

The Ancient Brain in a Modern World: Why Healing Begins with the Body

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Our mind is extraordinary. It has developed over millions of years of evolution, carefully shaped to help us survive in a dangerous world. It created mechanisms that could do everything necessary to give us an efficient life in the wild. Yet the same mechanisms that once guaranteed our survival may now be holding us back in the XXI century.

Life and technology have changed at a pace our brain's structure and wiring simply couldn't keep up with. Compared to the millions of years it took us to evolve, the leap from living in caves on the savannah to remotely driving a rover on Mars happened in the blink of an eye. Once we had to hunt and gather roots and berries to eat. Today, you can tap your phone, and a small robot will drive through the streets to deliver your food. The progress is breathtaking.

But here's the catch: your brain still believes you're being chased by tigers. I'm not exaggerating. Homo sapiens has existed for about 300,000 years, while social media only became part of our daily lives 15 years ago. So, when you have a job interview or speak in front of a crowd, your brain activates ancient survival programs: run away, fight, or freeze so the predator won't notice you. When the person you like doesn't reply to your message, your brain panics as if your chance to pass on your genes is slipping away. When your friends tease you, your face burns with embarrassment and your heart races, not because of the joke itself, but because rejection from the group once meant death. Our ancestors survived tigers not with claws or sharp teeth but by working together, and our brain still treats belonging as a matter of life or death.

Through countless experiences, the brain learned how to keep us alive. But here's the hard truth: your brain was never designed to make you happy in the 21st century. It was built to keep you fed and safe in a cave 300,000 years ago. The same protective mechanisms that once kept you

alive, now keep you small, guarded, and tense, even after danger is gone. For your brain, the threat is still there.

That's why so many of us feel silenced by our own survival systems. Stress, trauma, and constant vigilance have forced us to suppress, disconnect, and numb parts of ourselves. This was once necessary to have, but living fully today requires the opposite. It requires harmony with yourself, trust in your intuition, and the wisdom to know when to rest and when to act. Healing means listening, learning, and gently reconnecting with yourself.

Your body is spending enormous amounts of energy to keep your true emotions, desires, and passions buried. That made sense for survival once, but now it only exhausts you. What we need today is change: not to escape ourselves, but to return to ourselves, getting to know who we truly are under the cover of survival mechanisms, somebody's thoughts and programs.

This process begins with the body. Before we can heal emotions, thoughts, or beliefs, we must first restore connection to the physical self. Brain stores painful experience in the body and then can shut it off not to overwhelm us. But pain stays there. That's why we have to release it first. At the same time, we need to recharge the battery, to make sure the brain has enough energy to face painful emotions and deepest thoughts.

We start with:

- **Noticing sensations:** Tension, fatigue, restlessness. What is your body trying to tell you?
- **Breaking the numbing cycle:** Avoiding, distracting, or shutting down once meant survival. Now, it's time to gently allow awareness back.
- **Restoring metabolism:** It is not about diets or calorie counting, but about rebuilding and helping your mitochondria (the tiny powerhouses of your cells) so your brain and body can produce the energy they need.

Only after we've reconnected with the body, we can move on to the next phase: reconnecting with emotions. First, we listen to the body. Then, we listen to the soul.

Healing is not about diving headfirst into pain. It is about reconnection: bringing together the parts of yourself that were silenced, honoring your needs, and finally being able to say to yourself: “I hear you.”