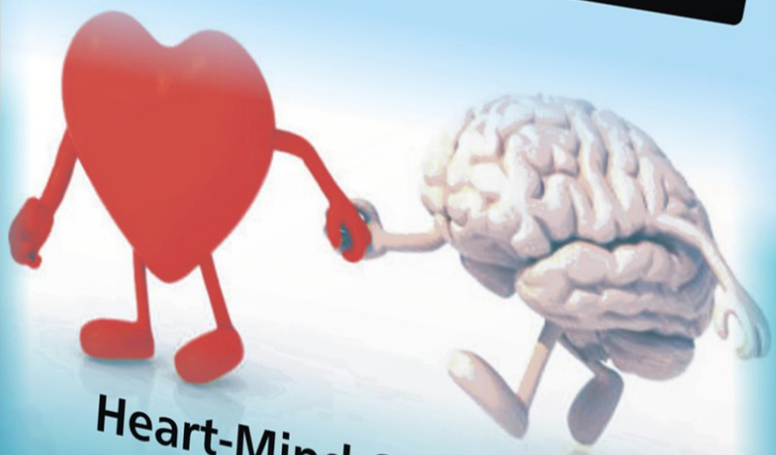


# THE POWER FORMULA

Understanding The Systems That Run Your Life



Heart-Mind Connection

BEVERLY ZEIMET

**“One courageous choice may be the only thing that stands between you and your dream becoming a reality.”**

Emotional Release is a personal choice. It begins when one makes the decision to be in charge of his/her life. Taking full responsibility for choices and outcomes through one's choice of action is where the recovery journey begins.

Admission to self that old feelings and emotions are running the show opens awareness that one is ready to make change. Step two is giving permission to the self to surrender the chains of bondage the old feelings and emotions have on one.

**“It's time to reshape your perception of how you view yourself.”**

Emotions are a result of feelings; feelings coupled with thought become the expression of one's interpretation of an experience, event or situation that has presented itself. Your reaction may result in a positive or negative response.

Life is filled with events, situations and experiences happening all around us. It is our thoughts that begin all action and reaction that form our world as we know it. What makes a thought come alive?

We take in information through interaction with others, via one on one, in an office setting, a meeting or classroom environment, walking down the street, standing in line at a checkout, sitting in a movie theater, watching TV, reading a book or listening to the radio. No matter where we are or what we are doing there thought is.

Our brain is taking in all the activity going on around us. How we interact with this activity is through feelings. Once we interpret what we experience according to our belief system, feelings and emotions are attached to it. It is here where we compartmentalize and store the experience or event. It may end up in several different compartments depending on the emotions attached to it.

Our interpretation allows us to add negative or positive emotions. Challenges and trouble begins when we attach negative emotions such as fear, guilt, shame, anger, doubt frustration, confusion, or any negative toxic emotion.

**“Change is inevitable. Growth is optional.”** Suparna Bhasin

The next question is what to do with this self-created interpretation. Denial of feelings and suppressing your expression of emotions turns them into unresolved conflicts that get buried deep within the subconscious. Through refocusing your life, recognizing and eliminating negative feelings and emotions one is holding onto, change is inevitable.

It is our old beliefs that unconsciously want to be right and start brain chatter and conversations with the conscious brain to prevent a new and better outcome. The

subconscious is protecting one's old belief as truth and even nurtures that belief. It is this recognition that will help you make changes in your perceptions, thus creating a different and greater outcome in your life.

When you seek out solutions that differ from the old program your life begins conforming to fit into your dream reality. This process may not always be easy, however, what I can assure you, it is simple, fast and effective if you are ready to take that next step.

## **Finding your True Identity through Emotional Release.**

Before birth you were being impacted by feelings and emotions experienced by your mother. The environment you were exposed to after birth through all your growing up years also impact you unconsciously. Your beliefs are generated and influenced by those who surround you as you grow. There are culture or religious beliefs that also play a role.

When you have conflict coming from within, the stored belief meets your new belief or your change of thought that contradicts your outdated belief or truth; thus an inner battle begins. It is old habits, beliefs, feelings and emotions that are buried in the subconscious that interfere with what is becoming your new truth. Thus, the importance of Emotional Release.

### **3 Keys to Emotional Release**

**1) Recognize** (honoring one's truth, recognizing there is an issue)

**2) Acknowledge** (accepting the fact something is influencing one unconsciously)

**3) Release** (surrender, ready to move out of the self-made prison and live in freedom)

The battle with the subconscious ruling becomes a constant. It is in the subconscious where your flight/fight mechanism is located. All feelings and emotions from your past are stored somewhere in there.

Events or experiences that held a lot of negative feelings and emotions that were traumatic, overwhelming, painful, guilt ridden, fear based or beyond comprehension, filter through a rarely spoken of area called "critical part of mind." Deep seated emotions and feelings as mentioned above are separated here and then filed in various compartments in the subconscious. Sometimes things get messed up in the shuffle as well.

This process takes place so one is better able to "deal with" the event or situation. One ends up taking a small part of the self, attach all those harsh feelings and emotions to it and then bury it deep inside so the rest of the self can continue living life on the surface.

**Have you ever had a conversation with yourself that sounded like this?**

- a) What the heck is going on, I am doing everything I am supposed to, I work hard, I pay my bills, I just want things to go smoothly?
- b) It seems like no matter what I do I never get ahead.
- c) What is it I am doing wrong? I know I am worthy of having\_\_\_\_\_. (But do you really 'believe' your self-worthy of having\_\_\_\_\_?)  
Self-doubt ends up as self-sabotage!
- d) So why do I feel like I am being punished, by others or even by God? (once again doubt steps in) Self-esteem and self-everything goes by the way side.
- e) Depression begins talking and ruling your thoughts and your life. The pity parties take over. Self-doubt becomes a constant. Frustration, anger and guilt set in. (The downhill spiral begins once again)
- f) You begin to feel unwanted, unloved, trapped, pain, hurt, confusion and fear.
- g) You are starved for attention, recognition, love, nurturing or a little appreciation. You feel taken advantage of and you allow it because you are feeling starved for any kind of attention.
- h) Your downhill spiral picks up momentum and life becomes dark, dreary and miserable. You are in full blown desperation. You feel destined to disaster.

**“Who we are never changes, who we think we are does.”**

**“Age, race, greed, profession, status in life or size of the bank account, is not exempt from the destruction of buried negative emotions of self-destruction.”**

The more intense the emotions are, the more resistance is displayed when one is seeking to change old beliefs and false truths. All thought is magnetic as are feelings and emotions. When you have a conversation with someone and they express situations going on in their life that trigger similar feelings or emotions from your experiences, as spoken of earlier, you unconsciously attach to the energy of their emotional baggage.

This adds more validity and power to your already stored emotion. The old saying, “misery loves company.” It sure does. It is that magnetic energy you attach to coming from others feelings and emotions you store right along with what you already have as if they were your own because they’re familiar. You become sympathetic rather than empathetic and their stuff merges with yours. Now you see how your little mole hill becomes a massive mountain.

When you encounter your next experience or situation where those emotions and feelings are felt, your subconscious regurgitates them in all their glory, powered not only by your previous energy but also by the energy expressed by your friend whom you sympathized with!

Until you release the attachment of the energy held in an emotion or feeling your subconscious will continue to bring it up, all of it, into the current situation you are presented with. Does your past influence your present? It sure does, and not always in a healthy way.

**“People are lonely because they build walls instead of bridges.”**

**Joseph F. Newton**

Ponder this statement for a moment. Then ask yourself where have you put up walls? These walls imprison you from facing your real truth. Nothing passes in and nothing passes out! Behind those walls is a small part of your SOUL that is chained to it by the energy of negative emotion you buried so the rest of you could 'deal with' whatever life dealt you.

It is through Emotional Release Techniques you begin tearing down the walls, free yourself from the chains and unite the lost part of your Soul with the self. The more parts of self that get returned the more at peace one begins to feel. You begin to feel whole on a Soul level that impacts your physical, mental and emotional state of being.

**“Freedom is being who you are, no apologies needed.”**

The importance of recognizing that you are being impacted by these stored emotions is your first step to FREEDOM from them. Emotional Release is the actual disconnect of the energy fueling the emotions and feelings that present themselves in situations and create chaos, sabotage or failure in your life.

Past events or experiences will never change or go away, however, the emotional attachment to them can be eliminated and no longer interfere in your process of building your new beliefs and creating life as you see it. A new life FREE of feeling guilt, anger, frustration, shame, worthless or an array of negative emotions. You are now truly in charge of YOUR LIFE and LIFE EXPERIENCES.

Daily application of simple principles and techniques will take you on a Journey to Fulfillment and Harmony. They can be found in my book “The Power Formula, Heart-Mind Connection.

**“It's your time to rediscover and awaken to your Freedom Within and Experience it to its Fullest.”**

Your new beliefs and truths work with you in creating a better life filled with positive actions. The soul essence of who you are begins to come forth. Harmony and Balance replaces Frustration and Destruction.

If you're looking for a breakthrough from the challenges you struggle with in life, you are in the right place at the right time. We are living in an era where Personal Development, Holistic Health Practices, Emotional Release Techniques, books, classes, seminars, retreats, workshops, coaching and training all evolving around understanding all parts of self; the subconscious, conscious, super-conscious, masculine and feminine, and connecting the physical, mental, emotional and spiritual bodies as one.

## The Solution to Finding Your True Identity

### Through Emotional Release

The Power Formula, Heart-Mind Connection can change your life.

**This REALLY does happen and it can happen to YOU!**

I have helped thousands just like you and me make permanent changes with these simple techniques.

NOTHING you do will get you where you want to be FASTER than clearing away the emotional trauma that has you locked into a self-made prison and discovering your true identity and purpose.

For personal coaching, retreats, consultations, personal clearings or to be added to the mailing list for upcoming events... contact

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