

The Promise



How Your Eyes Can Heal Broken Relationships

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Felt originally through subconscious Limbic Resonance,
The Promise is made:

“I will love you and therefore keep you alive and safe.”

Instinctively driven to obey the two laws of nature that all living things must follow are 1: To Stay Alive and 2. To Continue living through procreation. In the case of humans, who are weaker than almost all other living things, we need to couple-up to insure survival.

Proof: We are all here and alive because every one of the past 10,000 generations followed those Laws of Nature and thus, here we are. Ready to continue this evolutionary commandment. There are exceptions of course but for the most part, these laws guarantee the survival of our species.

Couple-ship, love and safety are first learned in the beginning moments, days, and years of the child/parent relationship.

This early relationship builds trust and love that one will be safe and survive. After all, a child, much less an infant can survive on its own.

The sense of survival for both parent and child is Top of Mind for both child and parent for many of the formative years.. Even if for only a moment, survival feels at risk, one or both panics and immediately attempts to remedy's the situation the best they can.

Caeterus Peribus – All things being equal

If things go well and uninterrupted, the child learns and believes it is loved and safe, they grow to adulthood and seek and deliver the same Promise on the wings of the same Limbic Resonance confirmation, to their chosen partner. And they feel loved and safe.

However, things may have not gone well. The constant need to be re-assured of the love and safety promised by caretakers may have not been delivered and the side effects are less than ideal. Likewise, the adult relationship may experience the same lack of attention to making the Promise.

The relationship once filled with great hope is now providing little or no sense of being loved or safe.

Back to the beginning:

Repairing the *couple-ship bond* means reconstructing, recharging and healing, the Original Promise between mother and child which is the essential sense of being loved and feeling safe. It is the loss of this implied

promise of survival from your loved one that has eroded way over time and often because of the distracting situations with life's troubling trials and tribulations. This faded away ritual and commitment was made originally by caretakers to their newborn offspring through the primitive and instinctive parent/child connection, one to the other. It is activated and secured through *limbic resonance*. It is face-to-face, and engaging the five senses to convey love and protection. It is implied agreement that the caretaker will keep the child alive.

In the beginning, the child *knows* it has to survive but it can't without help. Yikes. What is a baby to do? Enter the caretaker.

The instinct first to stay alive and then procreate is nature's way of insuring that there will be a highly motivated parent for each child, that needs and wants to keep their procreation (their genes) surviving.

The limbic system in the brain, houses the receptors that feel and express emotions, joy, contentment, well being and love. It is activated by close physical contact and most powerfully through the eyes.

This feeling of worry and the intense focus to stay alive is all consuming and the only thing an infant can do at first is be aware that: "I must survive but I am totally dependent on my mother/father". They can only hope they will find someone who is instinctively driven to care for them and is critical and instinctively essential to a baby.

This sense of being dependent on another for survival as an infant is a story that begins back when you did first experience the actual feelings or needed to feel that sense of oneness, peace, love and security.

Humans instinctively realize they can not survive without their parents caring for their every need. Actually for years and years. This is naturally terrifying to a child for which only a powerful deeply felt love will give them comfort they will survive. The love commitment is translated to mean: that safety and survival is assured. It is a contract that a parent makes with child everyday, all day long through the eyes and touch " I will keep you safe from harm and my demonstrated love for you is the guarantee. And that love is delivered through the physical cooing, touching, smiles and most importantly through the eyes that gaze into the child to say " I am here for you"

Only then, can the child can risk having joy and growing in a healthy way.



The Limbic Promise – “You are loved and you are SAFE”

Newborns are born premature, by all counts of civilization, where contrasted with almost all other living things that are born capable of surviving within hours, if not days of their arrival here on earth.

Humans have survived and prospered as a species because caretakers, their parents typically, vow to, promise to, and in fact do ensure the well being and survival of their offspring. Through thick and thin and often at all costs.

This commitment is the only way the human species, weak and vulnerable, could have ever survived past the first generation. This is a survival instinct unconsciously understood by both parent and child.

It is necessary for an infant to survive that for many months and even years as the human child requires, feeding, caring, sheltering and protecting.

When first in the world, which is terrifying to a baby, the *parent – child bond* is cemented and an implied

promise is made and in fact accepted by each the child and parent.

The actual physical act of this Limbic Promise is made through the holding and face to face communication between parent(s) and child. It is resonating in the Limbic System or region of the brain which is the emotion center and it is experienced as oneness, peace, love and a sense of security. When the child feels this they instinctively believe that Survival is no longer at risk.

It is a contract and is given and accepted and relied upon. Through the eyes and the other senses of touch, hearing, feeling, even smelling, the mother makes the Limbic Promise.

“I will insure your survival and I seal that promise with my love and devotion,

You will know this to be true by the love and connection you feel between us.”

and my signature (read commitment) is guaranteed by communicating love through this instinctive and critical ritual that virtually insures the baby will be and believe it It is protected from the preponderance of life's inherent lethal risks.

With this promise, babies can grow to be secure, loving, resilient and flourishing as humans.

They grow to have children of their own fulfilling the evolutionary mandate of “ survive and procreate to pass on the genes, and thusly, continue on the Limbic Promise to their offspring and on it goes.

In life we begin to accept, as we grow into adolescence and adulthood, symbols of the Limbic Promise and even settle for symbols of symbols of the promise to keep the love alive and insure survival.

Then, as we grow away from our parents, we meet an adult love that mimics the exact dynamic and promise of “ Love and Safety”



**The Contemporary Limbic Promise
“I promise to love you and keep you safe”**

Look familiar? Typically, when a young couple gets married they have instinctively resurrected the Limbic Promise and stand face-to-face assuring each other of their love and commitment to keep their relationship surviving. It is very similar if not exactly like the original promise.

It is when this diurnal ritual of the Limbic Promise fades away for any number of reasons, that relationships suffer; infidelity or at a minimum, the focus on each other is in danger of fading away altogether.

What is a couple to do?

Do to each other what was done or needed to be done to you as an infant.

Face-to-Face, knee to knee, hands in hands, all senses engaged cooing and clucking and eyeball loving Limbic Promising.



Become conscious and intentional

Yikes, "I don't know if I can do that" you might say. "Too scary; I am too angry, too mistrusting" Yup I get it, but I say this : "Do it anyway" even if only for a few seconds at a time.

It has the power of love and safety that is more than all the other powers put together.

Do it!

PS. Adults will seek out partners who will naturally provide this reassurance of what they as a child learned was love, or, sadly to choose a mate to even provoke into behaving like their caretakers; or deny the all too

familiar absence of that Limbic Promise and settle for unhealthy symbols of what the child learned was love.

This makes practicing this instinctive and evolutionarily mandated behavior more difficult to resurrect.

My answer is the same . **“Do it Anyway”** even if for only a few seconds at a time.

God Bless you and may the force of nature be with you!

Looking into the eyes again.

Yikes, this can be scary, off putting, sad, lonely, risky, vulnerable, just to mention a few.

The same Limbic Resonance of love and safety, can also carry the message of the opposite: “I don’t love you and I want to extinguish you”

Usually because the sender has lost hope that they will be valuable or loved themselves.

Slowly and in short intervals we sit face to face and reveal the feelings that pop up. Unabashedly, courageously and lovingly; Learning how these scary feelings are ultimately understood, accepted and loved by the partner.

Thus, the return of relationship connection delivered through the eyes:

*“The Promise:
I will love you and keep you safe”*