**New Decision Therapy**

**(NDT)** New Decision Therapy helps you make A Conscious Choice to Live.

**YOUR BODY REMEBERS**:

Thoughts affect the physical body, and the unconscious can make itself known through the physical body.

Illness, emotional stress, and toxic chemicals can reverse the body’s energy flow and cause imbalances which create an environment for disease.

Thoughts, music, sound, light, even clothing and other people effect our bodies and our energy supply at least as much as the food we eat.

Very often we know the culprits, or negative influences, in our lives and we choose to remain in a life-depleting situation. Why? Perhaps it’s a fear about letting go of an unfulfilling job, a negative belief, a destructive relationship or a way of living.

**It’s about letting go and going on**.

This technique facilitates the release of previously unexpressed emotions tied to the significant loss of a loved one, the loss of a cherished path of your life, or the loss of a personal hope or dream.

This exquisite therapy then goes one step further. It helps you to reconstruct your life based on a healthy and happy choice to be fully alive.

NDT is used to help identify precise experiences that have weakened the body’s ability to heal itself. It suggests that prior to the diagnosis of a chronic debilitating illness, the person made a negative life decision that created a vulnerability, the immune system. By focusing on specific emotional traumas that were not properly healed. NDT offers healthy choices which activate the body’s immune system.

**NDT Therapy**:

* Identifies the moment in time when a life-negating decision was made:
* Releases the pent-up emotions of anger, guilt, etc.
* Creates a new, positive decision to live that activates the physical body’s immune system.

One of the goals of NDT is to transform a negative choice to suffer into a positive choice to live.

Sometimes people want to hold onto their negative fear-based emotions. They use anger, guilt and unhappiness in an attempt to manipulate or pressure other people into changing.

A person must want to be well. Readiness for healing is often expressed as. (I’ve been unhappy long enough. I’ll try anything.). Human life seeks to fulfill itself.

**For many, pain is the calling card to Joy.**

Honestly admitting and working through your pain of isolation, loss, separation, or rejection, allows you to make a conscious choice.

**Choose to Live:** Letting go does not necessarily mean throwing away, However, it does mean transformation or change.

Once negative life-decisions have been recognized, you must make a positive, overriding decision that addresses two concerns:

* The powerful **subconscious** thoughts that weren’t acknowledged at the time the injury occurred.
* The powerful **conscious** thoughts that can be recalled, but which you think no longer have power in your life.

**Strengthening one’s LIFE FORCE is the best way to conquer illness.**

 Your choice to live must be strong enough to overcome your death wish or fundamental darkness. A strong life wish can bring harmonious functioning to your hormones, glands and nervous system.

**Essentially, this requires you to take responsibility for your own life. You must be willing to look at yourself honestly and make the necessary changes.**

Disease/illnesses can be reversed by altering the attitude or predisposing mental patterns. In cases of recurring illness, it appears the patient has not made the underlying mental changes necessary to strengthen the vulnerable area of their body.

The word “incurable” simply means that particular condition cannot be altered by using conventional medicine. In order, to create health, we must go within to understand the emotional basis of our illness. The immune system can be strengthened by making a conscious choice to live.

**Our Beliefs Create Our Attitudes:**

Our beliefs about health affect our immune system:

**3 Major Beliefs that underlie every life-negating Attitudes: (3 Lies)**

1. The life that you are bad (toxic and damaged).
2. The lie that you are NOT ENOUGH.
3. The lie that you are separate from GOD.

Belief in these lies stand between you and your creative **LIFE FORCE**.

**FAITH Versus FEAR**:

The underlying **antidote** for **fear, anger, and guilt**, is **faith, gratitude and courage and forgiveness**.

In every case, a positive mental attitude is the first step in overcoming disease.

**FEAR and LOVE**:

These really are the **TWO MAJOR EMOTIONS**:

**Fear** – can manifest as anger or guilt

**Love** – is expressed as unconditional acceptance

**There are a variety of excuses used to remain in a life-depleting situation**:

Often a person receives some gratification from a negative situation, a serious illness itself can offer an individual several benefits. A person may receive permission to get out of dealing with a troublesome situation. They may get attention, care and nurturing from people around them. It may be an incentive for personal growth or the modifying undesirable habits. They do not have to meet their own or other’s high expectations.

Another reason why a person might stay in a life-negating situation is that they do not truly have access to the negative intention that they made. The self-negating decision which is so deeply embedded in their unconscious.

**For Example**: I’ve had enough; If this is what my life is about, I’d rather be dead, if one loses a loved one (death/divorce/separation) they don’t have the will to live, etc.

As uncomfortable as the present situation might be, it is familiar. However, until you **LET GO** of what was, you are not able to live fully in the present. Give yourself permission to **LET GO** of the old and celebrate the new.

**You must, in fact, LET GO before you can GO ON!!!**