

Awakening To The Secret Code of Your Mind

By

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The LifeLine Technique® (LLT)

Fundamental and lasting change begins with understanding that we live in an interactive reality whose architect is the mind. Secondly, to facilitate sustainable change you must make a *conscious* choice about how you'll live your life—the choice is between love and fear. With such extremes, dialogue is fundamental to creating peaceful and lasting change.

Even further, to create lasting change, you have to probe beneath the surface to get to the root causes of fear, stress, chronic pain, disillusionment, or any other negatively perceived aspect of life. Creating sustainable change can be likened to the difference between reading about driving a car and actually getting behind the wheel. Experience is the greatest teacher.

I'm offering you the power and the tools to choose love - a prism through which you can learn to see each and every experience, challenge, or stressful situation, whether it's a health crisis, personal crisis, or world crisis - as an opportunity to evolve and transform your life. I call this prism *The LifeLine*.

The LifeLine is a technique – a technology for quantum healing and conscious evolution, a philosophy for living, and a science that connects you to the field of energy that connects all of creation. It empowers you to discover, interpret, guide, and then ultimately – as a by-product of the process – release the root emotional causes of all physical pain and stressful experiences . . . emotional patterns of reaction buried within the subconscious mind. Even further, The LifeLine is a true lifeline, allowing you to compassionately understand and embrace the parts of yourself that you are not able to observe with your conscious senses. It is a way to own your power – for being consciously present, regardless of the circumstances - and the ability to move forward with conscious discernment, intention, imagination, and action.

Creating a Conscious Life

The cornerstone of creating a conscious life of action is powerfully matched by the individual and collective memories, environments, lenses, and programs stored in the subconscious mind. In his book, *The Biology of Belief*, Dr. Bruce Lipton explains:

When it comes to sheer neurological processing abilities, the subconscious mind is millions of times more powerful than the conscious mind. If the desires of the subconscious mind conflict with the programs of the conscious mind, which “mind” do you think will win out? You can repeat the positive affirmation that you are lovable over and over or that your cancer tumor will shrink. But, as a child, if you heard over and over that you are worthless and sickly, those messages programmed in your subconscious mind will undermine your best conscious efforts to change your life.

The conscious mind is perceived to be the driving force of life, but it’s been estimated to comprise only about 2 to 10 percent of our awareness. The subconscious mind makes up the other 90 to 98 percent. The subconscious directs the function of our 50-plus trillion cells like a symphonic orchestra in perfect harmony. From your beating heart and the regeneration of cells, to food metabolism and waste elimination, the subconscious mind is both a filter and a distiller of information, experiences, thoughts, and feelings.

The subconscious mind is the storehouse of emotions, memories, and learned beliefs whose effects are vivid, hypnotic, “illusionary”, pervasive, and deep-seated. It’s the reactive mind; it reacts to your environment so that you can adapt and survive. It has no imagination, attachment to outcomes, or ability to commit itself to a step-by-step plan. When activated, it only “re-acts” . . . does the same action again and again. In other words, it shields and protects you like a tour guide through an uncharted land, whether you know it or not . . . or whether you like it or not, for that matter.

Understanding the subconscious mind’s reactive nature is fundamental to being able to embrace the sometimes subtle, and other times extreme, levels of pain, fear, and stressors of life. The subconscious mind is not designed to victimize or cause suffering. That’s a complete misunderstanding of its divine nature. Even though I completely understand why people so often get caught in the misperception of being broken, lost, sick, diseased, or any other label of limitation . . . it’s simply not the truth.

The heart of the matter of chronic pain, a broken heart, or not knowing how you’ll pay your mortgage or put food on your table to feed your family has another purpose and meaning beyond the experience itself. This topic can be a very slippery slope; however, asking what I call *The Million Dollar Question* helps to discern the difference between a conscious choice and a subconscious reaction. It is a single truth question that changes the entire game of life: *“Given the opportunity, would you ever choose to create your life, a day, or even a single moment with any pain, fear, or stress? Would you choose to be abused, have cancer, wake up depressed or anxious, lose your vision, or feel overwhelmed on any level?”* The answer is obvious, and always, “Never!”

Knowing that no one *ever consciously* chooses any symptom, stress, or disease, while at the same time everyone experiences them—where are they coming from? Everything in life is attracted via the field of the mind. What is not a conscious action of attraction represents a subconscious form of reactive attraction. The LifeLine helps a person, client, or community understand, activate, and guide the subconscious reactive patterns

of the mind to a new expression of itself. Your subconscious mind only reacts, and therefore, when appreciated for its reactive nature – and given the proper vehicle – can be guided and taught to express itself in an entirely new way. This awareness is a key component to awakening the power within each and every one of us to shine.

Different from the eradication of the symptoms-based culture we live in, The LLT is not a 50-yard dash to enlightenment. Rather, it is an evolutionary journey to awakening your spirit. Because The LLT is a complete system in and of itself, it's impossible for me to get into the "how to" of The LLT. However, for the purpose of this paper, what can be immediately applied from The LLT is that every time you have a negative thought, overwhelming feelings, pain in your body, an indicator muscle gives way – or any other subtle or extreme pain, fear, or stress – you immediately embrace the experience with Infinite Love & Gratitude.

Focus on where you're going rather than what you want to go away. Thoughts, feelings, words, and actions of Infinite Love & Gratitude guide, lead, teach, and transform the energy patterns of a moment and raise the vibration of the experience to its fullest potential. This is the simplest application and the most practical way to appreciate and experience an immediate shift in your mind, body, and relationships. The different levels and dimensions of The LLT can be applied to any and every aspect of life or death.

The irony and intensity of the "journey of life," is that the only time you're aware of the subconscious mind is when it's *speaking* to you through the *language* of symptoms. The LLT distills all symptoms and stressors through a 16-step process. These 16 steps represent aspects of 16 distinct healing modalities that bridge the ancient healing arts of Chinese medicine and The Five Elements, Ayurvedic medicine and the chakras, shamanism, Neuro-Linguistic Programming (NLP), Eye Movement Desensitization and Reprogramming (EMDR), Chiropractic philosophy, homeopathic philosophy, kinesiology techniques such as Neuro Emotional Technique (NET), Total Body Modification (TBM), Natural Healing, color therapy, aromatherapy, crystals, epigenetics, holographic repatterning, timeline therapy, and the law of attraction, all wrapped into one single road map called The LifeLine Technique Flowchart®. Symptoms, stressors, and intentions are all used to create portals of possibilities setting into motion a conscious journey where a meaningful and metaphorical heartfelt story is revealed. Through the vibration of Infinite Love & Gratitude, both clients and practitioners are empowered to bridge a perceived *gap* of consciousness.

What appears to be a negative experience of reactive internalization, denial, disconnection, being broken or lost is, in reality, what I refer to as The G.A.P. (The Gratitude Action Potential). The G.A.P. is a moment of subconscious protection that graces both the client and practitioner with the potential to learn, grow, and change in a way that would otherwise never be known. It presents an opportunity to be honest with yourself and realize (with your real eyes) that there's a part of you that's been holding back from being your authentic self. Do your best to remember it's not conscious . . . it's a protective pattern for a part of ourselves. As a result of the brain and body not being able to tell the difference between memory and what's actually happening in the moment, or imagination, the brain and body form a neural network based upon the specific lens of a particular moment.

The interesting and sometimes mind-boggling component of the journey of an LLT session is the rapid transformation from fear to love. What once caused walls of fear, judgment, and hatred is now naturally embraced with compassionate acceptance, forgiveness, gratitude, and love. The LLT enables a person to intentionally reprogram reactive biological and behavioral patterns. The process can be done to yourself, to someone else, or with a group of people all at once.

In 1955, Reverend Martin Luther King Jr. stated in Montgomery, Alabama, “Men often hate each other because they fear each other; they fear each other because they don't know each other; they don't know each other because they cannot communicate; they cannot communicate because they are separated.” Has much changed in the past 57 years? Have we learned from the hate, fear, misunderstanding, lack of communication, and separation?

Whether we're speaking about the relationships between cells, organs, glands, microorganisms, senses, or systems of the body or the personal and collective relationships of humanity . . . dialogue is fundamental and essential for creating sustainable change and peace.

I'm humbled and honored to share this subtle yet extreme form of dialogue called The LifeLine Technique® here at the Annual Touch for Health Conference. I've done well over 100,000 LLT sessions. None of them has ever been the same, while at the same time they all connect to a deep truth. Within each and every one is a divine power to heal, regenerate, and be whole.

Keep shining bright!

With Infinite Love & Gratitude~

Darren

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