



## **NI Path of Healing and Growth**

*“Being aware of your early warning alarm signal in the moment you feel and sense you are triggered, reactive and a shift has happened due to the unconscious meaning you assigned in your living laboratory of life experience.*

*Being mindful to see, hear, feel and sense your uncomfortable emotions and body sensations alerting you that you have been hooked and hijacked and now face a challenge of a chance for choice, which serves or causes you and others to suffer.*

*Noticing and evaluating yourself and others you choose to wake up your conscious mind as you sit with the uncomfortable emotions and body sensations being present, non-judgmental, open and flexible, with love and acceptance toward yourself and others.*

*You witness and not engage your PODS as you differentiate and not integrate with the various cacophony of commentators arguing for your disempowered beliefs and perceived limitations to be true by narrating a story using red AEO rules and the dreaded D’s.*

*You make a mindful choice to honor your MEL values by applying the NI knowledge, strategies, tools and techniques, to mindfully manage your meaning-machine mind and own your personal power by being purposeful to interrupt your red patterns and guide your NSI below 3.*

*You use your time, energy and attention with mindful, intention and congruent repetition to install new empowered patterns that serve you as you continue to learn, stretch, heal and grow, becoming comfortable with that which was once uncomfortable.*

*You lean into your inner resistance to prove to yourself that you can do something, you once believed you could not do, and discover that you are way more than you used to believe you are.*

*You mindfully produce new experiences to create a new empowered belief, which over time, flips your references from red to green which impacts how you process sensory data in the present and positively changes the way you now make sense of things.”*

- Glenn S. Cohen