

Abstract:

Transformation and renewal in all systems of the cosmos, including the human mind, are universal creative processes. The mind and universe are only visible by the discovery of their concealed processes. One of technology's greatest discoveries is the hidden process contained in the hologram, a three-dimensional laser light image in which every part of the film (even when shattered into hundreds of pieces) contains and can reproduce the whole image. Science now has evidence that the memory processes of the brain may be holographic in nature (the part contains the whole), a concept which offers explanations about the brain's extraordinary memory storage and retrieval capacities, and for its capacities for intuition and creativity. Brainspotting's efficacy may be possible because it can penetrate and/or support the possible holographic memory/experience systems of the brain. Five unique outcomes of BSP processes support this idea: 1) BSP's facilitation of creative healing processes and client intuition, that may be being enhanced holographically; 2) The pointer, acting as a metaphoric "laser beam" to access brain memory holograms; 3) transformation through metaphoric imagery (one can completely resolve an issue while processing metaphoric imagery exclusively); 4) the ability, through "parts work," to directly access the experience of the child within the adult; and 5) the ability, in acting technique work, to produce "character memory" (spontaneously created memories that belong to a chosen character), which can feel as visceral and systemically authentic as the actor's own real-life memories. Complementing similar creative processes in the cosmos, BSP enhances our most profound creative capacities holographically. To fully understand Brainspotting, we need to understand the mind's connection to the cosmos and begin to revision the universe within which Brainspotting transformation and healing can take place.