

# Memories of the Mind

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**“Memories  
light the  
corners of my  
mind  
Misty  
watercolor  
memories  
Of the way we  
were.” Lyrics  
from The Way  
We Were**

Can you hear this classic song?

We tend to romanticize memories. Yet, the single greatest factor contributing to the compromise of your health every day, the weakening of your immune system, the sabotaging of your dreams and goals and your relationships is the fact that you and I go in and out of memories. We cycle in and out, always leaving the present moment.

We really like to believe that we are good listeners, focused and present. But the book you're reading, the lecture you're attending or the movie your watching will not get your full attention the entire time...even if you are staring at it. Your mind constantly takes trips. It naturally goes in and out of a “trance” 15 to 50 times an hour. Shocking, right? It's a steady trip down memory lane.

And every one of those memories is a 3 dimensional hologram and any time a fragment of it gets triggered, the memory comes back.

If it's a traumatic, emotionally distressed memory, your body, brain waves and neurology do not know the difference between the actual traumatic event or the memory of the event. That's where it becomes detrimental.

In other words, this means you are capable of taking an entire traumatic experience and reducing it and storing it inside a group of neurons. It then becomes the lump in your throat when you have to give a speech. A racing heart when certain events occur or a vice on your head when you are feeling angry at someone or something. It becomes a tight area in your left sided neck and shoulder if you encounter someone or something perceived as a threat or nuisance.



## Are you trapped in memories?

There's literally hundreds of somatic cues that reveal themselves when certain areas of your body hurts and suggests what traumatic emotion is stored from your history.

These likely get ignored by most professionals in health care, including those in functional medicine. But, your body never forgets anything. Even if you do.

So the key to reducing this self-sabotaging effect of these memory trips is to practice staying present... in the moment. And when those triggers come, to move through them swiftly back to the present. Don't get stuck in that memory or experience. Acknowledge, remember the lesson of it and move on.

Are you trapped in memories? Can you see the sabotage connection in your present life?