



Below the Line Defaults and Healing Fields¹

The three Below the Line levels are the three primary places we get pulled when stressed or upset. While we all can go to any one of these levels, we each tend to have a primary default level where we go more often than the other levels. Each corresponds to a key emotional state, and some research shows that our defaults may have been created by early experiences of these emotional states. The three emotional states are:

Level/ Emotional State	Feeling/Impact	Bio-chemical Response / Disease	Ways it is Caused
LEVEL ONE: <i>Hopelessness</i> EMOTIONAL STATE: <i>Shame</i>	Hopelessness Disconnection from self and others Feels hot, flushed	Pro-inflammatory response in the body (shame feels to the body as if it is being attacked) Auto-immune diseases	Criticism Blame Judgment Bullying Calling names Mean teasing Guilt trips
LEVEL TWO: <i>Fear</i> EMOTIONAL STATE: <i>Abandonment</i>	The urge to flee Feels cold in the body	Adrenalin Cortisol Cancer	Neglect Being ignored Being left/abandoned (physically and emotionally) Dismissal Parent-child role reversal Not being taken seriously Lack of interest/support
LEVEL THREE: <i>Frustration</i> EMOTIONAL STATE: <i>Betrayal</i>	Anger The urge to fight Feels hot, burning	Adrenalin Cortisol Heart Disease	Being lied to Being cheated (cheated on) Broken trust Agreements not kept Being talked about maliciously/unfairly Meanness/unkindness Abuse Responsibility not taken

Any one of the emotional states can lead to anger, but the prime emotion will be felt first

¹ Based on the work of Dr. Mario Martinez, www.biocognitive.com

WORKING WITH THE HEALING FIELDS

Each BTL default/emotional state has a corresponding **Healing Field**: the healing field for Shame is Honor, for Abandonment is Commitment and for Betrayal is Value. When you are feeling these states, you can bring the appropriate healing field to yourself. When you have caused one of these states in another (and yes, we all do, often not intentionally) you can bring the appropriate healing field and heal the relationship. So if someone feels like you have shamed them, you honor them somehow. If they feel abandoned, you focus on your commitment to them. If they feel betrayed, you stress their value to you.

TIP: To bring a healing field to yourself, first look at what it would look like to really bring it to another. Then do these things for yourself. (Your brain is generally not that interested in you healing yourself because it means revisiting a painful place, therefore it helps to sort of “trick” your brain!)

Emotional State & Healing Field	For Yourself	For Another
Shame = HONOR <i>HONOR is so powerful it will heal all wounds</i>	Be with the emotion without judgment or suppression Put yourself first and stop sacrificing yourself for others Treat yourself as an honored guest Speak only kind words to yourself Spoil yourself with beautiful food and surroundings; wear your best clothes Speak of your wounds/failings with tenderness and love Stand up for yourself and set boundaries Ask for what you need and make self care a priority Be grateful for yourself	Acknowledge their true self Treat them as beloved teacher/guest Speak to what is beautiful in them Find the brilliance in what they do and say Listen deeply and be attentive Take a deep interest in who they are Ask if they have what they need Respect their boundaries Be present with them Create a welcoming environment Meet their eyes with kindness and love
Abandonment = COMMITMENT <i>COMMITMENT will heal both Abandonment and Betrayal</i>	Tell yourself that you love yourself Say to yourself “I am here for you, I won’t abandon you” Keep your word to yourself Develop self-awareness and grow Trust your inner guides Follow your dreams Make yourself a priority Allow and voice your true feelings Invest in yourself (time and money) Allow yourself to be proud of yourself	Apologize and re-commit Promise to honor your commitments to them fully (and then do it) Make them a priority Be honest and trust them (even if they don’t trust you – yet) Help them love and believe in themselves Invest in them (time and money)

<p>Betrayal = VALUE</p>	<p>Stand up for yourself Make appropriate boundaries Focus on your own strengths and talents Acknowledge yourself Validate your own feelings Apologize to yourself Express yourself fully Honor your values Create / live into a vision for yourself Take note of compliments and reflect on accomplishments Take time for yourself</p>	<p>Apologize and commit yourself fully Tell them how important they are to you Acknowledge them Emphasize their strengths, talents and gifts Co-create and align on values and vision Listen to them without being hooked—be open and non-resistant Take responsibility for your part in it all Celebrate and appreciate Hold them Naturally Creative, Resourceful and Whole Be forthright with kindness</p>
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