healing.

Our exploration of an energy approach to healing ADD takes us through the importance of brain chemistry and how this chemistry can be optimized. It includes the role of emotions in the healing process, the physiological manifestations of emotions, and the relationship between emotions and “higher mind”. This study reveals the connections between ADD and giftedness, and the significance of pleasure, sharing one’s gifts, and living from the awareness of one’s Life Purpose, as keys to the healing process. The Brennan Healing Science model of healing the Human Energy Consciousness is applied to the specific types of ADD that are outlined by Dr. Daniel G. Amen, a pioneer in this field. ADD is viewed in the context of Brennan’s Four Dimensions of Humankind, including physical manifestations, characterological defenses, affected chakras and levels of the energy field, hara and core essence.

## **A Multi-dimensional Approach to Healing Attention Deficit Disorder (ADD)**

With so many of planet Earth's population being diagnosed with ADD, from children to adults, in many countries, how might this condition be part of the positive evolution of humanity or "What's right about ADD?" Is this a wound with a gift? How might energy healing contribute to the wellness of those with ADD? People with ADD are affected physically, emotionally, mentally and spiritually. Their difficulties range from being still or present with themselves as in meditation, difficulty maintaining mental focus, self-esteem issues that affect emotional experience, productivity/work life problems to sleep disorders. This paper will explore how energy healing, in particular Brennan Healing Science techniques, might minimize these symptoms and contribute to an enhanced quality of life for those whose suffer from this disorder. It will consider how energy healing can affect the internal pharmacy of the human body, and ultimately impact the experience of those with ADD.

Most people are affected by ADD. Either they or a loved-one have been suffering from, diagnosed with and/or treated for ADD. As indicated by its name, there is inherently a difficulty in maintaining focus. There is so much distress, frustration and pain associated with this condition which manifests as a loss of potentials, feeling powerless in one's life, financial struggles, and the emotional devastation that results from these unfulfillments. Interestingly though, many with ADD are considered gifted or highly intelligent, which is a fascinating combination to consider. We will explore the wholeness of the person with ADD, the challenges as well as the gifts, and consider the question, "What if you thought that what was wrong with you is actually something right about you!"

### **What is the healing intention for those with Attention Deficit?**

Dr. Daniel G. Amen's research revealed that ADD symptoms can be traced to brain function. For one with ADD to experience relief, there needs to be optimal brain functioning (Amen, p59). How our brain functions will significantly affect how we **feel** about ourselves and our world, and how we relate to each. (Amen, p164) Some of life's basics, which support an optimal functioning brain are water intake, nutrition, exercise and oxygenation, and engaging the parasympathetic nervous system or relaxation response. The ADD brain requires additional scrutiny and attention to discover its unique needs for optimal functionality.

I agree with Dr. Amen's belief that a comprehensive approach is necessary to heal ADD. In this way, the wholeness of one's being is considered and nourished. Tending to the symptoms of ADD on the mental, emotional, physical and spiritual or metaphysical levels will bring optimal results. In his book, "Healing ADD," Dr. Amen explores many components of the healing process: exercise, meditation, biofeedback, hypnosis, ridding oneself of ANTs (automatic negative thoughts), nutrition and supplements, breathing, life coaching, medication and more. All of these approaches affect brain chemistry. I would like to add Brennan Healing Science techniques for healing the Human Energy Consciousness as an additional effective approach. Amen enters the more esoteric realm of the human energy consciousness when he recommends meditation, hypnosis and

biofeedback. Adding Brennan Healing Science to this list broadens the scope of support for optimal brain function.

Dr. Amen outlines both the external symptoms as well as the observable brain functions of the six types of ADD that he's been able to discern. Through his SPECT studies (single photon emission computed tomography) he is able to observe blood flow in the brain as well as brain activity, unlike CAT scans and MRIs which capture static brain images. SPECT images are determined through the detection of gamma rays emitted from different parts of the brain (Amen, p64-65). It is not brain anatomy, but functionality that contributes to the distress of ADD (Amen, p47). These studies inform us of the effects of rest vs. concentration on the brain. The results might be too much or too little brain activity or a lack of symmetry in the brain function. Dr. Amen outlines different healing approaches for each type of ADD, and, in his practice has specific, prescribed medications for each. In like manner, we will explore the various Brennan Healing Science Energy Consciousness Healing techniques that can best facilitate each of the brain function needs. First, let's understand both the distresses and the potential healing needs of the ADD brain functions.

### **What are the ADD brain functions and how do they manifest in the experience of one with ADD ? ( See Figures 1 and 2)**

Let us understand how Dr. Amen has distinguished the 6 types of ADD, by both the behavioral and experiential manifestations of the ADD sufferer, as well as the observable brain function distresses discovered through the SPECT studies.

For example, in Type 1 Classic ADD, the brain is fine at rest, but with concentration, there is "decreased activity in the underside and lateral prefrontal cortex." (Amen, p61) Some of the external symptoms appear as restlessness and hyperactivity, distractibility and inattentiveness, disorganization and impulsiveness, trouble with time; can be noisy and excessively talkative, impulsive and lacking patience, interruptive to others (Amen, p77).

With Type 2, Inattentive ADD, Amen also discovered a "normal brain at rest" and "...decreased activity in the lateral prefrontal cortex" during concentration. (Amen, p62) This again results in inattentiveness but with varied companion symptoms like daydreaming, moving slowly and sluggishly, boredom and lack of motivation; the "couch potato" syndrome. (Amen, p61)

Type 3 Overfocused ADD seems to be characteristic of children and grandchildren of alcoholics. (Amen, p63) Whether the brain is at rest or during concentration, "there is increased activity in the anterior cingulate gyrus" (Amen, p62), which stimulates negative thoughts and behaviors (Amen, p102). There is also decreased activity in the underside and lateral prefrontal cortex." Here there are attention difficulties with changing one's focus of attention; negative or obsessive thoughts or behaviors including being argumentative and holding to one's own opinion, as well as unnecessary and excessive worry.

The fourth type of ADD, Temporal Lobe ADD, is characterized again by inattentiveness, but this time accompanied by aggression, impulsiveness, mood swings and learning disabilities, emotional explosions, headaches or abdominal pain, suicidal thoughts, panic attacks (Amen, p63, 111). Both during concentration and at rest, there is either an

increase or decrease in temporal lobe activity. Additionally, during concentration, there is again also "... decreased activity in the underside and lateral prefrontal cortex."

Limbic ADD, Type 5, may be a combination of ADD and depression (p65), but now accompanies inattentiveness with more emotional symptoms: mild depression, feelings of helplessness and worthlessness, low energy, social isolation, hopelessness, less interest in fun, low self-esteem, sleep issues. While the brain is "at rest there is increased deep limbic activity (thalamus and hypothalamus) and decreased activity in the underside and lateral prefrontal cortex." During concentration, there is only a decrease in the activity of the prefrontal cortex. (Amen, p65, 131)

Type 6, Ring of Fire ADD, displays even more intense and dramatic symptoms of inattentiveness, anger, over-sensitivity (noise, touch, clothing) and irritability, moodiness, can be anxious and tearful, extreme opposition and talkativeness, rigid thinking, must have their own way, grandiose thinking. Here, "...at rest or during concentration, (often worse during concentration), there is patchy increased uptake across the cerebral cortex with focal areas of increased activity, especially in the left and right parietal lobes, left and right temporal lobes, and the left and right prefrontal cortex." Activity of the cingulate gyrus is also often seen to increase, similar to in Over-focused ADD. (Amen, p65-66, 141)

Figure 1 relates the ADD symptoms to the Human Energy Consciousness Field. We see through this study that the distressful ADD symptoms parallel the energetic defense structures in the Brennan model of characterological defenses and healing needs. In addition, exploration of the brain functions can be correlated with chakras, as shown in Figure 2. These studies lay the groundwork for the benefits of Brennan Healing Science as a modality for healing ADD, discussed later in this report.

**How might these distresses or "wounds" be seen from a giftedness perspective? What's right about the ADD brain functions, and how can this lead us to understanding the holistic needs of the ADD brain? (See Figure 3)**

Doreen Virtue, Ph.D., has discovered amazing similarities between those with ADD and those who are considered "gifted". This giftedness is particularly due to their unique brain functioning, which is noticeably different than what most would consider normal. Their brains function in a way that allows them to access a greater reality and maximize their creative expression. In her book, "The Care and Feeding of Indigo Children", she compares the presence of ADD characteristics to those of what she calls "Indigo Children", or gifted children who share similar characteristics. She says that some of those diagnosed with ADD/ADHD (Attention Deficit Hyperactive Disorder) might indeed be gifted children. (Virtue, pxi). She lightens things up by saying that ADHD might mean "Attention, Dialed Into, Higher Dimension." (Virtue, p2)

With these possibilities in mind, we would want to address the whole picture of brain functionality, so as not to lose the gifts while remedying other symptoms. It is possible that medication that positively affects certain brain functions, might have negative side effects on other brain functions which allow for giftedness. For example, "Brain studies show that children labeled ADD and ADHD have higher activity and blood-flow levels in the occipital lobe, which is the area of the brain associated with sights and visions." (Virtue, p97) This

can offer the gift of visual High Sense Perception (HSP). This visual gift can include a photographic memory, learning through mental pictures, or manifesting the vision of their hearts desire. However, it would be important to explore how specific medications that enhance certain brain functions affect the activity in the Occipital area of the brain in either a positive or negative way. It would also seem important to modulate medications as other practices affect brain chemistry and fill this need internally. We will soon discuss the body's internal pharmacy, and how it can contribute to healing.

Dr. Virtue, as shown in Figure 3, offers others alternatives as causes for the suffering of those with ADD symptoms. In most instances, it is the interpretation of the symptoms as problematic, rather than seeing the symptom as the indicator of the presence of a gift, like creativity, independence, sensitivity, discernment, etc. Dr. Amen agrees, for example, that HSP of various kinds (kinesthetic, emotional, audio, intuition, visual, direct knowing) can make those with ADD hypersensitive to their environment. Because of their increased awareness they are easily distracted. They may be uncomfortable with certain touch, like labels inside clothing. The presence of others might be over-stimulating, and they may find it difficult to establish personal boundaries, where they are comfortable with closeness and contact with others. (Amen, p14-15) It is then understood why they might isolate, or become hyperactive, and a healing response can be provided which helps them address and integrate their gift of sensitivity. A Brennan Healing Science approach to these conditions might be to strengthen their hara; ground to feel safe and purposeful; connect with their core essence to feel the difference between themselves and others or their environment., and use discernment to recognize boundaries. These approaches are explained in more detail later in this paper.

I propose that all those who have ADD have giftedness, whether or not these gifts have been acknowledged, invited or nurtured. When one's focus is on fixing what's wrong, the gifts can be overlooked. It seems important to provide the **creative outlet** for the gifts that are present. Could it be that a minimal creative outlet through lack of nurturance of one's gifts actually stimulates the chemical imbalance which creates the less desirable functioning of the brain, and then compounds the situation by distracting us from looking at this root cause and cure? Can fostering the creative outlet be part of the healing?

Both Amen (Amen, p343) and Virtue (Virtue p6,46) agree on the importance of having awareness of one's Life Purpose in healing. Living one's Life Purpose would mean using one's gifts, talents and creativity in service to others. Virtue states that the bliss that comes from aligning with one's life purpose alleviates anxiety, depression, aggression and addictions (Virtue p47). She quotes Art and Music Therapist, Gabrielle Zale, who speaks about the healing powers of artistic expression for troubled teens in saying, "...when they are applying their creativity and imagination...They become absorbed and free-flowing. They lose almost, if not all, of their moodiness and flow from the heart. They become compassionate and have an innate sense of working together as a whole." (Virtue, p175) Amen states, "Knowing one's purpose is like the battery that drives the motor. Over and over, it drives clients...to look at whether the choices they are making are consistent with The Big Picture of their lives." (Amen, p343) According to Dr. Amen, maintaining focus for the ADD brain is not difficult in situations where there is adequate stimulation for natural adrenaline. If situations are new and interesting, or even frightening, there is not a problem with focus and concentration (Amen, p 13). We will soon see that engaging with what one is

most passionate about and interested in, or one's life task, can contribute to the stimulation of the natural internal chemistry necessary for optimal brain functioning.

### **How does Giftedness and awareness of one's Life Purpose affect Brain Chemistry?**

Dr. Valerie Hunt, a clinician, mystic and scientist, is a pioneer in the study of the evolution of the human energy consciousness field. Her work and theories are the bridge between Dr. Amen and Dr. Virtue's healing models, by which she integrates the concepts of brain chemistry and Virtue's giftedness. She does this through her model of consciousness, in which the "mind-field", or Human Energy Consciousness Field in the Brennan model, becomes the basis for human experience rather than the brain; the brain stores or holds the memory of the experience. She accepts that "consciousness is a continuum extending from material awareness to higher awareness", (Hunt, p91) and states that "...the higher mind of man cannot be comprehended by neurochemical brain studies." It is the higher mind of man which significantly affects neurochemistry, facilitating optimal brain function. Hunt cites neurophysiologists Penfield, Granit and Eccles as defining higher mind as the capacities of spirit, soul, intent, knowing, intuition, insight, thought, imagination, creativity, reasoning and will (Hunt, p83-84). It is these capacities that affect healing. It is these capacities of higher mind that are the resources of giftedness and the foundation of living one's Life Purpose.

Dr. Hunt helps us distinguish between mind-field activity--that of higher mind, and brain activity. For example, during amnesia, the brain activity is in theta, not recording activity. In contrast, the "mind-field" stores mystical experiences which ultimately "influence our material behavior without giving us access to the so-called files." (Hunt, p169) Thus, the entirety of the mind is not limited to the time-space dimension, and those aspects of the mind beyond this dimension will have their affects on this dimension, demonstrating a multi-dimensional reality. Dr. Hunt understands the challenge of comprehending a multi-dimensional reality, since it requires non-standard forms of measurement and observation. She states "...time-space dimensions of reality...do not help explain other realities." (B167)

So how does the "mind-field" affect brain chemistry? According to Dr. Hunt, brain chemistry is ultimately affected "through education and freeing of the 'mind-field'." (Hunt, p103) Hunt proposes that it is the emotions that have the power to either organize or disorganize the "mind-field" or higher mind, and that emotional integration releases neurological handicaps by restoring order to the "mind-field" that avoided emotions had previously disorganized. (B121) Avoided emotions freeze up the "mind-field". This would correspond to Brennan's descriptions of characterological defenses (see Figure1). In each defense, there has been a moving away from emotional experience, and a limitation in the flow of energy in the Human Energy Consciousness Field. Dr. Amen states that emotional and physical abuse or neglect increases stress hormones and chemicals that are a poison to the brain. This results in damage to the memory, hyper-vigilance, boundary issues or the inability to filter stimuli (Amen, p25-26). These conditions are part of the characterological defense structures. Hunt might say that the mind-field is first affected by the abuse, and that it is the emotional response that then triggers the chemical changes in the body. Hyper-vigilance and inability to filter stimuli can be considered results of "mind-field" disturbances,

which are the result of non-integrated emotions. Dr. Hunt says, “Whether the “mind-field” can continue without becoming disorganized is determined by the strength of the emotion.” (Hunt, p110).

Going through the full range of emotion, either in a present experience, or bringing awareness to blocked emotion from the past that was not integrated, is what brings strength and flow to the “mind-field” or higher mind. At first, the experience of the emotion can make the “mind-field” chaotic, with lots of activity; but as the emotion is allowed to integrate by being with it ‘as it is’, the “mind-field” will become stable and stronger. This indicates that healing emotion heals the mind-field, which ultimately heals the individual. It brings the “mind-field” back into a state of coherency that maximizes health.

Continuing with this idea of emotion as the significant organizer of the Human Energy Consciousness Field, it seems important to elaborate on the role of emotions in affecting human physiology and their ability to either diminish or optimize brain function, and therefore affect the ADD brain. To do this, we will now explore the concepts of mind-body medicine; and the idea that the human body can generate the necessary chemicals for his own optimal functioning. Dr. Candace Pert, author of *Molecules of Emotion*, is renowned for her work in mind-body medicine. Dr. Deepak Chopra is also acclaimed in this field, using Eastern Areyurvedic healing techniques that support the mind-body connection. Both agree that the body has its own natural pharmacy; what we need to discover is how to utilize it.

Dr. Pert’s discoveries about the body’s natural pharmacy began after she had a personal experience with morphine, following a surgical procedure. She was curious as to how morphine worked to produce its ecstatic emotional state while circumventing the experience of pain. Her research led her to the discovery of the Opiate Receptor, which is significant in that the knowledge of it brings understanding to how pleasure is experienced on a physiological level. It is the Opiate Receptor that unites with the morphine and opium plant extracts that produce a euphoric state. The question then arose as to whether this brain receptor existed for these external opiates, or for the body’s internal natural opiates. In any case, it was observable that “everyone had the exact same mechanism in the brain for creating bliss and expanded consciousness.” (Pert, p63-64) The key, then, would be to discover how best to stimulate this internal pleasure chemistry.

In her search to more fully understand the workings of the Opiate Receptor, Dr. Pert discovered that there was a significant density of these receptors in the limbic system. In addition, morphine could be traced to the PAG or periacqueductal gray, a hub for nerves that process information, whose pathways lead to the limbic system. She was excited to find a key to the human experience of pain and pleasure. She participated in the determination that a peptide called enkephalin, natural to the body, acted in the same manner as morphine. It was the body’s natural opiate. (Pert, p 86-88) The trail of breadcrumbs ultimately led to the significance of peptides, polypeptides and ligands as the key to emotions. (Pert, p130). Ligands bind to specific receptors, like a key in a lock, and transmit information to it, which the receptor then takes deep into the cell, affecting it, changing it. Neurotransmitters like dopamine, norepinephrine and serotonin are types of ligands. Peptides are also types of ligands, comprised of strings of amino acids. (Pert, p24-25) She is saying that it is this entire range of biochemicals which are foundational to emotions. She states that,

“...neurotransmitters making their electrically fired leaps across brains synapses are just one part of a much more far-flung network of information carried by neuropeptides and their bodywide receptors...these biochemicals are the physiological substrates of emotion, the molecular underpinnings of what we experience as feelings, sensations, thoughts, drives, perhaps even spirit or soul.” (Pert, p130)

For Dr. Pert, emotion includes not only the most basic of feelings like joy, anger, sadness, fear and courage, but also hunger and thirst, pain and pleasure. She also adds to this group the unexplained but often experienced states of consciousness like awe and bliss, and spiritual inspiration. (Pert, p131-132)

What then are the significance of ‘biochemicals as the foundations of emotions’ in terms of ADD brain chemistry? We can now see that those things that affect us emotionally are traceable on a physiological level to brain chemistry, and can either enhance or deteriorate our health, in all its aspects--vibrancy, creativity, focus and concentration, memory, mobility, positive expectancy and inspiration to name only a few. Looking at emotions in relation to the ADD brain we see that they are a common denominator in all types of ADD. The frontal lobes of the cerebral cortex, which are most affected in each type of ADD, house the greatest density of Opiate Receptors. The limbic system, or emotional brain, is also very dense with Opiate Receptors, as stated earlier. In addition, the frontal lobes are interconnected with the amygdala, a part of the limbic system. In looking at the distressed ADD brain functions as a group (See Figure 2), we can see that each aspect of brain function has a link with emotional physiology, either connecting with it or being at its center. We can then conclude that, that which affects emotion affects the ADD brain. Negative emotional states will then deprive the brain of necessary nourishment for health. As Dr. Pert states,

“If our emotions are blocked due to denial, repression, or trauma, then blood flow can become chronically constricted, depriving the frontal cortex, as well as other organs, of vital nourishment.” (Pert, p289)

In like manner, positive emotional states will have the opposite affect, one of nourishment, balance and enhanced functionality. Within this context, feelings of purpose and passion can then affect balance in the ADD brain, as would the emergence of one’s gifts and living one’s Life Purpose from what Dr. Hunt calls higher mind, and what Brennan Healing Science calls the Four Dimensions of Humankind. We will now explore these four dimensions and their role in healing.

### **How can Brennan Healing Science techniques contribute to Giftedness, manifesting one’s Life Purpose and healing?**

Barbara Brennan, in “Light Emerging,” offers us a model of consciousness called the Four Dimensions of Humankind, which are the components of our holistic nature and the basis of our co-creative abilities in a multi-dimensional reality. She discusses the importance of being aware of the relationship between our own creative energies and those of a “universal creative process” within us. (Brennan, L.E., p 13) This creative process



encompasses the physical world, the human energy consciousness field HEC, the haric level and the core star dimensions. Each makes it's own contribution to the creative process, including the creative process of healing.

Of the four dimensions, everyone is most aware of the physical dimension. It is the dimension in which we seem to live our lives. However, many studies about our nature reveal that this dimension is supported by energy and consciousness(Brennan, L.E., p 13). This implies that we actually live our lives in more than one dimension. The HEC field, also called the aura, is and holds the energetic template for all physical manifestations, and the personality. It is in the HEC that we have the structure for all creations. Ideas, reason, will and emotion exist on this level. We then have the dimension of hara. It is within the haric dimension that we set our intention for the creations in our life. This dimension includes our connection to the earth and the divine, our ability to be physically incarnated, and our souls longing and Life Purpose. Distortions in the hara will appear in the HEC field manifesting in the personality. The hara is affected by emotional experience, so that unprocessed or unintegrated emotions that result from physical or emotional traumas can cause splits or fragmentation in the hara lines. This will manifest as split intentions, confusion or a disconnection from our awareness of our life's purpose. Ultimately, infusing all three of these dimensions--hara, aura and physical-- is the Core Star dimension, or our individuated divine self, which Brennan also refers to as Core Essence. She states,

“The full natural creative process requires the emergence of energies and consciousness from the core star up through all these four dimensions. Permanent change in any one dimension requires a change in its foundation, which lies in the dimension beneath it.” (Brennan, L.E., p14)

It is through bringing our awareness to these four dimensions that healing and balance is fostered, and our creative intentions can come to fruition. As we lovingly bring our attention to these dimensions and become aware of the imbalances and distortions, the energy can be converted or transformed to its most natural state. This process is facilitated by healers using Brennan Healing Science techniques. The distortions will appear in all dimensions, as one rests upon the other. It then follows that attention to the haric dimension, where our intentions are chosen for our life and creations, would be fundamental in healing distortions in the HEC field. If the HEC remained imbalanced, this would result in physical illness since, again, each dimension manifests that which it rests upon.

The distortions in the four dimensions result in what Brennan refers to as “characterological defenses”. As trauma occurs, or freezing or numbing of emotions, energy becomes blocked in one area of the HEC and runs more in other areas or pathways, in order to establish some sense of relief, and ability to function. Although all dimensions are affected, the most apparent effects are at the personality level: the HEC field or auric dimension. The auric dimension includes both chakras, which are energy centers that nourish different aspects of the four dimensions; and levels of the HEC field, each having a significant purpose in the composition of the whole being. In exploring energetic defense patterns relative to these two aspects of the auric dimension, we will see some energetic patterns of ADD symptoms and how energy healing can affect ADD distress. In Figure 1, I have linked characterological defense patterns and healing needs to each of Dr. Amen's ADD types. The combinations of defense characterology and ADD types are based on the external symptoms

outlined by Dr. Amen, and Brennan's healing model of "Defensive Aspects of the Character Structures" (Brennan, L.E., Figure 15-1, p206); and "Major Aspects of Each Character Structure" (Brennan, HoL., Figures 13-1,2,3, p111-113). In this study we see the similarities between ADD and the blocked energy patterns of these defense structures. The process of charging and balancing the HEC field will affect all chakras and all levels of the HEC field. This process can foster emotional integration, physical strengthening, mental clarity, the opening of the heart for healthy relationships with others, and ultimately the unfolding of one's gifts.

In Figure 2, I show the chakras affected by the physiological attributes and systems affected in ADD, using both Brennan's "Major Chakras and the Area of the Body they Nourish," Figure 7-5 (Brennan, HoL, p48); and "Major Chakras and Associated Psychological Function," Figure 9-1 (Brennan, HoL, p73). For most aspects of the ADD brain and central nervous system, all chakras are affected. Therefore, a healing approach would need to nourish the entire HEC field. For example, healing work that simply affects breathing, will have a significant life enhancing effect and nourish the entire HEC field. The brain requires Glucose, which is the result of an aerobic process which supplies the necessary oxygen. As the energy healing evokes the relaxation response of the Parasympathetic Nervous System, and brings the chakras into an open and receptive state to nourishment from the energy of the Universal Energy Field, breath is restored and oxygen becomes more available to the biological systems which are nurtured by it. Pert's "molecules of emotion" are stimulated in the healing process. She says, "When stored or blocked emotions are released through touch or other physical methods, there is a clearing of our internal pathways, which we experience as energy." (Pert, p276)

A significant part of accessing the energy necessary for strength and the sustainment of life is the ability to be grounded, or connect with the earth's energy. The state of groundedness is traceable through all four dimensions. In both the characterological defenses and types of ADD, there is a noticeable ungroundedness, which can leave a person feeling unsafe, unclear, unsure, and unable to bring their gifts into the physical dimension. Dr. Hunt says,

"The classic case of "ungroundedness" with decreased electromagnetic energy in the lower body, often resulting from meditation and high thoughts, can be improved by increased earth vibrations—barefoot walking on the ground, gardening, lying on the beach, entering caves or being near volcanoes." (Hunt, p67)

In addition to many physical activities that support groundedness, energy healing also supports a grounded state of being, the ability to 'be' in one's body. When the HEC field is balanced, there is a more pleasure in being incarnate. Life's challenges can be seen a different light, and one can feel the inspiration to use their personal gifts to meet the challenges.

Brennan Healing Science techniques are a powerful and significant, yet non-invasive and non-aggressive modality for enhancing life force, one's gifts and creativity, and the ability to self-heal through restoring the harmony of the four dimensions of our humanness. This ultimately has a positive impact on our

brain chemistry, the best use of our potentials, and our experience of fulfillment and pleasure. When our energy is charged and balanced, we can be more aware of the continuum that Dr. Hunt spoke of, which includes both material and higher awareness. She summarizes the effects of energy healing in saying,

“As energy field blocks are removed and energy flows, the neuropeptide information chains are apparently activated to facilitate normal healing responses. Thus it seems obvious that energy fields have an immediate, direct effect upon the healing response and a long term one. When all conditions are ideal, the healing response will take over and restore health without external help.” (Hunt, p258)

### **Conclusion: Brennan Healing Science as a Multi-Dimensional Approach to Healing ADD**

The intent of this research was to explore ADD from a multi-dimensional perspective, in order to best assess its ‘healing needs’. Additionally, the intent was to explore the role of energy healing, specifically Brennan Healing Science, in the healing process. Research revealed that ADD symptoms can be indicators of gifts that are as yet unclaimed and remain in shadow. It also indicated the significance of emotions in ADD brain chemistry. Energy healing, along with other approaches recommended by Dr. Amen and Dr. Virtue can affect distressing ADD symptoms and foster new creative potential, one that balances the life of the individual and brings harmony and fulfillment to his world. Energy healing is intended to bring the human energy consciousness back into its natural and intended state, so that the natural pharmacy of the body can do its work and healing. As Dr. Amen states, “Treatment removes the barriers hindering them (those with ADD) from being who they really are.” (Amen, pxix)

The discoveries of this research offer healing alternatives to all those that have developmental challenges before them, which are a personal invitation to grow and tap their potential. The Brennan Healing Science model of healing within the four dimensions of energy consciousness is meant to facilitate the manifestation of the unique potential, innate gifts and Core Essence of each individual to their fullest, so that the individual may experience fulfillment and purposeful living. These are the higher mind capacities to which Dr. Hunt refers. The Brennan Healing Science approach to healing will enhance the gifts that are already apparent or developed, as well as nurture the gifts that are languishing or in shadow. Each distress, distortion, inconvenience or ill effect then becomes an indicator of another gift wanting to come out of the shadow and into the light. Healing distresses is a life process, a process of becoming more real and whole over time.

The application of Brennan Healing Science is also a process, one that brings both the healer and the client into greater contact with themselves and their Core Essence. These are skills that can be learned by anyone who is so inspired to become educated in them. It is the birthright of each human being to live the gifts of their Divine Essential Core. When we first learn to respond to our own distresses in a healing and loving way, we are then able to recognize the healing needs in others and stand as a healing presence. As each of us find our way to live from this Core, we become naturally therapeutic to ourselves and those whose lives we touch.



Figure 1

**Characterological Defense Structures  
and Healing Needs  
for Amen's ADD Types**

<b>ADD Type (as distinguished by Dr. Amen)</b>	<b>Behavioral or Experiential Manifestation</b>	<b>Brain Function distress</b>	<b>Primary Characterological Defense Structures and Healing Needs</b> Brennan, Hands of Light p111-113 Brennan, Light Emerging, p 206
<b>1. Classic ADD</b>	Restlessness and hyperactivity, distractibility and inattentiveness, disorganization and impulsiveness, trouble with time; can be noisy and excessively talkative, impulsive and lacking patience, interruptive to others (Amen, p77).	The brain is fine at rest, but with concentration, there is "decreased activity in the underside and lateral prefrontal cortex.". (Amen, p61)	<u>Schizoid</u> : Hyperactive, Ungrounded, feels fear and anxiety; <u>needs to feel real</u> <u>Oral</u> : Neediness, energy in the head; <u>needs to feel fulfilled</u>
<b>2. Inattentive ADD</b>	Inattentiveness but with varied companion symptoms like daydreaming, moving slowly and sluggishly, boredom and lack of motivation; the "couch potato" syndrome. (Amen, p61)	A "normal brain at rest" and "...decreased activity in the lateral prefrontal cortex" during concentration. (Amen, p62)	<u>Masochistic</u> : Hypoactive, internalized energy; feels guilt and shame, loves negativity; <u>needs to be free and independent</u>
<b>3. Overfocused ADD</b>	Characteristic of children and grandchildren of alcoholics. (Amen, p63) Attention difficulties with changing one's focus of attention; negative or obsessive thoughts or behaviors including being argumentative and holding to one's own opinion, as well as unnecessary and excessive worry.	Whether the brain is at rest or during concentration, "there is increased activity in the anterior cingulate gyrus" (Amen, p62), which stimulates negative thoughts and behaviors (Amen, p102). There is also decreased activity in the underside and lateral prefrontal cortex." (Amen, p63)	<u>Rigid</u> : Strong Willed, perfectionist, competitive; <u>needs to have feelings and union of heart and sexuality</u> <u>Psychopathic</u> : wants to feel right and in control; <u>needs to trust and give in</u>
<b>4. Temporal Lobe ADD</b>	Inattentiveness, but this time accompanied by aggression, impulsiveness, mood swings and learning disabilities, emotional explosions, headaches or abdominal pain, suicidal thoughts, panic attacks (Amen, p63, 111).	Both during concentration and at rest, there is either an increase or decrease in temporal lobe activity. Additionally, during concentration, there is again also "... decreased activity in the underside and lateral prefrontal cortex."	<u>Psychopathic</u> : feels defeated, 'be right or die"; <u>needs support and encouragement</u> <u>Masochistic</u> : will kill self before the other does; <u>needs to be assertive and open to spiritual connection</u>

Figure 1

**Characterological Defense Structures  
and Healing Needs  
for Amen's ADD Types**

ADD Type (as distinguished by Dr. Amen)	Behavioral or Experiential Manifestation	Brain Function distress	Primary Characterological Defense Structures and Healing Needs Brennan, Hands of Light p111-113 Brennan, Light Emerging, p 206
<p><b>5. Limbic ADD</b></p>	<p>May be a combination of ADD and depression (p65), but now accompanies inattentiveness with more emotional symptoms: mild depression, feelings of helplessness and worthlessness, low energy, social isolation, hopelessness, less interest in fun, low self-esteem, sleep issues.</p>	<p>While the brain is "at rest there is increased deep limbic activity (thalamus and hypothalamus) and decreased activity in the underside and lateral prefrontal cortex." During concentration, there is only a decrease in the activity of the prefrontal cortex. (Amen, p65, 131)</p>	<p><u>Schizoid</u>: withdrawal, senses hostility; anticipates rejection from other, so rejects other; energy is frozen at core; <u>needs to strengthen boundaries and experience contact with self and others</u> <u>Oral</u>: fatigue, hypoactive, low energy, depleted, unfulfilled, unable to acknowledge needs; <u>needs to feel fulfilled and nurtured, able to recognize own needs, stand on one's own</u></p>
<p><b>6. "Ring of Fire" ADD</b></p>	<p>More intense and dramatic symptoms of inattentiveness, anger, oversensitivity (noise, touch, clothing) and irritability, moodiness, can be anxious and tearful, extreme opposition and talkativeness, rigid thinking, must have their own way, grandiose thinking.</p>	<p>"...at rest or during concentration, (often worse during concentration), there is patchy increased uptake across the cerebral cortex with focal areas of increased activity, especially in the left and right parietal lobes, left and right temporal lobes, and the left and right prefrontal cortex." Activity of the cingulate gyrus is also often seen to increase, similar to in Overfocused ADD. (Amen, p65-66, 141)</p>	<p><u>Psychopathic</u>: feels betrayed and unsafe; wants to be in control, mental grasp and hysteria to feel safe; <u>needs to feel their own being and their sexuality</u></p>

## Brain Functions and Related Chakras

Figure 2

Aspect of Brain and Central Nervous System	Anatomy & Physiology	Functions and Purpose	Primary Related Chakras in Energy Consciousness System (Brennan, Hands of Light Figures 7-5, p48 and 9-1, p73)
Prefrontal Cortex	"Occupying the front third of the brain, underneath the forehead, the prefrontal cortex (pfc) is the most evolved part of the brain." (Amen, p87) "The prefrontal cortex receives afferent fibres from numerous structures of the diencephalon, mesencephalon, and limbic system as well as cortical afferents of visual, auditory, and somatic origin" (The On-line Medical Dictionary).	"...watches, supervises, guides, directs, and focuses your behavior. It contains 'executive functions': time management, judgment, impulse control, planning, organization, and critical thinking... The PFC is responsible for behaviors that are necessary for you to act appropriately, focus on goals, maintain social responsibility and be effective." (Amen, p87)	Physical location at Chakras 6 & 7; Emotional Centers 2a, 3a, 4a, 5a; Mental/Reason centers 3a, 6 and 7; Will Centers 1, 2b, 3b, 4b, 5b
Anterior Cingulate Gyrus	"A long curved structure on the medial surface of the cerebral hemispheres; the cortical part of the limbic system [syn: gyrus cinguli]" (WordNet ® 1.6, © 1997 Princeton University).	"...the brain's gear shift. It allows a person to shift from thought to thought or idea to idea." (Amen, P101) "often considered part of the limbic system." (Amen, p87)	Physical location at Chakras 6 & 7; Mental/Reason centers 3a, 6 and 7; Will Centers 2b, 3b, 4b, 5b
Limbic System	"On the medial surface of the temporal lobe are three structures critical for normal human functioning. From rostral to caudal, they are the olfactory cortex, the amygdala, and the hippocampus...often grouped together as "the limbic system". (Internet: Washington School of Medicine Neuroscience Tutorial) The size of a walnut, it is larger in women than in men (Amen, p134)	"The deep limbic system, along with the deep temporal lobes, has been reported to store highly charged emotional memories, both positive and negative." It also affects one's drive and motivation, sleep and appetite. (Amen, p133-134) Often referred to as the Emotional Brain.	Physical location at Chakras 6 & 7; Emotional Centers 2a, 3a, 4a, 5a; Mental/Reason centers 3a, 6 and 7; Will Centers 1, 2b, 3b, 4b, 5b
Temporal Lobes	"...temporal lobes sit in a cavity surrounded by bone of five sides..." (Amen, p117) "Under your temples and behind your eyes..." (Amen p111)	"...temporal lobes play an integral part in memory, emotional stability, learning, temper control, and socialization." (Amen, p114) "Strong feelings of conviction, great insight and knowing the truth have also been attributed to the temporal lobes. (Amen, p117)	Physical location at Chakras 6 & 7; Emotional Centers 2a, 3a, 4a, 5a; Mental/Reason centers 3a, 6 and 7; Will Centers 1, 2b, 3b, 4b, 5b

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Parietal Lobes	"...located toward the back top of the brain. ", behind the frontal (Amen, p149)	"Also called the sensory cortex, the parietal lobes process the sense of touch. When this part of the brain is too active...people become hypersensitive to their environment...see too much, feel too much, sense too much." (Amen, p149)	Physical location at Chakras 6 & 7; 1st and 2a
Occipital Lobe	Located at the base of the skull	"...area of the brain associated with sight and visions" (Virtue, P97)	Chakras 6 & 7
Basal Ganglia	"The basal ganglia and cerebellum are large collections of nuclei that modify movement on a minute-to-minute basis. Motor cortex sends information to both, and both structures send information right back to cortex via the thalamus." (Internet: Washington School of Medicine Neuroscience Tutorial) ",,a set of large structures toward the center of the brain." (Amen, p90)	"Involved with integrating feelings, thoughts and movement, they (basal ganglia) also help shift and smooth motor behavior...are involved with setting the body's idling and anxiety levels and modulating motivation." (Amen, p90)	Physical location at Chakras 6 & 7; Emotional Centers 2a, 3a, 4a, 5a; Mental/Reason centers 3a, 6 and 7; Will Centers 1, 2b, 3b, 4b, 5b
Autonomic Nervous System	"The autonomic nervous system (ANS), together with the endocrine (hormone) system, regulates the body's internal organs; the hypothalamus regulates the activity of the ANS." (Salvo, p 250)	There are two parts to the ANS: the sympathetic and parasympathetic nervous systems. Together, they maintain homeostasis in the body's internal organs. The sympathetic nervous system prepares the body for emergency, while the parasympathetic conserves the body's energetic resources through relaxation and calmness.	Integral to all 7 chakras



## The Gifts of ADD Symptoms and Healing Responses

Figure 3

Symptoms (Virtue p19-20)	Characteristic ADD Type	Suggested Cause (references from Dr. Doreen Virtue)	The Gift (references from Dr.Virtue)	Potential Healing Responses to Energy Consciousness System applying Brennan Healing Science
Inattentive	<b>All types of ADD</b>	"They daydream, think of new ideas, and pay attention to inner guidance and spiritual guidance, and tune out conversations or activities that don't ring true or fit with their passion." p179	Inventiveness, brilliance, creativity	Foster expression of core essence and creativity; follow passion; strengthen hara to align with Life Purpose; foster Unconditional Love
Impatient or demanding	<b>1. Classic</b>	Anxious to live their Life Purpose	Want to help the world; Instant Manifestors p45	Strengthen connection to earth and hara in order feel the strength and power to manifest one's Life Purpose and experience fulfillment
Hyperactive	<b>1. Classic</b>	Sensitivity to diet; psychic attacks; limited screening of incoming psychic phenomena, such as another's unspoken anger, can stimulate anxiety and the sympathetic nervous system "fight or flight" response. P74	High sense perception (hsp), often acute visual hsp	Learn to become aware of boundaries between self and others, and boundaries between dimensions, ground to earth to feel its support and safety, strengthen hara, strengthen Trust and Surrender.
Bored Easily	<b>2. Inattentive</b>	Desire to discover new experiences; thrill/sensation seeker, p178	Creative, Intuitive, Accelerated Discernment p93	Strengthen hara and core essence to manifest living Life Purpose and discover one's true passion and gifts
Strong Willed, Headstrong	<b>3. Overfocused</b>	"... trust their feelings and don't betray themselves by going against what's natural for them." P44	Independent, Creative	Develop faith and surrender to divine will; develop trust through grounding to earth; align person Will with Divine Will; Trust one's feelings
Prone to Addictions	<b>3. Overfocused</b>	Seeking relief from anxiety or depression p25	Ability to Risk, Adventurous, seeking pleasure and fulfillment	Use positive intention to foster positive pleasure; align with Higher Self; strengthen in hara and core essence to feel one's value and purpose

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Depression or Suicidal Thoughts or Attempts	<b>4. Temporal Lobe</b>	Memories of past lives; self-judgment; need for self-forgiveness, fear of loving p83	HSP and awareness of multidimensional reality which supports their life purpose	Hold levels 2/4/6...unconditional love; time capsule healings; strengthen hara and contact with core essence
Impulsivity	<b>4. Temporal Lobe</b>	"...precursor to following intuition and inner guidance" p94; "...strong compulsion to 'do something' to make the world a better place." p95	Intuitive or Psychic p10,93; ability to bend or warp time p40; holographic learners, quickly "downloading" and integrating information p93	Ground one's vision and guidance to bring it into physical manifestation; Trust in the divine creative process; strengthen hara to foster effortless intention
Low Self Esteem vs. Grandiosity	<b>5. Limbic</b>	Perfectionism; are often self-critical and aware of their own mistakes, p221; feelings of shame from being ridiculed or abused, p4	Will strive to live their purpose and use their gifts and talents to and help others, p33	Foster connection to core essence to connect with sense of real self and feelings.
Insomnia or restless sleep	<b>5. Limbic</b>	Sixth sense: ability to see disincarnate entities or astral level visions, p108	"..exquisitely sensitive, emotionally and physically." p120	Astral Healing, Time Capsule Healing; strengthen hara to feel the safety of one's connection with Earth and the Divine
Isolationist	<b>5. Limbic</b>	"frequently socially awkward...may be shy, defensive or aloof because they feel different than others,...easier to be alone than suffer ridicule." p179	Independent; has security from the Source p46; looks for real, deep, lasting friendships	Strengthen energetic boundaries, especially physical, mental and spiritual, in order to feel the safety and support necessary to have feelings and deep contact with others; ground
Sensitive	<b>6. "Ring of Fire"</b>	Hyper-alert intuition, nervous system can get overwhelmed from sensing others emotions p96	"street-corner psychologists" ...lending sympathetic ears and wise advice...openheartedness and nonjudgmental nature." p11; altruistic p46	Strengthen hara, ground to feel safe and purposeful; connect with one's core essence to feel difference between self and others and recognize boundaries.

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