

About MBSR

Mind Body Spirit Release (MBSR) is a system that helps identify and deactivate subconscious layers of unprocessed imprints (emotions, limiting beliefs, generational blocks, events, and more) stored in our body.

These imprints have built up as a result of our life experiences and releasing them from our subconscious allows us to help reduce emotional and physical stress on the body. As these layers are pulled away, we become freer to replace these negative imprints with positive ones.

How does MBSR Work?

MBSR works by using a form of muscle testing, a binary biofeedback tool, which measures our body's response to an idea or stimulus. Given our muscles are controlled by our nerves, the muscles will respond differently when we present the body with a neurological message (stimulus) showing us whether the stimulus strengthens or weakens our nervous system.

A pendulum is another tool many practitioners like to use and is also based on the ideomotor response (ideo=idea, motor=muscle). The pendulum moves as a result of a nerve impulse in the hand reacting to an idea.

How is it possible to do MBSR virtually?

The principle of quantum entanglement allows the practitioner to use their nervous system as a proxy for yours to conduct the MBSR testing and clearing process.

This principle states that when two entities become entangled they remain connected even when separated by vast distances. The principle also explains that when a change is induced in one it will affect the other.

What is an MBSR session like?

Each clearing session begins with setting an intention through the creation of a positive statement to focus the clearing around. We measure your alignment to the intention by testing resonance before and after the clearing, and generally will see over additional clearings an upward trend in the resonance level. It's important to be mindful that the resonance is not a reflection of overall health or well-being.

We then use MBSR charts to conduct the testing process, allowing us to move through hundreds of prompts using ideomotor testing to identify emotional blocks and limiting beliefs. The MBSR charts are divided up into categories like emotions, organs/glands/tissues, and even people or places and allow us to uncover where emotions and limiting beliefs are stored in the body so that they can be released through the clearing process. Each primary block found from a category or chart will be investigated further to identify related blocks.

Since the body retains cellular memories and can recall them when provoked, it can also unlearn that response. For the clearing process we use a cold laser light over acupressure points to calm the nervous system response and release the identified blocks stored in the subconscious. This helps open up the energetic flow in the body allowing the release of these imprints so that the body can heal more effectively and efficiently.

What happens after a clearing?

Each clearing ends through the identification of restorative emotions and actions steps that you use going forward.

While MBSR is a catalyst for change, it is a collaborative experience that is most effective when you take initiative and are part of the process such as performing action steps and tracking your positive, yet subtle, experiences along the way.