

## **Hemispheric Neurological Restructuring and Integration™ (HNRI)**

Hemispheric Neurological Restructuring and Integration™ (HNRI) is a powerful technique that involves using specific music, or left-right movement or stimulation, that allows fast and effective relief from traumas that cause, anxiety, panic, negative emotions that cause depression and limiting beliefs. It uses the best techniques from Guided Imagery, Neurolinguistic Psychology/ Programming, emotional freedom techniques, image streaming, and Brainspotting.

Many people now have heard of the difference between the right and left hemispheres of the brain. The Nobel prize-winning discovery is that each hemisphere handles a different kind of information like music or math or creativity and logic. By stimulating different areas of the brain at the same time, we can open up and create new neural pathways. There have been numerous scientific studies conducted showing how stimulating the brain increases intelligence and actually helps create new neural pathways.

HNRI is based on the following presuppositions or principles. The mind can be compared to a computer that uses software programs. The software programs are made from emotions and beliefs that combine together and have to do with the way that you think and feel. Sometimes the software programs can get stuck in a loop and stop working the way we want them to.

It seems that trauma or negative emotions can combine with a certain thought or feeling and create a locked neural pathway in the brain. Negative emotions often become trapped in the brain or body. This can be referred to as post-traumatic stress. The software of the mind is created with our senses. We use our senses not only to perceive and interpret the world, but also to literally think. You think using a combination of sight, sound, and feeling.

By stimulating different areas of the brain at the same time, by using the senses to rewrite the software and by changing the perceptions and meanings of emotions, beliefs and events, we can help you to change the way you feel and change the negative loop to a positive loop. Negative emotions can dissipate and disappear. It can cause a whole new way of thinking or feeling.