

# The Seven Components of NET

## Some of the component dynamics of NET include:

- **Emotional Response.** Emotional responses are based on minute proteins in the body called Information Substances (IS). These ISes are comprised of neuropeptides, hormones and other specialized information molecules which permeate our entire body, including DNA. While emotional Responses were once thought to be only in the mind, they now have also been proven to be in the body. That is to say, they are physiological. This dynamic has been scientifically validated by Pert.
- **Pavlovian Responses.** While most of us think in terms of Pavlovian Responses applying to animals, humans too are conditioned--sometimes by one event. While conditioning is normal, under most situations, so is the physiological counterpart--the fading or elimination of a conditioned response. This is called extinction. Extinction of most conditioned responses is normal. However, sometimes extinction does not take place, and we utilize NET to assist the body to carry on with this process.
- **Repetition Compulsion.** One of Freud's contributions was that of repetition compulsion, which essentially notes that once we have been emotionally conditioned, we will non-consciously seek to repeat a like situation in the future in an attempt to master or resolve the conflict.
- **Memory and Physiology.** 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. By remembering an event, the central nervous system, the parasympathetic nervous system and almost assuredly the meridian system can be modified. This dynamic has been scientifically validated by Hassen and Ward.

Hassan and Ward write, "The role of memory in emotion can hardly be overemphasized. The perceptual process involved in emotion become part of the memory store. The recollection of perceptions, which implicates neocortical processes, may evoke (through descending connections via "limbic system", hypothalamus, brain stem, and spinal cord) the somatic and visceral motor changes which occurred in the original situation."

From Hassan, A.M., Ward, P.S., On the Primacy of the Brain The University of Leeds, Psychology: Research a Reviews, Spring/Summer 1991, Vol. 10, Nos. 1 & 2, pg. 103-111.

- **The Meridian System.** Emotions Specific emotional responses (like anger, fear, etc.) are linked to the meridian system. This is a 4,000-year-old principle. The acupuncture theory of the Five Element Law has been clinically validated for over 1,500 years linking specific emotions responses to specific meridians. As an example, there is a link between the emotion "anger" and the Liver meridian.
- **Semantic Reaction.** Term used by Alfred Korzybski, the founder of general semantics, to denote the response of an organism as a whole, including its physiology, to symbols-especially words. Korzybski successfully experimented using the skin galvanometer to measure semantic reaction. In NET we use a muscle test to index and isolate the core issue associated with a non-extinguished conditioned response.
- **Muscle Testing.** It has been scientifically demonstrated that muscle testing can be used to access the physiology of the body, including the physiology of emotions stress. The physiology of the body can not only be reactive to

the sight of a spider, but also to the word "spider" or a picture of a spider. It has been verified that a previously strong muscle test will subsequently test weak when saying a non-congruent statement. For example John will most likely test weak when saying "My name is Mary". This dynamic has been validated by Monti.

Taken altogether, the NET practitioner can use the above information with the patient's full involvement to find, with accuracy and unprecedented speed, the origins of the emotional block and provide a safe and quick intervention, allowing the body to naturally return to health. The physiological process of extinction, or healing, can now finally take place - sometimes after being compromised for decades. Thus chronically held or recurrent problems are resolved. Clinical results are often surprising to both the practitioner and the patient. It has also been found that conditioned responses to less traumatic events, such as love and business rejection, also can be resolved.

NET utilizes an amalgamation of principles from the healing art's heritage.

**Antecedents of NET include:**

- George Goodheart-Father of Applied Kinesiology
- I. Pavlov-Conditioned Reflexes
- S. Freud-Developer of the principle of the unconscious
- D.D. Palmer-Discoverer of Chiropractic
- A.T. Still-Discoverer of Osteopathy
- Royal Lee-Major effective Proponent of whole food nutrition
- Alfred Korzybski-Founder of General Semantics
- The yellow Emperor-Symbolic founder of Acupuncture
- S. Hahnemann-Founder of Homeopathy
- Candace Pert-Discoverer of the Opiate receptor in the body