

Neuro-Emotional Technique

Bring to your mind the picture of a sleeping baby. She sleeps soundly - "like a baby". At some point her physiology alerts her to the fact that she's hungry. While she's too young to understand the concept of hunger, her discomfort wakes her. She continues to experience discomfort and cries. This signals her mother to respond by feeding her. Feeling the closeness of her mother causes the baby's body to relax. Her digestive system prepares to receive and digest the warm milk. When she's done feeding, she smiles. Her mother, touched by the experience smiles back.

The baby's emotions, which are precisely tuned in to the experience of her body and to her environment are a valuable part of the life she's beginning. These emotions have served the purpose of first crying out for nourishment, and then smiling to reinforce a connection with her mother, the one who provides this nourishment. The baby moves on to the next moment in her life.

Emotions are part of life. They come and go and are intimately involved with being human. In the example above the baby's hunger created a temporary stress response in her body that resulted in crying out. Since the baby was resilient and her needs were met, the stress response resolved quickly. She stopped crying and her body returned to a normal, relaxed state. A challenge was negotiated successfully and the baby continued on her path of normal development.

Occasionally an emotional trauma occurs that the body is not prepared for and is unable to handle. This creates a stress pattern in the body that does not resolve itself. This pattern of unresolved stress is called a Neuro-Emotional Complex (an NEC). Consider David, a five year old boy who is on a camping trip with his brother and dad. He's feeling a bit cold and tired so he wraps himself in a sheet and sits in a chair near the campfire. On the previous day David was exposed to a flu virus in school. It doesn't make him sick but it slightly dampens his vital energy creating a minor deficit in his nervous system. In other words David is a bit "under the weather." His energy resources are somewhat directed toward warding off the virus, making him vulnerable and less resilient than usual.

After a few minutes sitting by the fire, the sheet David has wrapped himself in comes into contact with a hot coal. The sheet smolders, ignites and then bursts into flame. Seeing this, his father runs towards his son and extinguishes the flame by pulling the boy away from the fire and covering him with a blanket. The boy is knocked to the ground in the process. The father's response is quick and decisive. David is saved from being burned and sustains no physical injury. Following the incident David is shaking uncontrollably. A few hours later David is home and his parents tuck him into bed. That night he dreams of his father beating him and he wakes, frightened.

An NEC is developed in response to a real or perceived threat to survival. It is an emotional reality that may or may not correspond to historical reality. In David's case the NEC is associated with a fear of being harmed by his father. While this NEC did not exactly reflect what happened, the specific unconscious stress pattern and its emotional reality lodged in David's body. In time the NEC affects his health, his relationships and what he believes about life.

At age thirty David is beset by chronic headaches. He seeks the care of a chiropractor who helps David locate and resolve many NECs over the course of several visits. David's headaches disappear and he continues with a program of chiropractic adjustments and Neuro-Emotional Technique. Eventually David notices that a cautiousness and temerity he has lived with for years is beginning to lift. He takes more risks in his business bringing him greater success and he develops a new-found self-confidence that improves his marriage, something he's been wanting for years.

Neuro-Emotional Complexes are physiologically based. They're found within neuropeptides, hormones and other specialized information molecules that permeate our entire body, including our DNA. Like a virus that infects your computer, everything still functions, but in a slightly aberrant way. The programs are less efficient. Similarly NECs can impact on health, relationships, career or financial success. They affect our ability to express our spiritual and human potential.

Using muscle testing and other methods, practitioners of Neuro-Emotional Technique locate Neuro-Emotional Complexes and use procedures to resolve them. This allows new patterns to arise within the body that are congruent with health and well being. By locating and correcting a faulty program, the computer's circuitry can be used in a different way that is more congruent with what you want to accomplish. In human terms, finding and resolving NECs insures that what is happening in your body is congruent with what you think and feel, consciously and

unconsciously. It connects us with our natural Innate Intelligence, improving our lives, our health, our relationships and our potential for human growth and development.

NET is distinguished from psychotherapy in that it is not a directed therapy to the psyche, nor is it “mental healing.” It does not employ counseling nor does it advise behavioral changes. NET is directed at achieving homeostasis in the body by locating NECs and resolving them through corrections to the spine or acupuncture points. It is most commonly practiced by chiropractors and acupuncturists, while medical doctors and mental health professionals also study NET.

Practitioners of NET, in addition to working with the emotional aspects of health, also address structure, nutrition and toxicity. NET practitioners test for nutritional imbalances (what the body needs and doesn't have) and toxicity (what is in the body and shouldn't be there). This comprehensive approach to health consistently yields powerful and permanent results, often with chronic and complex conditions. It's not surprising that the demand for NET is growing and is doing so almost exclusively by word-of-mouth.

For more information go to www.netmindbody.com.

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