



# Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness

By Ph.D Henry Grayson

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## Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness By Ph.D Henry Grayson

"Why do I keep doing this when I know it's not what I want or need to be doing?"

Psychologist Henry Grayson has discovered that everybody wants a healthy and happy life, yet most people are unsuccessful in adhering to their doctor's instructions, or in maintaining healthy habits they know would help them to achieve their goals of happiness and health.

Through years of research and helping his private clients, Dr. Grayson has developed a step-by-step formula to identify what keeps them stuck repeating unproductive activities.

We unconsciously imbed a false belief system within our psyche about our selves and others while experiencing unavoidable life situations, negative encounters, traumas, and absorbing informational messages around us from others. The mind processes and stores these experiences in the limbic system, our survival brain. In those moments of experience, we automatically instill a false survival mechanism or thought about what is truly happening and the limbic system stores it like software in our brain. This unconscious survival procedure we now adopt as a solution to deal with extraordinary physical or mental stress is now reactivated each time a circumstance brings an emotional charge or stress. More often than not, we bring a machine gun to a little threat.

You will learn how to identify the origins of automatic, and most often, unconscious behaviors through informational questionnaires, easy to do exercises, and clear explanations on how to become more aware of conscious thought patterns that contribute to this vicious cycle of trying but not succeeding in long term positive actions. If we don't identify and clear out barriers, many of which are not conscious, then thinking positive thoughts, holding positive images, getting exercise and taking the right medications and supplements may do us little good. Cumulative traumatic or painful experiences are stored in our limbic system-- our survival brain-- and studies have shown a stunning connection between these and current illnesses.

This knowledge has been the source of groundbreaking scientific fields including biopsychosocial medicine, psychoneuroimmunology and epigenetics, all of which have changed the traditional reductionist view of allopathic

medicine. In *Use Your Body to Heal Your Mind*, Dr. Grayson draws on his understanding of this work and combines it with new insights in Western Psychology, the mind-expanding inner wisdom of Eastern philosophy and the science of quantum physics to explore the core of what keeps us from embracing a healthy and productive life.

He explains how our bodies are made up of energy that respond to conscious thought, how those thoughts make us sick, and how to clear out past traumas (with proven meridian methods we can do ourselves) and self-destructive inner dialogs to open the door to self healing. Unlike television talk show psychology, which relies on superficial stories, *Use Your Body to Heal Your Mind* dives into the guilt-ridden waters of our deepest traumas that are often hidden from our conscious minds. He works to clear away these blocks through techniques that have proven as effective on combat veterans battling post traumatic stress disorder as on civilians plagued by depression, chronic illness and disorders previously thought to be untreatable. The result is more than a return to good health-- it is the understanding that we deserve health and happiness and have the methods to make it possible.

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### Editorial Review

#### Review

"Use Your Body to Heal Your Mind is a wonderfully practical, "how-to" discussion of many ways you can invite self healing into your life. Therapists as well as newcomers to this field will find much of benefit in this gem." Daniel Benor, MD, author of Seven Minutes to Natural Pain Relief

"Dr. Henry Grayson is a master in helping anyone overcome their hidden barriers to health and vitality. He is an expert in identifying the obstructions we unconsciously use as blocks in achieving our potential. If you aspire to the upper echelons of health, yet are unable to realize them, this practical book is for you."

~ Larry Dossey, MD

Author: *Healing Words, Reinventing Medicine, and The Power of Premonitions*

"Henry Grayson's powerful message in *Use Your Body to Heal Your Mind* is to pay attention to what your bodily sensations are telling you and attend to them with love, compassion and understanding. Then you will be able to expand your worldview to include the magical possibility that miracles of healing are the natural order of the universe."

Larry Burk, MD, CEHP, is President of Healing Imager, Inc. and author of *Let Magic Happen: Adventures in Healing with a Holistic Radiologist*.

#### From the Inside Flap

In this leading edge book, Dr. Henry Grayson shares his discovery from research that we all have barriers to total health and healing. These barriers keep us from doing what we know would help us heal or be healthy.

#### Our Barriers Come From:

- Uncleared Traumas such as: intrauterine, unremembered, genetic memories, and possibly past lives
- Painful developmental experiences
- Negative beliefs about ourselves, life, and what is possible and not possible
- Downloads from our original families
- Tribal and family beliefs about who has to get sick and how
- Our thousands of negative thoughts each day

He teaches revolutionary ways to identify these barriers (many unconscious) along with powerful techniques that relieve the limbic system of the burden of accumulated traumas to free up energy for a strengthened immune system response needed to heal. If we keep piling up our systems with trauma after trauma, pile on negative beliefs day after day, and react with unawareness and negativity due to family downloads we keep ourselves sick. As Grayson clearly demonstrates, in a quantum world, we have infinite potentiality.

If you are interested in how you can take charge in creating good health and happiness most of the time, this book is for you.

#### From the Back Cover

Psychologist Henry Grayson has found that everybody desires a healthy and happy life, yet virtually everyone subconsciously feels they don't deserve it. This unconscious mindset has a direct negative impact on our ability to prevent and overcome ongoing illnesses and unhappiness.

Combining quantum physics, neuropsychology, world wide spiritual wisdom, and scientific research, he has been able to release the effects of negative beliefs, various types of remembered and unremembered traumas and our unconscious downloads which result in keeping us unhappy and sick.

Dr. Grayson has developed a step-by-step formula to identify barriers (mostly limbic system imprints) and remove them. You will become aware of and learn ways to:

- Stop the repetitive, destructive and unproductive thought and behavior patterns
- Clear unconscious, yet common obstacles to healing, health and happiness
- Understand why simply removing SYMPTOMS with drugs, and external solutions rarely eliminate the causes of illnesses so that recurrences are more likely
- How to embrace your infinite power for self healing so that you don't have to rely on physicians or drugs each and every time you have a symptom
- Incorporate subtle energetic tools to re-program your mind so that you can stop emotional and physical stress in its tracks and begin to heal immediately.

"In this book, Dr. Grayson presents a radical view of health and healing based on an equally radical world view that we are all intrinsically connected rather than separate and that our belief in our separateness is a causal source of emotional and physical illness. Positing the body as the recipient of our beliefs, he shows that reading and responding to the body is a reliable path to emotional and physical healing. this is a challenging read with practical help for all willing to explore beyond the borders of traditional beliefs."

Harville Hendrix, Ph.D., Author of Getting the Love You Want: A Guide for Couples

"Use Your Body to Heal your Mind is a wonderfully practical, "how-to" discussion of many ways you can invite self healing into your life. Therapists as well as newcomers to this field will find much of benefit in this gem."

Daniel Benor, MD, Author of Seven Minutes to Natural Pain Relief

## Users Review

### From reader reviews:

#### **Dominick Carter:**

The book Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness can give more knowledge and also the precise product information about everything you want. So why must we leave a very important thing like a book Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness? A number of you have a different opinion about publication. But one aim which book can give many info for us. It is absolutely correct. Right now, try to closer together with your book. Knowledge or info that you take for that, you can give for each other; you can share all of these. Book Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness has simple shape but you know: it has great and big function for you. You can seem the enormous world by open up and read a reserve. So it is very wonderful.

#### **Kristen Hamilton:**

Reading can called brain hangout, why? Because if you are reading a book specially book entitled Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness your mind will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely will become your mind friends. Imaging every single word written in a publication then become one

contact form conclusion and explanation which maybe you never get just before. The Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness giving you one more experience more than blown away your thoughts but also giving you useful data for your better life in this era. So now let us present to you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

**Scott Manuel:**

Do you really one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Attempt to pick one book that you just dont know the inside because don't determine book by its cover may doesn't work this is difficult job because you are frightened that the inside maybe not seeing that fantastic as in the outside appearance likes. Maybe you answer may be Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness why because the great cover that make you consider in regards to the content will not disappoint a person. The inside or content is definitely fantastic as the outside as well as cover. Your reading sixth sense will directly direct you to pick up this book.

**Amanda Stone:**

A lot of reserve has printed but it differs from the others. You can get it by net on social media. You can choose the best book for you, science, comedy, novel, or whatever by searching from it. It is identified as of book Use Your Body to Heal Your Mind: Revolutionary Methods to Release all Barriers to Health, Healing and Happiness. You can contribute your knowledge by it. Without causing the printed book, it can add your knowledge and make you happier to read. It is most crucial that, you must aware about guide. It can bring you from one place to other place.

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