

NET Mind vs. Body

The application of NET is divided into two entry areas: NET Body and NET Mind. NET body-oriented practitioners usually start by finding a bodily dysfunction as an entry point. This area is then screened to see if there is an emotional component. NET mind-oriented practitioners usually start by utilizing a point of entry made on the observation or complaint of feelings, dreams, behaviors or symbols, including grammar. The NET Mind application is often referred to as the Neuro Emotional AntiSabotage Technique (NEAT®).

Finding an NEC (Neuro Emotional Complex)

If an NEC is found in either entry of the NET Body or NET Mind, there is a deductive process to find what significant emotional event of the past conditioned this physiopathological response. While you mentally hold the past mental event in your mind (thus reengaging the original physiology which took place back then), the physical correction is made. The body is now free to regain physiological/emotional and physical balance. The end product of a successful treatment is a more neurologically integrated mind and body.

In the past, people related to emotions as being psychological. Now scientific discoveries have been made showing emotions to be physiological. We feel different emotions in different parts of our body in different ways. The ancient acupuncturists correlated the different emotions to different organ meridians of our bodies. For example; fear to the kidney, anger to the liver, etc. Although the primary locations for the physiology of emotions are in the brain, spine, autonomic nervous system, and acupuncture circuits, emotions do affect any and all parts of the body in a physiological way. Researchers have now proved that emotional biochemicals travel in many areas of the body.

It's human nature to have an emotional response to significant events in our lives and then return to our "normal" state of being. Sometimes, however, our bodies hold onto a response and "lock it" in our sympathetic nervous system as a neuro-emotional complex (NEC). Eventually, negative emotions (conscious or unconscious) may manifest as a symptom. The result is ill health or an imbalance in one or more areas of our lives.

The NET practitioner uses muscle testing, body reflex points, and semantic reactions (physiological reactions to memories or words) to assist and guide you to recall the specific negative emotion and when it first occurred. This engages a specific neuro-emotional pattern, much as a computer operator engages a specific program on a computer screen. While you mentally hold the emotional memory, the practitioner can make the physical correction associated with it.

Taken altogether, the NET practitioner can use NET with your help to find with accuracy and unprecedented speed, the origins of the emotional block and provide a safe and quick intervention, allowing your body to naturally return to health. Thus chronically held or recurrent problems are resolved.

Please note: *NET treatment is not a substitute for psychological or psychiatric therapy. Patients who show a possible need for psychotherapy are referred to psychological or psychiatric professionals for evaluation and/or treatment.*