

Emotional Repolarization Technique

Emotional Repolarization Technique (ERT) is a simple but dramatic methodology of finding and clearing blocked organ/gland control points within with LECs (limbic-emotional complexes) of the brain which are associated with abnormal programmed emotional responses to life's events.



LECs (limbic-emotional complexes) prevent the body's biofield (including normal meridian flow) from returning to its normal governing capacity. O-Ring Muscle testing (originally discovered by Dr. Y. Omura), key organ/gland points (identified by traditional acupuncture points) and semantic reactions (physiological reactions to memories or words) assist in revealing a specific negative emotion and its effect on the biofield. Once a LEC is identified, QRA uses a specific re-integration process to clear it, allowing the body to return to normal physical and emotional homeostasis.

Negative thought patterns could impede a person's health in profound ways. Using the Emotional Repolarization Technique (ERT), the QRA practitioner can identify these negative thought patterns and effectively clear any emotional blockage, allowing the client to return to optimal health. The link between physical health and mental health is not even up for debate anymore. For example, every client suffering with cancer, obesity, or child abuse I have seen did not begin to recover until they had addressed their emotional issues. Only those who were able to successfully come to terms with and release their anger, to forgive and choose to love unconditionally have a chance of winning the battle.

Each of our cells contain their own intelligence. They also have memory that's completely independent of our conscious intellect. Athletes and dancers know what "muscle memory" is. When you train a muscle nerve response over and over and it comes time to compete, your body remembers all the actions that are needed, automatically, without you even having to think. Similarly, therapists who work with trauma and post-traumatic stress disorder often use physical interventions instead of "talk therapy" because that is where those memories are stored, within the body, like muscle memory.