

YOUR BODY REMEMBERS:

New Decision Therapy To Heal the Past and Become Fully Present
by Kandis Blakely, MFCC

"Your body is a memory bank. All of your experiences are stored there. There is a therapeutic technique that decodes cell memory. It is psychosurgery." Psychotherapist, nutritionist, and kinesiologist Kandis Blakely is referring to New Decision Therapy, an emotional clearing technique she developed that identifies specific traumas in one's life and uproots them quickly. "This is Quantum Healing," she writes in her book, *Your Body Remembers*, "The alchemy happens in the moment of conscious remembering. We must remember."

New Decision Therapy utilizes Applied and Behavioral Kinesiology to pinpoint precise experiences that have weakened the body's ability to heal itself. These specific emotional traumas that were not properly addressed and healed from the past currently are, according to Ms. Blakely, sapping our Life Force and compromising our physical, emotional, and spiritual health. They must be brought to the forefront of consciousness, she contends, forgiven, and finally, released at the cellular level, (as everything we experience has a cellular imprint.)

This book details a "profound psychological surgery," the New Decision Therapy technique that can transform a negative choice to suffer into a positive choice to live "in the course of a single session."

The New Decision Therapy process consists of:

- Clearing Denial - Removing memory blocks and recollecting the individuals who contributed to your emotional trauma.

Forgiveness - Forgiving the delinquent persons you feel contributed to your pain.

Compassionate Understanding - Recognizing that these people did the best they could given their personal histories and circumstances.

Letting Go of Repressed Anger/Guilt - Releasing the negative pent up emotions of anger and/or guilt.

Unconditional Acceptance - Accepting other people as they are.

The step-by-step process and scripting of this therapeutic technique is detailed in the appendix of the book.

According to Ms. Blakely, before the diagnosis of a chronic debilitating illness, the individual most likely made a negative life decision in response to a hurt. (ie. "If this is the way life is, I'm not sure I want to live it.") That psychic wound became an unconscious "Death Wish" that created a vulnerability in the immune system. A life negating thought suppresses the thymus, she explains, compromising the proper functioning of the immune system.

Much of this thin paperback book is devoted to explaining the physiological effects of emotional baggage, from a fascinating psychological overview. The mind-body connection is thoroughly examined since the effectiveness of New Decision Therapy is based on an understanding that physical health results from mental harmony. "Many of your thoughts are unconscious and often focused in the past." Ms. Blakely writes, "Your conscious, moment-to-moment thoughts interact with your unconscious mind and dictate the health of your body."

With compassionate insight, Ms. Blakely details how her New Decision Therapy technique facilitates healing. She offers a variety of helpful aids, such as affirmations ("The Life Force is activated by the energy of the word. The affirmations used in New Decision Therapy are clean and empowering breakthrough words."), Bach Flower Remedies ("Every emotional state can be helped by a corresponding flower essence that alleviates it."), and self-love ("It is the greatest challenge and the greatest gift you will ever receive."). The first step in self-love, she further states, is self-identification and self-forgiveness. One can, with the New Decision Therapy process, forgive oneself for recreating pain in order to remember certain events and heal them (Freud's "repetition compulsion"), while forgiving one's parents and significant others for the painful and humiliating experiences they bestowed.

"Now you are ready to affirm your willingness to be healthy and happy," Ms. Blakely writes, "You can truly operate with a LIFE WISH.. Stay conscious in the present moment. You are making Life Decisions all the time. This is not a dress rehearsal. This is YOUR LIFE. My goal is to bring people to an enlightened view of self. All the techniques described here offer awareness and autonomy. This equals Liberation."

Your Body Remembers, although a small, thin paperback, is not light reading. New Decision Therapy, although described as "fast", cannot be absorbed quickly at the intellectual level. The psychological drama is complex and compelling, but Kandis Blakely is a master distiller who has created an elixir for LIFE.

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