

Emotional Fixations

Are My Emotions Making Me Sick?

by Dr. Hobson

They may be. As we learned in the triad of health, the emotional/spiritual component to life can have very real health implications. Emotions can “fixate” - literally “freezing” an aspect of the being. An emotion can be “stuck” as an image (crystallized) stored in the soma (physical tissue) with no date set for deletion. We term this phenomenon a NEC (Neuro-Emotional Complex).

NEC’s can often run in packs creating an assemblage of behavior patterns. I have often asked myself at what point do my collective NEC’s take up the majority of my identity? I haven’t found the answer yet to this question. I will keep you posted.

Discovering NEC’s and liberating the fixated emotions in the physiology is a worthy practice for both the client and the doctor. You have heard the expression “extra baggage” or “lightening your load.” Yes, yes, I am all for lightening the emotional burden. [Neuro-Emotional Technique \(NET\)](#) releases blocked emotional patterns. Working with patients in my office we have cried, discovered, shared, pondered, laughed, and released. NET sessions throughout a day in the office emit a feeling of warmth in the room and an understanding beyond words. Movement occurs as a shift in consciousness, a freedom from patterns that thwart our true expression. I liken it to taking off a tight shoe and throwing it in the trash — no recycling required.

(Read [‘NET - One Patient’s Experience’](#).)

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