



# Are Emotional Blocks Keeping You From Being Your Best Self?

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*“We operate from the conscious mind less than 5% of the day. Unless the subconscious has the same programming as the conscious mind, the power of positive thinking will not work.” -Bruce Lipton, PhD*

## The body stores memories & emotions in at least 3 ways:

### In the Subconscious Mind

- 95% of our actions come from the subconscious mind.
- We act 1/3 second faster from our subconscious mind.
- The subconscious mind is ruled by emotion, not reason: We are FEELING creatures that THINK.

### In Water

- 70-95% body organs and fluids are made of water.
- Emotions imprint on water: Homeopathy is frequency-imprinted water.
- Research Emoto's Water Crystals: “Hidden Messages in Water” by Dr. Masaro Emoto.

### In Genes

- Miasma/Miasms: Generational Memories from Trauma:
  - [Article](#)
- RNA Memory Transplant Study:
  - [Article](#)

*“Awareness is like the sun. When it shines on things, they are transformed.” -Thich Nhat Hanh*

## How can I release emotional blocks and toxins?

Mind Body Spirit Release™ is designed to help you release cellular imprints from negative emotions, experiences and trauma. Our bodies remember every hormone, neurotransmitter, energy/nerve block, limiting belief and emotion from each significant event in our lives - even though we might not even remember the events in our conscious minds. When we are triggered to recall an event - by something like a person, emotion, relationship or even a smell- our bodies can re-enact the same experience on a biochemical level. Unfortunately, this occurs on a subconscious level over which we have no control.

Because we have no control over these biochemical reactions, they can make us experience physical and emotional symptoms that we would prefer to not have. For example, an imprinted limiting belief that you do not deserve to succeed will create situations where you are subconsciously sabotaging your ability to succeed (in a career, relationships, health, weight, etc.) No amount of positive thinking or affirmation-saying can change this because 95% of the brain operates on a subconscious level and is making this decision for you. To make matters worse, the conscious mind innately wants to prove that what the subconscious mind believes is true, so it will protect those false beliefs. It is simply a self-preservation mechanism.

*Mind Body Spirit Release™ is a form of energetic clearing and nothing on this paper or from the session connected to it is meant to diagnose, treat, cure or prescribe in any way.*



## What is Mind Body Spirit Release™?

It is a method to help people recognize and release what is holding them back on an energetic plane from reaching their goals in life:

- A system to access emotional/mental/spiritual blocks and toxins, limiting beliefs, and the detrimental imprints of stress and traumatic events imprinted in the subconscious mind and on the body.
- A technique using cold laser/light on specific reflex points and meridians that lowers stress and opens the energetic flow in the body allowing the release of these toxins/imprints so that the body can heal more efficiently and effectively.

## How do you access these blocks?

A trained and certified practitioner can access this information by using different forms of energetic and muscle/kinesiology testing to tap into the subconscious mind through the nervous system.

## How do you clear these blocks?

Once we are aware of the blocks, we can use a cold laser to stimulate certain acupuncture points, meridians and reflex points to mitigate the body's stress reaction related to the blocks and allow you to input healthy beliefs that support your goal. Sessions can effectively be held in person or remotely.

## What should I expect after a session?

Mind Body Spirit Release™ is very individualized and each person processes through the clearing differently. Many people immediately feel like a weight is lifted and are very relaxed and even a bit detached, while a small number go through a detox of sorts as the body is finally able to release stored physical and emotional toxins. This is normal and healthy and very short-lived. This technique is simple, effective and can literally change your life – are you ready to let go of what is holding you back?

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