

Tickle Your Amygdala

SAMPLE

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Contents

Quick Introduction 9

PART ONE:

The Illustrated Tickle Your Amygdala

1. Amygdala Tickling Fun-Da-Mentals 13
2. Which Way Is Your Brain Pointing? 27
3. Little Brains and Big Brains 47
4. Frontal Lobes C.I.C.I.L. 65
5. Two Eyes In Your Brain 78

PART TWO:

Details – Interviews – Ways To Do It

6. The Amygdala 85
 7. Popping Your Frontal Lobes 97
 8. Brain Consciousness Physics 107
 9. Brain Radar and Non-Local Consciousness 127
 10. Two Sides of The See Saw 187
 11. How Much Brain Do Your *Really* Use? 213
 12. More Conversations and Amygdala Ticks 220
- References 295
- Index To Interviews with Links 297
- The Brain Adventure Links and Books 299

QUICK INTRODUCTION

PART ONE: *The Illustrated Tickle Your Amygdala* is a fun, simple, and quick explanation to help you get the general idea of what amygdala tickling is all about. Now you have something to share with that cute guy or girl sitting next to you on the bus or in the coffee shop when you can't think of anything else to say.

PART TWO: *The Amygdala Tickling Three Course Gourmet Presentation* includes 1) Detailed Explanations of Amygdala Tickling, 2) Amygdala Interviews, and 3) Ways to Do It. This includes the science behind amygdala tickling, stories, and 52 Ways to Tickle- That's a new way to turn on the best part of your brain for every week of the year.

The Amygdala Interviews are excerpts from fifty-four conversations I had with people from all over the world, many of them top experts in their chosen field. It is a diverse selection of people in many occupations and of many interests from the age of twenty to eight-five years old. The original conversations far exceeded one-hundred hours total spent in glial-ful conversation, with the most relevant portions presented here for your own Frontal Lobes pleasure.

Some of the people I spoke with are quite well known, but others you probably have not heard of before. Importantly, however, they all have the same basic mind motor that you do, and it fundamentally works in the very same way yours does.

The thread that ties all of these unique tales together is the story of how the human brain produces amazing results when the amygdala is tickled forward.

Having the ability to instantly tickle your own brain is having a lovely cake that magically reappears as soon as you think you've finished it off. What could be better?

The amygdala and what it does has been a non-secret since amygdala started appearing in the brains of mammals over 65 million years ago. All you have to do is pay attention to it. This book is just a post-it note reminder about something your parents and your first grade teacher probably never told you about way back in grade school when you were busy gawking at pictures of Tyrannosaurus Rex.

So then- onward to some 22nd Century brain magic...

-Neil Slade
March, 2012

PART ONE:
THE ILLUSTRATED
TICKLE
YOUR
AMYGDALA

Chapter 1

AMYGDALA TICKLING FUN-DA-MENTALS

Robert Schneider

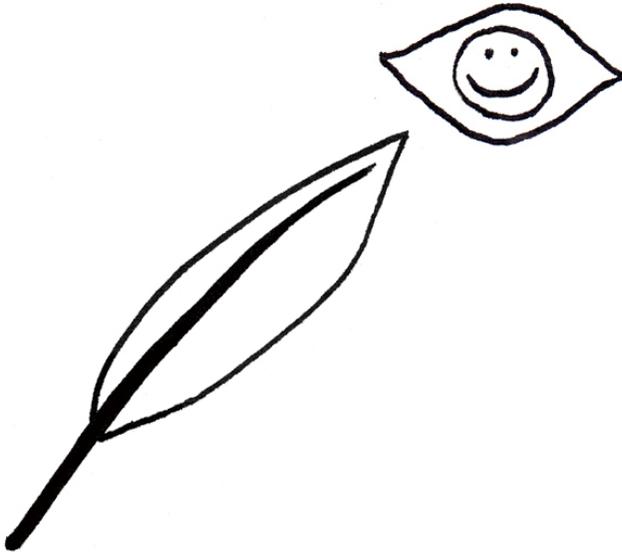
Writer

RS: "...But anyway, one day I was driving along, thoroughly depressed, and I did a little amygdala click and became completely blissed out.

NS: (laughs) "You weren't taking any drugs, correct?"

RS: "No- no drugs whatsoever, but it was as if I had taken a very strong one- it was that big a change. That feeling persisted for a good six or eight months I guess. A permanent high. Every time I clicked forward I'd get on a big high. It was simply that flip, that simple little flip of the amygdala. This is what is so extraordinary to me, that it happened, and that there wasn't anything subtle about it. It was just a complete change of outlook."

Imagine you have a feather inside your brain.
Use it to directly tickle your brain's Pleasure Spot.



That's one way to Tickle Your Amygdala.

Do you sometimes feel like a dog waiting for scraps, looking up at the table while the rest of the family is scarfing down a big Thanksgiving dinner?

So, how are you going to get a fat piece of that pumpkin pie, eh?

Luck?

Fangs?

A giant super computer?

Well, it's your lucky day! You already have the exact tool to get what you really want and need-

You were born owning the most POWERFUL tool on Earth. It is the most complex and remarkable device yet that anyone has ever discovered. This is your very own-

HUMAN BRAIN

Save Money! Wipe your chin and forget about that vastly overpriced and environmentally unsound \$5000 Super-Duper Liquid Cooled 100-Core Deluxe portable combo computer-cell phone-washing machine-can opener that you've been drooling over.

You ALREADY have the most amazing and powerful doo-dad ever created, and it is sitting right between your very own waxy two ears.

Fact: Your brain is an Infinity Mind Motor and Calculator **“With literally more possible connections than there are grains of sand on all of the beaches on Earth, more than there are stars in the sky on a clear dark night, or for that matter, more connections in your brain than the total number of elementary particles in the universe”** -as calculated by Dr. Carl Sagan, Dr. Richard Restak, and others.*

By comparison, any other machine is about as impressive as a lonely squirrel chewing on an stale wet watermelon seed.

*Dr. Carl Sagan, cosmologist, *Cosmos* (1980, 2002), *The Dragons of Eden* (Pulitzer Prize, 1977)

*Dr. Richard Restak, Neurologist, *The Brain* (1984), *Mysteries of The Mind* (2000)

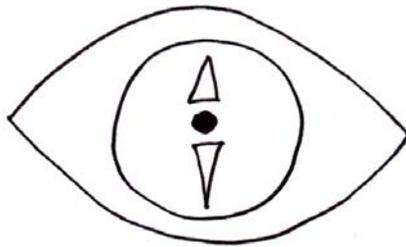
BASIC TERMS OF USE: TICKLING YOUR AMYGDALA

So, what is the key to using this incredible brain machine that you have on your shoulders to figure out and which way to the jackpot?

It is this:

Inside your personal super mind motor is a Master Compass that works like pure magic:

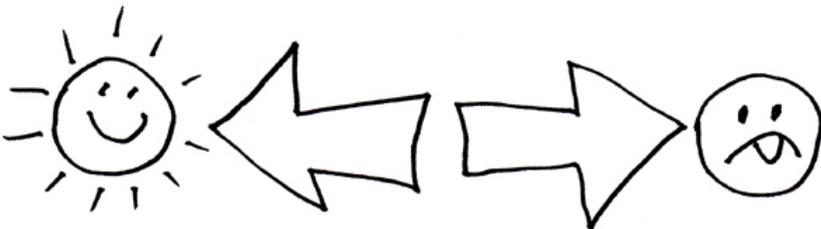
The Amygdala.



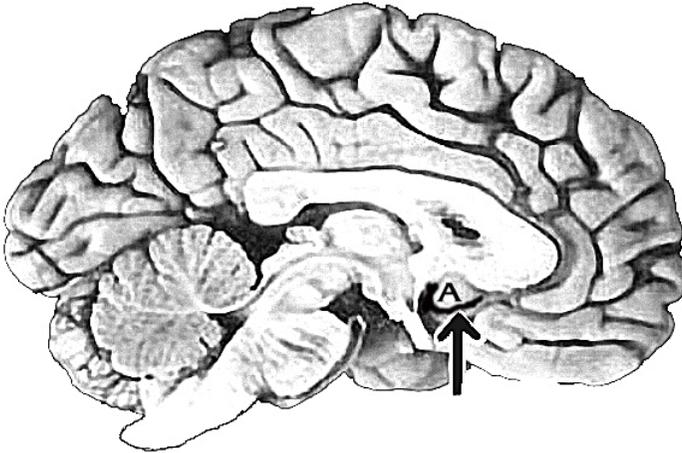
The amygdala is part of a brain circuit that quickly tells you which way to go- when you need to know it.

It tells you via emotional feedback how to know exactly what is bad for you and also what is good for you. This brain circuit computes:

Pleasurable Emotions as Reward
and
Unpleasant Emotions as Deterrent



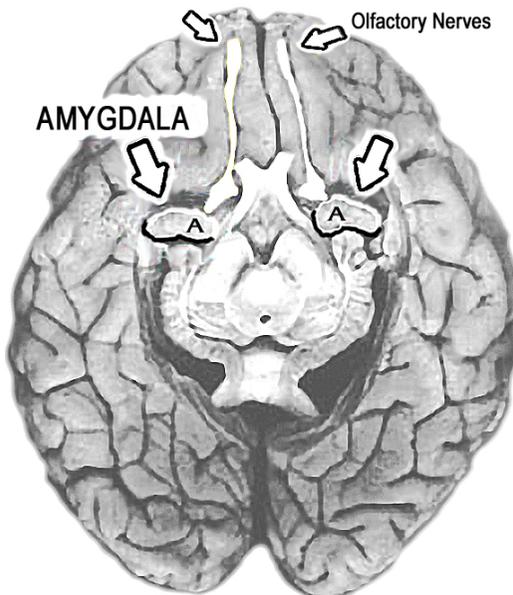
Here is a photograph of a real human brain outside its container along with a couple of real amygdalae. I know this looks kind of gross, but I want to make sure readers of this book know that I am not a lunatic and just making all this stuff up.



(Above: Cross section)

You have two amygdala in your brain, but they both pretty much do the same thing. So we just say the singular “amygdala” to refer to them both.

(Below: View from underneath)



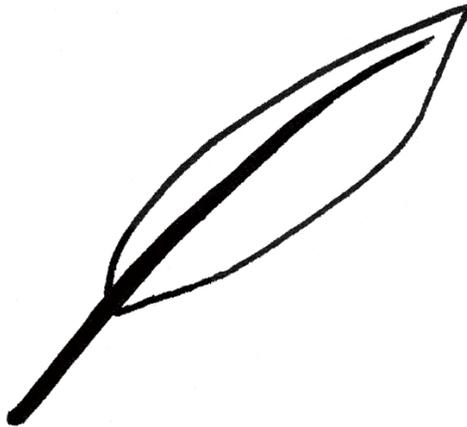
Dr. Robert Neuman

Head Neurosurgeon, University of Colorado Medical Center Hospital

“The concept that we each have far-reaching untapped potential is a very tempting concept, because the next question it then leads one to is then, ‘How do I get to it?’”

Although the amygdala responds to external cues and external things like a nice kiss or the promise of a new toy unwrapped, you can also self-stimulate your own amygdala directly- and powerfully- by using your own internal thoughts and behaviors. This is called

TICKLING YOUR AMYGDALA



Tickling Your Amygdala means to observe and directly stimulate your brain's master Reward-Pleasure circuit.

You do it by using your own brain and thought processes.
Imagine that.

What could possibly be better than being able to directly tickle your own brain's pleasure circuits and your Feel Good spot?!

Tickling the Amygdala is easier than scratching an itch, licking your favorite flavor ice cream cone, or eating chocolate cream pie.

It is like a dessert that never runs out- even when you don't have any money in your pocket.

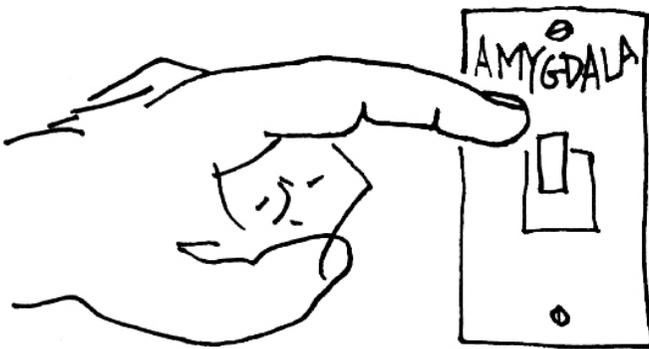
You can Tickle Your Amygdala any time and at any place.

Unlike scratching your butt, you don't have to worry about being embarrassed that you are doing it in front of somebody you are trying to impress.

As it turns out, Tickling Your Amygdala also turns on your brain's built-in genius problem solving, creativity, and intelligence circuits. That's right- In the middle of your own cranium you have the very same internal circuitry that little Albert Einstein was born with, and which he later tickled himself to write his world famous equations.

Tickling Your Amygdala works better than anything else for *you* and for *everyone around you*.

Tickling your amygdala is as easy as flipping a light switch on, it costs nothing, and you can't be put in jail for doing it.



This all sounds great, but, it's just pretend, right?
Nope.

Between 1995 and 2009, Dr. Sarah Lazar, Dr. Herbert Benson and other researchers at the Harvard Medical School demonstrated conclusively in a number of research projects that one could instantly stimulate one's amygdala with sheer thought. The results were demonstrated and recorded using functional MRI brain scanning machines and have been repeated many times by others in similar laboratory experiments.

People all over the world are now reporting their ability to tickle their amygdala. Any kind of people; Smart people, silly people, professionals, unemployed workers, skateboarders, scientists, gardeners, you name it.

People just like you and your mother.

Marie-Louise Oosthuysen
Brain Education Researcher

You have to stimulate that neuro-pathway between the amygdala and the pre-frontal cortex, so you can think things through very quickly. And the best way to do that is to click the amygdala forward.

Kyle Ridgeway
Physical Therapist, B.A. Neurophysiology

“Just the thought of that feather really engages your imagination, it's instant. It is so simple, but it's instantly effective.”

But there is not just one way to Tickle Your Amygdala.

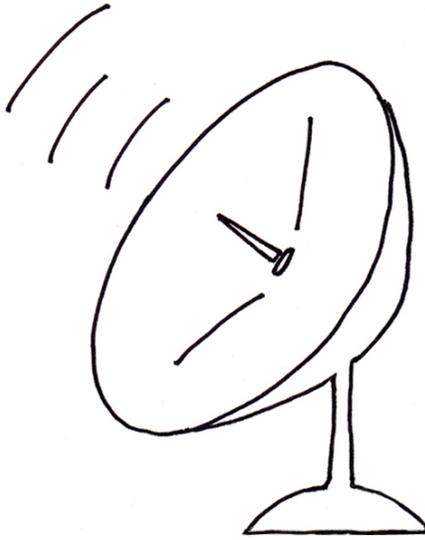
You will discover how to Tickle Your Amygdala in your very own way.

When you do- you'll know it:

You will smile- and even at times, fall over laughing, because it's so simple to do.

BRAIN RADAR

When you Tickle Your Amygdala you automatically turn on Brain Radar.



Brain Radar is the application of “Whole Brain Power”, a powerful combination of logic and reason combined with extraordinary intuitive perception.

Brain Radar provides you with seemingly “magical”- but completely *real* means for arriving at

The Right Place at The Right Time with The Right Solution

Elizabeth Slowley
Massage Therapist

“What’s interesting is how fast it happened, and how powerful our thoughts are. Activating our higher brain power activates our whole body vibration.”

Your built-in Brain Radar guidance system delivers you right on target.



Radar is like always having a magic wand in your pocket- except that it is *not* make-believe. It comes from a real understanding of how your brain works and how to access the infinite potential in yourself.

Paul Epstein
Independent Record Store Owner

“I’m the master of my own destiny- As long as I’m not afraid to do things differently.”

POPPING YOUR FRONTAL LOBES

Regular Amygdala Tickling will eventually allow you to: “Pop Your Frontal Lobes”.

We are all familiar with popping chewing gum or popping your eardrums on a plane. Believe it or not- the brain is actually capable of more than that- an amazing thing to consider!

Popping Your Frontal Lobes is like hitting the *Brain* Jackpot.

It is the astonishing sudden peak "Eureka!" moment of great significance, discovery, solution, understanding, and overwhelmingly positive emotion that far eclipses normal experience. You are at last licking that big ice cream cone in the sky.

If you think about it for just a few seconds, you'll remember something like this has happened *to you*, or something quite close to it. Maybe it was just a little thing, or maybe a big thing.

Just think for a second and remember a time when suddenly all the pieces fit together, when you finally got it, what you had been looking for, for all that time... You can Pop Your Frontal Lobes and make it happen- again, and again, and again.



Shari Harter
S.F., CA

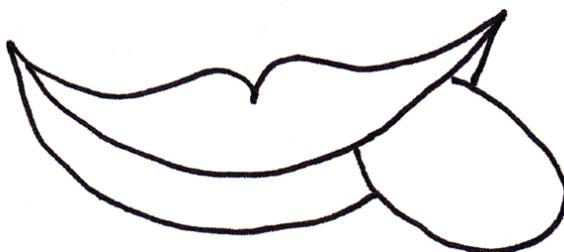
“I was in the bathtub one night, and I was in a relaxed self-contained place and I was doing my visualization there... That’s how I would tickle my amygdala. I could stay focused and do that for quite a while, and then I had an inner Pop! And recognized it.”

You no longer have to tolerate every moment as if you are bored out of your skull, as if you are doomed to clean out your cat box for eternity.

Instead, you can choose to Tickle Your Amygdala, turn on Brain Radar, and Pop Your Frontal Lobes *in a big way* and get that big piece of pie that you've been drooling over, that has been out of reach for so long.

Science has now demonstrated that the biggest and smartest part of your brain is also the most fun and pleasurable to use. It's right there waiting to be tickled by you- twenty-five hours every day.

It's as easy as... well... pie.



Anything else is just an accident.

Jim Casart
Certified Public Accountant

“Right there in my mirror, the answer to my problems is staring right back at me.’ This is a very empowering thought.”

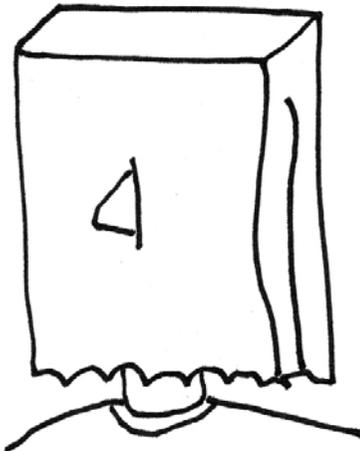
So, the first step is deciding a few things:
WHAT DO YOU WANT?

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

You can solve your problems and get what you really want, as a result of your own easy and predictable method of Tickling Your Amygdala instead of stumbling around in the dark with your fingers crossed.

Or if you prefer, you can put a sack over your head and continue to enjoy banging it against the wall until the cows come home.

Which do you prefer?



Important Security Notice: Tickling Your Amygdala can be done in complete and utter privacy: The CIA and FBI cannot listen to the phone calls that you make to yourself between your ears.

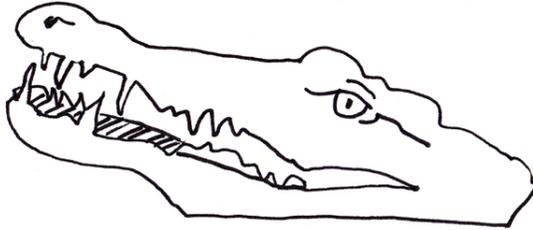
Chapter 5

TWO EYES IN YOUR BRAIN

THE LITTLE ME EYE

You have two “eyes” inside your brain, just like you have two eyes on your face. But unlike your two physical eyes, your brain’s internal eyes see the universe in two very different ways.

One eye sees the universe as if you were the center of everything. This is your “Little Me Eye”.

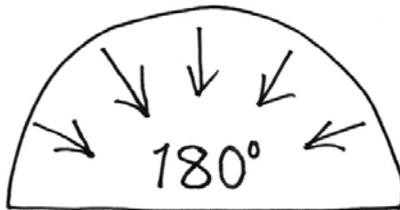


Your Little Me Eye is what you just see with your senses, and what is more or less sitting one inch in front of your snout, give or take a few yards. The Little Me Eye is only concerned with how things outside you affect You alone.

It is the Reptile Brain that sees the entire universe through The Little Me Eye, moving in a one way street towards its ever hungry jaws.

The Reptile Brain perceives everything with the Little Me Eye in one direction only, a tiny slice of the big universe, with nearsighted vision.

This is good when your stomach is growling, “Time To Eat”, but not much more than that.



THE BIG MAGIC I

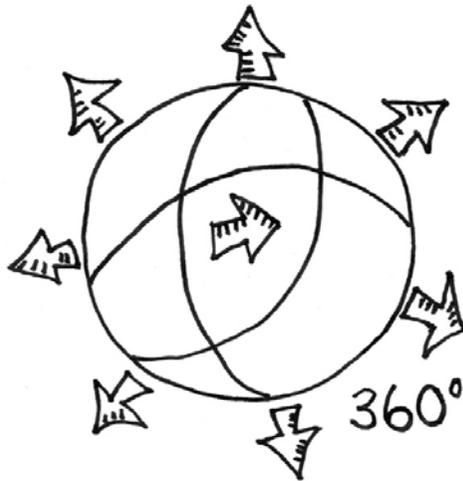
The other “eye” inside your brain sees the universe as you are connected with everything.

This is your “Big Magic I”

Your Frontal Lobes Big Magic I sees how everything, every molecule, every atom, every sub-atomic thingy-a-ma-jiggy is connected to everything else.

The Big Magic I understands how your Little Brain is connected to all the other brains beyond your own individual self. Your Big Magic I extends beyond the boundaries of your own personal body, space, and experience. Your Big Magic I expands ‘You’ infinitely as far as you dare to think.

The Big Magic I sees in ALL directions, in front, behind, to the sides, into the future, into the past, and on both sides of a coin.



For the longest time people believed that the entire universe revolved around the Earth, that the Sun and all the stars in the Heavens all circled us alone on the dinner table of creation.

At one point, Copernicus and Galileo offered the opposing opinion that this wasn't true, and that the Earth and the planets actually revolved around the sun, in a much bigger and grander scale.

At first, this made people laugh and say- “Oh that Galileo! What a dope!”

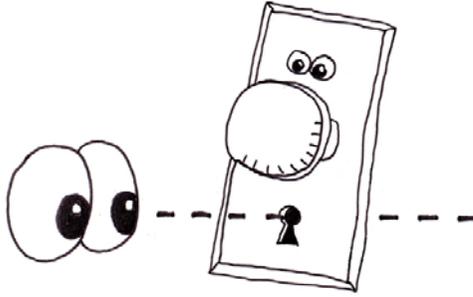
Eventually the big brains convinced the little brains about the big picture.

If you look at your amygdala with just your Little Brain, your survival will eventually be threatened. You will eventually end up with negative emotion.

That's because you're only using a small portion of your brain potential: The universe through the tiny window of the Little Me Eye.

That's a bummer.

That's a bad trip.



When you Tickle Your Amygdala, you can turn and face the direction of happiness and survival, no matter which direction you start out facing.

To see in all directions- look with your Big Magic I.



What do you see with your Reptile Brain and its' Little Me Eye when your amygdala is looking down the Feel Bad Dead End?

My job sucks.

I don't have enough money to be happy.

I don't like my mate- it's a bad match.

My friends have betrayed me.

I have conflicts with my neighbors.

I had an accident.

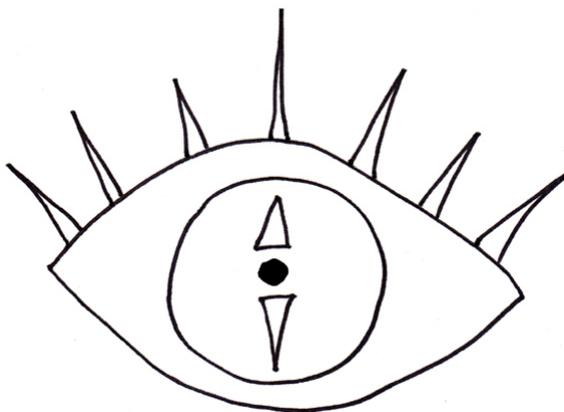
I'm sick.

It's wrong.

It's broke.

But what can you see with your Frontal Lobes Big Magic Eye as your amygdala is gazing up the Feel Good High Way?

My job is important.
I have enough money to be happy.
I love my mate- it's a good match.
My friends do what is good for me.
My neighbors compliment me.
Every accident has a silver lining.
My body is doing what it needs to do.
It's alright.
It's working as it should.



What “eye” are you using to see your You-niverse?

PART TWO:

A Delicious Three Course Amygdala Tickling Gourmet Presentation

1) Details of
Amygdala Tickling
Brain Radar, Etc.

2) Amygdala Interviews

3) Ways to Do It

Chapter 6

THE AMYGDALA

You are a complex living organism. Unlike an amoeba that only lives about as long as a couple of old episodes of “I Love Lucy” or the time it takes you to go to the dry cleaners and back, you stick around for a relatively longer period of time, and plenty of time to get into lots of trouble.

The complexity of you started long before the advent of even crummy looking black and white TV programs, something like sixty-five million years ago. This was when Mama Nature started equipping Earth mammals with a brain that could flip a whole lot more tricks than what a peanut-sized dinosaur’s brain could accomplish, such as biting the head off of the smaller dinosaur who lived next door.

We know what happened to the dinosaurs, and it wasn’t so good.

The mammals, on the other hand, thrived and survived to this day, to make pests of themselves, not only by invading the area behind your kitchen stove, but also by running for government jobs every couple of years.

One of the reasons for the long success of mammals is a little bit inside the mammal brain that allows furry creatures to experience *emotions*. Obviously, this emotional brain area is not always functional, as observed in those upright humanoid brains that would cut off funding for badly needed social service programs without blinking an eyelash. But otherwise, this part of the brain is a working little gold nugget of neurophysiology that provides a primary function in the service of species survival.

This emotional hub of this furry mammal brain is called:

THE AMYGDALA

Your dog has an amygdala, a ferret has one, a mouse has one, and so does an anteater. For that matter, you do too.

The amygdala gets its name, meaning “nut” in Greek, because it looks something like an almond or a walnut, not because it looks like Jerry Lewis.

You’ve got two of them, one in each side of your head, one for each hemisphere of your brain.

The amygdala is a hub for forming, retrieving, and processing emotions.

The amygdala is connected to major other parts of the brain. This includes the core reactive parts of the brain which regulates basic body functions as well as the most advanced parts of the brain responsible for complex thought production, abstract creative thought, and social behaviors.

The interaction of all of these areas of the brain results in your emotional response to sights, sounds, sensations, as well as more complex ideas and cues.

EMOTIONS

To a large extent, we make our decisions largely dependent upon how we “feel” about one thing or another.

Emotions are a neural shortcut that helps you to quickly discern what is good for you and what is bad for you before you stick your finger in a hot flame and before you bite into that yummy looking cupcake.

Your amygdala lets you quickly react to danger and avoid it. Similarly, your amygdala and your emotions can quickly identify what is good for you and you can embrace such things.

In this sense, your amygdala and your emotions can be seen as a rudimentary brain compass that employs “Emotional Magnetism”:

At the most fundamental level, you are attracted to those things that have you feel positive emotions and you are repelled by those things that have you feel negative emotions.

You have a magnetic compass in the middle of your brain. Son of a gun.

AMYGDALA TICKLE #1- “Brain Magic Compass”

Go to a toy store and buy a cheap compass. Carry it around in your pocket.

Every time you touch it or pull it out and look at it, it will remind you that you have a compass inside your brain.

When you look at it, you’ll think about what you have inside your brain- this will begin to Tickle Your Amygdala forward.

EMOTIONAL SHORTCUTS

As a general rule, you are attracted to things that are good for your survival with positive emotions, and you are repelled from things that are bad for your survival with negative emotions.

By no coincidence, the amygdala is actually directly connected to your olfactory nerves, and your sense of smell. You can easily observe how odors can trigger emotions simply by taking a whiff of something you enjoy, and comparing how you feel when you smell something you do not enjoy.

That’s your amygdala- telling you to run towards fresh buttered popcorn wafting out of the bowl sitting on your kitchen counter and telling you to run away from the moldy yogurt that is crawling out of your refrigerator next to it.

In the same way that a mammal can smell danger or food far in advance of being face to face with it, your amygdala serves as an “early warning system” so that you can respond long before you understand something.

Your amygdala in this sense, helps you to “sniff out” threats and rewards, even when you haven’t yet figured out why you might like or loathe something.

This emotional evaluation that you make of things that cross your path happens instantly through your amygdala, faster than you can rationally think about such things. That’s why you still have an amygdala and why it’s never been discarded into the evolutionary garbage heap.

SAMPLE SKIPS HERE

“TICKLING THE AMYGDALA”

A SUSTAINABLE POSITIVE EMOTION is the absolute determining marker for whether the amygdala is tickled or not.

In order to insure long term positive emotion the organism MUST employ a reliable system, and that means Frontal Lobes thinking. This system is:

By using your Frontal Lobes, you can Tickle Your Amygdala and keep on truckin’.

Every person that Ticks Their Amygdala- by whatever method- does it without exception by employing one or more Frontal Lobes processes of C.I.C.I.L.

Cooperation – Imagination – Creativity – Intuition – Logic

By definition, Ticking Your Amygdala indicates enhanced long-term survival, indicated by sustainable positive emotion. The pleasurable reward response is not reversed by a “reality hangover” and negative rebound after-effects.

Amygdala Ticking produces effects superior to temporary and randomly stimulated reward responses that do not involve sufficient Frontal Lobes processes, and that are subject to negative rebound.

Tickling Your Amygdala results in superior problem solving abilities beyond those accessed by random discovery, negative reinforcement, or poor methods of learning.

The Amygdala Tickling reward process positive emotional effect may be learned and repeated to produce a positive habit which is self-reinforcing. The results of Amygdala Tickling are progressive and accumulative and progressive over time.

Josh Blue **Stand Up Comedian**

Josh Blue Tickles his audiences' amygdala every time he goes on stage. He became a household name in America as the winner of the hit NBC television show Last Comic Standing, (2006). A member of the U.S. Paralympic Soccer Team, he competed in Athens at the Paralympic Games, the world's second largest sporting event.

He continues to tour full time performing live shows on stage and on television, and has several comedy CDs, a DVD, and an upcoming book to his credit. His life and story illustrates many Frontal Lobe amygdala tickling principles.

NS: "What was a pivotal point in your life?"

JB: "When I was 15, my parents and I moved to Senegal, Africa. It was an eye opening experience. I have cerebral palsy, and until then I was very down about it. I couldn't do what everyone else does. But to then go to a third world country and see what people have to do just to survive- I thought, 'Holy sheet, I've got so many good things going for me, my disability is nothing. At least I've got food, and shoes on my feet. 15 is such an influential age, and I couldn't have had a better experience.'"

NS: "Where does your humor come from? What is funny, and why?"

JB: "People have such a skewed idea of what disability is and what they think I should be capable of. The fact is, I'm usually smarter than the person who is condescending towards me. That's funny to me. It's the bait and switch- 'Okay, you think I'm that person, so I'll just lead you down that path to let you think I'm that person, and then I'll switch it up at the end at a crucial point.' (Laughs)

NS: "What about your parents?"

JB: "My parents home-schooled me. My mom is a librarian, my dad is a language professor, a genius who speaks thirteen languages. My dad told me, 'You don't need to know everything; you just need to know where to look it up.'"

NS: "He married the right woman- it was a match made in heaven."

JB: "My family is very smart, everybody in the family is a teacher, and everybody speaks different languages fluently. All my siblings went to a fancy private school, but because of my handicap my parents had to send me to a public school. It was an experiment, 'Let's send one to a public school and see

what happens.’ I’m not book smart like my siblings, but I’m street smart and I can beat the hell out of them!” (laughs)’

NS: “Well, you make your living out of language, just like everybody else in your family.

JB: “Yep. And I speak three languages anyway, English, French, and Wolof, the native language of Senegal. If we were speaking Wolof, we would still be greeting each other for ten minutes, ‘How’s your dog? How’s your house? How’s your family? How ya’ doing? You okay?’ Just on and on. It’s a very playful language.”

NS: “Was your humor a mechanism for survival for being different?”

JB: “Humor is the best defense- to make people laugh. If you’re going to make fun of me, but I’ve already said something funnier than anything you’ll ever say, you’ll look really dumb by comparison.

Although I didn’t really fit the norm in school, I could cross all the cliques. I could sit at any lunch table I wanted to. I just chose the all-black girl lunch table, ‘cause it was the most fun. Besides that, if anyone picked on me, those girls could just shred anybody, verbally or any way. (laughs)

After college I went back to Senegal for a while and did some independent study as a zookeeper, which was totally random, but life changing. One time I got the zoo to lock me into a cage for an entire day and put me on display.

NS: (laughs) “Okay, so what was that like, what happened?”

JB: “I had no shirt on, just shorts. The thing was, if you take cerebral palsy and take it out of context and put it in a cage, people don’t know what the heck is going on. During the afternoon, there would be like seventy people constantly around my cage feeding me peanuts and fruit.

Also, I shared a wall of bars with a four-hundred pound gorilla.”

NS: “What did the gorilla think?”

JB: “Well I established a relationship with him. I was one of three people in the world who could pet him. He was a beast, but cool. So I was on the other half of his enclosure. So during the day’s siesta, everyone has left the zoo, and I decided to stay in there and do the whole day, just like a real animal.

So I’m half asleep on the concrete floor, and nobody is around and all of a sudden I hear this noise. The gorilla has got his hands around the metal door and he’s bending it to get into my half of the cage.

So I had to really quickly start playing with him, running back and forth to keep him distracted so he would stop trying to break into my area, because there was nobody around to save me.

The zookeepers started calling me the ‘Boo Boo Monkey’ that day, and they were telling people that they had captured me in the mountains of the Congo. And I didn’t talk all day. But people were talking about me in Wolof, and nobody thought I could understand them- but it took everything to keep from laughing.

One lady starting talking to me in English and said, “You’re crazy!” and then I suddenly said back to her in Wolof, ‘You’re crazier than me!’ which she didn’t understand but everybody else standing around did, and everybody started laughing, and she didn’t get it at all.

SAMPLE SKIPS AHEAD HERE

Marie-Louise Oosthuysen

Brain Education Researcher, (Mexico City)

NS: “What is the most important thing that people can learn about the brain?”

MO: “The most important thing is that you have to be interested in what you want to learn. If you are not passionate about what I want to learn, it's harder for you to learn.”

NS: “You're talking about positive emotion?”

MO: “Yes. The brain is wired for survival, first and foremost, most importantly. So, what I'm going to learn most quickly is what I need to know in order to survive- whether it's positive or negative. But it's so much easier if it's something positive and something that you're passionate about, and remember it because you're able to focus.

It means being able to concentrate and focus 100% on what you are doing at that moment. If you can do that, you'll remember it so much easier. The problem why we forget where we put our keys is because we are not paying attention. It's been proven over and over, that multi-tasking reduces our efficiency. You actually get less done doing more than one thing at a time.

You have to think about this too: The brain regularly goes through cycles. It is more or less ninety-minute cycles. People say that, ‘I'm really right brained, or they say I'm left brained,’ but it's not really true, because depending on which part of the cycle you're in, that will determine which half or part of the brain is more active. Then in the next ninety-minute cycle, the other hemisphere will become more active.

The left hemisphere has a small, detailed oriented spotlight that lets you see a small, narrow area. The right hemisphere is more of a global spotlight, with a large area of perception. You naturally switch between those, in that cycle of approximate ninety-minutes.

Also, there's this: If you give a talk or teach a class, your audience can pay attention for ten minutes- and that's it. Then you have to switch gears and take a break, tell a story or a joke, or do an activity- then you can come back and talk for another ten minutes.”

NS: “If there was one thing responsible in the human brain for causing all of these problems that we see around us- If there were one thing, what is that most basic root cause of everyone's problem that we just see as variations on that theme? What do you think that is?”

MO: “If there was one thing, I would have to say that we have to learn how to handle our emotions better. If I am more mature emotionally, the chances of an amygdala hijacking are next to nothing, or a lot less.”

NS: “If all we do is react, then we're no better than a lizard or any other animal.”

MO: “You have to be able to control your emotions so that you just don’t over-react or react in a negative manner, and jump to conclusions.

You have to stimulate that neuro-pathway between the amygdala and the pre-frontal cortex. That’s so that when you are in a stressful situation, you can stimulate that pathway so you can think things through very quickly and not over-react. That’s why clicking or tickling the amygdala forward is so important- so you can practice stimulating that pathway.

Whenever you learn something, whether it’s trying to improve your tennis swing or your golf swing, anything that you’re trying to learn, whether its homework from school, learning to knit- whatever it is, you have to repeat and repeat and repeat. To remember that activity and use it well for the rest of my life, I have to repeat.

So- how am I going to train my brain to not over-react in an emergency situation? How can I prepare myself to think things through very quickly and completely, so I have all parts of my brain lit up and helping me with a good solution instead of just clicking back into an instinctual behavior and in the process killing myself and killing those around me? Freezing up completely, not knowing what to do? How can I prepare myself for that kind of emergency situation- to keep a cool head...”

NS: “That’s what we pay firemen to do...”

MO: “Yes, and they keep practicing. They do drills on a daily basis, where they practice how to handle certain situations, with fire all around them- They prepare themselves for an emergency situation on a daily basis. So we have to prepare ourselves also for whatever may come our way.

We need to train our brain to look at all the other options instead of grabbing club or running away, perhaps off a cliff or into something else bad, very quickly. And the best way to do that is to click forward and to stimulate that pathway between the pre-frontal cortex and the amygdala. That is why it is so important to tickle your amygdala forward.

Myself, at first I would do it, ten, fifty, a hundred times a day- but then it became automatic, and I would find that in hairy situations I would automatically be calmer. If you make it a habit, when you do get into a sticky situation, you can control your emotions so much better.

And if you habitually learn to keep the pre-frontal cortex engaged by tickling your amygdala forward, you won’t get into so many bad situations to begin with.”

SAMPLE SKIPS AHEAD HERE

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INTERVIEW and WEB LINKS INDEX

(In alphabetical order)

Marilyn Auer Publisher/Editor-in-Chief Bloomsbury Review,
bloomsburyreview.com, 234

Jeff Bailey Vegas Dealer, Ice Cream Master, 106

Dr. Lawrence Blair Psycho-Anthropologist, indonesianodyssey.co.uk,
179

Josh Blue Comedian, joshblue.com, 86

Laurel Bouchier Massage, Chinese Medical Herbalist, Acupuncturist,
blossom-healing-arts.com, 221

Jim Casart CPA, 174

Dr. Cheryl Chessick, M.D., Psychiatrist, Psychiatric Clinician, 256

Paul Conly Rock Musician, Composer, Electronic Music, 242

Vic Cooper Automotive Repair/Refinish Expert, 215

Eric Daanger Musician, Artist , ericdaanger.com, 117

Sean Danato History and Psychology, 271

Suzanna Del Vecchio Oriental Dance Artist, suzannadelvecchio.com, 195

Paul Epstein Record Store Owner, Musicphile, twistandshout.com, 211

Erfie and Chloe Canines, erfieandchloe.com, 282

Mark Foster Percussionist, Music Faculty, 240

Walter Gerash Attorney, 280

Ina Hambrick Yoga School Instructor and Proprietor, 119

Shari Harter, 98

Glenda Heath Yoga and Aerobics Instructor, Massage Therapist, 276

Sarah Jaeger Ceramic Artist, sarahjaeger.com, 200

Terry Jones Comedian, Film Director, Writer, pythonline.com, 203

Bernd Jost Book Publishing Editor, 158

Paul Kashman Newspaper Owner and Chief Editor,
washingtonparkprofile.com, 267

Ramon Kelley Artist, kelleyfamilyfineart.com, 197

Shirley Kenneally Recording Studio Owner, 272

Dr. Stanley Kerstein, M.D., Physician, 254

Julia Lu Artist, History and Science, Attorney, juliapainting.com, 284

Jean Massey Public School Guidance and Behavior Counselor, 248

Mike McCartney Public School Music Teacher, Musician, Composer, 263

Michelle McCosky Computer Software Technology, 124

Tom Meyers Osteopath, biomotions.com, 146

Gary Michael Speaker, Consultant, Artist , www.abargainminister.com, 110

Kent Miller Attorney, 238

James Mullica Screenwriter, jamesmullica.com, 218

Dr. Robert Neuman M.D., Neurosurgeon,184

George Noory Radio Talk Show Host, coasttocoastam.com,166

Nils Olaf Psychiatrist, 107

Marie-Louise Oosthuysen Brain Education Researcher, marilubrain.com, 190

Bobby Reginelli Journalist, Entrepreneur, bobbyreginelli.com, 229

Robert Reginelli Sr. , Stockbroker 268

Will Rickards Outdoor Education, Mountaineer, wilrickards.wordpress.com, 277

Kyle Ridgeway DPT Physical Therapy (Neuroscience), www.linkedin.com/in/kylejridgeway, 222

Debra Ann Robinson Meditation Instructor, rinpoche.com/hcf.html, 173

Broz Rowland Guitarist, Record Producer, highkite.com, 111

Chuck Schneider Jazz Musician, teacher, 232

Robert Schneider Writer, writing-resources.org, cookbookofconsciousness.com, sihanoukville-cambodiajournal.com, 93

Dr. Britt Severson, M.D., 228

Steven Snyder Piano Technician,140

Elizabeth Slowley Massage Therapist,153

Palma Lee Stephens Neurosurgery Medical Transcriptionist,170

Nancy Talbott BLT Scientific Crop Circle Research, bltresearch.com, 132

Thomas Taylor Coffee Shop Barista, 274

Karl Teriki Brain Education Program Designer and Facilitator, 259

Anna Scout Wise Film Maker, facebook.com/people/Scout-Anna-Wise/841095, 116

Sky Wise Teacher, Artist, Musician, Author, skywise.com, 252

Frank Zappa Musician, Guitarist, Composer, zappa.com, 247

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