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Clearing Emotional Blocks:

Use Your Subconscious Mind to Clear Cellular Memory

BY DEBBIE PAPADAKIS, BCH, CI

Do you feel stuck in life? Are you inhibited and unable to initiate change? Trapped in the status quo and feel like the proverbial hamster on a wheel? Look deep inside yourself to find the answers. You may discover emotional blockages that stop you from achieving your goals and stunt your emotional growth.

Emotional blockages are created by negative experiences, unresolved emotions, self-defeating behaviours/patterns, and self-limiting beliefs which are counter intentions that contribute to self-sabotage. They act as a defence mechanism to deal with deep emotional pain experienced in traumatic, destructive, and dysfunctional situations ranging from the loss of a loved one, betrayal, to abuse, rejection, and so on.

Unfelt or suppressed emotions like anger, resentment, and guilt are dense emotions that block our



Traumatic incidents from childhood or even past lives can leave an emotional imprint on our cellular memory

energy. The emotional body is magnetic and holds onto suppressed emotions until you allow them to move by expressing them. Unless released, these emotions hinder you from raising your vibrational frequencies and can result in physical manifestations like chronic pain, anxiety, migraines, ulcers, and other forms of illness.

'Triggers' activate unde-

sirable feelings like anger, fear, hurt, sadness, etc., from past experiences that have been repressed. You may be triggered by a person, a situation, song, smell, colour, etc. For instance, when triggered by anger you may deflect your feelings and blame another or the situation. When you react to a trigger, it is a fear-based reaction and fear has a low vibrational frequency.

Most often, people react in anger even if what they feel is fear; they do this to protect themselves from feeling hurt. For most people anger becomes the primary defence mechanism. It is necessary to move anger (and other negative emotions), a dense energy, out of your physical and emotional body in order to attract positive experiences.

Emotional blocks can affect all areas of life, relationships, finance, career, health, etc.

Let's say that – as a child,

your closest companion was your grandfather who was kind, loving, and affectionate. He was the only one who made you feel safe and secure. The loss of that relationship created feelings of loneliness, insecurity, abandonment, and grief. These associated feelings are implanted in the subconscious and manifest later in life hindering the development of close/intimate relationships as a defence mechanism against the fear of reliving the pain of loss.

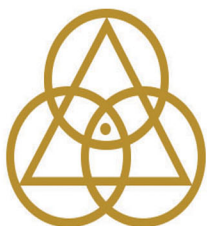
Financial/Money issues

While growing up, if you repeatedly heard comments such as "we do not have enough," "this is too expensive," "money is the root of all evil," you subconsciously created negative associations with money. In time, although your conscious, logical mind recognizes the necessity of money, the subconscious mind blocks you from attracting it.

Consider lottery winners: statistics show that a majority of these winners spend all their winnings within three to four years. The reason being their subconscious beliefs are not in alignment with their conscious actions.

Cellular Memory

Each cell in our body stores DNA which is passed down through generations. Just as the cells store biological DNA, they also store mental, emotional, and spiritual levels. It is impossible for the conscious mind to remember every experience, but the memory of every experience is encoded in our cells, referred to as cellular memory.



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Traumatic incidents from childhood or even past lives can leave an emotional imprint on our cellular memory. For example, a person who has a fear of dogs may have experienced something traumatic that caused the fear. The shock/pain of the incident gets locked in their cellular memory even after the conscious mind forgets about the incident. The result is a 'deep-rooted fear.'

Swiss therapist Anne Miller worked with patients who had suffered abuse as children and concluded that suppressed emotions lead to all kinds of problems such as depression, anger, abuse, etc. Blocking or repressing emotions, especially negative emotions, only results in a negative manifestation that can be destructive to you and those around you. By honestly allowing yourself to feel and release these emotions, you release the pain and trauma associated with it.

She writes, "Ultimately the body will rebel. Even if it can be temporarily pacified with ... drugs, cigarettes, or medicine, it usually has the last word because it is quicker to see through self-deception than the mind... We may ignore or deride the messages of the body, but its rebellion demands to be heeded because its language is the authentic expression of our true selves and of the strength of our vitality."

The clearing process dispels the toxic emotions responsible for emotional blocks and alleviates unhealthy stress levels. It increases awareness of what you are experiencing and creates space allowing you to choose how you want to act/react to situations. This process allows you to: become mindful of your thoughts and feelings; free yourself to pursue what you truly desire in life; work toward your highest potential and become the person you want to be.

Releasing Blockages Through Therapeutic Hypnosis

The root cause of all emotional issues lies in the subconscious mind. One of the most effective and fastest ways to access the subconscious mind is through hypnotherapy.

Hypnosis, often called the "highway to the subconscious," bypasses the critical conscious mind and accesses the subconscious mind. It is beneficial in reversing negative beliefs and transforming emotions by releasing the repressed emotions and the associations with it. This creates a domino effect and

allows the subconscious mind to restore it to its authentic powerful state.

Becoming aware of subconscious emotions and unconscious behaviours allows you to actively stop them from colouring your perceptions of yourself and the world around you. This enhances everyday performance and results in a healthier, happier and more productive lifestyle. Through hypnosis we tap into our latent power, dispel fears, self-defeating thoughts and behaviours, limiting beliefs, thereby healing our mind-body and making lasting positive changes.

Clearing emotional blockages helps:

- Resolve past negative experiences and all (negative) associations with it;
- Break unproductive habits, behaviours, and beliefs;

- Overcome anxiety and fear;
- Transform relationships;
- Stop negative thinking;
- Experience mind-body connection.

You have the ability to take charge of your life, and the tools for creating change are closer than you think. You are capable of living a richer, fuller life.

Debbie Papadakis, BCH, CI is a Board Certified, Master Hypnotist with a private practice and Founding Director of Hypno Healing Institute in Toronto. She is a recipient of the 2012 Order of Braid from the National Guild of Hypnotists, the 2012 Life Diplomate in Hypnotherapy Award from the International Medical and Dental Hypnotherapy Association, in recognition of her contributions to the field of Hypnosis. For more information, email: info@hypno-healing.com, visit www.hypno-healing.com, or call 416-760-8996 (Toronto).



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~ Catherine, Consulting Hypnotist

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