

# Mind Body Spirit Release™ Explained



Mind Body Spirit Release™ (MBSR™) is designed to help remove cellular imprints from negative 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 remember in our conscious minds. When our cells are triggered - by something like a person, emotion, relationship or even a smell - to recall an event, our bodies can re-enact the same experience on a biochemical level. This is done 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 not like to have. For example, an imprinted limiting belief that you do not deserve to succeed will create a situation where you are subconsciously sabotaging your ability to succeed (in career, relationships, health, weight...). 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.

MBSR™ is a way to help identify those negative cellular imprints buried in the subconscious and release them so that you are free to re-create your own story, to reach the goals you desire, to be more of the person you want to be. Depending on the number of layers or imprints, results can be immediate, or can happen gradually through several clearings over time. Just know that a new and wonderful freedom awaits you through MBSR™!

*“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*

## How do you access these blocks?

We use a technique sometimes applied by hypnotherapists, psychologists and psychotherapists called The Ideomotor Response. It is easily done by measuring a muscle (-motor) response to an “idea” (ideo-) or statement. In this case, we use a pendulum which responds via muscle movements in the hand. The subconscious mind provides data this way that is relevant to the blocks keeping you from reaching your goals and then we are able to clear the subconscious blocks.

## 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 help balance your body's stress reaction and allow you to input healthy beliefs that support your goal.

## What to expect after your visit:

MBSR™ 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 very 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 usually very short-lived. Remember that this modality only truly works if you are involved in the process, willing to let go of your blocks and willing to do the work to move to the next level of wellbeing. MBSR™ is simple, effective and can literally change your life — are you ready to let go of what is holding you back?

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