

8 Areas of Major Regress

By now you probably understand how your mind, emotions, and memory can affect the whole you. You may even know that your belief systems, how you act in response to chronic-stress, and your response-choices and decisions, can determine whether these changes in the psychological, emotional, spiritual, and physical you will be good or bad.

Since we live our lives through the nervous system and the coordinated-contribution of our conscious psychological and emotional dynamics, it is their change-producing forces that are converted into subconscious memory records which determines our physiology.

We are always in charge of our own health and wellbeing through the Law of Cause and Effect. Our *conscious* psychological and emotional states are the central-influencing cause that sets our *subconscious* guidelines; it is then their clear expression through pooled-symptom records that shapes our health, for better or worse.

1. Memory Patterns:

Memory Patterns are the cause of nearly every health problem and symptom, and without even knowing you're doing it, you're always in the process of creating them. Each time you *choose* a negative response to one of life's stressful and irritating experiences, you create an auto-damaging memory pattern. These subconscious memories are then re-activated over and over again; each time you think of one of your *unresolved* experiences or entertain any of their physically harmful feelings, you'll suffer the same symptoms.

The component parts of an auto-damaging memory pattern are:

- a) Self-defeating belief systems
- b) Unresolved personal experiences
- c) Your response-choices -- the conversion of thought energy into feelings, emotions, hormones, and chemicals that change the whole you, for better or worse.

2. Multiple Interconnected-Layers of Psychosomatic Challenges:

Your self-healing and self-regulating process stops when your internal intelligence is *overwhelmed* by multiple interconnected-layers of auto-damaging memory patterns. This forces your energy-meridian-nervous system into defense so that the "whole you" responds as if you are in a life-threatening situation when there isn't one.

These memory patterns are the subconscious accumulation of self-defeating belief systems, unresolved personal experiences, and tense stormy choices; these influences over your mind, emotions, and memory change your whole being.

Multiple interconnected-layers of auto-damaging memory patterns cause:

- a) Acute Physical Experiences
- b) Chronic Physical Setbacks
- c) Emotional Override

Note: If your self-healing, self-regulating process becomes inoperable and the negative influences over your mind, emotions, and memory are allowed to continue, you'll likely cycle through all aspects of each of these physiological patterns.

a) Acute Physical Experiences

1. The failure of your self-healing and self-regulating mechanism.
2. New episodes from your unhealed past accidents and injuries (reliving the same physical symptoms over and over again).
3. Musculo-skeletal disorders that affect your skeletal system, muscular system, connective tissues, bones, tendons, ligaments, muscles, and joints. The primary symptoms are inflammation in your tendons, ligaments, and joints, severe muscle and connective tissue pain, and joint pain and degeneration. These symptoms are often diagnosed as fibromyalgia, chronic fatigue syndrome, osteoarthritis, rheumatoid arthritis, or as gout.

b) Chronic Physical Setbacks

1. The failure of your self-healing and self-regulating mechanism.
2. Spinal stress that causes ongoing headaches, neck pain, and low back pain.
3. Structure: Physical discomfort or pain from TMJ, spinal and/or extremity issues.
4. Low pH – but not caused by dietary or physical threats – the low pH is the sum of the following harmful influences: the failure of your self-healing and self-regulating mechanism, endocrine problems, and pharmaceutical interference.

c) Emotional Override (Unresolved Spiritual Struggles)

Emotional Override occurs when your mind respond-acts to STRONG negative psychological and emotional stimuli; these reactions are primarily from layers of *unresolved* spiritual struggles that overwhelm your internal intelligence and stops the self-healing and self-regulating process.

If this happens to you, you'll have symptoms that never ease; you'll probably be overwhelmed by continual recurring thoughts; you may have struggles with unforgiveness, anger, resentment, distress, rage fatigue, unfulfilled, or overthrown.

Your *unresolved* spiritual struggles will probably cause all of these issues:

1. The failure of your self-healing and self-regulating mechanism.
2. Structure: Physical discomfort or pain from TMJ, spinal and/or extremity issues.
3. Allergic reactions, non-immunological reactions, and food intolerances.
4. Low pH – but not caused by dietary or physical threats – the low pH is the sum of the following harmful influences: the failure of your self-healing and self-regulating mechanism, endocrine problems, pharmaceutical interference, and tense stormy choices.
5. Endocrine problems – the inappropriate release of hormone-chemicals. (explained below)

When you're stuck in Emotional Override, your energy-meridian-nervous system will lose regulatory control, causing your endocrine system to secrete hormone-chemicals that are congruent with your negative emotions.

The inappropriate release of hormone-chemicals causes intense mood swings, and further adds to your acidity problem (low pH), while the hormones create their harmful effects in your body for a day or two.

If this is you, you may feel revved up and anxious until the affected system becomes exhausted. Then you'll feel relieved for a while. Then you'll feel down, no energy, depressed, and tired. Then you'll feel relieved again as you continue to swing from a hypo-_____ to hyper-_____ condition. This cycle may be broken if your energy-meridian-nervous system regains control or it could repeat itself over and over again indefinitely.

Intense, passionate negative emotions can drive you into Emotional Override, and if you don't forgive and release each of your problems, you'll get stuck, where healing cannot occur, and very few people in the healthcare industry will know what to do about this. (See The 5 Step to Forgiveness at www.InvitingWellness.com for help)

3. Musculo-skeletal Disorders:

This condition is the sum of many auto-damaging memory patterns. The patterns affect your skeletal system, muscular system, connective tissues, bones, tendons, ligaments, muscles, and joints. The primary symptoms are inflammation in your tendons, ligaments, and joints, severe muscle and connective tissue pain, and joint pain and degeneration. These physiological patterns are often diagnosed as fibromyalgia, chronic fatigue syndrome, osteoarthritis, rheumatoid arthritis, or as gout.

4. Toxicity:

- a) Low pH (an acidity problem from too much dietary protein and/or Emotional Override).
- b) Allergic Reactions, Non-immunological Reactions, and Food Intolerances
- c) Over-nutrition (dietary and/or supplemental)
- d) Genetically Modified & Processed Foods & Contaminated Water
- e) Smoking, Alcohol Abuse, & Drug Abuse
- f) Pharmaceuticals (allopathic toxins)

5. Pollution:

- a) Environmental Pollutants that affect the Soil, Water, and Air
- b) Occupational & Household Pollutants
- c) Electromagnetic Radiation (cell phones, power lines, radar, etc.)

6. Trauma:

Accidents and Injuries

7. Structure:

Spinal, TMJ, and Extremity Issues

8. Nutritional Deficiencies:

Poor Dietary Choices