

DOWNLOAD PDF THE MISSING LINK TO YOUR EMOTIONAL HEALING SUCCESS

Chapter 1 : Missing Link Life Changers LLC

The "missing link" seems obvious, once pointed out, but so often overlooked by so many emotional healing techniques, yet it can make the difference between the relief or resolution of ones problems and resolution, in the end, is what we're all searching for.

Company Profile Services Links The other stuff Segura Solutions publishes books and CDs to enrich your life. If you are ready to discover what it is that has been preventing you from attaining your financial success, then this book is for you. Concise, informative and easy to understand, *The Missing Link to Your Financial Success* will give you the secret you need to get onto your journey of success. If you are ready to make that move forward and reduce and eliminate that which has been preventing you from attaining your financial success, then this book is for you. Concise, informative and packed with more than powerful yet easy-to-understand practical exercises, *The Missing Link to Your Financial Success Workbook* will guide you onto your journey towards success. Still suffering the pain of past sorrow, heartache, loss? There are literally hundreds of systems that tell you they will help you heal your emotional wounds. Unfortunately, most do not deliver the goods. If you have been finding that, one after another, the healing modalities you have tried only provide you with some measure of relief, then maybe you are ready to find one that will provide you with resolution. Inside *The Missing Link to your Emotional Healing Success*, you will discover the underlying causes and most effective ways to heal emotional wounds - heartaches, sorrow, sadness, pain, etc.. AER stands for the Awareness Expression Resolution method which has helped people worldwide to release feelings which cause them stress and discomfort in their lives. More information on AER is available at <http://www.segurasolutions.com>. Used by major organizations around the world. January 25, Security and Privacy info: In the spirit of fast, hassle-free web surfing, this site contains nothing other than simple HTML code. Some of the affiliate programs to which we belong might make use of cookies, but these are not stored with us and we have no access to them. As you surf these pages, any indications of cookies or scripting languages that you might encounter go directly to the supplier site, not to us. Cookies, apart from the ones you get at the supermarket or bake in your kitchen, are of no use to us. If you feel that you want to send us your cookies, please only send the chocolate chip kind. Actually, we only want home-baked ones. You never know what goes into those cookies that come in packages - could be all kinds of nasty stuff like ultra-hydrogenated oils, food colour number 5, and what-not. If you really want to send us cookies, despite the warnings about how they might contribute to an increase in our circumference, contact our incoming shipping department, and ask for Phil. He handles all the cookies. Segura does not sell any Anti-Virus software or hardware products. We also do not participate in trade fairs or other similar venues to promote ourselves.

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Chapter 2 : Missing Link to Your Emotional Healing Success

The Missing Link to Your Emotional Healing Success contains a clear and well explained look at emotional wounds and how to heal them is designed to open your eyes to what has been getting in your way when you have tried to heal heartache, sorrow, sadness and other painful emotions.

Travis Bradberry When emotional intelligence first appeared to the masses, it served as the missing link in a peculiar finding: Decades of research now point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack. It affects how we manage behavior, navigate social complexities, and make personal decisions that achieve positive results. Emotional intelligence is made up of four core skills that pair up under two primary competencies: Personal competence comprises your self-awareness and self-management skills, which focus more on you individually than on your interactions with other people. Personal competence is your ability to stay aware of your emotions and manage your behavior and tendencies. Self-Awareness is your ability to accurately perceive your emotions and stay aware of them as they happen. Self-Management is your ability to use awareness of your emotions to stay flexible and positively direct your behavior. Social Awareness is your ability to accurately pick up on emotions in other people and understand what is really going on. Emotional Intelligence, IQ, and Personality Are Different Emotional intelligence taps into a fundamental element of human behavior that is distinct from your intellect. Emotional intelligence, on the other hand, is a flexible set of skills that can be acquired and improved with practice. Personality is the final piece of the puzzle. Personality is the result of hard-wired preferences, such as the inclination toward introversion or extroversion. IQ, emotional intelligence, and personality each cover unique ground and help to explain what makes a person tick. Emotional Intelligence Predicts Performance How much of an impact does emotional intelligence have on your professional success? The short answer is: You can be a top performer without emotional intelligence, but the chances are slim. These findings hold true for people in all industries, at all levels, in every region of the world. The pathway for emotional intelligence starts in the brain, at the spinal cord. Your primary senses enter here and must travel to the front of your brain before you can think rationally about your experience. However, first they travel through the limbic system, the place where emotions are generated. So, we have an emotional reaction to events before our rational mind is able to engage. Emotional intelligence requires effective communication between the rational and emotional centers of the brain. A single cell can grow 15, connections with its neighbors. As you train your brain by repeatedly practicing new emotionally intelligent behaviors, your brain builds the pathways needed to make them into habits. Before long, you begin responding to your surroundings with emotional intelligence without even having to think about it. And just as your brain reinforces the use of new behaviors, the connections supporting old, destructive behaviors will die off as you learn to limit your use of them. Travis Bradberry is the award-winning co-author of the 1 bestselling book, Emotional Intelligence 2. His bestselling books have been translated into 25 languages and are available in more than countries.

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Chapter 3 : 5 Pillars of Life Book | Global Resilience Solutions

The Missing Link to Your Emotional Healing Success by Robert Vibert This book aids in finding emotional healing systems that work. It provides a comprehensive overview of the main types of processes available and provides insights into finding a healing system that provides resolution to problems, not just temporary relief.

I really appreciate the result-oriented approach that the author of this book used as he searched for seven years to find resolution to his own pain. I also appreciate that he took the time and effort to work through many approaches, diligently learning and applying them. The key question for each was, "Did my pain return or was the relief only temporary? He does not meander. Your reading time is not wasted. My experience using the healing technique he explains gives me confidence. Already I am leaning to shed my own constant self judgement and to be less emotional, more neutral in my reaction to situations hence able to think more clearly. If you are searching for emotional healing that works, I recommend this book Teacher and Educational Researcher retired Ottawa, ON Here is a book that delivers what it promises - it separates the wheat from the chaff in the world of emotional healing. Robert has done the necessary groundwork and laid it out for the reader in a succinct, easy to understand manner, making this research accessible to even those who are new to and often confused by the array of emotional healing techniques available out there. This self-help book with a difference cuts through the warm fuzzies we have come to expect and challenge us to get down to the nuts and bolts of dealing with our emotional pain. For people who are ready for real change, I highly recommend reading this book and working through its accompanying workbook on your own, with a friend or with a therapist. This is emotional work of a different order, something the human race can use to take the next quantum leap forward into our potential. Concluding with a quote by Robert, "In the end, I reached the conclusion that it probably does not matter where, when or how an emotional wound appeared in our being. It only matters that we are working to resolve it, and move forward. You will not have to learn a new vocabulary to understand the wisdom that he presents to you in a clear and gentle format. You can make yourself whole and bring back into being all those positive elements of yourself you always knew were missing. After I worked on some personal issues including deep unaware negative associations with family and wealth, I feel more "here" or "present". This is remarkable since I am well-known for being a tough case always stuck in my past. There were examples in your text that helped me develop the exact phrase to remove core issues. Whether you are a veteran or a beginner of alternative healing this book is for you. I am using the principles outlined in these books on a daily basis, and am happier than I have ever been. Marvin Miller Technical Writer Ottawa, Canada This work is a most readable treatment of an inherently interesting paradox, healing that never ends. His positions are unmistakably delineated, and are identified as the result of his own research. Some of the things I like best in this book are: Robert talks about so many different healing methods with which he has had personal experience, crediting the value they may offer. He does not totally condemn those he does not think particularly effective. I suspect that people in deep suffering want to be free of feelings, because the painful ones can become disabling. Of course, we cannot "get rid of feelings and remain human. The way Robert contrasts relief and resolution as possible outcomes of emotional healing techniques is, I think, one of the two most significant points made in this work. The many resources mentioned may give people something to look into if they are moved to do so. It declines to lock in to a particular approach to the whole process of healing, except for his main thesis. I believe the other most important point is the need for the person to remain fully associated with the painful feelings during the healing activity. This is not to diminish the value of the sections on selecting a healer, trauma storage, why we heal, and the mention of the "fix and enhance model". The information on the enteric brain is fascinating, especially the part about how "change is death". I have read many, many self help books, attended workshops and classes, and experienced a number of therapies and healing techniques, including 18 years of acupuncture. I think this perspective on healing with meridian energy work, and the presentation of it in this book, is a useful addition to the literature of

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self-healing, and will be well received. I recommend this book to anyone who is interested in deepening their understanding of emotional healing.

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Chapter 4 : 10 Weeks to Freedom from Emotional Eating

The Missing Links to Your Success. These books could make all the difference in how you live your life, how you make money.

Diets, gym memberships, excessive exercise, fat burning supplements, crazy lotions and potions, detoxes, fasting, liposuction, surgery, "health bars" who could ever eat just one of those? I understand the humiliation of being fat and out of control with food. I understand the pain and frustration of trying many methods to lose weight and failing. Tricia at age 12 But we were going about it all wrong. My experience is that one needs to heal the root causes of their destructive eating in order to achieve and enjoy effortless weight loss. You probably find yourself thinking: What am I missing? I hated my body. But today I am free from the compulsion to overeat. I actually love eating healthy foods I crave salads I am at peace with my body. Hear about results from some participants: My unique process of healing is specifically designed to give you the insight and tools you need to begin a realistic, non-diet, self-caring lifestyle that you can enjoy one day at a time These simple steps to freedom will work for anyone, at any time. Based on my personal experience and work with thousands, I will show you exactly how you can stop the roller coaster ride of excess food and fat. Here are some of the things you will learn: The truth about emotional eating How to stop self-sabotage and develop healthy habits that will stay with you for life. How to identify triggering emotions and STOP them on the spot. Self-care habits that will snuff out food cravings. A personalized blueprint for emotional balance and happiness even when nothing else has worked. More results from participants: No one has ever addressed the "why" behind how I used and abused food before. Tricia leads you towards the healing that needs to take place in order to be successful, and move beyond emotional eating and food addiction. If you are debating whether or not to enroll, I recommend you do. I always searched, and I did many different types of things to heal, from therapies, spiritual practices, diets, but I could not get to the root of all of it. This program turned out to be the key to start healing. The clarity, simplicity and love of that Tricia shares, helps me be able to integrate the information so easily. I feel better and practice self-control. I feel better, and practice self-control. It is a small price for big impact. The "Heal Your Hunger" program finally addressed my deep, dark secret of emotional, binge eating and has provided me the awareness and tools to overcome this addiction. You can lose weight and your life will change for the better. Email support Your success is important to me, which is why we offer email support. My team and I will be available to answer email questions if something comes up. Besides the video and audio tutorials in each module there will also be assigned homework which will further enable you to integrate the material and help transform your relationship with food. Module Outlines Each module has a corresponding outline that you can print and keep close by in a binder so you can easily study, refer back to and remember the information covered. The Heal Your Hunger Community Online When you travel this path with others who have been in your shoes and who are on the road of recovery, you are no longer alone. This is a safe, non-judgmental place where you can shed the shackles of shame and quickly move forward with your healing. Your 10 Program Modules: I will walk you through the 6 Self-Care Success Secrets and show you how to let them work in your life so you can find calm and peace, and a respite from stress-eating. Anatomy of the Emotional Eater Who knew there was an actual "emotional eater profile? Learn what these traits are, and more importantly, what to do about them. In this module you will begin to identify and dismantle the traits that are sabotaging your success. We will delve into the ways in which, as emotional eaters, have become isolated, and what we can do to start finding connection that soothes and heals us. You will automatically become part of the Heal Your Hunger community, where you will be supported and loved on your healing path. No more people pleasing or pussy-footing. In this module you will learn all my best tips for how to express yourself confidently - and to feel good about it when you do. Yes, you can think your way into being happy, healthy and thin. You are serious about healing the underlying causes. You are tired of "quick fixes" that fix nothing. Real change takes deeper work and this course will help you do that. With the support of the

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HYH community I will show you how to walk through your fears. Your relationship with food will change when you tell fear to take a hike and start living the life you are meant to live. Traveling the Heal Your Hunger Path This is a lifetime journey, so I will help you fully integrate the HYH principles into your daily life so you can continue to find increasing joy and lasting freedom. These simple, but delicious, recipes will support you as you transition from emotional eating to clean eating. This recipe book is not available anywhere else. You can only get it here. This quick start guide has everything you need to know to curb your late night cravings. Imagine you can actually go to bed and wake up feeling great! How to develop consistent new habits. The 3 Meal Magic plan of eating that eliminates cravings. How to come out of "overeating isolation" and begin creating connection and community with others who understand you. How to stop "people pleasing" and start taking care of yourself. Powerful methods to heal limiting beliefs. How to courageously face your fears instead of burying them with food. How to create loving relationships that are supportive not negative and draining. Important tools for balanced living and how to side-step chaos and strife. The secret to rock solid self-esteem. And so much more! Each module in this course is recorded so you can listen anytime you want and at your own pace. How much time will I need to devote each week? This course contains about 1 hour of video content each week and occasional assignments that you can easily fit in between other tasks. What kind of support is available? You will be supported by others going through the program, as well as by Tricia and her team. Also, all LIVE calls are recorded in case you miss one or want to listen again. Lastly, we are always available by email to answer your questions whenever you need us. Can anyone in the world join your program? We welcome all international participants. Emotional eating is a universal condition, the more global support you have, the easier it is to overcome this problem. All of us tried many various methods that failed. This has made us afraid to hope that we could actually overcome this problem. The weight loss will take care of itself; instead of trying to make it happen, all you will need to do is let it happen. Up until now you may have thought that food was the only real friend you have. But at what cost? According to a recent Mayo Clinic study the number one determinant in weight loss success or failure is the level of community support.

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Chapter 5 : Books from The School of Modern Herbal Medicine - Page 1

Robert Vibert is the author of The Missing Link to Your Emotional Healing Success (avg rating, 1 rating, 0 reviews, published).

In so doing, it releases you from any energetic patterns that link you to them - patterns that can have an inhibiting or disruptive influence on your life today. This Healing process is important because we are impacted by emotional and energetic patterns from prior generations in our family. Some of these can create obstacles in our lives, blocking our pathway to joy, abundance, authentic power and unlimited possibilities. If you are experiencing recurring patterns where things get in the way of feeling satisfied, enriched or successful, then ancestral Healing may be the missing link that can free you to attain personal fulfillment. Revering our ancestors Most indigenous cultures believe that their ancestors are a vital force in their lives. This is especially true among Native Americans and the Aborigines. For example, the Navajo honor the perspective of seven generations of their ancestral lineage when making a significant decision that affects their family or community. Making peace Ancestral Healing is based on the belief that what happened in your family, before your current life, is present or alive in your energy field today. Accordingly, any unresolved conflict your ancestors had - including unhealed emotional wounds, damaging judgments and other limitations - may be in your energetic grid, since this is part of the larger energy pattern of your entire family. Ancestral Healing allows us to make peace with the members of our family, going back many generations. Occasionally Healings involve 10 or 15 generations of family members, dating back hundreds, if not thousands of years. If she gets a confirmation of this, Lily will ask you to call in your Higher Self along with the Higher Selves of your ancestors who wish to be healed. Having the intention to co-create this Healing experience is key to its success. Since energy is not constrained by time or space, it is possible to connect with the Higher Selves of ancestors who have crossed over, even if they have since returned to this side, or reincarnated. One by one, the Higher Selves of your ancestors will come through, during which Lily serves as the conduit for the flow of information from them to you. Lily gets an immediate feel for each ancestor. This usually includes their first name, approximate geographic location of the lifetime being spotlighted and how many generations back they date from. Most importantly, you will get a firsthand account of the main problem or feeling your ancestor is still harboring which needs to be healed, or any emotional issue or unresolved conflict that your ancestor is dealing with on the higher planes. This insures a complete release, opening up, clearing and freeing both of you. If your ancestor had an emotional issue, such as a tragedy or traumatic experience that is energetically affecting you today, then the forgiveness exchange will effectively clear this up, liberating both of you. When the exchange is complete - with full reciprocity between you, involving a sense of mutual understanding and forgiveness - Lily will facilitate a severing of any energetic cords or connections between you and your ancestor. The severed energetic connections are then transmuted into gold and white light, a very high vibrational frequency of cleansing, purification and Healing. In so doing, you can break any energetic cords or patterns that are no longer serving you, and turn your life around in a most positive way.

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Chapter 6 : Webinar Recordings - Page 2

Discover the missing link in holistic health care and the key to finding greater health, happiness and success in this free webinar. consider taking my Introduction to Emotional Healing course.

Theresa Dale has been on the cutting edge in her field, recognizing the crucial connection between resisted emotions and physical illness. Her interest in non-invasive therapies expanded when she was diagnosed with a uterine tumor at the age of 45. After healing herself using natural methods, she decided to empower others to do the same. She is the inventor of NeuroPhysical Reprogramming, as well as the products in our store. The depth of her training and studies in Germany and the U.S. The 1st Step to Healing! Expand your own success by empowering your patients. Stop Treating Symptoms Any ache, pain or physical disease is only a symptom of deeper issues. We need to locate and release the matrix or imprint that is causing the physical complaint. A resisted emotion creates an electromagnetic energetic pattern which stores on a cellular level. Emotions, belief systems, and identities can be the sole cause of a disease or life condition. They are high-potency homeopathic formulas created with organ specific drainage remedies corresponding to the Five Element Theory of Chinese Medicine and the meridian system. Then each emotion in every element was precisely matched with mental and emotional symptoms corresponding to specific homeopathic remedies. The homeopathic ingredients in each formula were then tested for compatibility. Why use drainage remedies? The drainage remedies present in each of the 13 formulas are low-potency and increase circulatory response. Without good circulation, the neuro-emotional toxin which is at the core of the illness and part of cellular waste cannot be thoroughly eliminated. In addition, a sluggish circulatory system restricts vital nutrition from getting to the cells. A drainage remedy prevents severe homeopathic aggravation. You can detoxify and rejuvenate any organ or gland and release corresponding emotions.

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Chapter 7 : Emotional Intelligence Quotient – The Missing Link in Employee Testing - Predictive Success

Emotional intelligence is the connecting link. By creating self-awareness and developing self-discipline and control we can bring lasting change in our attitude, behavior and performance.

It absolutely is not! Many women develop an unconscious reflex of guarding and protecting themselves – from perceived danger and from their own emotions – by tensing and contracting the muscles in their pelvic floor. To determine if this may be true for you, all you have to do is start noticing what happens to your pelvic floor muscles when you feel stressed, anxious, angry or afraid. Learning how to process emotions past and present in a healthy way is the crux of effective Mind Body Healing. Things like yoga, relaxation, and meditation can help, but they will usually not be effective long term on their own – unless they are combined with skills that help you to feel and process your emotions. About 8 years ago I came across the idea that my emotions were guidance from my soul and that they actually had a purpose and served a function. I had spent most of my life feeling really bad for having too many emotions, for not knowing how to handle them better, for being too angry, or feeling sad or depressed when I thought I should be happy. I thought something was deeply and irreversibly wrong with me. You may think that for the most part you are fine. Your life is just great. Except of course for this awful pain. In fact, for the most part we are shamed or threatened out of allowing our emotions. The culture we live in does not value or understand emotions – or the impact they have on our body and our lives. We receive precious little, if any, guidance about how to feel or interpret emotions – as children or as adults. In fact, we figure out at a very young age how to not feel them. So, why bother learning how to feel and process emotions now? Well, aside from the fact that they provide incredible wisdom and guidance once you know how to access it. Can you remember a time – as a child or an adult – that you stopped yourself from crying? Maybe you would have gotten in trouble if you did. Whatever the reason, take a minute and see if you can remember what it feels like in your body to hold those tears in? Do you notice that you feel contracted? Maybe you held your breath or tensed your muscles. Maybe you felt a lump in your throat, some heaviness in your chest, or a knot in your belly. Maybe you notice another sensation entirely. It takes a lot of energy to hold back emotion. Energy that could be much better used on other things. We get so good at suppressing emotions that we are able to do it without having any idea that we are. The process becomes completely unconscious, just like tying our shoes or riding a bike. This can result in: Chronically contracted muscles cut off blood flow and oxygen to muscles, skin, nerves and organs. This is hard on the body. It actually puts your body into a semi state of emergency triggering your brain to activate the fight or flight response. Then the fight or flight response releases a whole cascade of stress hormones, like adrenaline and cortisol that increase your heart rate and physical tension, decrease blood flow to your skin, digestive system, and reproductive tract, and in general wear your body out. Chronically tensed and contracted pelvic floor muscles can lead to other issues too. Sometimes before burning, stinging, or inflammation arises, women experience issues with sexual desire, arousal or orgasm. Sometimes they have difficult birth experiences or struggle with chronic yeast or bladder infections. Reversing all of this requires learning how to allow and feel all of your emotions – in a way that they will not take over or negatively impact your life. And, until you address the underlying cause of the tension – which is emotional, whatever else you do to relieve pain – is not likely to be a long-term solution. The pain will keep returning until you learn a new way to be with your emotions. The good news is though that although it takes some time and a commitment to learn a new way of processing emotions, it is totally doable, and it has lots of other benefits! Not only will it help you relieve pain, it will allow you to access your intuition and create an entirely new relationship with yourself, your body, your emotions, and your soul. Which improves every area of your life. Start by paying closer attention to your body. Which muscles regularly feel tense? Which ones feel relaxed? What happens in your body when you are under stress – emotional or otherwise? This program will walk you step by step through learning what you need to know to relieve your pain. For now start with attention and

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awareness. You have nothing to lose and everything to gain. Are you aware of regularly holding tension in your pelvic floor muscles or anywhere else? Does this idea that thoughts and emotions can cause or contribute to Vulvodynia and other Pelvic Pain Syndromes resonate with you? Leave your thoughts and any questions in the comments below. If you found this post helpful, please like it and share it with your friends!

Chapter 8 : Robert Vibert (Author of The Missing Link to Your Emotional Healing Success)

The problem is that we're missing the third part of the equation: "Earth Luck". The lack of this element can cause us to feel stuck in life or as if we're sabotaging our own success. It prevents us from manifesting our desires "€" despite all the effort we're making.

Chapter 9 : The Missing Links to your success

Refreshingly free of other worldly 'spiritual' jargon and with very few references to the 'self-help' phraseology which plagues so much literature in the genre, The Missing Link to Your Financial Success is a plain speaking, practical, simple, and concise guide to achieving personal success.