

What happens after I submit my questions or issues?

Contributed by Administrator

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Make a list of all the things that you would like to have in your life, or what you would like to change. I will work through as many of the things in your list that I can in an hour. How much time should you schedule, or how long of a list should you make? The general rule of thumb is that the more complex your question or list of questions is, the longer it takes me to work through it. One of my clients sent me a three page document describing in very specific detail exactly what she wanted her life to look like. Typically, a one page Word document is enough material to take me an hour to work through for you.

What happens next is that I respond to your question by telling you how what you were saying made you feel, why it made you feel that way, whether it is just something that you feel right now in relation to what is happening for you, or if something in your life is triggering an old emotion that needs to be resolved. I clear the emotions, and where it is appropriate, I will give you a positive affirmation to repeat. I use a technique called Kinesiology, or muscle testing, to test whether there is any blockage or constriction of energetic flow around the affirmation. By pushing on a muscle, the body will act as a sort of lie detector, if you believe the affirmation emotionally, the muscle will stay strong, if you have a negative belief or emotion that prevents you from believing it, the muscle will go weak. Only when there is congruence between your emotional and your mental beliefs will you be able to act on those beliefs. That is why repeating the affirmations is so important; it reinforces and strengthens the mental belief to match the new emotional belief. How long you should repeat it depends on you. Some of the affirmations will feel very "true" to you, others will make you feel a lack of confidence, simply repeat the affirmations that you need to become more confident in until you finally get to the point where you feel completely confident in the belief.

Some people experience an immediate benefit, for others, it may take a few weeks as they strengthen their new, positive belief about themselves, others hit another Plexiglas box almost immediately. It is impossible to predict how complex an issue something is for someone, but the sooner you can learn how to identify your own blocks, the sooner you will be able to work through most of your issues on your own.