

# **Neuro-Emotional Technique Using the Sense of Smell**

by Mark Shepherd, D.C.

Dr. Scott Walker developed the Neuro-Emotional Technique, deriving it from the Ridler sequences and adjustments on the spine. These adjustments are performed in a specific order, and in sequencing originating from Total Body Modification as developed by Victor Frank.

Dr. Walker put together the neuro-emotional complex, which has similarities to John Upledger's "Somatic Emotional Cyst" as perceived in Craniosacral work. This neuro-emotional complex is a blockage that generally stems from childhood, though it can have its roots in adulthood. The concept is that you were out of balance when an emotion became locked in an organ or a gland. Usually, this emotion invades the spinal nerve supply. Unless it is released, it will continue to affect you forever.

Chronic problems will notify the practitioner of the appropriate use of NET in performing the series of steps to identify the emotion, its time, its organ, before clearing it.

Dr. Walker states that there are only 2 issues: Love & Money. One may trigger the other. Love deals with the past family, parents, siblings, nieces, nephews, uncles aunts, grandparents etc. and present love, with mate, children, in-laws, friends, etc.

Money concerns the financial aspect of your life, the lack or plentitude of money, as well as the peripheral considerations, for instance, the fact that you never had a bike because your parents couldn't afford one.

So the practitioner's job is to identify the issue using muscle testing, locate the emotion, the involved organ, possibly the actual memory from a past age buried in childhood. From that a series of specific, orderly spinal adjustments are performed to relieve the blockage. Energy returns to that organ and you now have a properly functioning self.

For the second part of my presentation, I would like to demonstrate how to use muscle testing to insure that only your specific dietary needs are met. At issue is the sense of smell.

It has been proven that if a substance "smell sweet" to you, it is acceptable to the body. Think how often you defy this very sensible command as given by your body's own intelligence. The word 'sweet' does not refer to sugar, but rather the feeling of sweetness as in the phrase the sweetness of life. Smell is your first active smell allowing you to find the nipple for food at birth. It has the strongest attraction to the brain. A smell can cause you to relive not just remember an incident. It is also the last sense that you will lose as you age. Smelling is survival. Let's learn to use it.

Smell the substance you wish to eat. Muscle test its odour with an intact muscle. (You may test a food, a vitamin, a mineral, a liquid, anything you might wish to consume. If smelling the substance causes a strong muscle to test weak, then that substance should not be eaten at that time.