

Process used

This is the outline of the process I have used over past seventeen months. I have previously referred to this a shortening the metaphorical piece of string, and the DID (distract, interrupt, diminish).

It is about finding the tipping point, that moment of transition from voluntary to involuntary. Once found and understood, then working back to the first aura.

This reveals a sequence. Everyone's sequence will be unique and different. You are looking to find and understand the seizure preceding biomarkers, the auras.

My sequence was the same but different for the different seizure types I experienced.

Let us call the sequence of auras a, b, c and d. Each one being a different aura, with 'd' being the final one before I lost the reference point of voluntary/involuntary conscious/sub conscious mode and entering into a full body physical seizure or an absence seizure.

Once I knew what 'd' was, this gave me the last reference point before the tipping point.

I found that distraction techniques actually only 'deferred' the onset of a seizure sequence to a later point in time In a paradoxical way the process of distraction was 're-enforcing' the original neural pathway.

So, I voluntarily allowed the aura sequence to develop to aura 'd' and then interrupted it. For my physical seizures this was through a process called duck quacking.

The website has a description of this www.spencerdavida.com

Others may know this duck quacking as entrainment.

When this resulted in a cessation or if you wish a 'halt' in the seizure process consistently, I then repeated the process to 'c'. As 'c's was a different aura, I used a different 'form' of duck quacking', the same concept just a different sensation appropriate to that specific biomarker. Again, once this resulted in cessation, I then repeated the process to 'b' and ultimately to 'a'.

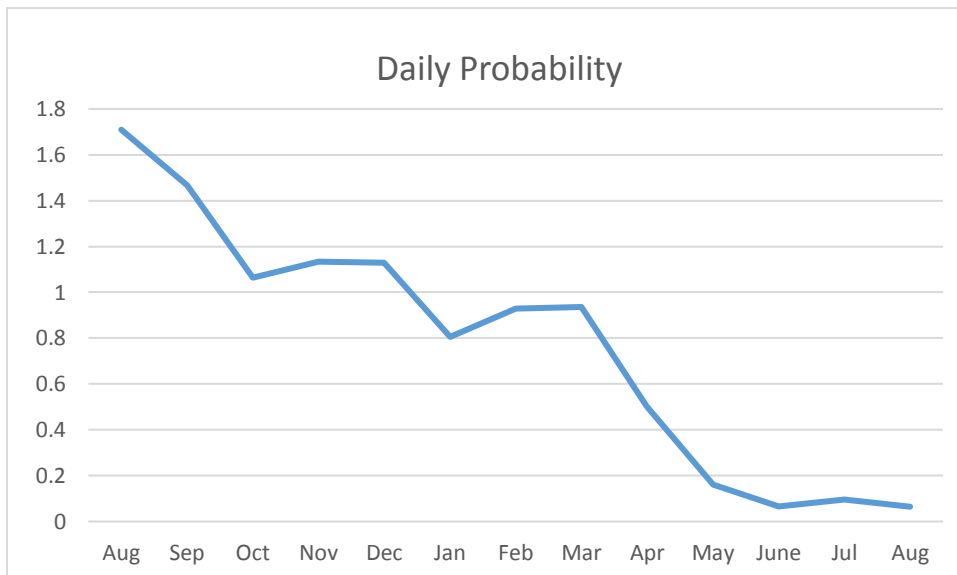
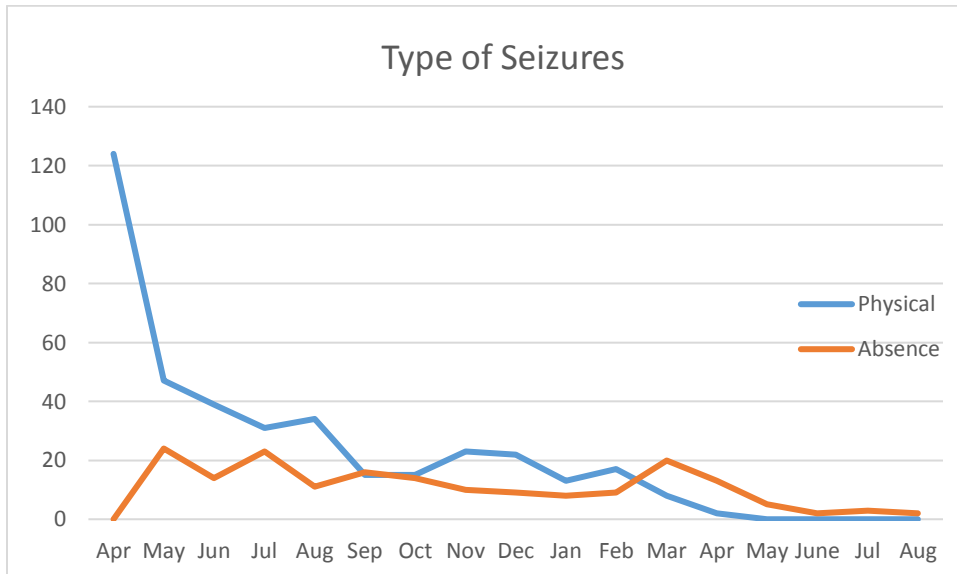
This interrupted and diminished the seizure process. As each aura was a specific biomarker it was also a specific neural pathway to be untrained and replaced with a more beneficial pathway in the voluntary side of the voluntary/involuntary side of the equilibrium.

So the process gradually unpicked the sequence of presenting aura working back from the tipping point. Establishing new pathways which meant I ceased to arrive at the tipping point.

How did this progress.

Here is the graphical representation. The first chart shows the reduction in seizures over time and the second chart shows the step down or if you invert it, a practical demonstration of the power of

neuroplasticity based upon 'probability' of seizure. The inverted 'steps' in the second chart show the 'learning' style of the neural network.



I have maintained a blog since first onset to date and the text above is from that.

David Spencer
September 2022