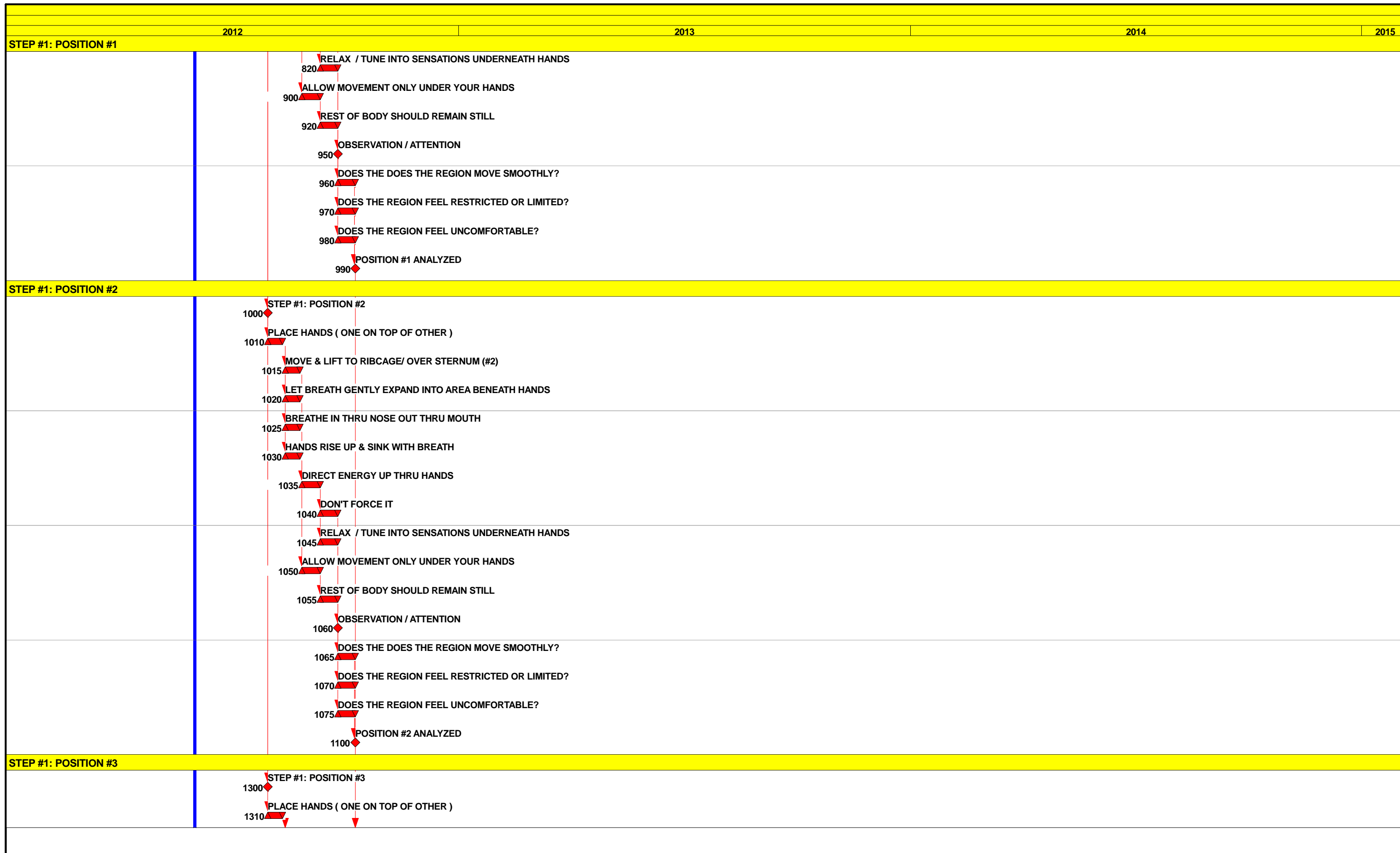
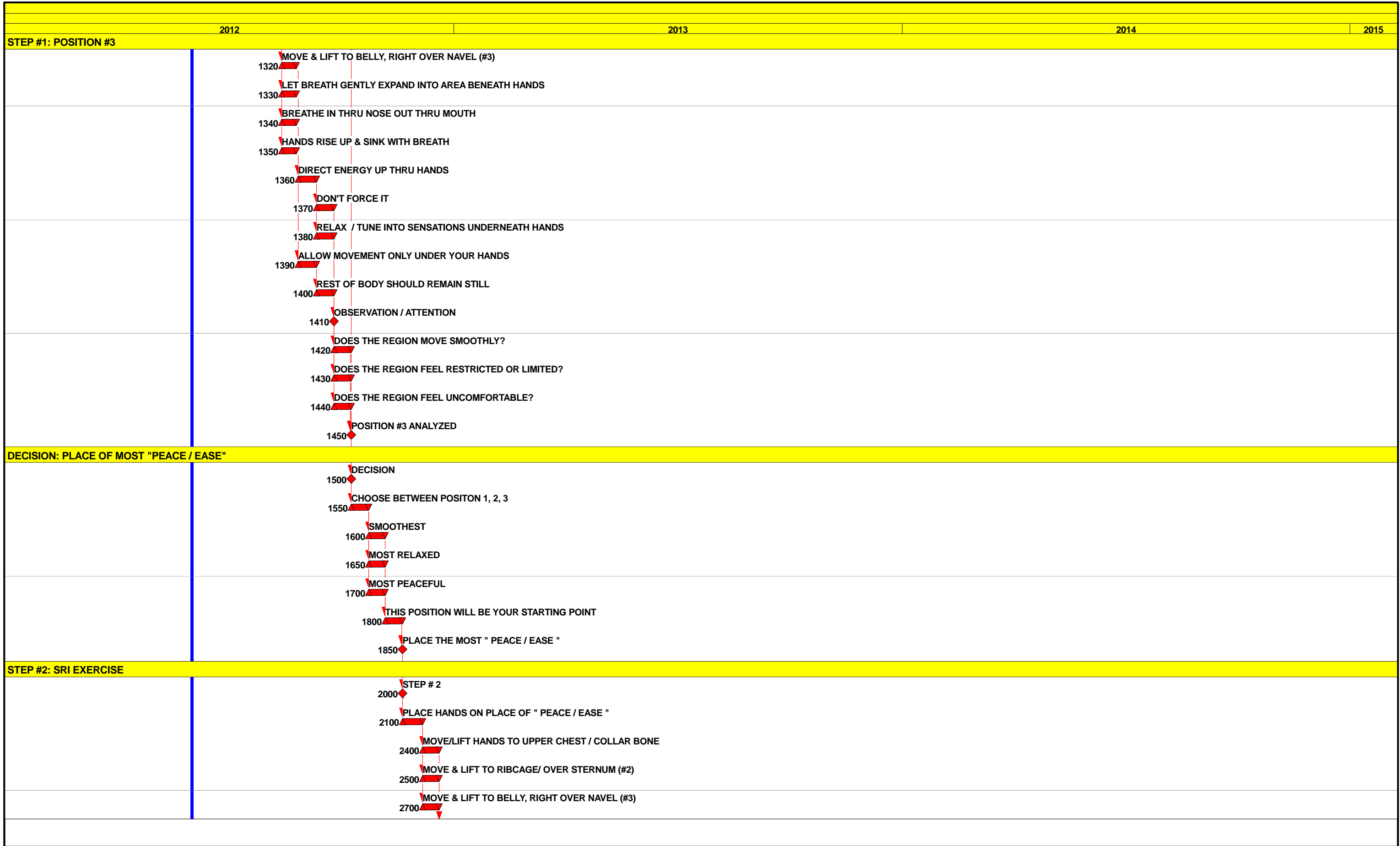
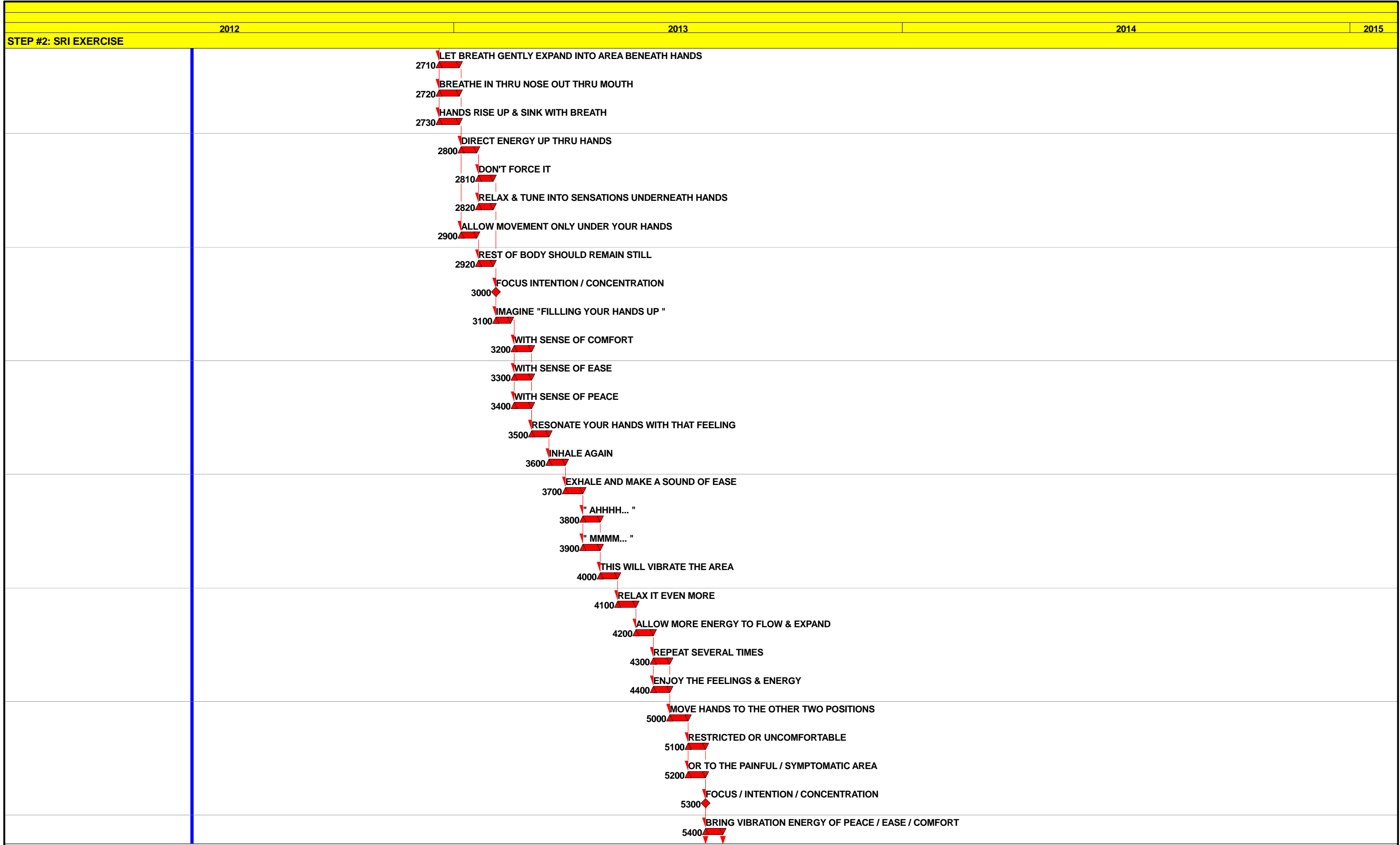


SPECIAL REPORT: DR. JOHN AMARAL, DC
 SOMATO RESPIRATORY INTEGRATION
 "NOT OFFERED AS A REPLACEMENT FOR MEDICAL ADVICE FROM A LICENSED PHYSICIAN, NOR IS IT INTENDED TO BE USED TO DIAGNOSE OR TREAT SPINAL CONDITION. IF YOU ARE IN DOUBT PLEASE SEEK PROFESSIONAL HELP FROM A QUALIFIED PHYSICIAN."









2012	2013	2014	2015
STEP #3: ACTIVATE LIMBIC / EMOTIONAL SYSTEM			
		<p>7200 GET IN TOUCH WITH WHAT IS HAPPENING IN REGION</p> <p>7250 YOU MIGHT MOAN, GROAN OR CRY</p> <p>7300 IF AREA HAS BEEN PAINFUL OR PROTECTED</p> <p>7350 IF CHRONIC PAIN</p> <p>7400 MIGHT WHIMPER OR SOB</p> <p>7500 GOAL</p> <p>7550 MAKE SOUND:</p> <p>7570 BEST APPROXIMATION VIBRATION OF PAINFUL AREA</p> <p>7600 ACTIVATES EMOTIONAL BRAIN</p> <p>7700 NO RIGHT OR WRONG WAY TO CHOOSE / MAKE SOUND</p> <p>7800 AUTHENTIC SOUND</p> <p>7850 FEEL ENERGY IN THE AREA BEGINNING TO MOVE</p>	
DECLARATIONS			
		<p>7900 STATE A DECLARATION</p> <p>7950 TRUTHFUL ACKNOWLEDGEMENT</p> <p>7970 OF WHAT YOU ARE EXPERIENCING</p> <p>8000 VARIOUS DECLARATIONS</p> <p>8100 SOMETIMES IT FEELS LIKE : _____</p> <p>8150 " I HAVE TO DO EVERYTHING MYSELF "</p> <p>8200 " THIS IS NEVER GOING TO END "</p> <p>8250 " IT SEEMS LIKE NOTHING WORKS "</p> <p>8300 " NO ONE CAN HELP ME "</p> <p>8350 " THERE IS NEVER ENOUGH FOR ME "</p> <p>8400 " RIGHT HERE I FEEL DISCONNECTED "</p> <p>8500 (OR OVERWHELMED, ANXIOUS, HELPLESS)</p>	
ACKNOWLEDGEMENTS			
		<p>9000 ACKNOWLEDGEMENT CAN BE DIFFICULT</p> <p>9050 EGO - MIND WORKS HARD TO STAY IN CONTROL</p>	

2012	2013	2014	2015
ACKNOWLEDGEMENTS			
		9100 TRIES TO HIDE WEAKNESS 9200 WANTS TO APPEAR STRONG & UNSHAKEABLE 9300 SOLUTION 9350 GET REAL WITH WHERE WE REALLY ARE 9400 "THE WAY OUT IS THROUGH" 9450 IF YOU FEEL PAIN IS NEVER GOING TO END 9500 ALLOW YOURSELF TO FULLY ASSOCIATE WITH IT 9600 RE CAP 9610 PUT YOUR HANDS ON YOUR BODY 9620 FOCUS ON IT 9630 BREATHE INTO IT 9650 ACKNOWLEDGE & ACCEPT WHAT YOU FIND	
STEP #4: OBSERVATIONS			
		9700 STEP # 4 9750 OBSERVE HOW YOU FEEL 9800 OBSERVE THE AREA OF PAIN / DISCOMFORT 9850 SHIFT 9900 SHOULD FEEL BETTER / IN TUNE 9950 NO SHIFT 9960 LOOK FOR A BETTER STARTING POINT 9970 MORE EASEFUL / PEACEFUL 9980 STAY THERE LONGER 9990 SHIFT INTO RELAXED OR EASEFUL STATE 11000 BEFORE GOING BACK TO AN UNCOMFORTABLE AREA 12000 REVIEW	