

# Quantum Healing of the Mind

By Joy Ramos Davis of Beyond50Radio.com

I always knew that we can be our own worst enemy with our negative thoughts and feelings. A man recently told me that he could teach my mind to resolve all the problems I've ever had so that I can begin having the amazing life I want in just 2 hours. His claim seemed too good to be true, so I tested it.

Can the mind really resolve traumatic memories, irritating thoughts, negative patterns and behaviors on its own, instantly? It doesn't seem possible because I can have a string of nagging thoughts at times that don't go away easily - like relentless self-torture.

I was game, allowing Rich Aydelott to lead me through his technique called the Comprehensive Memory Cleanup (part of the processes of Thought Pattern Management) that was developed by Robert Fletcher. His method was simple. Rich would teach my mind to go back to my past using my current resources and mental tools to remove the emotional charges around those painful memories. According to him, we were not taught how to find these resources within, so the mind doesn't function very efficiently.

Rich explained that the unconscious (subconscious) mind stores events on file without emotions. The conscious awareness is where the emotions around these memories lie. As part of the clean-up, he bridges the two areas of the mind so that the unconscious can reevaluate the stressful memories in an unemotional way, based on who I am in the present and with what inner resources and tools I can draw from to do it.

When the past with its negative emotions is cleared up, anyone can be freer to be here in the NOW. We're better able to deal with things in a place of power because there's no emotional hang-ups about our past or anxieties about our future. The mind and body can also better work on the behavior that responds to the stress. The effect can be very positive, going from the DNA on up to a body and personality level.

Rich asked me to mentally recall any times that were troubling. I rated my personal traumas from 0 – 4. The number zero was assigned to memories that were light, bright, positive and good. Number four was the other extreme: memories that were dark, negative, traumatic and bad. I had to rate them as quickly as the thought came up, but never went into detail about what happened. His questioning demanded that I give the first answer right away to draw from my subconscious. It was done to bypass the deceptive, conscious mind. He explained that our subconscious (unconscious) has all the information we need, going back to the womb and extending further to ancestral files. Our conscious thoughts don't usually register until we are around 2-years-old.

At times, I was given simple suggestions for my mind to process, combined with creative visualizations. At one point, a mental image of a librarian worked on my head's "filing system" to systematically resolve a single chain of troubling memories going back to its

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very beginning. It didn't matter how far back in time the librarian had to go. Once that was done, I was told that my mind was now able to do it on its own and that it was automatic and self-correcting.

Rich added a future element that was fascinating. It was based on the quantum physics understanding that time is not linear. The past, present, and future are all happening in this moment – there is only now. If that is really true, then we should be able to tap into the highest inner qualities of my Future Self to learn from and align with. It's also the assumption that we can use the inner resources and tools from our Future Self to integrate with the mind in the present, giving us the high confidence needed to face the future.

After the session was over, I felt different. I scanned my thoughts, going back to images of my traumatic past and noticed that the emotional charges around them were rendered neutral; they seemed more like non-events or dead images. The other thing I noticed was that my confidence level was higher and grew in feeling days later. It was as though I was strong and “on top of the world.”

Just to make sure about the changes, I checked again a week later. Remarkably, the anxieties about the future or painful feelings of the past didn't come up. Even my confidence level remained high. Without my past to bog me down, or my future to be afraid of, I had literally achieved an inner freedom within 2-hours. Amazing!

*\*To learn more about the Comprehensive Memory Cleanup (and Thought Pattern Management), contact Rich Aydelott at (360) 727-0190 or go online to [www.AmazingLifeWellness.com](http://www.AmazingLifeWellness.com)*