



MCGINNIS THEORY & PRACTICE

RESTRICTURE YOUR SUBCONSCIOUS RECLAIM YOUR MIND

Subconscious Restructuring

I like to call this “rapid therapy” because the point of catharsis (relief) generally comes within a 30-minute session (and that healing stays put!). I have found this to be so effective that it has strongly become my primary choice of treatment. Has 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 many people, and, general disturbance (bad habits, toxic relationships, overall attraction to drama,...). The subconscious controls 80% of our behavior, never ages, remembers all, and is essentially the magical healer – so why do we waste so much time trying to heal our conscious mind, when really, that’s just a compilation of “recorded” information from other people? Many have said that through our subconscious, we experience our direct connection to God – I have to say, that whatever your Higher Power may be, I do agree that the connection is found within the subconscious. Want more? Think about it. Every, single, event (NEGATIVE or positive) No. Longer. Exists. – except for in our imagination. Through subconscious restructuring, I am able to assist the client in to transforming how their imagination remembers a negative experience AND we create a more positive imprint in its place. This then reduces the results that any one negative event birthed (ex. Backaches, nightmares, sudden anxiety or avoidance, negative cognitions, etc.) Ever wish you could no longer be majorly affected by your past or wish you could rapidly heal from the pain? Yep, me too! I think that’s why I love this approach so much. I feel so blessed and am continually grateful to have the honor of witnessing amazing healing through my work