

# FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

## Brain Optimization

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### Day 4: Energy Healing and Brain Optimization

#### **IMPORTANT DISCLAIMER: THIS IS NOT A MEDICAL TEXT**

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Before getting into the specifics of the various brain pathways and the most common subconscious programs and nutritional supplements used to heal and balance them, I want to focus today's article on the "big picture" of balancing your pathways and optimizing your brain function.

We are quite fortunate to live in a world in which we have many powerful tools available to us to help heal our minds and bodies. In terms of brain optimization, some of the most important resources you have are prescription medicines, hormones, diet, nutritional supplements, and energy healing.

These different remedies and treatments for optimizing your brain chemistry come with a variety of price points, complexities, and potential dangers and side effects. In cases where one or more of your brain natures is severely out of balance, you might consider working with a doctor and using powerful tools such as prescription medications and hormone therapies to help balance your brain and get you back on the road to good health before your condition worsens or becomes irreversible. I am not a licensed medical practitioner, and I can neither recommend nor discourage you from seeking medical treatment. However, I can say that if I or someone in my family had a severe or potentially dangerous brain imbalance, I would immediately seek medical attention, and would be open to using powerful treatments such as prescription medications or hormone therapies. However, because these tools are quite powerful, they are also potentially dangerous and often expensive, which is why they can only be legally administered by a licensed medical professional.

By contrast, if you're like me (and most of us living with a variety of chronic and nagging problems in our busy and complex modern lives), a bit of energy healing and a few natural remedies may be all you need. If your mental and emotional problems are not urgent or severe, and if your brain chemistry is not too far out of balance, you may be able to use these articles, a few inexpensive nutritional supplements, and an energy healing (with healers or maybe just some self healing and VIP Club resources like the Health Club calls) to balance and optimize your brain chemistry.

The reason I'm putting this article on using energy healing for brain optimization before the following articles covering the specific brain pathways (dopamine, etc.) is because I personally like to work with an "inside-out" methodology. In other words, I prefer to first work on the internal subconscious issues first, and then trust the Law of Attraction to bring me whatever I need on the outside to complete my process and bring me the results I'm seeking.

Remember that we use muscle testing and subconscious belief work via the Formula for Miracles to program your subconscious mind to tell the Law of Attraction the way you'd like your life to be, and then surrender the process of exactly how it manifests. Sometimes you'll get a "magic wand" effect where you do your energy healing, and then your body and mind will instantly and miraculously heal, with no further effort required on your part! Other times, the subconscious work creates a foundation that then attracts the proper and appropriate outside elements – like nutritional supplements or maybe a doctor or coach - that you will need to achieve your goal.

In terms of brain optimization, it may be that doing some energy healing with the Formula for Miracles is all you need. I've certainly seen MANY cases of clients who saw even severe, lifelong depression, anxiety, pain, or other problems permanently and instantly heal after just one or two sessions with me! Hence, before you go out and spend money on nutritional supplements or other external resources that may or may not be right for you, I would encourage you to use an energy healing process like the Formula for Miracles to first fix the underlying emotional and spiritual blocks and traumas that might be causing your brain chemistry to be unbalanced in the first place.

Remember that the energy and consciousness always comes first, and that your physical body – including your brain chemistry – is a reflection of your underlying subconscious programming. Therefore, if you try to use nutrition or medicines or other methods on a purely physical or external level to fix a problem without first addressing the underlying emotional/spiritual causes, you may find that it simply doesn't work for you, or that you unconsciously sabotage your process. For example, if there are underlying subconscious reasons for your dopamine level to be out of balance, then you might sabotage yourself by losing your job so that you can no longer afford to buy the nutritional supplements you need to balance your dopamine. However, if you can dig into your subconscious first and clear the blocks that are keeping your brain imbalanced, then you will automatically and unconsciously manifest the proper solutions for you into your life. In this case, your subconscious mind will actually help you to manifest the financial resources you need to buy the supplements!

Because every person is different, and there are so many different conditions, diseases, and problems associated with brain pathway imbalances, it would be impossible to offer an exhaustive program of subconscious clearing that will work for everyone. However, I do want to give you as much guidance and support as possible within this event, so each of the following articles on the

various brain chemical pathways will include a list of common blocks and downloads that you can muscle test to help you identify and clear subconscious blocks that may be keeping your brain chemistry levels imbalanced. You can do this yourself, or work with a professional like myself, or find an amateur (maybe one of my students) to do this for you.

As with any problem, if your problems are more severe, you may want to work with a professional to help you achieve your goals. My personal expertise is with energy healing and specifically subconscious reprogramming, and if it were me or someone in my family who had a problem, I'd start by working with an energy healing professional to clear the underlying emotional/spiritual issues first. Next, if that wasn't sufficient, I would then find a doctor specializing in nutritional medicine, or perhaps a healer or coach with an expertise in nutrition and brain optimization, to identify the right balance and form of supplements and dietary changes.

I understand that if money is tight and you're on a limited budget, it may not be practical to go spend a bunch of money on experienced professionals to help you with brain optimization. However, be aware that it may take some trial and error to find the right supplements in the right dose taken at the right time, and you will likely reach your goal much faster with the help of a professional. But if you are motivated and careful and know what you're doing, you could do it on your own. Just don't forget that it is possible to unbalance your brain chemistry by taking too many supplements, so if you are going to do this yourself, be sure you understand what to look for and constantly monitor yourself to ensure you are not "overshooting".

Besides professionals, an obvious resource you can use are the VIP Club Health Club calls, where you can submit your blocks and I will correct them for you. You can also post in the VIP Club Forums to find one of my students willing to work with you for free in exchange for a testimonial, and I would encourage you to take a training class to learn how to do subconscious clearing for yourself. (Personally, I encourage you to take a live training class with an established and experienced professional healer; if you try to learn from a book or from an inexperienced teacher, there is a danger that you'll do it wrong or develop bad habits that will then become much more difficult to correct later.) There is also an archive of recorded private sessions that may be relevant to your issues. And if you'd like to work with professionals but don't have the money, please use the Wealth Club calls and products like *Unleash Your Inner Millionaire* and the guided theta manifestation to help you achieve your financial goals!

In terms of nutritional supplements, in each of the following articles I will cover the most important nutritional supplements you might want to explore to help you balance the various pathways. If you know what you are doing, this information will probably be sufficient to help you identify how much and what supplements and dietary changes you will need to balance your brain chemistry. In addition, for each chemical pathway (dopamine, acetylcholine, GABA, serotonin) Dr Braverman has created a supplement formula. At the time I am writing this article (Spring of 2013), I personally use all of these supplements, and find them to be both high quality and surprisingly effective.

As a service to VIP Club members, I have registered myself as a wholesaler of these formulas so that I can help you obtain these supplements at lower prices than would normally be possible if you bought them online from a retailer. If you are an active member of the VIP Club at the time this material is released, I am making a limited number of these formulas available ONLY to VIP Club members at discounted prices to help you save some money while you optimize your brain. Because I can't promise that it will always be possible for me to do this, please do not be disappointed if you are reading this article later and this service is no longer available – I'm sure you can find these formulas online elsewhere if you feel they are appropriate for you. And no matter when you are reading this, you are always welcome to purchase these formulas or others elsewhere or come up with your own remedies!

But no matter what your situation or your resources, I am confident that if you are focused on your goal and use all the tools available to you, you can balance and optimize your brain and change your life. However, please don't forget that the many excuses your mind will come up with for why you can't do it – including "I can't afford it", "I don't have enough time", "I don't have enough energy", "It's too hard", or "It won't work for me" – are themselves simply side effects of unbalanced brain chemistry!

And if you let those thoughts stop you, or think that you need to have more money, or get better insurance, or be able to afford a great healer, or have anything else before you can balance your brain and heal your life, you are caught in the catch 22: most likely, the real solution is that balancing your brain chemistry is exactly what you need to do FIRST before those other things can show up in your life! :-)