

What is



Neuro Emotional Technique?

Basic emotions — Fear, Anger, Grief, Disgust, and many others — can negatively influence our health when they don't resolve normally. When our body fails to "let go" of what was originally a healthy response, it can short-circuit our nervous system, affecting our beliefs, our behaviors, and even our physical body.

Meet Pavlov's Dog

Does your mouth water when you hear a doorbell or telephone ring? Probably not. Most of us know the story of the famous experiment Pavlov conducted with his dog, where he rang a bell each time before he fed his dog. Soon, the dog linked the sound of the bell with eating and would salivate simply at the sound of a bell — even when no food was present!



Emotional responses can also be conditioned, and sometimes we can even be emotionally conditioned from just one life experience, especially if it was a traumatic event.

Similar But Different

Pavlov discovered something else. If a dog is conditioned to salivate at the sound of a bell, the bell can be changed to another bell that sounds slightly different and the dog will still salivate. The same thing can happen with our conditioned emotional responses. For example, a little boy is simultaneously scolded and spanked by his father. This incident not only causes physical pain, but also great fear. He gets an upset stomach and cries himself to sleep. This is considered a natural response. However, due to an imbalance in his body that does not allow him to fully return to normal, he can now be triggered in the future by a similar event. Today, as an adult, he finds himself becoming overly tense and gets upset whenever an older man criticizes him. He doesn't consciously connect the two incidents, and can't figure out why he feels ill.



Where Do You Keep Your Emotions?

Scientists recognize the connection between the nervous system, emotions, and health. Historically, emotions were thought to reside entirely in the brain. Now we know other parts of the body hold emotions too. If you've ever felt butterflies in your stomach, or referred to something as a "pain in the neck," or encountered someone who was "heartbroken" or who "vented their spleen," then you're familiar with how parts of the body can be linked to our emotions.



Dreaming Without Sleeping

Even imagined events can stimulate a response and have a dramatic effect on how our body works. Have you ever awakened in the middle of the night in a pool of sweat with your heart racing after a disturbing dream? Fortunately, the attacker wasn't real, but your body thought he was! Of course, we're more conscious of this process when we have to give a speech, ask the boss for a raise, suffer the loss of a loved one, or experience other negatively-charged emotional events.



Finding the Emotional Short Circuit

The "emotional baggage" associated with past events in our lives (remember Pavlov's dog?) can sometimes haunt us for years. Like a computer "bug," unresolved negative associations are stored in our bodies, often short-circuiting our true desires; even our health.

NET practitioners can help you identify and "let go" of a stuck emotional event (real or imagined) that is locked in a particular part of your body. The wonderful result can be a new level of health and confidence.

A Simple Test

Just as static electricity can make your hair stand on end, certain parts of your body can become "charged" with an emotional memory.

Finding and balancing these stuck memory loops can be a lot of fun. By testing your muscle response, usually using your arm, your practitioner can identify which nervous system "circuit" in your body is holding the particular emotionally charged memory.



Your Emotional Reality

Research has proven that muscle testing can be used to determine whether or not your body is "in harmony" with a particular concept or idea.

When doing NET, it is important to note that the muscle response is not confirming whether something is really "true" or "false," nor is it producing a "yes" or "no" answer. In fact, there are times when muscle testing will reveal that your body is not "in harmony" with a fact you know to be true!

In NET, all memory events are considered "EMOTIONAL REALITY," because they may or may not correspond with actual or historic reality. NET is never used to make claims as to what may have happened in the past. Likewise, NET is never used to predict the future or make a recommendation of action for the future.



Your Memory and Your Body

To assist your NET practitioner in the correction, you'll be asked to form a mental picture, or "snapshot," of the original triggering event. Science has proven that when you actively recall a remembered past event, your body chemistry will respond in a way that is similar to how it responded then.

Visualize a lemon . . . go ahead . . . try it. Now, think about cutting into the lemon. See the juice squirting out. Now, take a bite of the lemon. Is your mouth watering? If you're like most people, it is, and what you're experiencing is a body response to the memory of a lemon. Our emotions work the same way.



Making the Correction

When you recall the mental picture of the triggering event, your body will respond in a way that is similar to the way it originally responded. Your practitioner will contact, or ask you to contact, a specific body point, which will help your body "let go" of the stuck emotional event. It's really that simple.

You're Always in Control

After the correction many patients report feeling that a burden has been lifted from their shoulders. Normally the procedure is a very simple and comfortable. If it becomes too personal or uncomfortable, simply tell your practitioner. A different approach may be suggested or, if you prefer, the session can safely end. Patients enjoy the fact that they are always in control.

For a more in depth overview of the Neuro Emotional Technique, visit our Practitioner's Website at www.netmindbody.com

