



Soul Cycles

Personal & Collective Evolvment
Alternative Healing
Social Artistry

The Limbic Brain

When evolution brought the mammals into being, it created an organism with a noble kind of responsiveness, one that permitted the intimate mental embrace of love. It permits emotion and attachment. Their young ones have to attach in order to survive.

The limbic brain is located in the middle of the head between brainstem and neo cortex. It receives information from both of the other brains and transmits information to both of them. In its present form the limbic brain is not only the seat of our dreams, but also the centre of advanced emotionality. The primordial purpose of the limbic brain was to monitor the external world and the internal bodily environment and to orchestrate their congruence. What one sees, hears, feels, smells is fed into the limbic brain, and so is the data about body temperature, blood pressure, heart rate, digestive processes and scores of other somatic parameters. The limbic brain stands at the convergence of these two information streams; coordinates them and fine-tunes physiology to prime the body for the outside world. The limbic brain collects sensory information, filters it for emotional relevance and sends outputs to other brain areas thousands of times a day.

The limbic brain is a delicate physical apparatus that specializes in detecting and analyzing just one part of the physical world—the internal state of other mammals. While the neural response of a reptile is an early, tiny note of emotion, mammals have a full-throated duet, a reciprocal interchange between two fluid, sensing, shifting brains.

With the effulgence of their new brain, mammals develop a capacity that is called “limbic resonance”—a symphony of mutual exchange and internal adaptation whereby two mammals become attuned to each other’s states. It is limbic resonance that makes looking into the face of another emotionally responsive creature an intimate experience. When we meet the glance of another, two nervous systems achieve a palpable and intimate apposition.

If you want to capture the attention of an infant you will have more luck using an expressive human face than any other object in the world. Babies have an instructive appetite for faces: they look at them, gaze at them, and stare at them. Infants are early masters of detecting and expressing emotions, which may help to explain their inborn fascination for faces. The human infant is most attuned to the human face, because the face is the limbic transmitter of emotion. The facial muscles are the only muscles that are directly connected to the skin. The capacity to read a face is biologically given.

Whether they realize or not, mothers use the universal signals of emotion to teach their babies about the world. Because their display is inborn, emotions not only reach across the gaps between cultures or species, but they also span developmental chasm between mother and infant. Emotionality gives the two of them a common language long before the infant will acquire speech, the arbitrary symbolic system of the neocortical brain.

One of the problems of the limbic brain is: It doesn’t recognize time. It can not discern between what happened then and what is happening now can not discriminate between inside and outside. What is, is! It takes the neo cortex to sort out. The interaction of mother and child from the very beginning is mainly stored in the limbic brain and in the cells of the body. The emotional world is stored in the limbic brain as pictures. All emotion is a wave. Very strong and overwhelming emotions are cut off, bypass the neo cortex, and are stored in the limbic brain as a state, a so called state-memory. All those cut off emotions in the limbic still wait to finish their wave.