# HSP Memory Archive Storage and Retrieval

*This chapter is on HSP and Empath memories, how we categorize and store and retrieve them for in-the-moment and future meaning-making and action-taking.*

Every experience is archived for future reference, and every reference relates to an earlier experience as good, bad, safe, dangerous, loving or not, or neutral. Our two brains – the Limbic and Modern - work together in tandem to make the memories that define who we are, and how and why we do what we do.

***Memories Begin with Your Brain’s Archive***

Every event is tagged with an energetic signature by the brain’s Limbic survival system.

First, the vibrational frequency (quantum energy) of the event is observed and rated by your outer protective barrier (18-24” outside your body – Aura) which is connected to your Amygdala, the walnut-sized safety monitor buried deep in the center of your modern brain.

The Amygdala tags the memory with #safe, #dangerous, #violent, #happy, #love, #hate, etc. and sends it to your modern brain’s Prefrontal Cortex to make meaning of what to do next.

If the Amygdala senses danger, the message is also sent to your Hippocampus to flood your body with cortisol and adrenaline to get your muscles ready to fight, flee, or freeze.

Once the #tagged event is sent to your modern brain, it’s further categorized as needing a creative or logical solution. From here, your brain goes to already existing archives, in the right or left hemispheres, to look for similar past situations on which to pattern this new event’s solution.

When the appropriate archived memory is found, old behaviour patterns are switched on and the rest is history. You repeat past behaviours, engage old self-worth, self-confidence, positive or negative reactions, and generate similar outcomes for this new event. As you engage with these behaviours your body is again flooded with the appropriate chemicals, hormones, and enzymes that switch on the neural transmitters in your brain’s electrical network that sends messages to all your brain’s other response centers that turn on your body’s action-takers. You feel your body and mind switching on or switching off, to act on your behalf.

***Sensitive’s Memory Response***

HSP’s and Empaths are especially sensitive to repeating old behaviours because our brains are hyper-stimulated not just by what we take in, but by how our body sensations send wave after wave of response back to our brain’s safety center moment by moment as we negotiate our way through each piece of this emotional event. To us, each event is loaded with emotional energy constantly zapping our limbic brain. This is why we often go into self-isolation, avoid personal relationships, and even sabotage existing relationships. It’s also why we find it difficult to keep jobs, finish our education, and stay in mainstream society. We find life confusing, painful, and difficult to negotiate.

***Solution to Hypersensitivity***

Sensitives are not locked into response Hell. Learning what triggers our responses is the first step. The next step is to tell your brain what you are willing to accept into your body and mind, and what you want blocked. Your outer protective energy barrier is programmable, and you are the programmer. The final step is building stronger non-confrontational, non-verbal energetic responses to negative and damaging energies perceived coming from others. This is also within your conscious ability. This means you need to set more defined personal boundaries.

How you energetically, non-verbally respond to all incoming energy is within your responsibility to re-train your brain.

* This retraining begins with talking to your Amygdala as if it is your personal assistant.
* Tell it what to accept into your body and what to reject.
* Then visualize how you will return-to-sender all negative damaging energies. This part is quantum energy science even though it seems like we are playing with a creative visualization.

There is a formula and a template I was given and have been using with my HSP and Empath training clients that simplifies this brain retraining system. It takes a little time to learn, customize, program, and refine. AND it works!

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