

## Chapter 7

### The Journey of Your Spirit

The journey of your spirit is to reconnect with the power of Infinite Love & Gratitude. *Infinite* means “the universe,” or “the collective conscious,” which has no beginning or end. *Love* is the universal power that propels life, fueling your will and enabling you to face and overcome challenges. *Gratitude* empowers you to go through life without judgment—with this feeling, you see the value of any experience as an opportunity, rather than being a victim of your circumstances.

From Dr. Emoto’s work and our exploration of The LifeLine Technique, we know that the intention, words, and acts of Infinite Love & Gratitude transform the molecular structure of water—the same water that makes up our cells. This transformation enables the electromagnetic field of the body to flow freely. This field is the energy that nourishes the body, facilitating its ability to heal. When it’s unimpeded, you’ll find that your ability to create your reality through your intention and achieve optimal health occurs effortlessly.

The law of conservation states that energy can neither be created nor destroyed; it just changes form. Because you’re an energetic being, there’s a part of you that’s eternal . . . it wasn’t born, nor will it ever die. Energy has polarity, a positive and negative charge that radiates an electromagnetic field. Your body’s field is your spirit. Keep in mind that when I refer to “spirit,” I’m not talking about religion—I’m referring strictly to the electromagnetic field of the body. Many people recognize this as life force. In the Preface, I discussed it briefly in relation to Einstein’s theory of relativity. When the electromagnetic field flows freely, the physical body detoxifies and heals on its own.

The electromagnetic field has what’s called a *superconscious*. The superconscious is where the mind resides and where all emotions begin. Every experience is attracted into your life through the electromagnetic attraction or repulsion of the superconscious mind. These frequencies of energy travel through protein receptors within the senses and the skin, and are then processed within the primordial centers of the brain.

In the 1950s, neurologist Paul MacLean, M.D., considered to be one of the world’s greatest brain scientists, proposed that the skull held not one brain, but three. He called this the “triune brain.” Dr. MacLean, who is the former director of the National Institute of Mental Health’s Laboratory of Brain Evolution and Behavior in Poolesville, Maryland, says the three brains operate like “three interconnected biological computers.” His research has found that each has “its own special intelligence, its own subjectivity, its own sense of time and space, and its own memory.” These three brain centers are referred to as the neocortex, or neo-mammalian brain; the limbic system, or paleo-mammalian brain; and the brain stem and cerebellum, or reptilian brain. Each of the three is connected by nerves to the other two but seemingly operates as its own brain system with distinct capacities.

It had previously been assumed that the highest level of the brain, the neocortex, dominated the other, lower levels. Dr. MacLean, however, has shown that this isn’t the case. His research has demonstrated that the physically lower limbic system, which rules emotions, can “hijack” the higher mental functions when it needs to.

The oldest brain—the reptilian—includes the brain stem and the cerebellum. In animals such as

reptiles, these parts dominate. In humans, the reptilian brain has the same type of archaic behavioral programs as snakes and lizards. It's rigid, obsessive, compulsive, ritualistic, and paranoid. It's "filled with ancestral memories" and repeats the same behaviors over and over again, never learning from past mistakes. This brain controls muscles; balance; and autonomic functions, such as breathing or the rate at which the heart beats. This part of the brain is always active, even during deep sleep. Examples of reptilian-brain behaviors are road rage, checking one's appearance in a mirror, long multiplication, and putting together a jigsaw puzzle.

Dr. MacLean was the first to coin the name *limbic system* for the middle part of the brain. The limbic system is concerned with emotion, attention, affective (emotionally charged) memories, instincts, feeding, fighting, fleeing, and sexual behavior. Everything in this system is either "agreeable" or "disagreeable." Survival depends on avoidance of pain and repetition of pleasure. It helps to determine valence (whether we feel positive or negative toward something), salience (what gets our attention), unpredictability, and creative behavior. According to Dr. MacLean, the limbic system is the seat of our value judgments, instead of the more advanced neocortex. It decides whether our higher brain has a "good" idea or not—whether it feels true and right.

The neocortex, also known as the superior brain, comprises almost the whole of the cerebral hemispheres. The higher, cognitive functions, which distinguish humans from animals, are in the neocortex. In humans, it takes up nearly two-thirds of the total brain mass. The neocortex is divided into hemispheres—the famous left and right brains. The left half of the neocortex controls the right side of the body, and the right half governs the left side of the body. The right brain is more spatial, abstract, musical, and artistic, while the left brain is more linear, rational, and verbal.

The unification of the three brains enables the electrical frequency of our thoughts, feelings, and beliefs to be integrated into behavior. The reptilian system will respond in a reflexive manner to an experience for survival purposes. Once processed through the reptilian brain, the electrical frequency of an experience is transformed by the limbic system into emotion and memory. When an experience is perceived as nonthreatening, it will be sent to the neocortex for processing. If a situation is perceived as life threatening or beyond the higher brain's capacity to adapt to or cope with, the limbic system will inhibit the emotion from being processed by the neocortex.

Overwhelming feelings and painful experiences are downloaded and stored in the limbic brain. This takes place automatically and on a subconscious level in a single millisecond of time, capturing all the sensory data, feelings, and perceptions of the traumatic experience. Since the 1970s, through the work of famed hypnotherapist Milton Erickson, we've known that trauma triggers a spontaneous state of self-hypnosis that binds us to the emotional pain of the initial event. In other words, overwhelming emotional experiences induce a natural hypnotic state as a way of containing pain and fostering survival. These states form the basis of disease and suffering within the body, mind, and spirit. This is the way the subconscious mind disconnects from emotions, and it's that subconscious disconnection that inhibits the journey of your spirit.

Every thought, feeling, and belief that you have originates from the collective conscious. Your electromagnetic field, or spirit, attracts specific frequencies of energy that are filtered through your sensory receptors into your body. The limbic system transforms these thoughts, feelings, and beliefs into emotion. Emotion is energy *in* motion—its natural state (whether it's within the collective conscious or inside your body) is to stay in motion. Ultimately, to enable your body to function optimally, emotions need to be felt and then expressed. Your emotions are the intermediate state between your mind and body. They're associated with your limbic system, which integrates the neocortex and the reptilian brain. When you have a subconscious disconnection from an emotion lying dormant within the limbic brain, it will continue to maintain a separation between your conscious mind (neocortex) and the body (reptilian brain).

From my experience with The LifeLine Technique, I've come to the conclusion that the limbic system acts as a stopgap to prevent trauma or shocking experiences from being processed by the

neocortex. Instead, the traumatic event waits to be released. When the subconscious memory of it is triggered by any one of the senses, a signal is sent from the limbic system directly to the reptilian brain center.

The signal is blocked from connecting to the neocortex due to the emotions in the subconscious mind. The body doesn't know the difference between reality or imagination. When the trauma is triggered, the body will begin to respond as if it were experiencing it for the first time. The body won't break the holding pattern of reacting in a survival-like fashion until the trauma is processed.

The reptilian brain can only function as the reptilian brain . . . it's only able to support the survival mechanisms of the body, such as the basic physiological functions of circulation, respiration, digestion, and elimination. It's also involved in mating, territorial behavior, pecking order, defense, aggression, and the emotions of anger and fear. Subconsciously, the reptilian brain keeps the body functioning and behaving in a maladaptive way, creating a holding pattern of imbalance between the mind and body. On a conscious level, the person never learns from previous experiences because the trauma locked in his or her limbic system will trigger the same response over and over again.

When the limbic system processes an event, a signal is sent to the neocortex. This experience occurs during sleep when the eyes are going through rapid eye movement (REM) cycles, and it's when the REM patterns are inhibited that emotions stay locked in the subconscious aspects of the brain. This signal of information to the neocortex facilitates the processing of a short-term memory into a long-term one, which then enables the person to learn a lesson from the traumatic experience and consequently stay in Present Time Consciousness.

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Lena came to see me the day after having a mammogram. The test revealed two invasive masses in her left breast. On the day of her appointment with me, Lena was scheduled to have another mammogram and an ultrasound in order to determine the extent of the masses. When I placed my hand over Lena's right breast, her indicator muscle stayed intact. When I put my hand over her left one, however, her indicator muscle immediately became weak. Lena was frightened by the response of the muscle test and wanted to know if it meant that she had cancer.

"I don't know," I responded. "I don't diagnose cancer. However, your body is showing that you're leaking energy from your left breast."

I ran The LifeLine Technique to this area until the weak indicator muscle-tested strong. While I was working with her, Lena said to me, "I knew that I'd get cancer."

I asked her how she knew that, and she replied, "I told my husband, 'If I don't divorce you, I'm going to get cancer.'"

I applied The LifeLine Technique to release Lena's limiting belief that she would get cancer unless she divorced her husband. Afterward, I used it again to create positive-attractor fields of health and well-being by having Lena make positive, declarative statements. The entire treatment took 15 minutes. Lena left the office feeling lighter, stronger, and empowered.

Six hours later, I received a call from Lena: Her doctor had taken six mammograms and two ultrasound tests of her left breast, but he didn't find any sign of the masses. These follow-up results astonished and confused him. He told Lena that the first test had probably been misinterpreted. But Lena had seen the pictures. She told me that she felt physically different following the treatment we did with The LifeLine Technique. She knew that the masses went away as a result of it.

The internalized emotion of "I know that I'll get cancer if I don't divorce you" created a holding pattern between the limbic and reptilian brains, leading to a decreased flow of life force in Lena's left breast. With The LifeLine Technique, we released the stopgap that was inhibiting Lena's limiting belief from being processed by her neocortex. Once it was removed, the healing occurred all on its own.

The authentic expression of your emotions creates the opportunity for you to find or stay on your true path. It's through feelings of pain or discomfort that you recognize your need to reconnect to your true path. When your emotions that have been internalized within the subconscious mind are triggered, the molecular structure of the water that makes up every one of your cells instantly begins to change and break down, which diminishes your body's ability to conduct energy. It's truly the health of the water in your body's cell composition that enables your electromagnetic field (spirit) to flow without resistance. Infinite Love & Gratitude enhances the molecular structure and beauty of your cells, thereby providing the perfect environment for health and well-being.

With The LifeLine Flow Chart and the power of Infinite Love & Gratitude, current challenges, past traumas, and shocking experiences can be released from the subconscious centers of the limbic brain and get processed by the neocortex in an instant. You'll be able to face health issues, past hurts, relationship challenges, and financial difficulties with a fresh perspective. What you choose to do from this point of view is your choice . . . your free will.

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