

The Guide to NEI

*What is it? How does it work?
What is it good for?*

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What is NEI?

NEI stands for Neuro Emotional Integration. It is sometimes also referred to as New Emotional Insight. NEI is a method used to identify and release emotional patterns that contribute to physical complaints, stress or recurring emotional reactions.

NEI brings together elements from several disciplines, including chiropractic care, applied kinesiology, traditional Chinese medicine, Neuro Linguistic Programming (NLP) and related approaches.

The method was originally developed in the 1980s by the American chiropractor Scott Walker. In the early 1990s, it was further developed by Dr. Roy Martina. The form of NEI used in my practice has been in use for approximately 30 years.

NEI is based on the idea that unresolved emotional experiences are stored in the subconscious. Over time, these unresolved experiences can contribute to physical symptoms, emotional imbalance or persistent stress responses.

How does NEI work?

During an NEI session, we work with the subconscious to identify emotional experiences that are no longer serving you.

To do this, I use a biotensor. A biotensor is a non-invasive instrument that responds to subtle changes in the body. It is used to make underlying patterns visible so we can investigate which emotional experiences are affecting your balance.

The biotensor does not decide anything by itself. It is a tool that helps communicate with the subconscious. Your subconscious determines what is accessible during a session. Feeling safe and at ease is essential. The safer you feel, the more deeply we can work.



What happens in an NEI session?

A typical NEI session consists of five steps:

1. You describe the issue you would like to work on. For example, you may feel constantly stressed and want that to change.
2. Together, we define a desired state or goal. For example, feeling calm, clear and energetic.
3. I tune the biotensor to your system to connect with your subconscious.
4. By following specific protocols, emotional blockages related to your issue are identified.

5. Once an emotional blockage is identified, it is released in a gentle way. You do not need to relive events or explain details. The subconscious releases what is no longer needed.

Many people notice a shift after just one session. For more lasting or deeper change, multiple sessions are often needed. Each session allows us to work on a deeper level.



When can NEI help?

NEI can be used to work with emotional, psychological and stress-related symptoms, and sometimes physical complaints for which no clear cause has been found.

For instance:

- You fly off the handle at the slightest whim.
- You wake up exhausted every morning.
- Just the idea of a party makes you feel completely overwhelmed.
- You are always under stress.
- You do nothing for yourself. Your life revolves around your child(ren) and your partner.
- You have physical complaints for which there is no medical cause.

NEI can be helpful when you sense that something deeper is going on, but you cannot clearly identify it. Instead of forcing change through willpower, NEI works by releasing what is already ready to let go.

Are you ready to experience NEI? Contact me.

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An energy session is not a substitute for medical, psychiatric or psychological treatment. No diagnoses are made. For medical, psychiatric or psychological treatment, please consult your general practitioner or a medical specialist.