

Morter March Release™

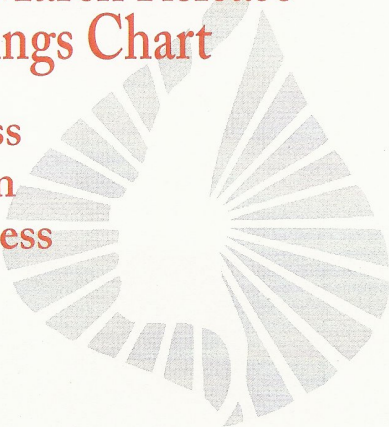
This procedure is specifically designed to update your body's function to current need rather than a past, and often stressful, memory pattern. Designed to reduce the painful effects of daily stress, Morter March Release is an easy way to release the patterns stored within your memory, which are causing, or at least contributing to, your pain and discomfort.

Pain is your body's way of telling you something is wrong and Morter March Release is one of the fastest ways to listen and update, thus making the pain unnecessary! What a great way to release and relax.

The countless positive feelings we have experienced throughout our lives can be concentrated into six very specific feelings.

Morter March Release Feelings Chart

Happiness
Perfection
Faithfulness
Love
Sex
Money



Research has proven when we access these positive feelings at the correct time, and think of the painful symptom, we begin removing the mental roadblock which was causing our pain in the first place. And, here's the easy way to get started right away!

Step 1. Identify the exact problem or goal you wish to address. This can be a physical complaint, a stress, or a goal you have yet to meet.

Step 2. While focusing on the thought from Step 1, shift your thinking to the list of words in the Morter Release Feelings Chart. Start with happiness.

Step 3. Move into the Morter March position with the left foot forward, right arm extended. Turn your head toward your forward stretched arm (right) and tilt your head to the right. Close your left eye and hold in a deep breath.

Step 4. Think, I believe I am thankful and grateful for the feeling of _____. Repeat this statement in your head for the second time. Then, the third time you repeat it, close both eyes. You may wobble at this point so be careful not to fall over.

Step 5. Change position to the right foot forward and the left arm up and extended forward. Turn your head toward your forward stretched arm (left) and tilt your head to the left. Close your right eye and hold in a deep breath.

Step 6. Think, I believe I am thankful and grateful for the feeling of _____. Repeat this statement in your head for the second time. Then, the third time you repeat it, close both eyes. Again, you may wobble at this point, so be careful.

Step 7. Repeat steps 2-6 with the remaining 5 words on the chart, one at a time, just like with the feeling of happiness. Your next word is perfection.

Step 8. Relax your shoulders, breathe rhythmically and remember if any particular feeling created a different response from you. For example, did the feeling of faithfulness cause you to feel differently than the other feelings? Or, was it money? Whichever word from the six words on the list made you feel different, repeat the steps 2-6 again focusing on that feeling. Repeat this two times.

Now that you have completed the Morter March Release. We recommend you go for a walk concentrating on swinging your arms opposite from your legs . . . normal gait.