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THE CEREBELLUM

In spite of our conscious perception of being largely “in charge” of how we feel emotionally and what we “think” consciously, virtually all of our behaviours, feelings and thinking is modulated via various subconscious Brainstem and Cerebellar circuits.

There are two primary sets of modulatory centres in the brain, the first controlling our basal survival reactions and the two-stage feedback system which modulates the intensity and expression of these survival emotions.

We will explore the flow and output of key pathways and brainstem nuclei, which modulate the intensity and expression of these survival emotions and which are, in turn, modulated from the frontal cortex.

Learn what comprises of the Cerebellar Survival System; how it is coordinated and how it works in conjunction with the “Sentinel” of our survival systems, the Amygdala.

Understand the influence of the systems on our survival, but also the affects this may have at both the Physical and Psycho-Emotional-Social levels. As well as the influence of this information on emotional intensity and where it is integrated with other visual, auditory and sense input, all of which may affect the intensity of these survival emotions and in turn the modulation of the expression.

Being able to integrate and evaluate survival emotion input, with regard to social norms of behaviour and cultural mores, is more and more important in this fast changing, hectic society we inhabit. By understanding and identifying these overt responses in clients, you may be able to tone down the intensity of the output of these survival emotions; to keep them within social and cultural norms of behaviour and thereby transform their lives.

Cerebellum influence on Mental Modulation

The cerebellum also has a significant influence on the capacity to modulate our thinking, in particular with the relay between pathways from the prefrontal cortex.

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See how a two-stage feedback system from the cerebellum, provides top-down and thus the “plan of our thinking” is first relayed and how this then integrates this input from the prefrontal cortices articulating and sequencing the thoughts of the “plan”. This is where this cerebellar input maintains the sequence and articulation of the thought stream to produce coherent thinking, and expression of these thoughts!

Another key piece of knowledge that may help you understand your clients blocks and a way to work through it to help them reach their potential.

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Janet trained at the College for Energetic Sciences in Melbourne, 1997-99 and began her LEAP training in 1998 studying with Dr Charles Krebs and esteemed instructor Jacque Mooney in Australia.

Janet has been a practicing Kinesiologist, LEAP Practitioner & LEAP Brain Integration instructor for 20 years. She has taken a sabbatical from clinical practice to bring her passion for LEAP, drive, experience and focus to a new role as LEAP Director reporting to Dr Charles Krebs. Her role is to help transform LEAPs presence into a global network, providing a platform for LEAP Instructors and Practitioners to learn, network and be discovered in a central LEAP forum by the greater global community.

Janet is excited to help move LEAP into the next phase of its development and support Dr Krebs in his goal of developing a collaborative ‘home’ for his work, and his vast supporters - the instructors and students of LEAP, to continue well in to the future.

Janet is a registered member of both the Australian Kinesiology Association and the Australian Traditional Medicine Society.