

Welcome to our 56th E-journal

Spring has sprung, and the world is alive with life and light.

One of my favorite spring poems is by Emily Dickinson, called *A Light Exists in Spring*:

*A Light exists in Spring
Not present on the Year
At any other period -
When March is scarcely here*

*A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.*

*It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.*

*Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay --*

*A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament*

For many, springtime is a period of renewal and letting go of old habits that no longer serve our personal growth. One way to do this is to reprogram the subconscious mind. The subconscious stores information and controls many of our daily actions. The key to renewed change is to reprogram these deeply embedded thoughts in the subconscious. Old habits are essentially deeply rooted subconscious programs.

Because the subconscious automates our actions, we naturally repeat what is familiar, even when it no longer serves us or even becomes a toxic habit. One powerful way to reprogram the subconscious is through meditation. When we enter a deep meditative state, our brain frequency slows down into an alpha state. This gives us direct access to

the subconscious mind, where we can implant or seed new positive thoughts and desires.

One technique is first to prepare a quiet, comfortable space; sit or lie down and relax. Bring yourself to the present by repeating: "I am here right now. Nothing else matters." This helps center your mind and removes unwanted thoughts that are obstacles. This may take about 5 minutes.

Next, close your eyes and focus on the center of the brain (pineal gland), and begin deep, slow breathing. With exhalation, let go of any stress and body tension and relax more. Continue to empty your thoughts and focus on the brain and your breath. When all is quiet in the mind, begin positive affirmations in the present time. Such as "I am safe", "I am healthy", "I am successful", "I am blessed", or any affirmation you choose. Repeat your affirmation and *feel your affirmation* throughout your being. Hold this feeling as long as possible, as this will make a stronger subconscious imprint.

Repeat the practice daily, at least once; ideally in the morning or before bed, when the subconscious is receptive. Upon awakening, immediately repeat affirmations.

This technique works because the subconscious learns through "repetition and feeling the emotion." Repetition + strong emotional energy = stronger imprint. With consistent practice, you "rewrite old subconscious programs and create new empowered reality aligned with your highest potential."

Every conscious thought creates an emotional response within the biofield of the heart. Emotion is the language of the subconscious mind. The stronger you feel an emotion, the deeper it imprints on the subconscious. Thus, repetitive thoughts and strongly felt emotions become subconscious programs that influence how you respond to the world automatically.

Positive affirmations improve self-esteem, focus, and mental health by helping users replace negative self-talk with empowering beliefs. By practicing affirmation techniques, you rewrite old subconscious programs and create a new, empowered reality aligned with your highest potential.

Lastly, the subconscious has no filter. So, if you call yourself a stupid bonehead, your subconscious will believe it to be true. Careful how you talk to yourself. Use only positive messages throughout the day.

Spring is a time of planting, and with each seed or plant that you plant, affirm that your life is good, full of abundance and health.

As a final note, BRMI recently hosted its annual conference cruise in the Caribbean aboard the beautiful *Celebrity Beyond*. It was a truly enriching experience—filled with meaningful connection, inspiration, and a series of exceptional presentations.

Building on that momentum, we are excited to announce our next conference cruise, [*The Bioregulatory Medicine Summit at Sea: From Cell to Biofield*](#) aboard *Celebrity Summit*, setting sail March 28, 2027. This upcoming journey will visit the Western Caribbean and the ports of Cozumel, Belize City, and Costa Maya, offering another unique opportunity to learn, connect, and explore!

Enjoy the merry month of May and be well.