

The Modern Magic of

Cross Mapping



NEW Health

www.NEWHealth.com

Life is
experienced
in your
BODY

Cross Mapping

Eliminates discomfort so you can become unstoppable.

Have you ever noticed that it's not the thought of fear or pain that stops us from pursuing our dream, it's the sensation, how it feels in our body, that stands in our way? With Cross Mapping, a Sensation-Based Mindset tool developed by NEW Health, you will be able to shift your body sensations rapidly so that uncomfortable sensations (and thoughts!) no longer stand in your way of success.

Both physical and emotional pain/discomfort is felt as body sensations and have corresponding thoughts associated with them. But we don't have to be victims of our body's responses. In fact, our bodies hold great wisdom--when we know how to tap into it. If you think only "special" people can spontaneously modify their sensations and thoughts, it's just not true! Anyone can do it as long as they understand how the brain works. It's really very easy. Pain and discomfort is much simpler than we have been led to believe. It is actually a construct of the brain, not the body. That means that pain does not originate from the painful "thing" or stimuli outside the body. This is all good news! Since the brain creates pain, we can actually "trick" the brain and short-circuit those uncomfortable sensations. Discomfort one minute... gone the next. Then YOU control your behavior rather than your sensations or thoughts controlling you.

Call it spontaneous healing, call it a miracle--we call it Cross Mapping, and it's so simple we think everyone should know how to do it!

Cross Mapping

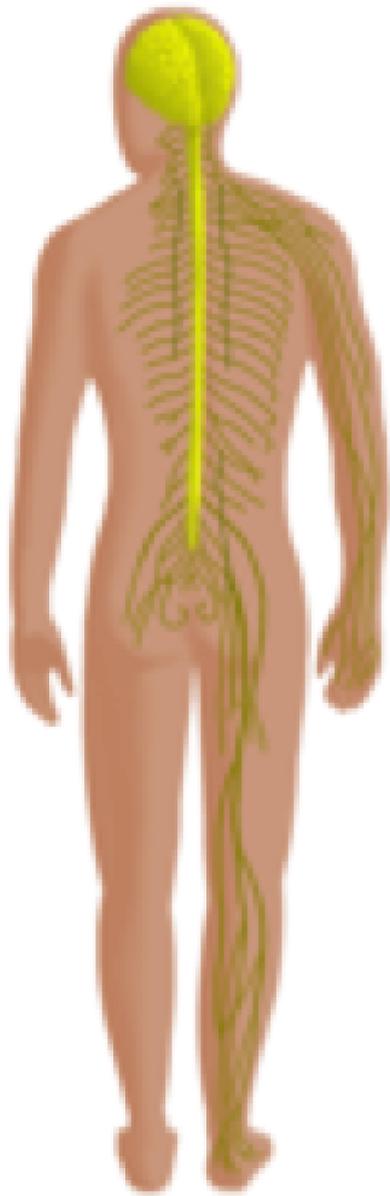
Cross Mapping is an amazingly powerful sensation-based mindset technique that allows us to “short circuit” the nervous system’s habitual responses. Essentially, our nervous system's job is to gather information from our senses and carry it back to the brain for processing. Once this incoming sensory information has been processed, the brain sends out a motor response to either move towards or away from the stimuli. If the stimulus is pleasant we move towards it, if it's unpleasant, we move away. Makes sense right? Who wants to move toward unpleasant stimuli? No thank you! However, in order to reach our goals, moving *toward* discomfort is necessary.

So along the way to the brain, the stimuli from the sensors travel along pathways called nerves. Notice in the image on the next page how the nerves in the feet travel up the leg into the spinal cord and then up into the brain? On the far end of a nerve, we find “sensors” that pick up information from the environment regarding pressure, temperature, PH levels, and nociception. A nociceptor is a big word that means “danger receptor, ” and it picks up information regarding rapid changes in the environment that require immediate attention from the brain; like placing a hand on a hot stove.

Did you notice that there are no pain receptors in the list above? Are you surprised? This scientific discovery is one of the key reasons why the experience of pain has confused the medical community for so long and also why Cross Mapping works like magic!

Just to make sure... one more time here... there are NO pain sensors in the body. (There are also no receptors for stress, anxiety, frustration etc.)

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If the idea that there are no pain sensors in the body is difficult to imagine, consider phantom limb pain. Phantom limb pain is an experience commonly reported by people who have had limb amputations, in that they report continuing to have pain in a diseased or injured foot that has since been removed. Just to be clear, they aren't reporting pain at the end of their stump but rather in the space where the foot was previously located. Wild right? Now, if there were pain receptors in the diseased foot that was causing the original pain, how is it possible that they are still experiencing pain after the foot has been removed? The pain must be generated somewhere else! And that place is the brain.

As nerves carry information towards the brain, these signals have to jump gaps from nerve to nerve as well as cross various checkpoints that have the capacity to amplify the incoming signal up to 20x. (That's a lot!) What's going on at these checkpoints? Well some of them hold information about our emotions, memories, and beliefs. So all of that information is gathered along with the original sensory information before finally landing on the highest brain structures in the cerebral cortex of the brain. So just to recap, nerves carry sensory information up to the brain, and on the way, they gather information about emotions, memories, and beliefs. All of that is happening within the body, not just the "mind".

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When considering the entire nerve signal journey, we have to understand that when this signal lands on the brain it in no way resembles the stimulus that originated it. It's like a complex game of "telephone" where a circle of children each passes a whispered message from ear to ear, and upon final reporting, it bears very little resemblance to the original message. The speedy nerve signal moving towards the brain has been amplified, modified, emotionalized, memory filtered, and valued long before it reaches the brain. And of course, the brain decides what it is that we DO with all the information that is received from the senses.

This process can be likened to a child who gets tripped on the playground by accident and by the time the incident is reported to a teacher the story sounds like a mass collaboration to sabotage the child and mortally wound them. Needless to say, the story may have gotten a bit over exaggerated.

Back to the neuroanatomy - Once the altered nerve signal ends up in the cerebral cortex of the brain, it is labeled and categorized into a recognizable experience. This works kind of like your filing cabinet. There are different files and folders with labels like utilities, taxes, health insurance, and so on. Now, imagine that you have to file something new that doesn't exactly match any of the existing folders. You could choose to create a brand new folder for that single piece of information, but more likely you will choose to shove it into whatever existing folder seems to be the most similar. "Ahhh... I'll just put this paper in medical records, it's close enough." This is how our brain sorts new information. It puts incoming stimuli into a category it already understands and has experienced before in predictable ways. So if you are used to feeling tightness in your stomach and in the past you've labeled that tension as "stress", guess what you are likely to get more of? That's right, stress.

What if your brain actually looked like your home filing cabinet? Would it look like a mess? Would it look overly organized? Hmmmm...

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Let's go one step further. On the surface of your brain, there is a virtual map of your body. We call this a homunculus, and in looking at the image below you will notice that some of this strange creature's features are much larger than others. This is because there is more brain area devoted to the lips, hands, and face than the feet.

Without getting too hung up on those details, what we really want to highlight is that the body map on the brain correlates directly to the body itself. During brain surgery when surgeons press on the brain map correlating to the foot, patients report feeling pressure and sensation changes in the foot itself. This explains the phantom pain phenomenon in that the pain signal isn't coming into the brain from the foot but rather being projected out to the foot from the brain. Got that? The pain is being projected from the brain. So what is happening in the brain to cause this dysfunctional projection?

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If we were to look at the homunculus again, you might notice that each section of the body has a fairly well-defined border; in other words, the foot, toes, leg, and hip are compartmentalized and don't overlap. In the case of phantom limb and chronic pain, however, MRIs show that signaling from body regions do in fact overlap, resulting in a distorted sensory experience. This is called neural "smudging" whereas the normally well-delineated borders, when imaged by functional MRI, looked smudged or smeared into one another. This is just one reason why chronic pain can seem to "spread" to other body regions. Now, the next question is, "How does the brain get smudged in the first place?"

Remember that the nerve signal begins its journey somewhere outside the brain, and as it travels towards its ending point on the cerebral cortex, it is amplified, modified, emotionalized, memorized, and valued such that it may no longer resemble the original impulse. When the original signal is amplified too much, and too often it becomes hyper-emotionalized, strongly memorized, and negatively valued, which essentially overloads and damages the brain circuits. Recall that the nervous system works in a sensory in, motor out loop; and if the sensory information coming in does not accurately represent the original signal then neither will the motor response going back out. Motor responses coming from the brain can cause a wide variety of dysfunctional changes in the physical body including muscle tension/spasm, high blood pressure, swelling, inflammation, and intestinal spasm just to name a few. Essentially, sensory dysfunction "in" creates motor dysfunction "out".

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Let's quickly revisit the idea of how incoming nerve signals are sorted. There is a rule in the body that when a nerve pathway is regularly used it tends to become the default pathway and will more likely be used again in the future. In other words, if there were already a road between your home and work, you would be more likely to use that road again rather than build a new one every day.

The fact is that we receive billions upon billions of different stimuli each day and the body has a very efficient way of processing and sorting it. Just like the road to work and your office, a nerve signal will always follow the most well-worn path and your brain will sort it into familiar experiences (there's your filing cabinet). This means that if an incoming signal travels a nerve path that was previously amplified, the new signal will likely be amplified as well; and it will then be sorted into an already established file labeled "pain," even if this new signal has little to do with whatever caused the pain to begin with.

At this point, we are sure you are amazed. For instance, maybe you didn't realize that sensory information gets so mixed up and misconstrued on the way to the brain. Maybe you really thought that pain was being generated from your sensory experiences rather than the from the brain? The good news is, with your new understanding of pain, you have WAY more control over it. And control over pain is good! The other good news is the system of applying Cross Mapping is WAY simpler than the processes that make it work. So keep reading, we're almost there!

We have studied all the science, taken thousands of hours of continuing education, studied this for years, and have over 1.75 million clinical hours behind us testing this system to bring it to YOU. It's based on real-world science and practical application. And it will outsmart your brain. That's right! Your brain is no match for YOU when you apply cross mapping!

Here's the top-secret formula;

**If sensations + emotions+ memories
+ beliefs = threat,**

**then the brain generates what we call
pain/discomfort.**

It's that simple.

Threat is the key word here, and it represents the idea that sensation by itself is just raw data. However, it's the meaning that we give the sensation that ultimately creates our experience. After all, two people could experience the exact same thing, like walking across hot coals; one will experience excruciating pain and the other won't even get burned. How is that possible? It's all a matter of perception. That's how powerful our emotions, memories, and beliefs are in creating either a painful or pleasant experience. The choice is really up to you.

Cross Mapping

Now that you have a basic understanding of how the nervous system functions with regards to pain generation, we can turn our attention to Cross Mapping; a powerful process that consistently reduces pain and spontaneously heals the body and emotions. Basically, it works like this. Using areas of the body that feel good and are functioning at a full range of motion (instead of feeling uncomfortable and restricted), we can feed the brain information about those "feel-good" sensations instead of pain and discomfort. When we do this, we flood the system with as much information as possible that the sensations we are feeling are not a threat. Since they are non-threatening, the brain can take a break from signaling a pain or stress response, which of course reduces our pain and stress.

You will begin by identifying and describe your current body sensations to the best of your ability using lots of adjectives. Be as descriptive as possible. It can be helpful to actually do this out loud rather than in your head. We call this process "accepting what is." Whether you like it or not, this is what your body is experiencing. You will want to make sure that you can identify not only the current "negative" sensation (what you don't want) but also a "positive" (what you do want) correlate. In this way, you will accurately be able to draw your attention away from the unwanted sensation.

We have seen miraculous results occur in people from all walks of life and with all sorts of problems ranging from neck, back, and limb pain to anxiety, depression, and fear. It's so easy to do, you can perform it anywhere! The basic process is listed below with slight variations for physical and emotional sensations, which will be described in the next sections. Give it a shot and go for it! You have nothing to lose except your pain, discomfort, and fear!

Cross Mapping Step-By-Step

Physical Pain - Limbs

Cross Mapping for physical pain can be performed to resolve issues anywhere in the physical body with slight variations depending on whether the problem is in your limbs or spine.

If you are experiencing pain in your limbs, (i.e. ankles, knees, hips, wrists, elbow, shoulders) then:

1. Begin moving both the area of your body that is painful and its mirror opposite (i.e. both ankles).

Slowly move both areas in mirror symmetry, so that the movements are as identical as possible. Begin with simple movements like up/down and left/right.

2. Identify differences between the sides (i.e. Strength, ROM, sensation).

Be as clear as possible in describing the quality and exact sensations. Is one side weak and the other side strong? Is one side stiff and the other side loose? Is one side sharp and the other side dull? Remember that categorizing one side as painful and the other side as not painful will hold you in a perception of pain.

3. Focus on the desired outcome on the “positive” side.

Once you have identified and described the “negative” sensations on the involved side and found their opposite on the “positive” side, continue moving both sides and focus your attention exclusively on the positive sensations (i.e. strength, stability, freedom, etc...).

Cross Mapping Step-By-Step

Physical Pain - Limbs Cont.

4. Exaggerate the desired outcome on the “positive” side.

Make the positive sensations larger in your awareness by focusing on them completely and bringing them into greater relief and clarity in your mind. Become an expert in creating specifically the positive sensations you desire. Keep moving both sides while you do this. Remember that both sides don't have to be moving to the same exact degree. In other words, if your involved side is moving at 50% the distance of the positive side, this is ok, just move as much as possible while focusing exclusively on the positive aspects of the positive side.

5. Cross Map desired outcome to the injured side.

Once you have mastered attention to the desired sensations on the positive side, continue performing mirror movements while feeling the positive side and looking at the involved side. In doing this, you are involving both sides of your brain and literally mapping new, positive information onto brain areas that have previously been receiving inaccurate and threatening information.

Cross Mapping Step-By-Step

Physical Pain - Torso

If you are experiencing spine/torso pain (neck, back, chest, ribs), then:

1. Get in a safe and comfortable position.

Find whatever position feels safest, whether standing, sitting, or lying down. Assuming this position is often reflexively followed by a sigh of relief or long exhalation.

2. Take some deep, easy breaths.

Without forcing, begin to take some slow, deep, and smooth exhalations; and allow your inhalations to return naturally. Continue breathing in this way until you notice your abdomen expanding on the inhalation and collapsing on the exhalation; this is the sign that you are now breathing abdominally.

3. Witness your sensations.

Check into your body and notice what you feel without trying to change anything. Next, slowly and gently begin exploring small movements in different directions. As you move, make a note of the specific qualities and exact sensations you feel.

Cross Mapping Step-By-Step

Physical Pain - Torso Cont.

4. Move further towards the positive.

While moving in gentle ways, you will notice which directions feel more positive; move further into those directions while making specific note of how good they feel. Resist the urge to become discouraged that other movements or directions don't feel that good. This exercise is about strengthening your ability to focus on what feels positive, and the knowledge that you can create it at any time. Become an expert in creating the positive sensations that you want.

5. Cross Map with Yellow Zone Movement.

Once you have become an expert in producing the positive sensations that you desire by consistently moving further in their direction it's time to begin Cross Mapping. Hold in your bodymind the positive sensations while you begin "nudging" movement back into previously restricted areas discovered in step 3. We call this moving into the "yellow zone."

The green zone is one of complete security, which people often cling to from fear of painful movement and results in stiffened joints and atrophied muscles. The red zone is "no pain, no gain" movement, which paradoxically always results in more pain, not less. Yellow zone movement rests on the border between the green and red zones, and with practice is the fastest way to heal the nervous system. Moving into the yellow zone is non-threatening as you have complete control and the ability to bring positive sensations from good feeling movements back towards challenging movements. Combining your breathing and movements during this step is highly recommended and effective.

Cross Mapping Step-By-Step

Emotional Discomfort, Stress & Anxiety

If you are experiencing emotional discomfort then:

1. Begin by identifying your uncomfortable body sensations.

Scan your body and notice the most prominent unwanted sensations. Describe them fully using as many adjectives as you can think of. Pick the adjective that best describes your discomfort.

2. Identify a word that means the opposite.

Identify a word that is the opposite of the unwanted body sensation you are feeling. If you identified tight, the opposite is loose. Constricted, the opposite is expanded. Sharp the opposite is dull.

3. Identify a body part that is feeling the opposite sensation.

Now “look” around your body and find a part that you feel embodies the opposite sensation you identified.

4. Cross Map the Sensations.

Notice the uncomfortable sensation. Also, at the same time notice the good feeling sensation. Like you are turning up the volume on a stereo, start turning up the volume on the good feeling sensation. As you do this, you might notice the unwanted sensation is competing for attention. When this happens, give the unwanted sensation the attention it seeks, but don't lose your focus on the good feeling sensation. You must hold both in your awareness. Play with the “volume” and the attention until finally, the good feeling sensation becomes the dominant sensation. The painful sensation may completely disappear!

That's the Magic of Cross Mapping!

Next, grab the Cross Mapping Video Course.

"Cross Mapping is brilliant!" -Larry Leo, Lawyer

"Cross Mapping is genius!" -Peter Paine, Chairman of the Board Champlain National Bank

**Click here for the
Cross Mapping Video Program**

Schedule a Call

Let's talk about what NEW can do for YOU or your company.
Schedule a call with us today.

Click here for our contact page.

The Founders of NEW Health



Ani Anderson and Brian Trzaskos are the creators of sensation-based mindset coaching and NEW Health. They have a combined 45 years and over 86,000 hours of clinical experience helping people solve problems that seemingly had no solutions.

Brian and Ani are well known for making complicated physiological, scientific and esoteric philosophy easy to understand and integrate. They know that problems within teams, families, organizations and companies stem from unresolved issues within the leadership. Their unique solutions solve problems at the core and create win-win-win results.

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