

## **Rational Memory Therapy: The Counselling Technique to Control Psychological and Psychosomatic Illnesses**

**Authors :** Sachin Deshmukh

**Abstract :** Mind and body synchronization occurs through memory and sensation production. Sensations are the guiding language of subconscious mind for conscious mind to take a proper action. Mind-mechanism is based upon memories collected so far since intrauterine life. There are three universal triggers for memory creation; they are persons, situations and objects. Memory is created as sensations experienced by special senses. Based upon experiencing comfort or discomfort, the triggers are categorized as safe or unsafe triggers. A memory comprises of 'safe or unsafe feeling for triggers, and actions taken for that feeling'. Memories for triggers are created slowly, thoughtfully and consciously by the conscious mind, and archived in the subconscious mind for future references. Later on, similar triggers can come in contact with the individual. Subconscious mind uses these stored feelings to decide whether these triggers are safe or unsafe. It produces comfort or discomfort sensations as emotions accordingly and reacts in the same way as has been recorded in memory. Speed of sensing and processing the triggers, and reacting by subconscious mind is that of the speed of bioelectricity. Hence, formula for human emotions has been designed in this paper as follows: Emotion (Stress or Peace) = Trigger (Person or Situation or object) x Mass of feelings (stressful or peaceful) associated with the Trigger x Speed of Light<sup>2</sup>. We also establish modern medical scientific facts about relationship between reflex activity and memory. This research further develops the 'Rational Memory Therapy' focusing on therapeutic feelings conversion techniques, for stress prevention and management.

**Keywords :** memory, sensations, feelings, emotions, rational memory therapy

**Conference Title :** ICPMDD 2017 : International Conference on Psychology and Major Depressive Disorder

**Conference Location :** Mumbai, India

**Conference Dates :** February 22-23, 2018