

GAIN INDEPENDENCE FROM NEGATIVE CONCEPTS AND BELIEFS

By Dr. Cathy

The teaching of **Concept-Therapy** has always stated that we hold onto beliefs and ideas that are buried deep in our subconscious. They were instilled in us through other people and our environments at an early age. They control our thoughts, actions, and perceptions throughout our lives and we are mostly unaware of them. These beliefs are often of a very negative nature and manifest into negative outward conditions and relationships in our lives.

The good news is that we can become aware of them, learn to change them and change our lives for the better as a result! Concept-Therapy's teaching arms you with the knowledge and tools needed to accomplish this positive change.

Science has stepped up to the plate with research that confirms Concept-Therapy's long held philosophy. In a recent article entitled:

"Buried Prejudice" in *Scientific American Mind*, researchers address the age-old biases and prejudices we hold as individuals and collectively as social, racial, or national groups.

Brain research shows how these concepts are seated in certain areas of the brain and how outside stimuli will trigger reactions in the cells. Experiments have shown how unconscious associations can be reprogrammed simply by a conscious effort to do so. This scientific evidence aligns perfectly with what Concept-Therapy has always taught about our unconsciously held concepts.

In a CT class, you might very well be asked, "**What do you want?**" This is an important first step to positive change. To know what you want is to consciously choose one idea over another. It begins the process of creating new brain cells for that idea that will with time and attention vibrate stronger than the old ones. Simply making a conscious choice for something better will set positive change in motion.



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