



Maribeth D. Morrissey is a certified LifeLine Technique™ practitioner operating Optimal Health Connections, a holistic practice that assists clients in overcoming stress, pain, fear and challenges. Morrissey trained directly with Dr. Darren Weissman, developer of the LifeLine Technique and has 15 years of experience in the pharmaceutical industry with extensive training and exposure to traditional medicine. Morrissey maintains a growing practice in Solon, Ohio, and serves as an inspirational speaker and vision board facilitator.

By Melissa Fitzgerald

If given the choice, would you choose to feel love or to feel pain?

Naturally, you select love. However, daily, so many of us focus on the pain and fail to see the love. We hold on to the pain, fear and challenges that occupy our minds because we don't know how to let go.

When negative thoughts or experiences replay in your head like an iPod stuck on repeat, you have developed a habit for your mind. Frequent thought patterns become subconscious habits. By continually focusing on these negative parts of our lives, we unknowingly force our subconscious mind to replay them and believe them to be true. The next time you find yourself ruminating on a neg-

A Change of Perspective Could Change Your Life

ative thought, ask yourself “is it true?” It probably isn't!

As legendary author and speaker Wayne Dyer, Ph.D. puts it, “When you change the way you look at things, the things you look at change.” Whether the thoughts are ever spoken or not, the way we think affects the way we behave. When you become stuck in a thought pattern, it affects all aspects of your life.

Fortunately, there are methods to help you get unstuck. The LifeLine Technique™ is one tool to help you clear out the negative thought patterns and focus on the place you want to be. The practice helps you to release the unhealthy habits, change your thoughts and ultimately, your perspective.

Developed by Darren Weissman, a nationally renowned doctor of chiropractic medicine, The LifeLine Technique (LLT), is a practice that enables you to connect with your subconscious, reach the root cause of your pain or negativity and release it. The practice integrates applied kinesiology, ancient healing arts of Chinese medicine, Ayurvedic medicine and modern day science.

A form of energy medicine, LLT helps to guide you back to a place of balance between the mind, body and spirit. “It helps you to focus on the positivity in your life and puts your spirit back in a place of love,” said Maribeth Morrissey, a certified LifeLine Practitioner based in Solon. Morrissey's clients have come to her for help with a wide range of both health and emotional issues.

“LifeLine clears out the negative thought patterns and

guides the subconscious to focus on the outcome you desire – whether that is to be free of physical symptoms or emotional distress.”

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Teresa McEvoy of Cleveland found herself stuck in a painful cycle of unhealthy patterns. For years, she allowed hurtful events from the past to trigger negative emotions. It affected her view of the world daily, and when combined with mounting family responsibilities, led to great stress.

McEvoy saw herself as “Mrs. Fixit.” While caring for an elderly parent, grown children still dependent on her and a husband with an all-consuming job, McEvoy felt responsible for keeping everyone happy and fixing all problems – leaving no time for herself. As her stress grew, she began medication for panic attacks.

McEvoy's experience with LLT helped her to release the limiting beliefs and subconscious mind habits that were holding her back. She found a new perspective and a powerful coping mechanism to help her overcome the issues she faced.

“After sessions with Maribeth, I felt lighter and more relieved about my life,” McEvoy said. “It has helped me to simply observe situations and not feel the need to ‘fix’ everything.” As a result of the changes she has made in her life, her children are more independent, she takes more time for herself and has been able to significantly reduce her medications.

“I'm more able to live in the moment. It changed my perspective on life and made it easier for me to accept and handle challenges in a positive and more productive way.”

Learn more about The LifeLine Technique

Maribeth Morrissey
will be giving a free talk

Saturday, Feb. 16 at 7 p.m.
at

Insight Learning & Wellness Center
25901 Emery Road,
Warrensville Hts., Ohio

**Space is limited,
please call to reserve your seat**

**To RSVP, call
216.765.4470.**

GET READY FOR A BREAKTHROUGH

The LifeLine Technique™
can take you there
Mind ▲ Body ▲ Spirit

LifeLine is an innovative, holistic modality that allows you to connect with and release internalized, denied or disconnected emotions in your body and life. It is often practiced to assist with:

- Stress relief
- Depression
- Addiction
- Challenging relationships
- Chronic pain
- Sleep problems
- Illness

Maribeth D. Morrissey
Certified LifeLine Practitioner
Owner, Optimal Health Connections

*Now accepting new clients. Special rate
for initial consultations. Call for more information.*

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