



Soul Cycles

Personal & Collective Evolvement
Alternative Healing
Social Artistry

Limbic Resonance- Relation

It seems as if a big part of who I have become and am becoming depends most on how I relate and have been related to. The development of my brain, my emotions, my feelings, my feelings about myself and my body, have been greatly influenced by the exchange I had with other warm-blooded beings; in the first place with my caretakers. States of attunement and limbic resonance seem to provide the safest space for nourishment, repair, and regulation. "Investigations into the physiology of relatedness now tell us that attachment penetrates to the neural core of what it means to be a human being."

If I have been shaped by relation (positively or negatively), I assume I will keep being shaped by relation. Where my inner (collected by experience) reality and the outer reality meet, change, repair, and new experience are possible. Mother and child can enliven each other, it doesn't happen just one way. When we engage in relatedness, we fall under the influence of another's emotional world, at the same time we are bending each others emotional mind. Does that mean that limbic resonance or limbic revision has the power to remodel emotional parts of the people I love? Is who I am or who I become depending partly on whom I love?

- T. Lewis: Because loving is reciprocal influence, it entails a deeper and more literal connection than most realize. Limbic regulation affords lovers to modulate each others emotions, neurophysiology, hormonal status, immune function, sleep rhythm, and stability. The limbic regulation in a group can restore balance to its members, allowing them to feel centred and whole.

- D. Siegal: The overall process of attunement leads to the mutual influence of each member upon the other- a characteristic described earlier in the book as resonance. Emotional resonance, for example involves more than alignments of states; it also includes the ways in which interaction affects the individuals in other aspects of their minds. Resonance also continues after alignment has stopped. The mutual influence of the alignment of states persists within the mind of each member after direct interaction no longer occurs. Attunement yields moments of both alignment and nonalignment, and it also permits emotional resonance to occur between two people even after they are no longer in direct communication.

Betina Hermes