

Women's Health Strategies that Work from Susan Lark, M.D.

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Unlocking Your Subconscious Mind

If you've been a subscriber of my newsletter for a few years, you may remember reading about Brooke Baggett, a talented Reiki Master Teacher, acupuncturist, and intuitive healer. I have always been a huge proponent of tapping into the body's innate wisdom to bring about true healing. For this reason, I've asked Brooke to share a couple of case studies with you to illustrate what can happen when you unlock your subconscious mind and allow healing to begin. I think you'll find that the results are nothing short of miraculous. Here is Brooke, in her own words.

I am constantly amazed by the intricacies of the human body and mind. The level of healing that can take place once the exact series of doors are unlocked and opened is astounding. Much of what drives us, how we interact with others, our health and outlook on life is largely mandated by the subconscious mind, which, according to Bruce Lipton, PhD (www.brucelipton.com), has one million times more processing power than the conscious mind. When we unlock the secrets of the subconscious mind, it can be like unleashing a tidal wave of energy toward healing. I am blessed to be able to connect with each client on this very deep level. I intuitively connect into and am guided through the session by each individual's own innate healing intelligence. The body shows me the significant details, and in the process of my observing these key moments, the body releases the physical and emotional traumas. Let me share with you a few examples from my practice.

Sarah is 62 years young and began working with me via phone back in 2006 after reading about me in Dr. Lark's newsletter. Since that time, I have been fortunate to co-create and observe miracle healings for Sarah. We were working on a subconscious memory, which had been surfacing over the last several sessions. It was a traumatic memory from childhood where she had been struck on the vertex of her head and temporal bones and across the bridge of her nose. She remembered only the image of a young girl with a bloody towel wrapped around her head. The trauma left both physical and

emotional scars. The details of this event were locked away deep in her subconscious mind, as was the key to her healing on the physical and emotional levels. In the session, we discovered the memory was associated with her fear as a child of speaking the truth. As I intuitively connected into Sarah's innate healing intelligence, I observed the significant details, and in the process of my observing these key moments, her body released the physical and emotional traumas. The emotions cleared at the time and gave way to a profound physical shift. My sense from Sarah's session was that there was a balloon inside of her head, and it would be slowly inflating over the next several days. At the time of our next session, Sarah was ecstatic and informed me that the dent that she had across the bones of her head since childhood were gone. It is interesting to note that Sarah and I have yet to meet in person; all of our work has been done remotely, over the phone.

And then there is the story of Casey, who came to me very recently as a last resort to avoid surgery. She had been repeatedly diagnosed with uterine polyps and had, over the years, experienced repeated procedures to remove them, only to have them recur. She was tired of the endless cycle and wanted to find a better way. Her body held subconscious memories of her childhood experience of sexual abuse, and these subconscious memories were locking her in this frustrating cycle. We found the significant details and memories her body held and released them as they came up. Weeks later, during her next exam, the doctor reported the polyps were gone and the surgery was no longer necessary.

As Brooke stated earlier, it is not necessary to be physically in her presence to experience healing. If you have deep-rooted issues that you feel could be resolved with her help, I encourage you to give her a call at 408-202-3444. To learn more, visit www.mosaichealingarts.com.

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