

# Heal Thyself ~ Right On Out of Surgery

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excerpts from interviews: McGinnis Theory

## Conscious-mind vs. Subconscious-mind

In short, conscious-mind is essentially just “recorded” information from outside sources that then stores itself securely in the forefront of thinking and behavior. We are born with an intuitive sense, which manifests physically, spiritually, emotionally, and cognitively: the subconscious. Our conscious, on the other hand, is developing as we grow. Typically, the older we become, the more we depend on our conscious-mind to navigate through life. Whereas, young children tend to quite easily connect with their subconscious (internal) directives. One could say, we are born geniuses and then spend our adult lives trying to gain back our natural intellect.

~ **“Yes, we now know for certain that our minds have the astonishing capacity to both heal and kill us.”**

- M. McGinnis

## Molecules of Emotion

Eastern treatments have been wise to this for over 3,000 years. The beauty of Western culture’s skepticism is that it has given us the gift of proof. We now have scientific and evidence-based proven theories to support relatively old, and once discounted, healing approaches.

This evidence is related to what are called Molecules of Emotion. Through emotions, feelings, and thoughts, our actual cellular structures can be altered. In fact, current research has produced findings of literal (and permanent) DNA changes sparked by molecules of emotion. Talk about evolution!

“We should not entirely trust our conscious mind, it is filled with stories from other people sharing their personal interpretations. Considering the sources, these messages are packed with imperfections and delusions. The subconscious, however, is perfect, because the source of its understanding comes from God. We waste too much time living in pain because we are relying on falsehoods, believing they are truths.”

- M. McGinnis

## Emotions vs. Feelings

Hormones create emotions, and each one only lasts but a few minutes before it transitions to a different one. Like hormones, emotions are constantly shifting and re-emerging throughout the body. Don’t like a particular emotion? Just wait a moment; it will pass (or change what name you’ve assigned to it). Feelings are when the mind becomes involved and puts a name to that emotion. For instance, “sadness” as a named feeling is actually a sort of fatigue. Fear, which is a primal hormonal reaction, is often confused as “guilt,” and so on.

When stuck in a feeling for longer than what is comfortable, it is safe to say that too much thinking is going on.

~ **“When I discovered that physically, excitement and anxiety felt the same in the body and it was just my mind that sometimes confused the two; my entire life changed.”** - McGinnis Theory Client

## Physical Discomfort, Pain, Illness & Disease

Science has proven that negative and distressing events can literally create toxins in the systems, which then corrupt healthy cells. As cells are constantly reproducing, so also are the corrupted ones, thus: pain, illness, and even catastrophic disease.

Frequently, cells disturbed by molecules of emotion first produces symptoms as aches and pains, even muscular knots. As humans, we can adapt to pain in various ways – it may transfer to another place in the body or we may become so used to it, eventually we “forget” what it felt like to be absent of that discomfort. Many times, we may have been carrying a pain for decades. It may have even stemmed from a childhood experience. A somatic memory is when the body remembers the hurt, yet the mind may have forgotten how, or when, it started.

- M. McGinnis

A word about surgery: the human body is designed to self-heal. The only time it cannot is when there are barriers preventing this healing (i.e. toxins, emotional disturbance, etc.).

Once surgery has taken place, the body is forever altered. Thus, inhibiting the body’s natural processes. Now, a medical procedure for an emergency purpose is one of those instances when the benefits outweigh the risks. However, as a means to treat chronic pain – it might be wise to first ensure that:

1) The experienced hurt has not settled in a particular area by means of a radiating, physical self-soothing progression (i.e. the presence of pain somewhere is actually the legitimate – and primary – source of the infliction), and;

2) You are trusting your own intuition and not solely relying on your conscious-mind or the advice of someone else. Pain can disrupt rational thinking and it can be very easy to be so distracted that desperation to ease the sensation takes control. Trust your body, it knows what it’s doing.

A good rule of thumb might be to first find the source of the pain (the true source) and next remove the barrier – or seek help doing so - that is preventing your body from doing what it was designed to do. Then, go from there.

“We are often too quick to take a pill or sign up for surgery when, at best, we are left with a substandard result. Perfect healing of cells can only come from the cell’s own host ~ that is an altogether superb result!”

- M. McGinnis



- McGinnis Theory Client  
*"Just when I thought I couldn't hang on anymore; I mean, I simply could not endure another day of agony... I forced myself to pay attention. Real attention - to me. To what my body was trying to tell me. It was the greatest testimony of my strength & resilience. Turns out, the physical pain I had been experiencing was nothing compared to the emotional pain I had been trying to deny. Who knew this silly "little" thing is what I had been stuffing down for years? I mean it was a grade-school prank, I never knew it was a big deal or that it had impacted me so deeply, hadn't even thought about it in decades - the mind can be so tricky. That day, my healing began & to my amazement, shortly after I was told the surgery was no longer warranted. I would have paid attention lot sooner had I known the healing would be so instant! Now, my back has been truly pain-free for the first time in 42yrs."*

After enough time has passed, the aches and pains will typically transition into illness or disease (may or may not be in the same location as the throbbing had been) – however, this sequence is not always the case. Sometimes, sickness comes first. Disease forms when the altered cells reproduce faster than what the healthy ones can combat. Or, if emotional disturbance is compounded by either subsequent triggering events or by merely mentally repeating the initiating cause.

In 2008, the UCLA Medical Center conducted a study on over 1,000 women inflicted with breast cancer

and found that 90% of them had experienced the death of a close, loved one (most were parents) 18mo.-2yrs. prior to their diagnosis and first signs of cancer. Ever heard the old tale of someone dying from a broken heart? Research now supports that.

### Imagination Interpretation

The subconscious controls 80% of our behavior, never ages, remembers all, and is fundamentally the "magical" healer. So it makes sense to step out from what we've been taught and instead, embrace what we born knowing – turn traditional thinking on its side and from this moment on shift primary focus back on to where it belongs, our subconscious.

**Every, single, event we've experienced: No. Longer. Exists. - Except for in our imagination**

- M. McGinnis

Consider this: every, single, event (negative or positive) No. Longer. Exists. – Except for in our imagination. Subconscious Reformation has been remarkably effective at transforming how the imagination remembers a negative experience and then, at instilling a more positive imprint in its place. The situation or event will not vanish from memory – however, any emotional or somatic disturbance that previously resulted, will. A once disturbing recollection coupled with strong feelings or sensations, instead now will read more like a movie reel – a moment in time; something that once happened; and consequently, the impact has diminished.

### Emotional "Roots" (Removing the Barriers)

When a distressing feeling lasts longer than 3-minutes, that is your indication that you are experiencing a childhood trigger – not an adult reaction. Since personality is developed between the ages of 1-6 yrs. old, this is when what McGinnis calls, "Roots" are developed. Then, as we grow older, that root grows a tree, with a branch, then leaves, etc. Now,

consider being 45 yrs. old and someone says something that triggers the leaf connected to a "Shame" root created when you were 5 yrs. Likely, the emotional reaction to that comment would feel as overwhelming as if you were a young child again, and less like how a grown adult would be impacted.

***"After he broke up with me, I noticed myself begging him not to leave me. I felt like I was 3 yrs. old pleading with my mom to not go to work."***

- McGinnis Theory Client

A root is pulled out with nearly every Subconscious Reformation session. This allows the freedom to now be impacted by life from an adult's perspective, feeling more in-control, less overwhelmed, and having more of an ability to formulate rational reactions. Additionally, a significant amount of aches and pains, and more-so illness and disease, stem from roots developed during that early childhood time period of 1-6yrs. old. As conscious mind does not typically begin to store memories until the age of 4, this needn't be a concern, because the subconscious mind stores internal memories beginning at birth, and, some research indicates even as early as in utero.

### Imprint Replacement

Often we hear messages to "just think positive" or have a "change in perspective." However, with many things, shifting our mindset is not necessarily that easy, nor simple.

This is not hypnosis or voodoo, and yet Subconscious Reformation is vastly different than talk therapy. Perhaps the closest comparison of treatment would be of that to EMDR – and at the same time, nothing like EMDR. Traditional cognitive therapy is designed to treat the conscious-mind.

***"Whenever people tell me to just "stop stressing so much," I think to myself - "Gee, if it were that simple for me, don't you think I would have already done that by now? It's not like I enjoy suffering."***

- McGinnis Theory Client

However, since the subconscious learns by repetition, then hearing oneself repeat traumatic events could, in effect, more deeply groove the disturbance into the mind, reinforcing any resulting consequences (ailments, bad habits, negative behaviors, etc.). Additionally, the conscious mind frequently has a significant learning curve, meaning one could spend lengthy periods of time involved in talk-therapy "learning" (or rather, "re-learning") how to heal.

Whereas, with the subconscious – the only hindrance to healing is the barrier standing in the way (traumatic occurrence, negative cognition, etc.). Once the barrier is removed, so then are the disturbances it created. Think of a splinter in your hand. Attempting to cure the



damage the splinter is causing will be nearly impossible while the splinter remains. However, once the particle is removed, the body is free to do what it was designed to do – the process that had been interrupted – and that is to self-heal.

Therefore, when being treated for responses resulting from a triggering event, with Subconscious Reformation, the “processing” of the actual event does not happen. Meaning, a series of directive techniques will aid in imprint replacement and barrier removal without the client having to actually discuss or speak of the occurrence. Since the subconscious works on an entirely different plain than how we typically think – this treatment may be difficult to describe and/or understand completely. The subconscious is non-verbal and experiential, and fittingly, so is its treatment.

**Catharsis**

Essentially this is the point of relief. This could present itself as a significant epiphany, considerable emotional healing, and/or, somatic relief. The goal of each session is to maximize curative relief from the issue being addressed. As previously noted, with Subconscious Reformation, healing is nearly instantaneous after barrier removal and continues to progress long after the session is completed.

**The McGinnis Theory & Subconscious Reformation**

Affectionately nick-named “rapid-therapy” (because of the typical time span of which Catharsis occurs: 30-40 min. each session), Subconscious Reformation must be conducted with a highly skilled therapist, well-trained in not only the specific methods, but also other forms of subconscious-mind healing as an array of tools and interventions are necessary for the sometimes unpredictable nature of the subconscious.

Additionally, client-therapist trust and open rapport are key essentials as maximum satisfactory results are attained with correlation to both client and therapist comfort. This is a collaborative approach, led by the client’s own subconscious. Emotional evaluation must first be taken into account to ensure the safety of psyche.

Studying and interpreting body language, handwriting analysis, emotional awareness, energy transmission, and other non-verbal queues direct connection to – and examination of – the

subconscious. It is quite safe to say that the subconscious rules the session and whenever the conscious-mind attempts to interrupt, it is swiftly (and gently) reminded that this time is for its counterpart.

*“ I thought I had dealt with all my ‘daddy-issues’ already. Then, during session, I noticed all of a sudden, relief in my jaw. I seriously must have had it clenched for over 20 years- just had become so used to it, I didn’t realize until I experienced what it felt like to be relaxed.”*  
- McGinnis Theory Client

*“It’s a little strange but ironically, super relieving, when someone already knows what’s going on with me, without me having to say a single word.”*  
- McGinnis Theory Client

Molly McGinnis, MPCC, DBH, has been recognized as a “highly skilled and innovative clinician” in the field of subconscious-mind healing and research, with a “God-given talent” for clinical psychology and counseling, by Larry Solomon, MAPC, LPC, LISAC, Calvary Healing Center’s clinical director of 18-yrs., Phoenix, AZ. Further noting, “She is probably the most proficient therapist I have ever worked with.” McGinnis’ peers in the field have studied her methods and regularly attend her trainings on the techniques involved with Subconscious Reformation. One of the attendees, licensed professional Edward White, MAPC, LAC, stated, “It will probably take me years to gain expertise with all the nuances involved, and I’m fascinated.” Dr. Suzanne Humphrey director of Sovereign Health of Arizona, and adjunct professor at Argosy University, described McGinnis as having a “naturally sophisticated approach” to the treatment of mental health.

The McGinnis Theory on the Subconscious Reformation psychological treatment approach and encompassing methods have been in development for nearly two decades and is currently in the process of publication with the American Psychological Association and the National Institutes of Health’s National Center for Biotechnology Information. Additionally, during the past four years, McGinnis has been conducting on going, peer reviewed evaluations and evidence-based case studies on over 600 patients with utilization of Subconscious Reformation, data collection, and with a continuum of results followed.

The outcomes have proven so remarkably effective that at McGinnis Theory & Practice in Phoenix, AZ, Subconscious Reformation, and it’s surrounding components, is the primary choice of treatment. These interventions have been shown effective for somatic relief (stubborn aches and pains caused by molecules of emotion), PTSD symptoms (nightmares, flashbacks, hypervigilance, anxiety, avoidance, etc.) anxiety in public places or amongst crowds, and general disturbance (bad habits, toxic relationships, self-sabotage, overall attraction to “drama,” etc.). Results revealed substantial relief of somatic disturbances and emotional distress seemingly instantaneously (avg. 50% disturbance diffusion rate within just one session).

McGinnis will be conducting a new study of over 1,000 participants, which is currently in the early stages. This research will be targeting illness and disease. This is expected to follow a five-year progression of results after the initiating Subconscious Reformation session, and collecting data on participants and their progress for a minimum of five years.

Schedule a free assessment:  
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**MCGINNIS THEORY & PRACTICE**

RESTRICTURE YOUR SUBCONSCIOUS, RECLAIM YOUR MIND