**(EFT) – Emotional Freedom Therapy ( 150/hr)**

**(NDT) - New Decision Therapy ($150/hr)**

**Your Body Remembers everything you see, hear and experience.**

You come into this world with a DNA imprint, overtime that cellular imprint gets overridden by life experiences, learned behaviors, belief systems,

environmental changes, etc.

**Illness can be Physical, Mental or Emotional**

**Illness begins with a thought. The more serious the illness, the more deeply it is connected to the mental process.**

Past Decisions Determine Present Actions. – past decisions are continuously being acted out in the present moment. We often forget past decisions. Denial simply means that the conscious mind cannot access the unconscious experience. Sometimes we forget our decisions because the circumstances surrounding a particular event are too painful to recall. In this instance, the mind suppresses the information, removing the feelings of hurt from the forefront of our lives or conscious awareness. The body, however, remembers.

We are constantly making choices. However, we are not always aware of the deep inner feelings that dictate or influence our behavioral choices.

**Health Begins with an Attitude:**

Our beliefs Create Our Attitudes – our beliefs about health affect our immune system.

**Emotions And Illness/Dis-ease:**

There is a field of energy that extends out from our hearts. Researchers have discovered that this field is continually rotating and when you experience love, gratitude and joy, the electromagnetic field of the heart opens up and fans out into the body, feeding the endocrine glands. When you experience emotions of fear, guilt and anger, this field literally collapses back on itself, pulling energy out of the endocrine system. In terms of the immune system, a high intensity state of fear, guilt or anger, will literally cause tissue damage after 4 days. If a prolonged state of these emotions is experienced, the immune system is compromised.

The inability to handle **stress is primary factor in disease**. In the case of chronic illness, it is the individual, not the disease, who is in need of treatment. Stress with all its manifest causes and effects, involves virtually every organ and chemical constituent of the human body. Stress results when we resist the natural flow of Life Forces.

**Stress cannot be avoided.** It is an integral part of our lives. But when the stressor is unremitting or excessive and the body’s reserves have been severally eroded, the body begins a cascade process of degeneration. Stress then becomes distress – creates illness, dis-ease to the body.

**The Wake-up Call**

The process of becoming authentic begins with the opening and clearing of the emotional body. It is time to take responsibility for our intentions. It is time to be conscious of what we are feeling and the actions we are taking.

**New Decisions must be made. A new choice, a pro-life choice of equal intensity must be made to meet and to clear the charge of a life negating decision.**