



# FIBROMYALGIA FRONTIERS

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## The Emotional Component Of Healing: Clearing Emotional Blocks

by Dr. Bruce A. Hofmann



My name is Dr. Bruce Hofmann, and I would like to share the story of how I came to learn of a new healing approach known as Neuro Emotional Technique...and managed to get my own life back along the way.

I was a vibrant, up and coming, health care provider, developing a solid reputation in the sports, family, and corporate arenas. I worked out every day and had a thriving practice and a young family. I was on top of the world, and I thought I was unstoppable. Each day of my life started with positive affirmations of myself as a superman, a mantra which I would repeat nine times a day. Never in my wildest dreams did I think that I could be struck by kryptonite.

One day, a pivotal moment occurred that changed my life significantly. Pivotal moments are when an event occurs in life that either empowers us to move forward or disempowers us. My pivotal moment happened on May 23, 1988, while I was treating the 68<sup>th</sup> patient of the day. While I was performing a chiropractic adjustment, my patient shifted unexpectedly, and I herniated my 6<sup>th</sup> cervical disc, posterior and central on the spinal cord. Translated, this means lots of pain and very little relief. Additionally I tore my anterior labrum ligament, the one that helps to hold the head of the humerus bone in place in my left shoulder. Ouch! At that moment, my world changed drastically, both physically and emotionally.

Numerous doctors evaluated my "condition" using many different labels and big words whose meanings even I had to research. To my surprise, the doctors treating my neck wouldn't talk to the doctors treating my shoulder, and vice versa. They were so specialized that they only wanted to stay

narrowly focused in their own areas of "expertise". But what about *me*? I was in pain and agony; I couldn't work; I couldn't sleep; I couldn't work out. I had developed brain fog and was impatient and irritable. I began to feel and act like an old man as my passion for life diminished.

Eventually I had to close my lucrative practice. My personal, professional, and financial lives were upside down. Several years had passed during my suffering. I began to realize that I had given away my power not only to the health care professionals who were micro-managing my care but also to many others around me because I did not have the stamina, energy, or brain strength to address even the most mundane daily activities. I was not having fun.

I will never forget my 32<sup>nd</sup> birthday, another pivotal moment. My neurologist had scheduled a follow up needle EMG exam. After two hours of probing, poking, and sending electrical currents into my musculature to determine response potentials, he stepped out of the room. Approximately a half hour later he came back and said matter of factly, "You're damaged goods, and you will never be the same." I sat there stunned, and I--the former superman--cried like a baby. My life was over!

Note: Traumas can be physical, biochemical or emotional in nature or any combination of the three. At this point I was not sleeping well. I was having muscle pain and decreased range of motion, and I was going from being an athletically active person to barely being able to get out of bed. There I was in my early thirties not able to stand up straight or have enough energy to get through an entire day. My days were filled with doctor visits

and therapies. I was taking all kinds of medications to try to stabilize the pain, and they were not working. As a young family man with a wife and a child, I was not the father or husband I wanted to be, and my self-esteem and confidence were in poor shape.

Unknowingly, I began to resign and give up my power, my strength, and my fortitude. As a result, my relationships and my spirituality all diminished tremendously. I was no longer the person I used to be. I remember looking into the mirror and saying Who Is That?

Finally, one day I decided that I was sick and tired of being sick and tired and could not live my life like this any more. That day, I fired all of my doctors and therapists and all of the people who had acted as enablers in my disempowerment. Another pivotal moment!

From the moment I made the decision to take my power back, I felt enlightened, powerful, and warm. I even had a level of comfort knowing that I had taken back my life. At the same time, I was a bit scared not knowing what the outcome would be. Now that I had taken my power back, what was I going to do with it? Knowing I needed a different team of professionals, I interviewed a number of alternative as well as traditional health care providers. I explained to them what was happening in my life, what I was feeling, and what I was looking for as an outcome: getting my life back. I wanted to be sure that they would work together with me to accomplish this goal.

On my journey back to health, I was introduced to yoga and homeopathy, and I also gained a deeper understanding of the importance of nutrition and getting back to my roots. As a chiropractor, I already appreciated that the body is a complex electrical system with an intricate series of electrical circuits, synapses, and circuit breakers. Medical research has proven this, and there are numerous studies about the electrical systems of the body. In his book *Energy Medicine*, James Oshman revealed historical evidence and scientific research about the body's electrical components and electrical energy.

As my recovery began, I learned to stretch so that my body would open up. My old body building

and weight lifting regimens had closed down my system keeping me tight and rigid. Integrating yoga, Pilates, pool work, and various stretching techniques, I started opening my body and creating space between my joints and within my musculature, thus taking pressure off of the ligaments and the tendons. I began to have a sense of quietness and lightness, and a new meaning of strength started to evolve. This could not have happened without a great lesson that I learned about the concept of *surrender* from my first yoga guru, Colleen Gallagher. (Thank you!)

Growing up in the northeast with a mentality in the material world, I had always equated surrender with quitting. But, I couldn't quit. Remember, I was Superman! When you are super-human, you must battle and power your way through whatever obstacle that is in your way. You need to fight. What I have come to know now is that in the spiritual and healing world surrender is really the true essence of strength. By being able to let go and give it up, you allow a release.

As my recovery continued, I significantly altered my diet by reducing refined carbohydrates and addressing the amount of fat I was consuming. My studies led me to Electro-Magnetic Forces (EMF'S) and the florescent lights, cell phones, computers, and cars that throw off EMF'S. Research documents how EMF'S drain and pull energy from the body. Additionally, I studied Hans Seley's work on stress and exhaustion and made sure that I was regularly getting chiropractic adjustments to ensure that the continuity of my nervous system was intact and that the flow of energy and information needed for good body function was there.

Even doing all of this, I found that I was still stuck! For periods of time I would feel good, and then a trigger would set me off. My body, my nervous system, and I would go into a tailspin. Why, oh why, was this happening to me AGAIN? All the hard work, all the time, all the effort, all the money, all the resources, all the energy that I was investing in me still returned me to a place that was dark and dismal. I was not enjoying life, and I was not having fun. Each day came to be about surviving and questioning whether I would

get through the morning, the afternoon, or another day. I would wake up in the morning and say, "Uh, I'm still here," but it wasn't with an enthusiastic tone.

### Life Altering Experience

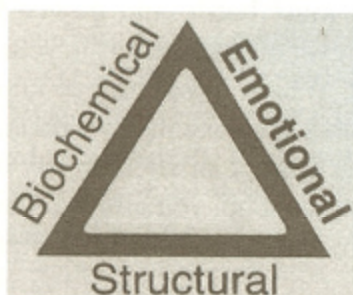
There are times in our lives when we are ready to grow and move forward, and the right people just happen to show up. Such was the case with

Dr. Larry Goodman, a loving doctor out of my past. When we finished reminiscing, he said, "Bruce, I want to introduce you to a process that will change your life." My response to him was that at this point in my life, I was done. I was exhausted, and I was not interested in learning anything new. In fact, I had quit.

Over the next few months, Dr. Goodman and I stayed closely in touch. He spoke about a new

### The Triangle Of Health

The concept of the triangle of health includes three components: Structural, Biochemical and Emotional. Each component is independent yet interdependent with each other component to



maintain a delicate homeostatic balance for the body to be at wellness. When there is any stress or pressure on one component of the triangle, it can set off and cause disturbances in the others.

It has also been reported that trauma—biochemical, structural or emotional, or any combination of the three—can create all kinds of havoc with the body. Perhaps you or a loved one have experienced this. It is important to achieve a harmonious balance between your structural, biochemical and emotional components. This balance allows you to maximize your creative energies and helps you to stay on track and have the best possible chance to meet life's challenges and attain the life of your dreams. Do you know that there is an intricate balance that must be maintained for you to achieve ultimate health and vitality? Do you know that in this balance one component will affect the others? The intention is that all three sides of the equilateral triangle harmoniously balance and are in sync. This is important because each side of the triangle is independent but also dependent on the other sides' success. You may ask why this is so important to

vibrant health and wellness. The answer is that when the three sides are not harmoniously balanced, the direct interplay of each side negatively affects its counterparts.

For example, consider holding your head (emotional center) with your hands, leaning forward, rolling your shoulders forward and tightening the supporting muscles. The emotions elicit a neuro-physiological response which can set off a variety of symptoms, such as headaches, stomach and GI disturbances, etc., while causing muscular changes and pressure on the skeletal and neuromuscular systems. With your shoulders rolled forward, you limit the space that your lungs can expand, shortening the breath and reducing the



amount of air going into the lungs. Additionally, you may increase pressure on your heart or other body organs.

Our bodies are dynamic. There will always be an inter-connection, and we really cannot separate the components. Thus, the concept of the total being greater than the sum of its parts is true and underscores the importance of a harmonious balance in the mind/body paradigm of the structural, biochemical, and emotional triangle of health.

form of treatment called Neuro-Emotional Technique (N.E.T.). He wanted me to go to a four-day introductory seminar and workshop and sit in a chair for ten hours a day for four days in a row. Can you imagine that? I couldn't sit for three to four minutes at a time, pay attention, or be alert with all my brain fog, pain, and discomfort. I said, "Larry, you are asking a great deal."

Over the following months, Dr. Goodman compassionately kept the door open for me until I finally agreed to go to Houston where at least 100 medical doctors, chiropractors, psychiatrists, psychologists, and acupuncturists gathered to learn about a technique known as the neuro-emotional component which releases neuro-physiological imbalances using a physical correction.

There I was twisting and turning and trying to find a comfortable position, wondering how I was going to make it through. The seminar started, and Dr. Deb Walker, a co-founder of the Neuro-Emotional Technique, was introduced. I was still squirming and trying to find a comfortable position as she started talking about the theory behind N.E.T. All of a sudden she caught my ear. I went from twisting and turning to picking up my pad of paper, sitting on the edge of my chair, taking notes, and paying attention. During the course of the next couple of days, we were introduced to performing Neuro-Emotional Technique.

Dr. Walker worked with me personally, and immediately my neck, back, and shoulder pain disappeared. It was like a miracle, and my attention became heightened. I wondered, what is this? How is this working? What is this emotional component of healing? I had read numerous articles that addressed the concept. One in particular approximately a year and a half ago stated that 92% of all injuries and illness have an emotional component to them. It makes sense if you stop for a moment and think about it.

After my personal experience with N.E.T., I recognized that this "life altering technique" would be a key ingredient to my own physical and emotional health as well as a powerful tool to empower others. Since then, I have committed my life and my coaching process to working with individuals who want more out of life and are

interested in becoming empowered and developing *The Power Of Peace Of Mind*© by quieting the brain chatter and stopping the self-sabotaging, conditioned behaviors—in short, allowing peace and harmony while meeting life's challenges.

### The Emotional Component

Emotions are an important component of one's health and wellness. Having a sound mind with minimal distractions is key to this part of the equilateral triangle. Emotions are physiologically based on minute proteins in the body called Information Substances. These are made up of neuropeptides, hormones, and other specialized information molecules which permeate the entire body including the DNA. Candice Pert et al., have scientifically validated this dynamic process.

Emotions are complex reaction patterns which create changes in the nervous, visceral, and skeletal tissues as a response to a stimulus. Emotions are traditionally thought of as being normal functions which pose no neuro-physiological problems. Occasionally, however, in the presence of a neurological imbalance, there can be a pattern or conditioned response developed in the body that does not resolve itself. Many times, it takes only one event (trauma) to be linked to a trigger and thus become conditioned. Freud's work included the concept of repetition compulsion, which noted that once we have been emotionally traumatized or conditioned, we do not consciously seek to repeat this process in the future. This happens neuro-physiologically. Previously, doctors had not recognized the extent of the mind/body connection and had thus separated it.

As an example, let us parallel someone with a stomach problem with significant symptoms. The person goes to the doctor complaining of specific symptoms, and every test known to man is run (MRI, CT scans, blood work, etc.), but no conclusive reason for the symptoms is found—no tumor, no cancer, or anything else. The conclusion drawn is that the problem is all in the patient's head or that (s)he is psychosomatic. Not knowing what to do next or how to help, the doctor may then suggest a psychiatrist or psychologist. But the symptoms are real!



The good news is that a growing body of scientific research has shown that there is indeed a specific mind/body connection. The evidence is in, and in fact, *it is in your head and it is in your body*. Candice Pert, Ph.D., a research professor in the Department of Physiology and Biophysics at Georgetown University Medical Center in Washington, D.C., has identified very specific neuro-physiological pathways as well as specific neurotransmitters (called neuropeptides) derived from amino acids (proteins) and specific receptor sites to receive these neuropeptides and neurotransmitters.

Thus, there is a biochemical link between the conscious mind, the subconscious, and the body. Through neuro-physiological pathways, emotions can have either a positive or aberrant physiological effect on one's body. There is indeed a psychosomatic ("psycho" meaning brain and "soma" meaning body) paradigm and pathway that has now been clearly identified. Thus, a symptom is no longer necessarily only in your head. It is actually in your head and your body and in the neurophysiological aspects of the computer and electrical systems of your body.

The research of Alfred Korzybnski and others on semantic reactions and general semantics has shown that words, pictures, signs, symbols, gestures, as well as thoughts can set off this neuro-physiological pathway. For example, if you were to think of the word "happy", almost instantaneously, the word or just the thought of the emotion brings a change in the neuro-physiological state of the body. If you were to then immediately think of the word "sad", there is again an immediate change that takes place in the body. Imagine taking a lemon, rolling it in your hands, then taking out a sharp knife and slowly cutting the lemon, and with the juices sparkling out, picking up half the lemon, squeezing it and bringing it towards your mouth. Are you puckering? Now look around. There is no lemon there. However, a conditioned response IS there

based on a memory that has been implanted into your body's computer system. So what is this all about?

The body is constantly scanning its computer hard drive looking for a point of reference. It has memory and the ability to recall, retrieve, or relive life's past experiences, pivotal moments—ones that either empower or disempower us. In the latter instance, triggered, conditioned responses loop us back to disempowering moments or events and keep us stuck and sabotage our successes. They keep us from moving forward and having the life of our dreams. The body is constantly looking to see if an event being presented is comparable to the one that is stored in our memory and if it is a safe memory or not.

Stimulus generalization is the tendency for a conditioned response to be evoked by stimuli that are similar to the condition stimulus. A dog learns to bark at the sound of a particular bell. The dog now barks at a variety of bell sounds, thus stimulus generalization.

It is natural to have emotions and emotional responses to events in our lives. Many times we learn either from society, religion, or our upbringing to stifle our feelings. We are essentially born with a blank hard drive, and all of the experiences that we have in our lives from our mothers, fathers, preachers, and teachers get implanted into our "computer" and so become our default system when a stimulus is presented.

Our emotional responses usually extinguish themselves with no lasting physiological effects. However, in the presence of a neurological deficit, a lowered resistance, or a weakened physiological state, the body may be vulnerable to an emotional trauma that causes a neurological pattern which does not resolve itself. This is called Neuro Emotional Complex or N.E.C. The result is an embodied, non-extinguished, conditioned response. These non-extinguished responses may interfere with the central nervous system's ability to function properly in various everyday, recreational, health-related and workplace situations. When there is a neurological deficit at the time of a significant event (a pivotal moment), an NEC can form and an emotion may become

locked, linked, and/or stored with that particular event.

Emotional reality is an emotionally charged concept or memory which may or may not have a corresponding historical reality. It becomes your body's truth. For example, look out at a beautiful day. The sky is bright and blue, but the person whom you are with sees it as dark and grey. Let us agree that it is actually beautiful and bright, but the person who feels and sees it as grey and dark believes that it is that way, and this is his emotional reality. As a result, his body will react accordingly, physiologically. Sometimes, it only takes one event for this emotionally charged misinformation to be programmed into one's master computer.

Another example would be if we were looking up at a white ceiling, and I say it is black and you say it's white, and I say it's black, and you say it's white, and so on, over and over again until I finally agree with you that it's white. But will you be able to change my mind if I am neurophysiologically stuck? Of course not, because my default system sees it as black. I may agree with you only so we

don't have to argue and can move forward, but really deep down, my body is conditioned to black.

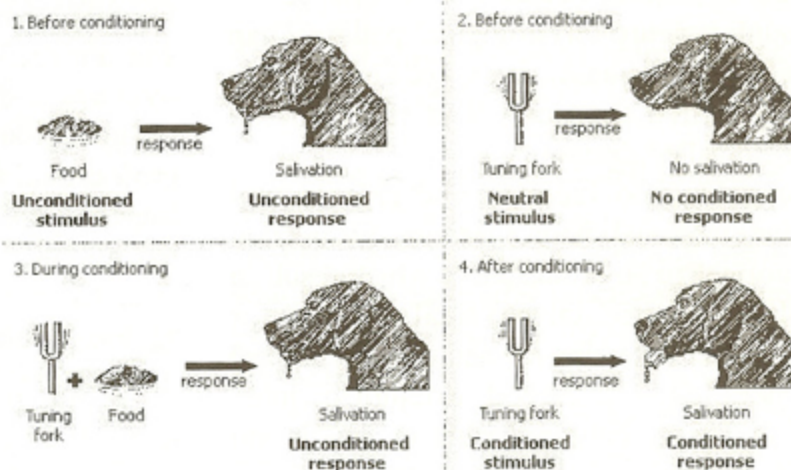
### Emotions Should Be Able To Extinguish Themselves

There are times in our lives (pivotal moments) when an emotional component that was installed in our computer program but has not extinguished itself has become detrimental to our health and well being. This is why it is so essential to be able to identify detrimental components and reset the body's computer program. Many times, these links or neuro-emotional complexes are subconscious, and a trained, experienced practitioner is necessary to identify and release them. Thus, we can recognize when something is not working for us and end a cycle which is getting us nowhere.

So why do we continue with the same conditioned looped response? There are two sections of the brain to consider. One called the neocortex allows us to rationalize and think. Imagine sitting at Starbucks having a cup of coffee and discussing why certain things in our lives may

### Pavlov's Dogs

Ivan Pavlov, a Russian physiologist trained in physics, physiology, chemistry and medicine, developed the Pavlovian theory of conditioned responses. What he had was a neutral stimulus—a bell, an unconditioned stimulus—food, and an unconditioned response—a dog salivating from the food. Normally, a dog would not salivate when hearing the sound of a bell. However, if bell ringing becomes linked or anchored to food, the dog hears the bell (the conditioned stimulus) and salivates with the expectation of food (the conditioned response). Eventually, the dog learns to salivate at the sound of the bell rather than at the sight or smell of the food, and he salivates whether food is present or not. Such a conditioned response can be *extinguished* over a period of time by separating the bell ringing from the presentation of food--thus breaking the link. Now, the dog hears the bell but no longer salivates.



or may not be working or why we have not been able to achieve the life of our dreams. We will come up with a variety of different excuses why this is so even though we also clearly recognize that we shouldn't be doing certain counter-productive things. Yet, we still remain stuck and unable to move forward, thus sabotaging our success.

The truth is that we are really run by the reptilian portion of the brain, the lower portion of the brain that deals primarily with survival. This portion of the brain will do anything necessary to ensure that the human experience and being survive. It is such conditioned responses that set the paradigm loop until it can be reset. It is similar to when you have a computer virus and need to run a program like Norton Anti-Virus to uncover, discard, and remove the "bug" that keeps you from moving forward. When our head and our heart are in sync and in alignment, we become empowered.

We have those days when everything moves forward in a positive way, and everything on our list gets accomplished. Time seems to just collapse. It would be nice to bottle those types of days. On other days, however, we may have moments when our head and our heart are not in sync, and we feel disempowered and conflicted. The distance between our heart and our head can be the longest 18 inches in the world.

In other words, the one that really runs the show is not the neocortex portion of the brain which rationalizes why and how we are. It's the reptilian portion of the brain that has conditioned loops that need to be altered and changed. Aberrant emotional links (neuro-emotional complexes) set up through a neuro-physiological pathway can create a state of dis-ease, stress, and strain within the body which then can lead to a labeled component called disease.

The goal is to identify and release any disruptive emotional charges creating dysfunction and to normalize any imbalances which result in unresolved detrimental physical or behavior patterns, thereby clearing the neuro-physiological pathways and allowing the body to return to a more natural and more balanced state of health and wellness. It is important to return the emotional

component of the equilateral triangle to a state of homeostasis. The integral balance between your structural, biochemical, and emotional components will allow you to maximize your creative energies and help you to stay on track so that you have the best possible chance of meeting life's challenges and attaining the life of your dreams.

So what would it be like to reduce the pain, discomfort, or tension in one's body and instead have a body that is smooth, elegant, and efficient? What would it be like to have powerful days with vim and vigor or a confident, uplifting bounce in your step when you walk into a room, bringing an effervescent energy that radiates to all? What would restful and full sleep be like, allowing complete rejuvenation and a new zest for life for you, your friends, and your family members?

### **How To Clear Emotional Blocks**

Emotional blocks keep us from moving forward in our lives. Across the board, stress has also been documented in many studies as a significant component in increasing or ramping up symptoms and feelings. As we already know, feelings that are buried alive never die. They stay embodied deep within our cells in the isomers and t-cells of our bodies. What we are looking for is peace of mind to reduce the angst, the stress, and the noise that is constantly chattering in the back of our heads. (Are we good enough? Why am I here? What's happening to me? What's going on with my relationships?) All of that constant brain noise creates fog and disempowering situations and an environment where we can resign from a life that we really want to enjoy. I am sure that you are tired of constantly feeling bombarded, overwhelmed, and anxious all of the time, struggling day to day both in your personal and professional life with time issues, career issues, financial issues, family issues, even issues of just having fun.

### **Neutralize The Negative**

Pivotal moments are the very specific times that will either empower you to move forward or disempower you and cause conditioned responses



that get in the way of your success. They are the negative charges that can sabotage your overall success in life. However, once a 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.

Isn't that what we really want anyway: to become empowered, responsible, and able to take care of ourselves? Your unconscious mind, like a computer, is constantly scanning (hard drive) and looking for a point of reference (memory) and comparing emotional moments in the present with moments in the past (recall, retrieve, relive). In other words, when emotional trauma in the present reminds you of something painful from the past, the triggered conditioned response (your emotional reality of that event) causes you to react based on that memory. As Freud's theory of repetition compulsion indicates, you will continue to react and unconsciously repeat your conditioned responses until that pattern has been extinguished. And you will face these patterns over and over again in your life until you choose to make a change or reset the computer system.

Imagine what your world would be like if you had peace of mind without constant brain chatter. Imagine how much you could accomplish each and every 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" (your terrible unfinished fears and feelings) has power over you, causing blocks in the way you live your day-to-day life.

### What Is N.E.T.?

Drs. Deb and Scott Walker, D.C., developed the N.E. T. process in 1988. N.E.T. is a physiological, life-altering process that is 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

behavior 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.

In the past, people related to emotions as being psychologically based. Now scientific discoveries have shown emotions are physiologically based. In fact, emotions significantly 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 shown over and over again 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 blockages 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 disappear, thus the difference between a historical event that does not go away because it is history and one's emotional reality that became implanted through a N.E.C. at the time of the trauma. However, a person with a balanced nervous system can usually deal with life's situations more effectively.

N.E.T. works in several ways:

1. It identifies underlying feelings.
2. It accesses the body's consciousness.
3. It uncovers trauma or a related conditioned event and how that relates to a present situation.
4. It normalizes neurological imbalances using a physical correction.

I have personally benefited from N.E.T., and over the course of time I have worked with many clients. There is a clear common denominator which is that the healing process wanes and cannot even begin until we clear the underlying emotional component.

A perfect case study is a client of mine who was involved in a motor vehicle accident. She developed fibromyalgia and reflex sympathetic

dystrophy (RSD) and was undergoing treatment for an extended period before being referred to me for N.E.T. treatment. Through the N.E.T. process we were able to uncover the N.E.C.'s that had happened earlier in her life and linked to the conditioned response at the time of the accident. Once we released this underlying emotional component, true healing started to take place and within three months she was on the road to recovery. This past winter, she participated in activities that she had not been able to do in years, even skiing. I believe that this could not have happened for her without clearing the emotional component that was holding her hostage. This is a common underlying theme with injuries and illnesses because they usually have an emotional component to them.

My clients regularly report back to me that they experience feelings of peace, tranquility, calmness, and being centered. They are finally able to breathe after feeling like they have had a rope around their neck choking the life out of them. Additionally, from the very first N.E.T. sessions, clients report that they are able to make the connection between specific events that developed the N.E.C.'s and how they later became linked to events in their lives. Once the neurophysiology is balanced, the true healing can begin.

There are N.E.T. practitioners throughout the world, and there are numerous research projects in place at the moment. Scientific evidence validates an emotional component to healing. As of June 2003, N.E.T. has been introduced at the University of Miami's Medical Department and Department of Physiology and Behavior Sciences in Miami, Florida. The research is in, and day-by-day understanding of the emotional components to the healing process is clearly developing.

### In Conclusion

Emotions play a significant role in the healing process, and if one does not address the emotional component of the equilateral triangle of health, one will maintain an unbalanced life. Life is about choices, and we must first recognize what is going on, what is working, and what is it not working.

Empowerment is about taking back control of our lives, and it sometimes involves going against the grain or what others say is right. The second component involves identifying the part of one's life or medical care or world that is not working. The third component involves taking action. Action is about choices.

Every day and every moment in that day you get to choose what you do and how you do it. True empowerment is about taking your power back by becoming independent in your thoughts and actions and by making choices so that you break the conditioned response to the triggers that used to hold you hostage. It is okay to ask for help and guidance, though ultimately it is you who must make the pivotal decisions for your life. I empower you to move forward and make choices with your care, your life, your relationships, your successes, and to choose to do it differently. N.E.T. is a proven technique that allows you to uncover underlying issues and discard them while reducing the noise in the back of your head. Once neutralized you can use your creative energies for healing and growth.

N.E.T. helps you to overcome anxieties, release emotional baggage, address your fear-driven issues, eliminate resentment and anger, identify and clear self-destructive patterns, and most importantly, stop self-sabotaging behaviors so that you can finally become empowered by reconnecting with the person you were meant to be. N.E.T. has been an essential part of my healing and has significantly helped me to reestablish my relationships, my finances, and most importantly MY LIFE!

Thank you for allowing me this opportunity to raise the level of consciousness of the community in which I am honored to serve.

*Dr. Bruce Hofmann is a certified N.E.T. practitioner 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 online at: [www.drbruceSpeaks.com](http://www.drbruceSpeaks.com), or by phone at: 954/753-2866.*