

EAT

Emotional Alkalinity Therapy

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Introduction

Every morning in which the good Lord allows me to wake up, I bless my head through a Yoruba ritual, which metaphorically places a protective armor over the most powerful part of the human body.

I meditate for 15 minutes, breathing in good positive energy and releasing the negative heavy weight of anything that should not be on my mind or in my spirit.

I offer a prayer of thanksgiving and conclude each meditation session with a brief inspirational reading.

Currently I am reading a powerful book by Iyanla Vasant, “Tapping the Power Within”.

These four steps I take every morning, I call “**Emotional Alkalinity**”, may seem like something small and insignificant, but they have become a powerful, peaceful, and necessary part of my daily routine.

These steps allow me to put things into perspective, connect with God, and call the proper energy into my spirit.

I recall vividly the time in my life when I incurred a volatile divorce and experienced financial hardship. I had to remain strong for my two young children who needed me emotionally as well as physically. Stress and worry were the two big factors in my life for six years.

I was disappointed in myself for being in this place. I had never expected to be here and viewed it as unacceptable. I was hurt by the human behavior that takes center stage during a nasty divorce.

I felt as though my life was crumbling before my very eyes. I felt powerless and robbed of my joy.

Although I felt alone in my own space, over time, I learned that my experience was merely a pebble among stones. Through much study and research, I found that many people are carrying stress on a consistent basis and that this stress is leading to a variety of negative health issues. I learned that many, like me, are consequently developing breast cancer. We are allowing stress to compromise our quality of life.

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EAT stands for Emotional Alkalinity Therapy. It is a unique therapy I developed to bring balance to the mind. EAT is based on the knowledge that unresolved emotional trauma and life patterns lead to imbalances in our lives, eventually causing anything from troubled relationships to major disease. It works by tapping into the unforeseen emotional shocks and traumas that you experience, which create a malfunction in your nervous system. These events or life patterns simultaneously become an imprint of brain, tissues, and psyche. These thoughts of information are buried in your subconscious mind and soon

lead to negatively impacting the way you perceive and navigate your life. Your body function changes which will create imbalances and disease. EAT works to resolve emotional shock, traumatic events, and life patterns. By changing subconscious patterns and healing emotional wounds, relationships transform, hope is restored, and symptoms of illness can vanish.

I have witnessed the healing of abandonment, abuse, emotional deprivation, failure, loss, mistrust, social exclusion, dependence and more when my patients began to EAT. The purpose of this report is to simplify, in four easy steps, how to apply EAT in your life in order to begin letting go of emotional baggage caused by psychological misfortunes. These four steps will not only open the space for peace of mind, they will also invite forgiveness and open your mind to realizing there is nothing to be afraid of and that there is no need to force anything you want in this world, all of which are necessary experiences to restore health.

1) Acknowledging judgment of ourselves and others

Whenever you are critical of yourself and others, it's usually because you have unresolved issues with yourself.

After my divorce, I was angry about my financial hardship. I worried about struggling to pay my mortgage. I often wondered how I was going to make it from week to week.

I remember hating Mondays because I knew that my phone would ring constantly with calls from bill collectors.

My email inbox would be full of messages from my attorney, who in hindsight was getting paid to create more mess and additional stress in my life in order to pad the invoices.

The main realization that I had to come to acknowledge and understand about myself was that judgment about me had nothing to do with *my* expectations for me.

Rather, it was my judgment of my parents. As a child, I only focused on seeing hardship and struggle. I hated being told “no, we can’t afford it.” I made up in my mind at an early age that I never wanted to feel that way.

Hence, my disappointment in myself was highlighted because now that I’m at a point in my life when I should be in control, I am instead right back to feeling the same way I did as a child.

I judged my parents when in actuality I should have been thanking them. After all, they gave me something so invaluable in life, love and encouragement to do better.

They did the best they could, but initially, I did not want to see it that way. I needed someone to blame.

How are you judging your circumstances today? Are you seeing your current situation through your childhood eyes?

How are you judging the parties who were involved in those experiences and who you are blaming?

Take a moment to walk through your mind with honesty, identifying what you

felt as a child and how those feelings factored into the development of your coping mechanisms and do this exercise when you are able to take 20-30 minutes of undivided time.

Write the following:

1. The names of all parties involved in your influence
2. What you felt in the experiences with them
3. What you decided for your life as an adult due to those experiences

Now that you have identified the root of your emotions, let us move forward.

2) Recognizing God's hand

Fear is the natural, emotional, and instinctive response to a perceived or imaginary threat. Its purpose is to serve as a warning signal in the face of danger and instability. We're prompted to either face it or avoid it. Comparatively, our mental experience of fear becomes an issue because it can be initiated by

our imagination rather than actual events. 2 years after going through a difficult divorce, reestablishing myself a single woman with children, and harboring destructive feelings and emotions, I was diagnosed with breast cancer.

I often wondered, what now? I woke up most mornings concerned about whether my life could possibly end prematurely. I worried that I may miss seeing my children grow into adults and have families of their own.

I began associating everything with mortality, which only left me feeling paralyzed in my own mind. I felt that I was being punished. I questioned myself for choosing to divorce. I regretted that my children were now spending more time with their father than with me. I wondered whether maybe I had been too selfish and not generous enough. I was lost, angry, and wanted to give up. I felt like I had the right to give up on God since I felt as though he had given up on me.

But in every moment I call myself letting go, an unexplainable experience would

happen to me. Different people (I call angels) who I never laid eyes on entered my life for a brief moment leaving me with so much strength to begin rising up and recognizing what I had to face was beyond just me and that I was chosen as the object of a bigger purpose. I then began to understand, it was time for me to surrender myself to a process that much needed to occur.

I was reminded that God never left me; I had just stopped listening to him. When your health is compromised, you will find that people will challenge you and that relationships will become troubled. Yes, God allows things to happen, but only for one of three reasons: to teach, to learn, or to reveal a bigger purpose. I encourage you to view your challenging experiences as a means to an end. Our challenges present us with opportunities to understand more about ourselves.

How many different challenging circumstances can you look back on and later recognize that you helped to teach someone else, or that you learned something about yourself, or that it helped you to see life differently in order for you to begin letting things go?

Had it not been for the experiences in my life that I felt I was being punished for, you would not be reading these words from me today about emotional

healing. God is always present, regardless of what you're going through.

The moment you stop fighting against a force that is necessary and make a conscious decision to embrace it as truth, you can then look forward to healing, teaching, and allowing something greater to happen in your life. You can then pass your strength to others as I am now passing this on to you.

3) Forgiving and surrendering the emotion

In this third step, we must address identifying the true emotion tied to the dis-ease and then learn to release it back into the universe by rerouting our subconscious thoughts. Many patients come to me to achieve "emotional alkalinity".

They come in thinking that they are sad, only to actually discover that they are lonely. It is important to recognize the correct emotion associated with an experience. Identifying the emotion is the only way the journey to true healing can begin.

I never felt like I was really angry at my ex-husband for things that he did to challenge my character as a mother, but it was the only word that came to mind. I later learned that I was using unnecessary energy attempting to conquer the wrong emotion.

Resentment and guilt were actually the two emotions that plagued me. These are also two emotions commonly associated with an individual's fight against cancer.

I must emphasize the significance in understanding how harmful it is to harbor guilt and resentment.

In her book "You Can Heal Your Life", Louise Hay identifies every dis-ease with the true correlating emotion and lends a powerful affirmation to begin reprogramming the subconscious mind.

4) Embracing the Opportunity

It's time to now look at your seemingly negative experiences with a positive eye. Sift through your mind carefully and recall the moments when you were able to smile during a hurtful experience.

What positive things do you remember about the people who brought you the most pain; what purposeful moments might not have occurred without that painful experience; what funny things happened during those times?

The subconscious mind has the ability to remember more of the bad things and tends to bury happy moments; therefore, we must consciously pull those happy moments out in order to begin eliminating the negative energy associated with hurtful experiences.

Within one week of being told I had a malignant tumor I went from depression and fear to being hopeful and excited. I chose to deal with my true emotions.

I chose to receive the path I had been given to walk and to see my plight as something with a larger purpose. I accepted my role in that bigger purpose and chose to look forward to the opportunity of touching the lives of others in their journey towards healing.

In the beginning, I, much like you, did not know where to turn for help, but my desire to understand and to heal brought that help into my life. I did not want to allow my fight against breast cancer to become what it is for many, emotional defeat.

I made a conscious decision to associate my struggle with joy and triumph. This report may be the beginning, middle or end of healing for you.

Regardless of where you stand in your journey, I encourage you to view your past with strength and confidence and know that without pain, there is no real pleasure.

I encourage you to continue your path on "emotional alkalinity". It saved my life and today keeps me in alignment with my true self. I still experience life challenges, the difference is when they appear I have no worries, stress or anxiety because I only see my glass as half full instead being half empty. Your

experiences are dictated by your beliefs. It only takes a small ounce of faith to move you beyond difficult moments.

If you want to continue on this journey of emotional healing, learning how to forgive, how to let go, how to tap into the power you already have within you waiting to be released, begin meditating by following these easy steps below. Also, click this link below to follow continued steps on how to detox and cleanse the body and the mind in order to gain the optimal experience of physical and emotional alkalinity.

controlled breathing helps still the mind and begin changing frequencies of energy.

Meditation for Beginners:

- 1. Find a quiet place with no traffic of people.**
- 2. Sit upright with palm of hands facing upwards.**
- 3. With eyes closed, take steady deep breaths, taking air in through the nose and releasing air out through the mouth (lips slightly parted open)**
- 4. Continue repeating this motion of breathing and allow thoughts to count from 1 to 4 breathing air in, hold counting 1 to 4 and release air out counting 1 to 4. Beginners cannot shut out external thoughts, therefore counting along with**