

Celebrate Your Life!
TRANSCENDENCE

**Reset Your Body
& Energy**

with Dr. Sue Morter

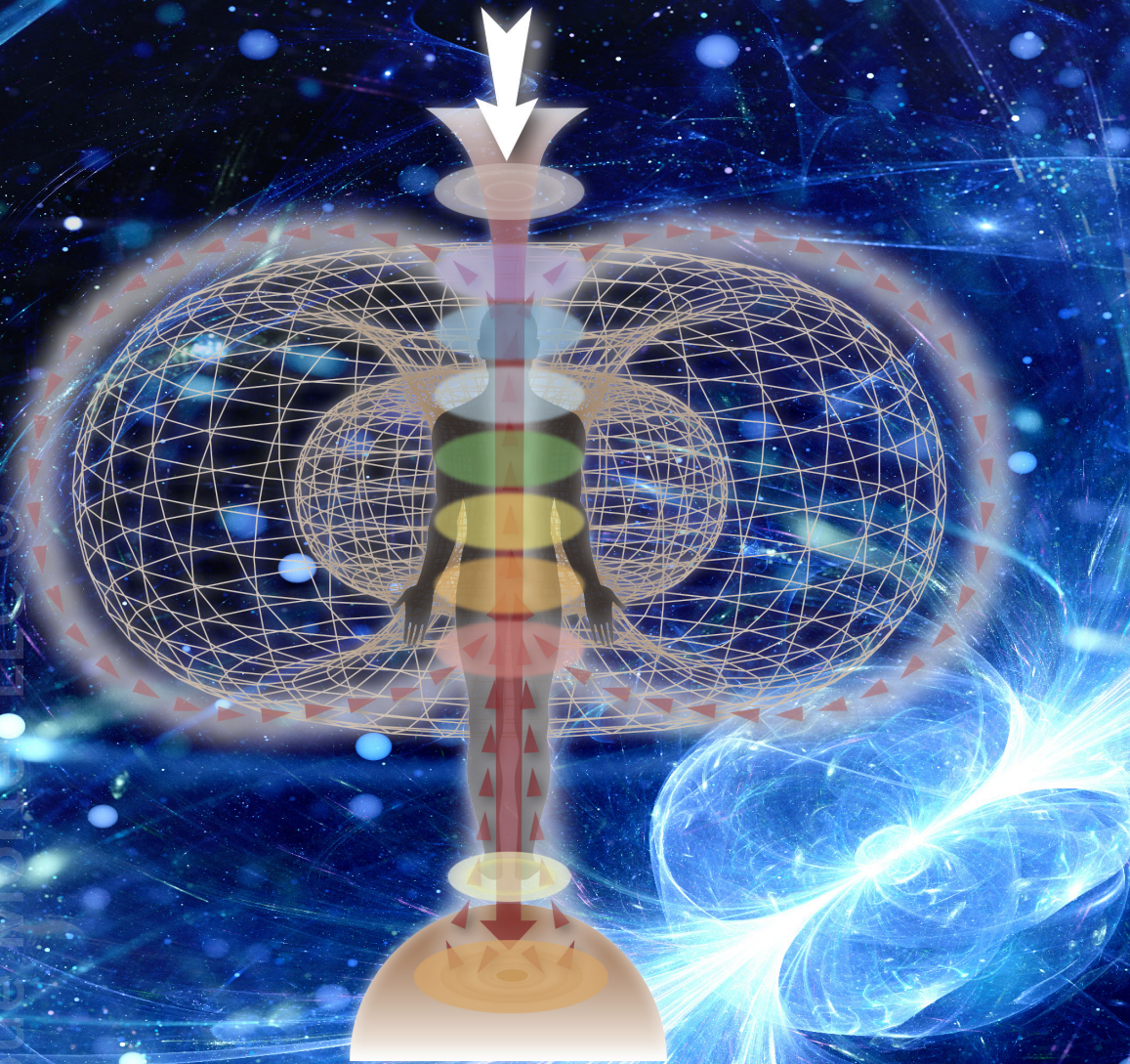


DR. SUE MORTER
Morter Institute for BioEnergetics

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Reset Your Body & Energy Dr. Sue Morter



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The Magnificent You – HeavenEarth®

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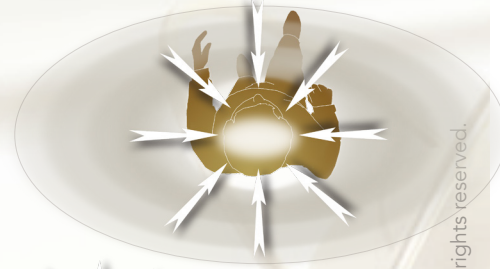
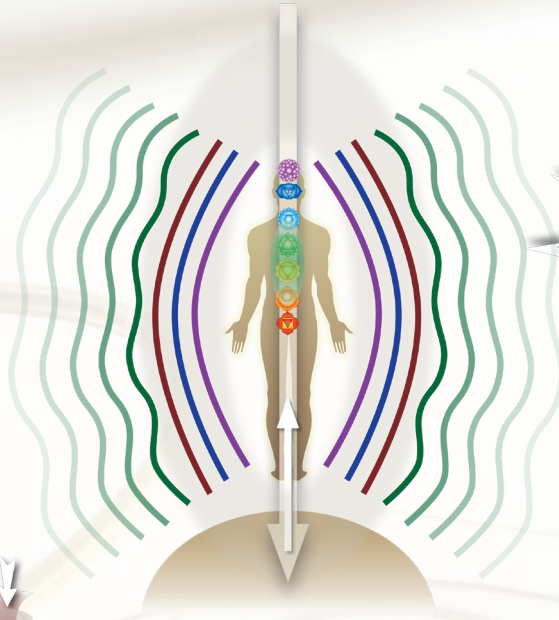
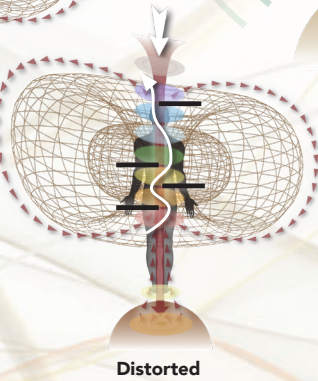
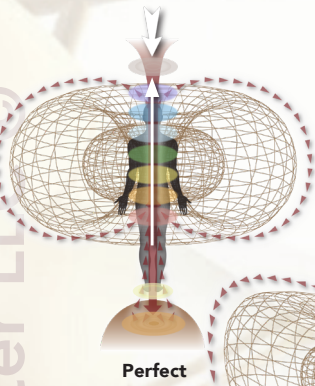
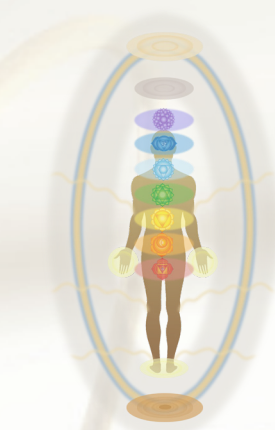
Understanding What We Do

Reset Your Body & Energy Dr. Sue Morter



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Object

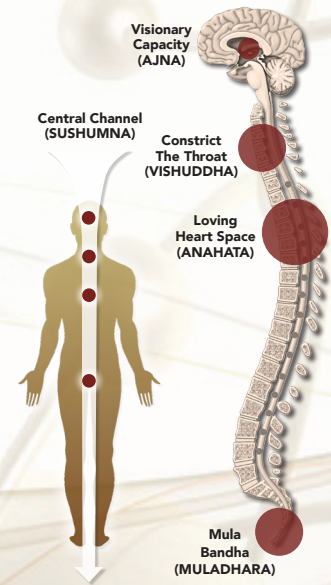
Visionary Capacity (AJNA)

Central Channel (SUSHUMNA)

Constrict The Throat (VISHUDDHA)

Loving Heart Space (ANAHATA)

Mula Bandha (MULADHARA)



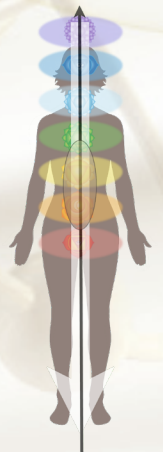
Triggers as Gateways

Trigger:

Feeling:

Compensatory Behavior:

Body:





mPower Step Position (Morter March +)

1. Step forward with your left foot, bend front knee.
2. Raise your right arm over your head and forward, thumb pointing up.
3. Move your left arm behind you, back and down, thumb pointing up.
4. Tilt your head right toward the lifted arm.
5. Close your left eye.
6. Breathe deep in the belly and cultivate the feeling of love.
7. Squeeze the lower pelvic muscles (mula bandha).
8. Squeeze the heart, constrict the throat.
9. "Open" the bottom of the feet and palms of the hands.
10. Keep thumbs of both hands turned up and squeeze between the shoulder blades, lifting the heart.
11. Squeeze the upper thighs together as you breathe. Let it feel good.
12. Look at the raised thumb, and "pull" your consciousness back "behind the eye" that is looking.
13. Breathe up or down the central channel to the belly and out the other end. Do this in both directions two times.
14. Step forward with your right foot and raise your left arm. Repeat the entire process.
15. Switch sides and repeat the mPower Step once more in each direction.

B.E.S.T. Release

1. Test for Strength / Weakness (name)
2. Envision Frontside Intention
3. Muscle Test for Weakness
4. Test for the Word / Chakra, Find Weakness
5. mPower Step with Anchor Points
6. Embrace the Intention / Word / Chakra
Cultivate Feeling of Love /
Breathe Central Channel
7. Retest Word / Chakra, Retest Intention



B.E.S.T. Release Chart:

Fear
Anger
Love
Sadness
Enjoyment
JUDGMENT

*"I forgive and embrace any interference that _____
has caused as it relates to my intention."*

Fundamental Information

The mPower Step position reconnects the basic fundamental somatosensory pathways (Brain and Body) in the nervous system.

The weakness = a gap in the circuitry. We get excited when we find a gap. (This is what we are looking for.)
The mPower step fills the gaps in the circuitry.

Holding the Breath while in the mPower Step position creates a greater stress momentarily, allowing the nervous system to re-prioritize its emergency responses. This "updates" the computer (brain/field).

Cultivate the feeling of love flowing through the body to embrace and melt any interference. Love awakens pristine perfected circuitry and unifies the body, mind and breath.

The squeezing of the anchor points tethers the magnificent mind to the core of the body. Let the squeeze be LOVING!
Let it feel good.

Feel the Shift at the Core. Awareness at the Core is greatly significant. Use your awareness to assess the alignment/misalignment, resonance, or dissonance of future thoughts and decisions.

Self Test

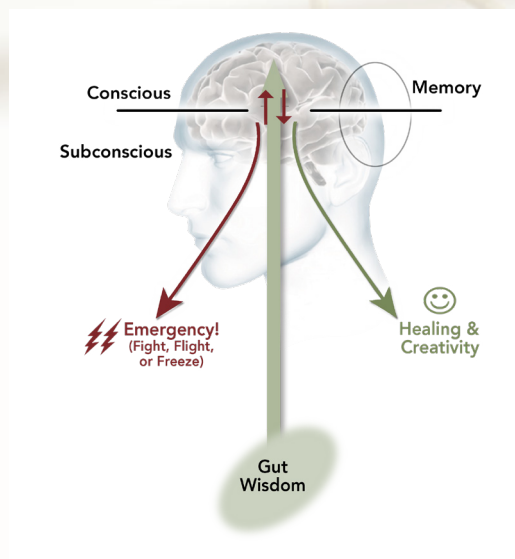
1. Begin by making a ring with the thumb and index finger of your non-dominant hand (Ring 1). You will hold tight with this ring.
2. Make another ring with the thumb and index finger of your dominant hand (Ring 2). You will use this ring to push out/test Ring 1.
3. Place Ring 2 inside Ring 1.
4. State a "Truth," e.g., "My name is Mary." Test for strength by pushing out with Ring 2 while holding tight with Ring 1. Ring 1 should hold tight. Next, state a "Lie," e.g., "My name is Betty." Test for strength by pushing out with Ring 2 while holding tight with Ring 1. Ring 1 should fail.

B.E.S.T. Release

Start with Muscle Testing:

WITH A PARTNER

1. Begin by addressing your partner, face to face, and have her raise her dominant arm out to the side (in the horizontal plane), with her hand open and palm down toward the earth. She should be looking forward, eyes open.
2. Face your partner, and place one of your hands on the upper surface of her extended forearm. Place your opposite hand on her opposite shoulder to help stabilize movement when testing.
3. Ask your partner to "Hold" there while you firmly press down on her forearm with smooth pressure toward the floor. Look for a strong arm test indicating the partner can resist your pressure with reasonable upward force. If the arm is weak, check the opposite arm for strength.
4. Have your partner tell a "Truth," e.g., "My name is Mary." Test the arm strength. It will remain strong. Next, have the partner tell a "Lie," e.g., "My name is Betty." Test for strength and show the arm is weak.
5. Identify the reactive subconscious belief. Using the methodology of arm strength testing, have your partner "Think about an ideal Front Side Belief / Intention," and continue testing the arm strength until a weakness surfaces for a particular belief.
6. Once we identify the Belief pattern which demonstrates weakness, continue testing the arm strength, and identify the Reactive Feeling from the B.E.S.T. Release Chart. This Feeling is the stored pattern in your partner's brain/field, which will be updated and embraced during the B.E.S.T. Release procedure.
7. Build new intention circuits: Think about the Intention, the Reactive Feeling, cultivate love and forgiveness, while assuming the mPower Step position.
8. Hold the mPower step position and breathe up-and-down the Central channel and cultivate the feeling of love in the body. Let it feel good. You will feel a shift in your body's energy pattern overall, then switch to the opposite side.
9. Continue with this process 2-3 times on each side. Your arm will remain strong now, regardless of the Belief, Intention or Word. We have awakened and filled the gaps in the circuitry.





Good Morning... Before Your Feet Hit the Floor:

1. **Become Aware of the Greater Love and Trace the Toric Field Flow**
2. **"Be" the Vibrational Essence of What You Choose for Your Life**
3. **Slow "Central Channel Scan," Assess Your Progress. Focus the Mind Without a Splat!**
4. **Slow the breath** with intimate, focused intention in the channel all morning

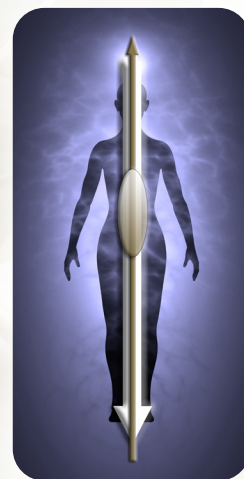
The first 10 minutes of your day will determine your reality.

During the Day... Basic Foundational Practice:

1. **Meditation** – 15 minutes of **Being**, not thinking
2. **Movement for Embodiment** – It's All About Circuit Building
 - **BodyAwake® Yoga**
 - **Trace the Toric Field Flow**
3. **"Be" the Vibrational Essence of What You Choose for Your Life** several times all day. Feel the energy in your body.
4. **Practice Both / And Compassion** in every thought process
5. **With Love: Subject / Object / Subject** toward 100% all day
6. **Breath Work** three rounds of each:
 - **Central Channel**
 - **Heart Resonance**

Good Night... Before You Fall Asleep:

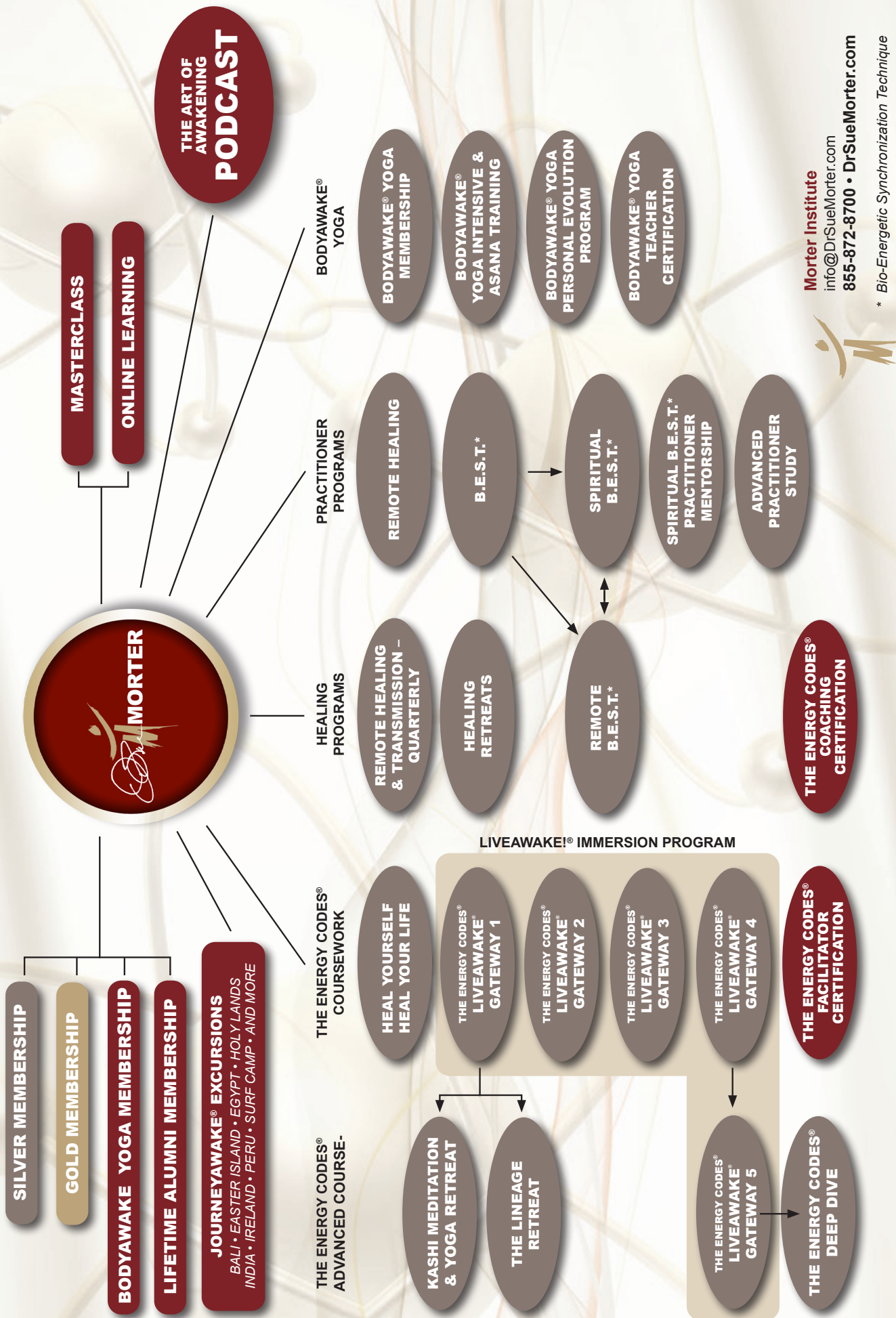
1. **Central Channel Breath**
2. **Slow and Deepen the Breath**
3. **Cellular Resonance of Love**
 - **Gratitude**
 - **Cherish**



For more information on many more morning, mid-day and end of day practice recommendations, consult the product, **A Daily Practice** (available at DrSueMorter.com).



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