

HEALING THROUGH A BROKEN HEART

By: Jeffrey Benton DC, CTN, ACN, QME

I am and have been a nerve system rehabilitation specialist specializing in trauma neutralization for over 20 years. My doctoral training occurred at the Southern California University of Health Sciences where I earned my Doctor of Chiropractic in 1996. Over the years I have added numerous certifications. My awakening and subsequent miracle story started early in my career in the health sciences.

I'm a first-generation holocaust survivor's child. I am the middle child of parents who miraculously lived through the Holocaust (1938–1945). During that time, my parents, who had not yet met each other, separately witnessed and experienced unimaginable depravity of life. They saw systematic murder, desecration of human values, and total lack of respect for the human spirit.

It is difficult for us to fathom the enormous degree to which living through this traumatic experience impacted their lives. Witnessing horrific, catastrophic atrocities could never be forgotten, no matter how deeply they pushed them into their subconscious.

My parents' overwhelming fear of the unknown (not knowing if they were going to live or die during the holocaust) permeated our home with "anxious energy," making it difficult for me to stay focused. The psycho-emotional impact of what they endured was transferred to the family by invisible threads of unease.

My siblings and I were bathed in this nervous family atmosphere. My parents provided us with the basics, a bed to sleep in and food to eat. We were not a cuddly, physically affectionate family. I did not receive tools such as empathy and physical touching which would have developed a healthier sense of self-esteem, the lack of which, we mistook for normal.

In my youth, I was always curious about life and was forever seeking to understand the human body and I had a knack for figuring out how things work. In retrospect it seems that it was natural for me to have put these two passions together. Both are about how I can make body and spirit better and help them function with poise. Following my instincts, and angelic guidance, I moved towards a career in healing, and became a licensed chiropractor.

My Heart Broken Open

In my 30s, I dated a very special woman whom I believed to be a soulmate. Early in my chiropractic career I came to work in a chiropractic office where I met an acupuncturist. We began working together, which led to dating. She felt the magical connection between us almost immediately. In contrast I was blind to the reality of how deep and spiritual our connection really was. It was only after we had broken up that I realized what I had lost.

I did not appreciate how special and rare this feeling is until it was too late. The lady in question, however, did understand the rarity of what we had and waited for me to feel it as well. We even went to a therapist to discuss our relationship. We broke up at the conclusion of that session.

Literally 24 hours later, I awoke with a devastating feeling—I was struck down with a mighty blow. Something really heavy had crushed my spirit. It was an unrelenting crushing pain of despair. I realized it was the loss of her love. I fully understood the words of Bette Middler's song "Wind beneath my Wings," because the wind was gone, and I was falling. I called her crying, sobbing uncontrollably, that I was wrong and let her know how much I loved her and missed her. But from her point of view, I had woken up from my immature ambivalence 24 hours too late. She told me that she had been seeing someone else as friends and had accepted his invitation to date after our therapy session.

My heartbreak was a catalyst to several personal awakenings. I realized that I truly loved her, and this forced me to deal with my invisible strings of anxiety, my broken heart, and many other issues. My meltdown was so tumultuous; I could have ended up at a psychiatric ward or worse had I not taken classes, attended prayer connections, and made use of the spiritual tools offered at the Kabbalah Centre in Los Angeles. There, I learned many empowering skills to raise my consciousness and transform my life through intention, prayer, and meditation.

As I cried to God for help, I distinctly heard a voice in my head asking me was I sure I wanted her back. Without hesitation I answered, "Yes! One hundred percent!" I had ingested the red pill. My journey to discover what I needed to accomplish in order to get the love of my life back had begun. My ex-girlfriend at this time told me to do the work I needed to do at the Kabbalah Centre. I credit her for putting me on this path. Little did she know that I would really listen to her. Using the sacred teachings and sanctification process, I felt like I ascended into the heavens without a balloon.

This roller coaster of an experience in the upper levels of consciousness is indescribable. I felt like I was floating in the ether somewhere between Yesod and Tiphareth for weeks on end. My bills weren't paid, I could hardly keep things together, I was so ungrounded. I can really understand why the study of Kabbalistic thought should be relegated to someone who is well grounded, which I was not. This entire journey of surreal proportions occurred entirely without mind altering drugs or medication.

Something huge was happening to my body and mind. I noticed that I was losing weight and vividly remember feeling so starved that I voraciously pulled three rib steaks out of the freezer, broiled them just enough and scarfed them down like my brain was starving, literally starving for protein. Something had unlocked within me.

Another time, I befriended several like-minded spiritual sojourners. One night, at the conclusion of a meeting, one of the other participants, a reiki teacher, offered to give me a session, which I accepted. As I sat straight in a chair and her hands were moving around my head, I started to feel sparks emanating from my head, and my hair smelled like it was on fire! I

was too clear of a vessel, and the energy that this loving practitioner wanted to share with me was too much.

This time of my life was especially painful on my heart and my soul. Several weeks after the reiki episode, I had fallen asleep on my futon couch to the songs of ABBA, only to awaken at 5:00 a.m. with tears gushing down my face and my heart painfully burning. It felt as if rusted iron leaves in my chest were pushed open, exposing the vulnerable heart chakra beneath. It was an out-of-this-world sensation.

A minute later, at 5:01, the phone rang. I picked it up and heard her sobbing. She was crying just as painfully and hard as I was. We expressed our heartfelt love for each other and the synchronous agony we both felt, which was only for each other. We were on the phone for an hour, crying and sobbing, expressing our mutual love.

Angelic Help

One afternoon, I was at my apartment, and heard hundreds of voices (which I believe to be angels) screaming into my head, telling me that she was engaged. I freaked out. I ran downstairs not knowing what to do. I looked down, and in the gutter, I saw three rings: a butterfly ring and two others. I knew that this was a sign that I needed to do something. If I wanted her, I needed to propose marriage to her and her two children—hence the three rings. I grabbed the rings, cleaned them up, drove over to her home and told her that she could not marry this other person; that I loved her, and I wanted to marry her. I gave her the butterfly ring. She was in shock, not just because I had proposed to her, but because how could I know? The other man had just proposed to her earlier that day! All of a sudden, she had two proposals. Needless to say, she was at her own crossroads. She eventually chose not to accept either proposal, deciding rather to focus on her children for the time being.

When I cried out to God, not only did I beseech God for tools to help me heal my aching heart and soul, I also asked for tools to help my soul mate heal her emotional wounds. I knew that I had to rebuild trust with her and her children to even have the possibility of re-establishing the magical connection that was broken between us.

This was no small task. During this period of healing and self-discovery, I realized my cultural view at that time was that I desired to find a single woman with no baggage (which I interpreted as someone who does not have children). This wonderful woman had two children, whom I subconsciously labeled as not desirable, instead of embracing an opportunity to be part of their lives. I was not big enough to accept the particular challenges to embrace a wonderful woman with children. As I look back, I recognize that I had been asleep and ignorant of this beautiful light in my life, which I lost. By the time I awoke from my obliviousness, it was too late.

We met up several weeks after I presented her with the butterfly engagement ring. We went for a little walk holding each other's hands. It felt to me like we were not walking on the

ground but instead floating on air. We did not say a word to each other and were just present together, experiencing this bliss.

She eventually broke up with the other person she was dating. We got back together and began working together again. I felt that I had grown since we had first broken up but obviously there was still more to do. I believe she saw that I did the work that merited me to be with her again. That is when the real work of the relationship needed to begin.

There is a well-known saying: “Physician, heal thyself.” This experience forced me to look at myself and examine who I was. I continued taking classes at the Kabbalah Centre, combined with the many healing modalities that I had studied at chiropractic college, which helped me elevate my consciousness to a higher vibration. I was finally able to stand still in a relaxed pose. I no longer felt that *anxious* energy which had impacted my childhood. The symbiotic relationship between hurtful heartbreak and healing became apparent.

The Emotional Trauma Release Technique™ was born during this time of deep, deep inner growth and self-evolution. When used individually, this technique is designed to help you heal your inner child from the hurt and the pains of early life. When used in a relationship, it helps unblock and unleash the energy blocks that keep people apart.

The Birth of the Emotional Trauma Release Technique™

A young lady was referred to the Light Touch Healing Center for pain and tight muscles. She had been in psychiatric care for ten days at Cedars Sinai Hospital. The person referring her explained that she was admitted because it seemed that she had deliberately driven into the yellow barrels filled with water that buttress the freeway off ramp.

I sat down with her and explained the muscle testing process. This is also known as Applied Kinesiology testing and this process assesses the neurological integrity of different body parts by assessing muscle strength. After checking her neck and upper body, I turned my attention to her legs. She held her left arm out in front of her, as I applied downward pressure. Her left arm went weak when I touched her right thigh, indicating something was wrong. I did not see any visible markings on her skin, like a scar or a discoloration. I asked her if anything had happened to this area of her body. Her demeanor changed as she told me that she had been sexually assaulted while on a date. “That’s where he grabbed me,” she said. The assailant, a date, grabbed her by the thigh and pulled her down.

I was secretly freaking out. I had never had this kind of experience come up in the past. I stayed calm and proceeded to have her breathe while thinking about the event. I gently extended her head back an inch on the inhale and back to neutral on the exhale. This simple process helped ease the anxiety and traumatic memory of that event. The rest of the visit was focused on clearing all the different places that the date rape trauma effected –her self-esteem, her heart, her trust in herself, her trust in men, to name a few.

This single visit took about two hours, and it was one that shifted her life. She experienced relief from the physical ills and explained that she also felt the release and removal of the emotional trauma and resultant blockages that had been driving her to distraction. She now could think clearly and felt a return of her power. No longer did she let that adverse event define her. She could return to her productive and positive life. Clearing this trauma allowed her to trust herself and to trust men again. She returned to school and was able to find the man of her dreams. A year later, she invited me to her wedding!

At the time, I didn't know what I had done. It turns out that this was the first time the Emotional Trauma Release Technique™ was used. This patient wrote me a long letter.

Here is an excerpt:

I felt so much energy radiating from Dr. Benton. I felt weak and dizzy for a second but a few minutes later my heart was filled with comforting warmth and joy. He talked to me and explained it to me slowly all the barriers that I have to overcome. Most of my barriers had to do with spiritual world. There was a curse put on me six years ago in Dr. Benton had help to clear out of my system from the remaining of that curse. He cleared my aura and my spirits vibrated from the lights that we send it on me at the third eye. We both share the same idea about "Color Therapy Healing" and the techniques that are still to be developed and yet to come.

Last but not least, he didn't ask me for any rewards or payments, he helped me from the bottom of his heart. He worked on me for two hours and we spent quite a bit of time talking. I formed friendship ties with Benton's family including mother who gave me a warm greeting. Kindness makes the world go round. One trip to Dr. Benton's office saved me years of therapy to come, more medication to fill my blood flow and more support group time. I was cleared spiritually and physically and the most important thing I stopped overeating and feeling depressed. I am looking forward into helping Dr. Benton in every way I can.

This story reflects how the power of a heart broken open, and trust in God can heal the world of past hurt. From this extremely painful and transformative spiritual journey, the Emotional Trauma Release Technique™ was created. This technique has since been used to help countless people shift their lives from victimhood to creator. The Emotional Trauma Release Technique™ allows you to get out of the rut life put you in.

You can find out more about this technique in the book, Emotional Trauma Release Technique: The Ultimate System for Releasing Life Traumas, due out Fall 2020.

You can find videos and more information at www.etr.org.



The Emotional Trauma Release Technique™ unchains you from your past and lets you fly into your future.

About the Author:

Dr. Jeffrey Benton is a licensed chiropractic and naturopathic healer who has spent his life studying and optimizing the entire human being. This includes the physical body, the mind, and the spirit. In addition to using advanced physical therapy modalities, he uses humor and appreciation to switch on the body's internal self-correcting programs to improve the human potential.

Dr. Benton received his Bachelor of Science in Biology in 1990 from California State University, Northridge, and his Doctor of Chiropractic in 1996 from Southern California University of Health Sciences. He has special training in advanced techniques including Chiropractic Kinesiology, Zindler C.M.R.T. acupressure, and Cranial Adjusting Turner Style. He is certified in Applied Clinical Nutrition and a Qualified Medical Examiner for the State of California. He has received numerous certifications in advanced studies in nutrition and the biomechanics of low-impact injuries. These techniques, coupled with massage and proven sports rehabilitation therapies, maximize your body's physical magnificence and effectiveness.

He was selected as a Top Chiropractor by *Los Angeles Magazine* for the past three years and received the Health Professional of the Year award in 2019 from Eric Zuley and EZWay TV. He is recognized for his understanding that as we go through life, trauma and traumatic events rarely heal completely and often leaves remnants that slows the body down and causes aging.

As part of his post-doctorate studies, Dr. Benton has developed the Emotional Trauma Release Technique™. This advanced technology uses kinesiology and nurturing attention to help neutralize the anxiety of past events. Results are often immediate and astounding.

He has lectured at the Academy of Integrative Health and Medicine, the Brentwood Chamber of Commerce, USC Pain Medicine Clinic, Academy of Complimentary Integrative Medicine, Biogenesis Summit, and numerous other organizations.

Contact Information:

Website: www.ETRT.org

Telephone: (323) 297-0566

Facebook: Jeffrey D. Benton

Instagram: LTHCenter

LinkedIn: [drjeffreybenton](https://www.linkedin.com/in/drjeffreybenton)