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Using Symptoms as Gifts for Self-Healing A Personal Exploration of The LifeLine Technique™

By Graham J. Wiseman

When you have a sore back or a pain in your knee what are you most likely to do? Do you just ignore it and hope that it goes away? Maybe you go seek help from your doctor or take medication to make the pain go away. What do you do if you feel totally stressed out and you're not really sure why? What if that pain or stress is there to tell you something – that it's your body's way of calling your attention to something else that is going on below the surface? Ignoring the symptom or treating it with medication is a bit like ignoring a 5 year-old child or telling it to "Shut Up and Go Away" when he/she has just brought you their latest painting!

The notion that symptoms are gifts from the body - whether they are physical pain, fear, stress or emotional challenges - may seem radical but forms the foundation of The LifeLine Technique™. Created and developed by Dr. Darren R. Weissman of Chicago, The LifeLine Technique seamlessly blends ancient and modern healing practices into a powerful method for getting to the very root of symptoms and therefore to optimal health.

Having studied Chiropractic, Chinese Medicine, Acupuncture, Ayurvedic Medicine, Neuro-Linguistic Programming and a number of other modalities all over the world in search of his own healing path, Dr. Weissman had an awakening to an idea that has now become The LifeLine Technique. The philosophy underlying The LifeLine Technique is that *ALL* symptoms - whether pain or stress or fear – are the result of a denial, internalization or disconnection from some emotional experience at a *SUBCONSCIOUS* level for safety or survival reasons.

The job of our subconscious mind is to protect our Spirit. If the subconscious mind determines that we don't have the tools, strategies or resources to deal with an emotional experience, it encapsulates that experience and 'holds on' to it. Any time we experience something similar to that original experience, the subconscious mind triggers the memory and runs the 'program' associated with the original experience. This is NOT a conscious process and is why these patterns are so difficult to break. If they are not released, these patterns can lead to imbalance and stagnation in the body ultimately leading to disease.

The LifeLine Technique builds on the work of such visionaries as Dr. Masaru Emoto (author of "*The Hidden Messages in Water*"), Dr. Candace Pert (author of "*Molecules of Emotion*"), Dr. Bruce Lipton (author of "*The Biology of Belief*") and many others. The technique itself is presented in the form of a flowchart which guides the practitioner through a series of discoveries, each of which providing the client with a piece of the story behind the symptom being explored. The practitioner uses Applied Kinesiology – 'Muscle-Testing' – to determine the routing through the flowchart. This testing technique relies on and exploits the innate wisdom of the human Spirit/Mind/Body connection. The LifeLine Technique examines *where* a disconnection from an emotional experience has occurred, *where* that has created

imbalance in the acupuncture meridians of the body, *why* and in *what* way that imbalance is expressing itself and *where* is the pattern of disconnection being held within the Mind, the Body, or the Spirit.

The most powerful aspect of The LifeLine Technique is in the actual treatment – which is based solely on the work of Dr. Emoto. What has put Dr. Emoto at the forefront of the study of water is his proof that thoughts and feelings affect physical reality. By producing different focused intentions through written and spoken words and music and literally presenting it to the same water samples, the water appears to ‘change its expression’. Dr. Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He noted that some of the most beautiful crystalline shapes were formed by the effect that the combination of the words “Love” and “Gratitude” had on the water. Those of you who have seen the movies “*What the Bleep do we know?*” or “*Down the Rabbit Hole*” may remember the scene on a subway platform in which the key character in the movie is looking at Dr. Emoto’s water crystal photographs when a man says to her: “Just think: if thoughts can do that to water, imagine what they do to our body!”

In The LifeLine Technique, the combination of the spoken words “Infinite Love and Gratitude” and the international sign language gesture for “I Love You” is the only treatment. Given that our bodies are composed of over 75% water, the effects are immediate and profound. Dr. Weissman’s website www.infiniteandgratitude.com contains video clips showing live blood cell analysis of “before” and “after” a LifeLine treatment session. The differences are startling and this author has witnessed this in person during LifeLine Technique teaching seminars.

The LifeLine Technique is a “Content-free” technique meaning that it does not require the client to tell a story, reveal private information, or relive a trauma. It merely requires the client to be ‘present’ during the session and be able to tune in to whatever subconscious thoughts, images, or feelings surface to their conscious awareness during the treatment. It is important to remember that the LifeLine Technique is dealing with *SUBCONSCIOUS HOLDING PATTERNS* and these are revealed using non-invasive muscle-testing and cleared using the incredible power of Infinite Love and Gratitude. Above all else, the LifeLine Technique practitioner is treating the whole person NOT the symptom!

Another important aspect of The LifeLine Technique is that the practitioner is not the healer – the client is guided to heal themselves. *The human body is a self-healing organism* - it already has everything it requires to heal itself – all it needs is to be given the freedom to do that. This happens when the client is able to consciously reconnect to the subconscious patterns of disconnection discovered by the practitioner. The client then has the important responsibility of continuing the healing journey by ensuring a healthy, optimal lifestyle which focuses on what Dr. Weissman calls “*The Five Basics*”: Water; Food; Rest; Exercise; and Owning Your Power.

I was first introduced to The LifeLine Technique at a time in my life when I was going around in circles, stuck repeating the same patterns over and over with no clear vision for my future. No matter what I did I could not seem to break out of these patterns. I was asked recently to reflect upon the life-altering benefits I have experienced working with The LifeLine Technique and how this has affected my life. I had a very clear vision of this impact.

Imagine that when you’re born, you’re given a mountaineering-sized backpack to carry. As you go through life, you unknowingly ‘acquire’ rocks of various shapes and sizes that are put

into that backpack. Each rock has a label: “Anger”; “Resentment”; “Frustration”; “Low Self-Esteem”; “Depression” and so on. And each also has its own distinct voice like: “I’ve told you before – you’ll NEVER be any good at that.” Most of the time, as you move through life, you don’t notice the weight of the backpack because you’re so used to carrying it. But then, when you want to move in a new direction, you stagger under the weight of all those rocks, and just as you end up on your backside there’s that little voice saying: “See! I told you you’d never be any good at that!” And you’re left wondering how you wound up in that position yet *AGAIN* having promised yourself you’d never repeat the same mistake.

The LifeLine Technique has given me the opportunity to reach into MY backpack and pull out some of those rocks. Sometimes they are small ones – sometimes they are boulders. Sometimes, it’s a matter of shifting some of the smaller rocks out of the way to get at the boulders. But I can look at each rock with this newfound knowledge, and then decide whether to keep it or not and if not, throw it away with Infinite Love and Gratitude. Over time, my backpack has gotten lighter, there is a spring in my step, and I am going places I could never have gone before.

My personal experience of The LifeLine Technique has been profound, and my awakening to its incredible power inspired me to make the commitment to become a Certified LifeLine Practitioner myself. I have an unprecedented clarity of purpose in my life and I am now embracing every day with the attitude of gratitude.

So the next time you have a symptom, whether it’s a headache, a painful knee or anxiety – get curious about what your body might be telling you and consider following the LifeLine to Optimal Health.

Graham J. Wiseman is a Certified LifeLine Technique™ Practitioner. He is also a Life Coach, Reiki Master, and Quantum-Touch Practitioner. Graham is a certified WEL-Systems® NLP Practitioner, Quantum TLC™ Facilitator and Master Facilitator. Contact Graham at 613-601-4103 or graham@masteryunlimited.ca to find out how the LifeLine Technique™ can get you on the road to optimal health.

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All uses of the word “LifeLine” and “LifeLine Technique” in this article are intended to represent “The LifeLine Technique™”