

Neuro-emotional Technique

A remarkable new bodymind procedure that targets 'stuck' emotions, those personal sore points that cause physical pain, and keep us trapped in old behaviour patterns. **ELLA THOMAS**

At a particularly dark time in my life, I found something that promised a way into the light. I was tired of talking, I felt confused and immobilised. To use self-help terminology, I was 'stuck'. Then someone suggested that I visit a particular Sydney chiropractor. A chiropractor? For what seemed like emotional turmoil? Well yes, I was told, because he also offered the neuro-emotional technique (NET).

After that first session I flew home exhilarated. It had hit the spot all right, both literally and metaphorically. Here was a simple technique that centred on the bodymind: The bodymind, rife with stored memories, reveals its truths and then a chiropractic adjustment releases the trapped pain. The procedure aims to remove blocks so that energy can flow unimpeded. In chiropractic terms, the body's 'innate intelligence' is freed up to allow healing. The session may end with the adjustment, but its benefits continue and can result in dramatic and long-lasting changes.

How the technique works

Derived from chiropractic, the neuro-emotional technique is based on the premise that emotion is a physiological phenomenon, and that emotions are present throughout the body rather than being located solely in the mind. The thinking behind the technique is this: while emotional responses to events are natural, sometimes they

become locked into the body, especially if we are physiologically fragile in some way when an event occurs.

This locking into the body leads to a 'neuro-emotional complex' (NEC), meaning the body adapts to the experience in dysfunctional ways: muscles tense and meridians are thrown into imbalance. Eventually nerve and organ function is weakened, and chronic effects result in ill health, possibly straight away or long afterwards, depending on your general health, the depth of the trauma, and how easily aroused you are by its associated memories. This is not to say that every emotional response leads to an NEC. For example, a loss will usually be followed by grieving, but while the loss and the grief are remembered, there is no associated crippling emotional charge: The body has 'released' the event. However, when an NEC is present, triggers reawaken the original experience, and the body feels overwhelmed, just as it did back then. The triggers may be obvious or subtle. When you talk of someone 'pressing your buttons', you may be referring to a stored NEC. Being stirred by another person's behaviour, reacting in extreme ways to simple events, feeling depressed or frozen or trapped or confused - these all hint at hidden NECs.

A neuro-emotional complex may make itself known through physical symptoms. Take the case of Christine,



who was involved in a car accident and was treated for whiplash by her chiropractor. But Christine reported continuing pain, so her chiropractor, skilled in NET, tested for an emotional component to her symptoms. Sure enough, one emerged, and an application of the neuro-emotional technique resulted in her neck regaining full mobility. More about Christine's story later.

People differ in their tendency to lock emotional responses into the body. For example, those who feel easily threatened (and so experience heightened emotions) have a higher chance of fixating their responses. Also, the more NECs already formed, the more disturbed the physiology, leaving the body more vulnerable to further fixation.

The chiropractic connection

Since chiropractic was established more than 100 years ago, chiropractors have traditionally addressed the structural and chemical components of

