



Into My Own: We Are More Than Mind Body & Spirit

Mari Laine

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Why do people do what they do? Why are we not self-sufficient to go beyond our limited viewpoints? Because we are Energetic Beings who do not understand our Own Vibrational Energy. Author, Mari Laine, convincingly exhibits the Relevance of Emotion in Human Evolution. She outlines her expertise in the Complexity of Emotion, its effects on the Body from Suppression, and contends that Consciousness does not increase through mental analysis alone. The subconscious, which controls most of our conditioned behavior, is held within the brain system of our body.

The Author's personal experience has firmed her conviction that emotion is tied into the 'Soul' and is a direct conduit to the other 90% of our brain. Her Quest is to Encourage Self-Responsibility through Direct Emotional Movement, which in turn will bring a complete Higher Consciousness and True World Change. What makes this approach different is in achieving Personal Wholeness by NOT disconnecting or shutting down emotionally, but by Energetically Restructuring that which has been termed 'Negative'.

Mari also includes a captivating account of her Inquisition type abuse and the devastation this caused most of her life. With much perseverance, she was able to pioneer her successful breakthrough outlined in this book.

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