

How to make the Most of Your Entrainment

1. Please **TURN OFF** or **SILENCE** your cell phone.
2. Dress comfortable with loose clothing.
 - a. Remove belts.
 - b. Unbutton the first few buttons of your shirt, or remove scarves so the Doctor can touch your lower neck.
 - c. Tight clothing will restrict movement and can inhibit the doctors' ability to work.
 - d. Remove jewelry that may inhibit the Doctor from working such as necklaces or large earrings.
3. Do not plan your visit immediately following a heavy meal, or within a few hours of alcohol consumption. Your nervous system will be occupied with digestion and the removal of toxins, with less available attention for healing.
4. Breathe normal. You may have an innate desire to breathe deeper. Listen to this desire but do not try to force anything, or consciously control your breathing.
5. During the entrainment, between contacts keep your eyes closed. This will help you to keep your mind on **YOU**. In other words it is better not to think or watch what is going on around you. This time is for you and your healing. Pay attention to what is going on **INSIDE OF YOU**.
6. It is fundamental that you listen to the innate voice inside of you.
7. It is very necessary to listen to your body. You may feel the need to move a part of your body; for example: wiggle your hips, raise an arm or stretch your heels. Follow this desire, as this is how your body-mind will begin to communicate with you. These movements are the beginning of your body-mind *connecting* with the tensions in your body and learning how to release them.
8. This office is your safe place to heal. You may feel the need to make a sound. It could be to laugh, cry, moan, or scream. This is perfectly normal as you *Connect* to disconnected experiences and *Release* them. The release and expression of this can be very healing.
9. Suspend judgement. Entrainments are not competitive. The purpose of the entrainment is to free the interference from your life process. Outward manifestations are not indicative of the magnitude of clarity that a person is experiencing. The person who is more demonstrative physically, emotionally, vocally is not necessarily experiencing any greater degree of clarity than the person who clears slowly, gently, and rather silently. Do not try. Just be and participate in the journey.

10. Please pay special attention to the changes that you will begin to experience in your body and mind, and how these changes will affect your life.
11. Read whatever you can about healing. (We have books on this subject available for sale or for you to read while at the office.) Watch less T.V., read less news! Listen to conversations about the healing and unifying principles of life. Look for “miracles” in your life.
12. If in doubt about a situation you are involved with or living in, be still and ask your innate for the answer. Feel for the response. The communication lines will be opening as your nervous system clears. Please be conscious of what your body is asking for, always. If it is asking for rest, then rest. If it wants healthy foods, then eat them. If it wants movement, then get out and exercise!
13. Although becoming ill is rarely “convenient”, our symptoms are usually gifts, signals, or messages of the body-mind trying to communicate with us and allow us to move toward healing and wholeness.
14. Listen for the commonly unheard, feel for the commonly unfelt, and look for the commonly unseen. Healing involves growing beyond one’s usual frame of consciousness. Recognize that change is happening in your body-mind and in your life.

15. The solution is in all of us!

I invite you to entertain the possibility that you are more powerful, loving, creative, prosperous, compassionate, and healthy than you have ever imagined. I invite you to share my personal myth that all beings are part of one community, you are not alone, and your experiences are not in vain. You do not have to live life by understanding it first. Your body is sacred and only through fully experiencing your biology can you express spirit more fully and live in a state of grace.

Dr. Donald Epstein (Developer and Founder of NSA)

dr. jasmine therese, dc