

PERSONAL GROWTH FOR WOMEN

# balance®

Spring 2004  
US \$4.95

**LIVING IT UP!**  
WITH ALI  
WENTWORTH

**LOSE WEIGHT**  
LIVE LONGER

**IDENTITY THEFT...**  
DON'T BE  
**A VICTIM**

**LET GO OF**  
REGRETS

RETURN TO YOUR  
**AUTHENTIC SELF**

HEALTH • WEALTH • HAPPINESS

# Clear Emotional Blocks

## Do You Sabotage Your Success?

By Dr. Bruce Hofmann

Old emotional patterns linked to past experiences and issues, as well as both old and new stressors and blocks, keep us from attaining our personal and professional goals.

My own physical and emotional health was suffering and when Western medicine had not helped, I turned to Neuro Emotional Technique™. After my own personal experience with the results of N.E.T., I recognized that this "life-altering technique" would be both a key ingredient for my own physical and emotional health, and a powerful tool to empower others.

### End the Suffering

Are you "stuck" in something or wish to finish, or about to start something brand new? Are you about to make a pivotal decision or just want to improve your productivity? Do you wish to start loving the world you have created, rather than the one in which you have merely existed?

So many of us are constantly chasing after the illusionary brass ring. We look for bigger, better and more...the house, the car and other material things. How many of us are chasing after these things while leaving a wake of destruction and sabotaging our success?

Are you exhausted and disempowered? Is your life a challenge? Are you among the many individuals who struggle day-to-day, in both your professional and personal life? Are you frustrated from not being able to balance work and personal time with yourself and loved ones? Are you tired of constantly feeling bombarded, overwhelmed and anxious all the time? If you can identify with any of these questions, then you are among the thousands of other people who share the same uncertainties in their lives.

### Neutralize the Negative

Pivotal moments are very specific times that

either, empower you to move forward or disempower you and cause developed conditioned responses that get in the way of your success. It's this negative charge that has sabotaged your overall success at life. However, once this negative conditioned charge—let's call it a "snapshot"—has been released, neutralized and cleared with the N.E.T. process, there is an amazing shift that takes place...allowing you to reconnect with your personal power.

Your unconscious mind (like a computer) is constantly scanning (hard drive) and looking for a point of reference (memory) comparing emotional moments in the present with moments in the past (recall, retrieve or relive information). In other words, when an emotional trauma in the present reminds you of something painful from the past, a triggered conditioned response (your emotional reality to that event) causes you to react based on that memory. As Freud's theory of repetition compulsion indicates...we will continue to react and repeat unconsciously our conditioned responses until that pattern has been extinguished.

### Imagine Peace of Mind

Imagine a world where you have peace of mind, without the constant brain chatter. Imagine how much you could and would accomplish each day by simply quieting the "mind noise" that sabotages your success! Imagine a life of abundance where you no longer have to chase after the brass ring...where everything comes to you with ease and grace. You want to feel empowered, but your "stuff" has power over you, causing blocks in the way you live your day-to-day life.

### What is N.E.T.?

Dr.'s Deb and Scott Walker, D.C., developed the N.E.T. process in 1988. N.E.T. is a physiological life-altering process and a holistic

alternative method that helps access the physiology of emotions. N.E.T. is not a "talk-it-out" therapy. It is a mind-body technique that addresses a physiological dysfunction.

It is a methodology used to normalize unresolved physical and/or behavioral patterns that have become "locked" in your body. N.E.T. Practitioners are trained to assist the body's healing process by identifying and balancing unresolved emotional influences—it's a mind-body approach.

In the past, people related to emotions as being "psychologically" based. Now scientific discoveries have shown emotions are "physiologically" based. In fact, emotions do affect any and all parts of the body in a physiological way. Moreover, researchers have now demonstrated that emotional biochemicals travel to every cell in the body.

It has been proven that when we remember an event from our past, the body replicates the physiology which occurred at the time of the event. N.E.T. seeks to normalize neurological imbalances using a physical correction. It removes the blocks to the body's natural healing process, allowing it to repair itself. Returning to health is actually a "peeling" process, in harmony with the natural timing of the body's own healing wisdom. It is important to realize that these corrections don't make life's problems go away. However, a person with a balanced nervous system can usually deal with life's problems more effectively.

N.E.T. works in several ways:

1. It diagnosis problems and feelings.
2. It accesses the subconscious.
3. It discovers early trauma and how that trauma relates to present problems.
4. It normalizes neurological imbalances using a physical correction.

Don't wait another moment to manifest the life of your dreams...overcome anxieties, release emotional baggage, address fear driven issues, stop self-sabotaging behaviors, eliminate resentment and anger, identify and break self-destructive patterns and finally reconnect with the person you were meant to be! ☺

*Dr. Bruce Hofmann is 1 of 10 certified N.E.T.™ practitioners practicing in the state of Florida. He is a speaker, facilitator and professional success coach. He works with individuals, families, CEO's and athletes. He can be reached on line at [drbrucehofmann@aol.com](mailto:drbrucehofmann@aol.com) or phone (954) 753-2866*