

SCIENCE OF RELEASING

The Triune Brain

A Pattern of Life
and Personalities

THE EXPERIENCER -
THE DOER -
THE THINKER
&
THE AWARE OBSERVER

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'4-Stage Release Rundown' Course Pack

THE TRIUNE BRAIN

A PATTERN OF LIFE AND PERSONALITIES

**THE EXPERIENCER
THE DOER
THE THINKER
&
THE AWARE OBSERVER**

**If you need to clarify something don't hesitate to
PM me – Mark - on our group 'RELEASE IT' (preferred)**

<https://web.facebook.com/groups/releaseit/>

or email me at

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The Triune Brain Pattern of Life

The Triune Brain and the 3 + 1 Personality Types

The GREENs, the REDs, the BLUEs and the NEUTRAL ones

A put together of some general scientific facts mentioned in the 'The Structogram®' by Rolf W. Schirm (structogram.com), based on the Triune Brain Theory of the neuroscientist Paul D. MacLean – and applied to processing. It is simple (some might say 'simplistic') but it is a great help to understand the basic patterns of behaviour. (There is a lot about the 'Triune Brain' on the internet.)

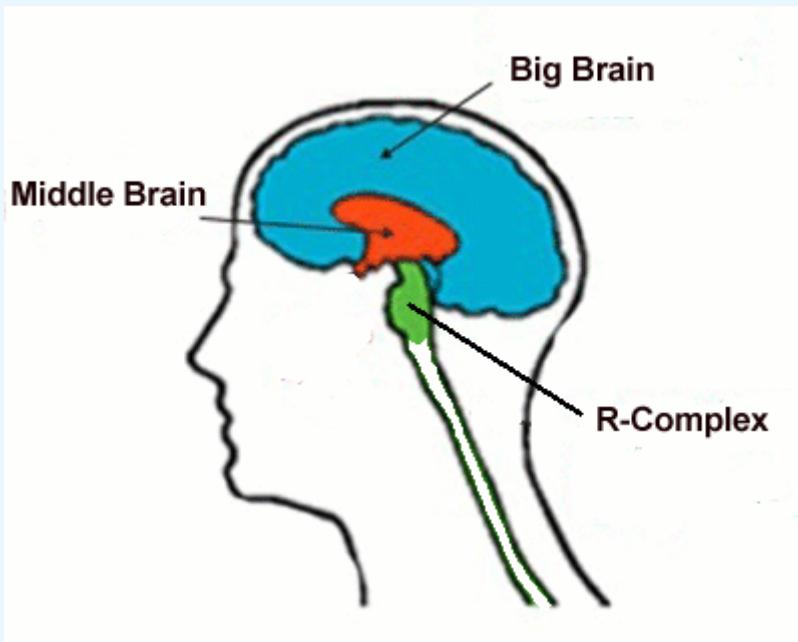
It is the only system I know of so far, that is able to build a bridge between science and a psychological approach in understanding human behaviour.

Here are the basic scientific facts (which cannot be copyrighted) in my own words, in my own understanding, with the additional relevance to processing.

THE THEORY

McLean found out that there are 3 Main-Brain Centres that determine the behaviour of a person:

- the **R-Complex**, the oldest brain in our evolution (Reptilian Brain, 'Stem Brain')
- the **Limbic System** (Middle Brain), also called the Mammalian Brain
- the **Neo-Cortex** (Big Brain) the last brain that was developed in evolution.



Big Brain: Analytical Mind, higher-order thinking, rational thought, control, creative ideas

Middle Brain: Emotional Mind – emotions, feelings

R-Complex: Instinctive Mind - survival, safety, procreation

MacLean tested the following:

He checked which of the 3 brains fired the first reaction in regard to a given stimulus.

He found out that most people had a clear brain dominance. Meaning: most people had one brain which reacted first in most cases.

And, he also found that the dominant brain was different in different people.

Some people reacted mainly with the **R-Complex**, and they are called the **GREEN** ones,
some people reacted mainly with the **Middle Brain**, and they are called the **RED** ones
and some people reacted mainly with the **Big Brain** and they are called the **BLUE** ones.

Only a few people have all their 3 brains so much in harmony that each has about the same dominance – which of course means that there is no brain dominance. This would be the ideal state – and we call them here the **NEUTRAL** ones.

Of course all of us are mixed forms. There is no one with 100% response from only one brain. Someone would have, let's say - 48 % first reactions from the **R-Complex**, 32 % reaction from

the **Middle Brain** and 20% reaction from the **Big Brain**. He would be called a **GREEN** (with **RED** as the second colour).

About the Existence of 3 Brain Centres

There are some interesting things about the 3 brains:

While the pattern of the division into 3 existences (Trinity) is designed from the beginning of times* (in the Physical-, Life- and Spiritual-Universe) – each of the 3 brain Centre has only been developed at different stage of our evolution.

They are therefore of a natural hierarchy, working in different ways by complementing AND controlling each other.

In cases where ‘supernatural abilities’ are encountered – like memorizing a whole phone book after reading it once – we see that the person is on the other hand missing normal functions of other, complimenting Brain Centres. Often such an ingenious person is therefore even unable to simply lead a normal life.

This tells us that the native abilities of the Brain Centres are practically ‘infinite’ (which btw. is how animals do survive) – and we humans limit our Brain Centres by balancing them out to achieve our human abilities.

* In the developmental biology of tissue animals, cotyledons are a first differentiation of an embryo into different cell layers, from which different structures, tissues and organs subsequently develop. The cotyledons are formed during gastrulation of the blastula ...

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| They are called | Endoderm (inner layer) |
| | Mesoderm (middle class) |
| | Ectoderm (outer layer) |

Your dominant Brain Centre is designed by your Genes ...

Interestingly the dominance of Brain Centres is designed by the Genes – but NOT directly inherited by the parents.

This can create huge problems if the parents and the child are not compatible.

Processing, RELEASING and cleaning out the Subconscious has the effect of HARMONIZING the Brain Centres.

CONFRONTING (see CONFRONTING EXERCISE) does position someone ABOVE the direct reactions of the individual Brain Centres.

An Explanation of the 3 Brain Centres

The **R-Complex** is the original brain, a stimulus-response brain that can react very fast. Therefore – in a danger situation – it will take control with automatic reactions.

It is the ‘Survival Brain’.

The **Middle Brain** is the ‘Practical Brain’ of the DOER – but also the brain of the spontaneous emotions. It is like the **BRIDGE** between the ‘**R-Complex**’ and the ‘**Big Brain**’.

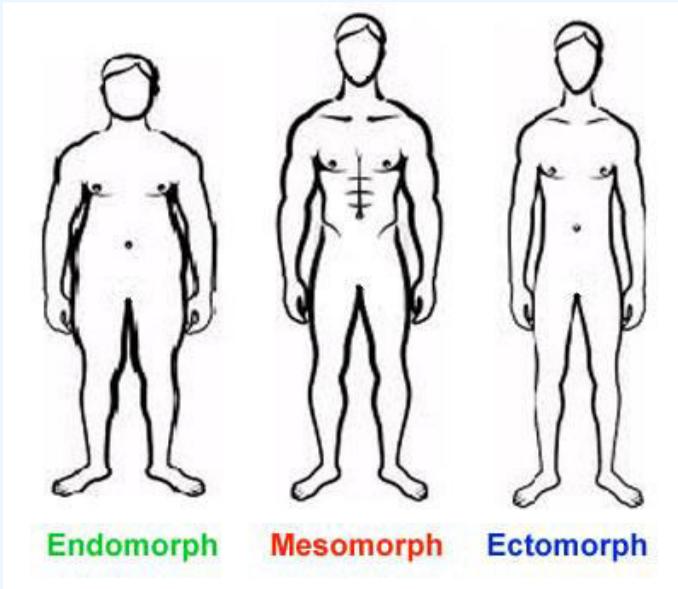
The **Big Brain** is the most developed Brain Centre and can solve problems in the most intelligent way on several levels. But it is furthest away from the ‘source’ and has too much ‘intelligent thinking’ going on to be fast and spontaneous.

The Body Shapes

Another interesting thing is that people with a clear dominance of one of the three brains, have a clearly recognizable body shape!

(If the dominance of one brain is not very big – it will not be easy to recognize the type from the body-shape. But often it is very clear):

DESCRIBING THE DIFFERENT PERSONALITY TYPES



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| <p>The GREEN</p> <p>His dominant brain is the R-Complex. The main functions of this oldest brain are the activation of instincts in regard to: (right side)</p> | <ul style="list-style-type: none"> - physical survival, eating and body functions - safety - procreation and family - socializing - ability to enjoy simple life |
| <p>Body shape:</p> | <p>Endomorph -round, big and heavy</p> |
| <p>Activities:</p> | <p>Often things having to do with moving earth, construction, steel, etc. ('nature' and solid things). He is not a fast mover.</p> |

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| | <p>He is also not a fast thinker (processing thoughts in his Big Brain is more difficult for him) – which doesn't mean he cannot be very smart.</p> <p>He enjoys the good things in life and to relax.</p> <p>He can happily just sit around and do nothing, or engage in small talk for hours while sipping a glass of wine or a beer. His family and friends and his social life are very important to him.</p> |
| Body contact: | <p>He has a high acceptance of body contact. You can put an arm around his shoulder and leave it there, and this is ok with him. He is not afraid of closeness.</p> |
| How to handle: | <p>If you want to make a deal with him, you talk to him about his family, his children, his pets and his grand-mother's bad leg, and then you tell him where to sign the contract. But this does not mean the GREEN is stupid. He may be slow, but he has the sharpest wits of all the types of brain.</p> |
| If attacked: | <p>He can react in a choleric way.</p> |
| Processing: | <p>RELEASING is normally very easy to do with him as he has good contact with his body – he is normally well grounded (high 'Havingness'). - On the other side he is not easily motivated for anything.</p> |

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| <p>The RED</p> <p>His dominant brain is the Middle Brain. The main functions of this brain, which was developed at the time when apes started to stand up and fight, are:</p> | <ul style="list-style-type: none"> - self-assurance (self-importance) - status - impulsiveness / spontaneity - emotions - generosity - needs to win a competition |
| <p>Body shape:</p> | <p>Mesomorph (athletic), slender, tall, has a pronounced chest, pronounced traits in the face (nose, chin - pretty 'hard' face) and can have a little belly when older.</p> |
| <p>Activities:</p> | <p>The RED likes COMPETITION and likes to always be the winner. He needs a challenge in life otherwise he is bored and unhappy. He likes to have friends around so that he can either compete against them or with them against another team.</p> |
| <p>Body contact:</p> | <p>Only superficial. He will clap you on the shoulder (too hard) or give you friendly punch on the chest. Not more. Body contact as a challenge – closeness only exceptionally (after scoring a goal in soccer)</p> |
| <p>How to handle:</p> | <p>When selling him a car, e.g. you would stress the new status he would acquire, how fast the car is (faster than the ones of his friends). You could engage him in a</p> |

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| | <p>competition and let him win. (But if he finds out you are in trouble!)</p> <p>A RED is emotional and impulsive, but has also a good heart and is normally pretty forgiving.</p> |
| If attacked | He fights for real. Careful! |
| Processing: | <p>RELEASING works fine.</p> <p>His ability of feeling deep into the body or going up the thought-level ladder might be a bit 'limited' - depending upon what the 2nd dominant colour is.</p> <p>But no real problem.</p> |
| <p>The BLUE</p> <p>His dominant brain is the Big Brain.</p> <p>The main functions of this brain, which has developed only 'recently' are:</p> | <ul style="list-style-type: none"> - individuality - self-determination (autonomy) - maintaining distance / space / overview - planning - rationality - control - knowledge - truth |
| Body shape: | Ectomorph (leptosome), fine, slim body, oval shaped face, fine limbs and will not get thick or have a belly even in old age. |
| Activities: | Planned. Nothing spontaneous. Doesn't take chances. |

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| | <p>If you tell a BLUE that you want to give him 1000 dollars for free, he will say:</p> <p>“Ok, I will sleep on it and let you know if I accept tomorrow”.</p> <p>If you come too close to him, he will step back. He wants to have an overview, to get you into the whole picture from a distance.</p> <p>The BLUE normally doesn't have many close friends, but he probably knows his family tree very accurately (there has to be order in all things !).</p> |
| Body contact: | Heaven forbid. Only if you are very close, you might occasionally cross this abyss. |
| If attacked: | You might get an enemy for life. |
| Processing: | RELEASING is not easy to do with him, as he often has no good contact with his true feelings and with his body. Nevertheless, if you have accessed a severe problem which is really important to him it will work fine. |

The seminar I attended had questionnaires to determine the percentage of one's brain dominances. This information is used in companies to build teams.

WHY DIFFERENT TYPES ARE IMPORTANT IN A TEAM

A team with only **BLUE** ones will be very accurate and well planned, but will not get anything done. For this you need a **RED** one.

A **RED** one in charge of book keeping will be so bored that he might try to find a way to cheat the company, just to have a challenge. But a **BLUE** one would be perfect for book keeping.

A representative of a company who is a salesman, and who is not a **GREEN** one or does not have a strong second **GREEN** colour, will not socialize enough with his potential customers to be a success.

If one organizes a seminar, and there are not enough **RED** ones attending, there will be no lively discussion in the group. The **GREEN** one is too hard to move and too slow (if he attends a seminar at all) and the **BLUE** thinks too much and tries too hard to formulate things and does not allow himself to be dragged into any spontaneous reactions anyway.

GREEN, RED AND BLUE AND HOW THEY INTERACT

GREEN and GREEN: wonderful, cosy simple life.

GREEN and RED: for the GREEN the RED is much too active and he does not understand why the RED needs to have challenges, or why competitions are important to him. He wants a quiet, pleasant life.

For the RED the GREEN is just too boring. He cannot challenge him, he does not play with him and he is no real partner.

GREEN and BLUE: There is nothing in common so no friction but of course no real relationship either. For the BLUE the GREEN is just dumb and for the GREEN the BLUE is slightly nuts, much too complicated and much too much in his head.

RED and RED: wonderful - someone to compete against or to fight alongside against others.

RED and BLUE : a catastrophe. The RED always tries to get the BLUE to react spontaneously, and it doesn't happen. The communication lag of the BLUE is much too big for the RED, he definitely feels misunderstood and frustrated.

The BLUE thinks the RED is simply too childish with his love of competitions and that he is much too emotional for a grown up man.

BLUE and BLUE: ok - a bit 'sterile' but they like it this way.

INTERACTION BETWEEN COUPLES

Couples should be of the same colour, or one of them should at least have a strong second colour paralleling his partner's dominant colour. In this case, they will understand each other well as long as they communicate on the same colour level. If they both insist on staying on their different dominant colour, they will have problems.

Problems between partners are very often just the problems between the different types.

STRENGTHS AND WEAKNESSES OF THE DIFFERENT TYPES

The GREEN

He is firmly grounded within himself and socially. Very stable. Friendly.

If we consider every brain to be a filter which creates a distance between the being and the others, he has not much filter, so the most direct contact .

He has soul (is a soul :-))

He normally has very little higher thought-level activity (no abstract thinking).

The RED

He is the GO-ER, the DO-ER, the one who makes things happen. His happiness depends upon winning games.

He has emotions.

He has a good connection to both body-level and thought-level.

The BLUE

Although he has the 'latest brain model' and could be seen as the 'crown of humanity', the fact is that this brain is the thickest filter between himself and others, himself and 'Source'.

He normally has very little connection to the body-level, but very good connection to the thought-level.

TEST

Ok. Here is a test: 3 men plan to go on an excursion to the top of a mountain. They can go up on foot or by cable car.

Man A wakes up early in the morning. He climbs up the mountain, which is very hard work and very challenging, trying to beat the time he used for that last year. Then he enters the restaurant at the top where the others are already waiting. He tells them how fast he was and is very happy and very proud of himself.

Color?

Man B is sitting before his 3rd glass of red wine and has already made good contact with the girl at the bar. He came up on the cable lift and will go back on the cable lift. Color?

Before starting the journey, Man C looked at his accident insurance policy to see whether an accident on the cable lift (or whilst climbing) would be covered. Seeing that it was, he started the journey, remembering to put a pill in his bag against travel sickness in case he felt sick in the cable lift. Sitting in the restaurant he has a map in order to identify all the mountain tops (of course he brought the map with him). If the weather is fine, he may walk down, otherwise he will take the cable lift. Color?

A=**RED**, B=**GREEN**, C=**BLUE**

SHE IS NOT AN IDIOT – SHE IS JUST VERY GREEN

Once you understand this - and it is very simple - you can very often ascertain a lot of things about a person just by recognizing their overall body shape.

It explains very well why certain people have difficulties dealing with others – which is perhaps the most important thing.

Instead of calling the other an idiot, you can now just shake your head and say: I know, she is ok – she is just a GREEN or a BLUE one... (if you are RED)...

I do not claim that all this is ‘scientific’.

But in my own experience it does make a lot of sense and it helps me to better see and understand – and accept – the differences in the people I work with.

And this is the reason why I wrote it up.

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