

Easy as 1-2-3! The 15 minute technique that can change your life

By Graham J. Wiseman and Judy MacLeod



There is a wealth of literature available about the benefits of living “in the now”. But what exactly does it mean to live in the now? How do you know when you’re in the now and how do you know when you are not? Living in the now really means that no matter what the circumstance, you are able to respond to it from a place of conscious choice. When you find yourself reacting to something or someone in a way you would not choose under normal circumstances you are experiencing what is known as a Subconscious Reactive Pattern.

Your brain, in the form of your subconscious mind, is amazing at learning patterns of behaviour. Think about climbing stairs for example. You learned a long time ago how to do that and now that capability is entrenched in your subconscious mind as a pattern of behaviour. You no longer need to think HOW to climb stairs, you just do it without even being aware of it.

In the same way that you learned how to climb stairs, you learned emotional responses to certain events and stimuli. When something comes along which your subconscious mind perceives as similar to the original stimulus it orchestrates an elaborate response and it does this outside of your conscious awareness! This is the essence of a Subconscious Reactive Pattern. And the challenging part is that this pattern gets triggered by the same stimuli over and over again. But what if you could choose a different response? What would that be worth to you? Well now you can learn the tools to change your response and once you learn it you can do it for yourself in about 15 minutes!

For the first time in Eastern Ontario and Western Quebec, we are able to offer training in the 1-2-3 PLAN of the LifeLine Technique™. The 1-2-3 PLAN represents the first 3 steps of the LifeLine Technique – a powerful healing modality created and developed by Dr. Darren R. Weissman of Chicago. In the 1-2-3 PLAN training we will teach you how to perform muscle reflex testing on yourself; how to reconnect the energy of your Body, Mind, and Spirit; how to identify symptoms and stressors; how to define a powerful intention and generate the feeling of that intention; and how to create a powerful shift out of a Subconscious Reactive Pattern. All of this is now available in the Ottawa area for the first time at a cost of \$200 and the next workshop will be Saturday 19 November, 2011. Contact Graham or Judy to register now and learn the tools to break habitual responses and change your life.

Graham J. Wiseman and Judy MacLeod are Certified LifeLine Technique™ Practitioners and Certified 1-2-3 PLAN Teachers. Contact them at 819-483-0667 or graham@masteryunlimited.ca to find out more about the 1-2-3- PLAN workshops.

The LifeLine Technique is a registered trademark of Dr. Darren R. Weissman.