

Heal Yourself through the Emotional Alynement

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When we feel an emotion, what we are really sensing is the vibration of a particular energy. Emotions are bodily sensations with a specific energetic frequency or vibratory signature. Emotions, therefore, are designed to move. The problem is, we tend to only allow the flow of positive emotions without any resistance.

We typically do not hear of anyone dying from bliss. One of the reasons why is because we do not resist bliss in the body. We crave it and will allow it to flow with gratitude, hoping it stays for a while so we can immerse ourselves in it even longer. We do not trap it or compound it. We simply allow it to flow with ease and grace.

Science and medicine once told us that thoughts and emotions originated in the brain. However, modern research demonstrates that thoughts and emotions are subjective sensations felt first by the body. After the emotion is processed as a sensation that is felt, the brain creates a narrative of thought based on our past conditioning.

Our brain funnels each energetic vibration through a self-constructed web of expectations and beliefs that assign a particular meaning to it. Depending on the meaning, we make a choice as to how to proceed with the emotional experience. When we allow our 'autopilot' conditioning to run the show, uncomfortable emotions are resisted. Mindful responses, in contrast, enable us to allow the emotion to flow through the body without any grasping or attachment.

The time has come...

To be free of dis-ease.

Our physical symptoms are a gift to inform us the state of our mind. The body is the unconscious mind. The body lives in the past until we wake it up through our conscious evolution.

This is a time of Great Awakening!

It is time to shed stress and dis-ease (our emotions and memories of traumatic perceptions that are buried in our subconscious mind) to pave the way for an UPPERCASE life.

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In this keynote, I offer a 4-step process to ALYNE on your path to healing and thriving by breaking the unconscious patterns of thinking and acting. Imagine a world where abundance, inner peace, longevity, and fulfilling relationships abound. Imagine a new pathway for living your very best life. That's where we're going.