

# BOOK EXCERPT

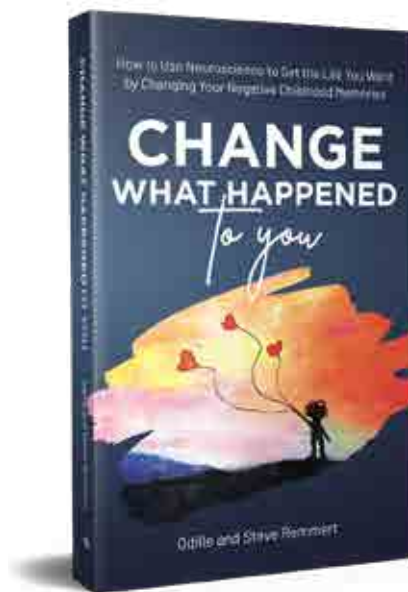
## Introduction

Your childhood may be over... but your brain doesn't know that.

As far as the unconscious part of your brain is concerned, your childhood provides the "evidence" that "proves" who you are and how the world works. Change that evidence, and you change what you experience in your life, moving forward. Just like changing the coordinates in your GPS changes your destination.

This is not about changing how you feel about your past, and it's not about "reframing" what happened to you. This is about *changing* what happened to you.

The idea of changing memories may seem unfathomable, but that's only because you've probably not heard of it before. It is a relatively new area of research in neuroscience. The work we do in The Remmert Method is based on the research of scientists and researchers like Dr. Amy Milton, behavioral neuroscientist, fellow in neuroscience, and senior lecturer in the Department of Psychology at Cambridge University, who specifically studies memory reconsolidation ("memory editing"), and Dr. Julia Shaw, psychologist and research associate at University College,



London. Dr. Shaw specializes in false memories. Memory reconsolidation is already being used to treat post-traumatic stress disorder.

We have taken what we've learned about the effects of childhood memories on the adult, how brain chemistry is created, and the progress in the field of memory reconsolidation; experimented, by changing our own negative childhood memories; and have experienced complete transformational change. Since then, we have helped hundreds of clients to experience the same transformational change by changing their own negative childhood memories.

Our mission in sharing this information and the aim of the step-by-step techniques and tools in this book is to empower

every individual to decide what they experience in their lives by choosing a *new* childhood that "proves" those results.

As is shown in Dr. Amy Milton's and Dr. Julia Shaw's work, the unconscious part of the brain can't tell the difference between reality and imagination, can't use logic or reason in the way the conscious mind can, and can't judge something to be unrealistic. Considering this, it will accept any *new* "evidence" of who you are and how the world works, while you will still consciously know what originally happened. Just like changing the coordinates in your GPS—the GPS will accept the coordinates of the new destination while you, as the driver, can still remember your previous destinations.

It's the difference between implicit or nondeclarative (unconscious) memory and explicit or declarative (conscious) memory. We will show you how to change implicit negative childhood memories to the opposite, positive, and empowering, while shifting the original memory to declarative.

## About the Authors

We are not doctors or scientists. In fact, before we found ourselves in the world of neuroscience and helping

others to empower themselves (and long before we met), Odille was a professional actress and singer, and Steve ran his own business as a designer/ builder of custom-made furniture.

We had each struggled, throughout our lives, to “fix” ourselves. On our own personal journeys to find solutions for our problems, we would share what we learned and help others along the way. This led Steve to go back to university to do a psychotherapy degree, and Odille to become a life coach.

By the time we met, we were both using some of the techniques we now share in this book. The rest we developed together—through seeking solutions for ourselves and others and by researching and putting together information we learned from various sources. We experimented by applying our findings to ourselves, to change our own lives, and then shared it with others. When we saw that our method worked equally well for others, we continued to develop it—to add to and improve on our techniques, to find solutions for our clients to help them overcome challenges and trauma, and to empower them to create the changes in their lives they were longing for.

## **Changing the World by Changing Childhood Memories**

As humans, we have key instinctive priorities:

1. Our primary priority is survival—if we don’t survive, nothing else matters.
2. Our secondary priorities are connection, altruism, and helping others.

While these instincts are about survival, the first is concerned with *immediate* survival, and the second are related to long-term survival.

For this reason, when a person feels safe (which means loved, respected, and abundant, in addition to being physically safe) their automatic instinct is to reach out and help others. That’s built in as part of how the human brain works.

If a person does *not* automatically feel a desire to help others, be kind, compassionate, and share, it’s because their brain is in survival mode. Bearing in mind that, to the unconscious part of the brain, survival equates to feeling loved, respected, valued, and abundant (“*If the tribe doesn’t love, respect, and value me, I’ll be rejected and die,*” and “*If I don’t get enough, I’ll die*”), it is logical that all

negative emotional states put the brain and body into that state of emergency.

Regardless of the *reality* of their circumstances, this is all about how a person feels—based on their implicit childhood memories. Even if they’re wealthy; even if they are loved and respected by others; even if they’re powerful and successful in their field, if their brain repeatedly refers to “evidence” from their childhood experiences that “proves” they’re in danger because they’re *not* loved and *not* valued, it will still be putting them into that state of immediate survival, regardless of their current reality.

Remember, helping others is *secondary* to immediate survival.

While changing the way children are raised is an essential part of changing our world, what we’ll share in this book is that those changes can also be made *retroactively*.