

**Repetitive Behavior
Cellular Regression®**



Evolutionary Healer, LLC

Repetitive Behavior Cellular Regression® RBCR

A question and answer, non-linear, sequencing model for decreasing repetitive behaviors.

We are born with an already established personality. As we age, we become witness to various stimuli that change the way we look at the world and how we will act and react in it. ~H.E. Amb. Terry Earthwind Nichols

Do you or someone you know seem to have breakthroughs and yet repeatedly take no action? Maybe you or they were able to take some action, although it was never consistent. They had the skill yet weren't attaining what they were seeking. This behavior was a bit of a mystery and neither one of you could put your finger on it.

This pattern is not from a blind spot. We call it the Active Block. ***It has the ability to outwit even the most experienced of coaches and therapists.***

We also have good news for you and others. That good news comes in the form of two powerful words.

Mystery SOLVED!

Terry's Story

What drives our behaviors? The mind is so complex.

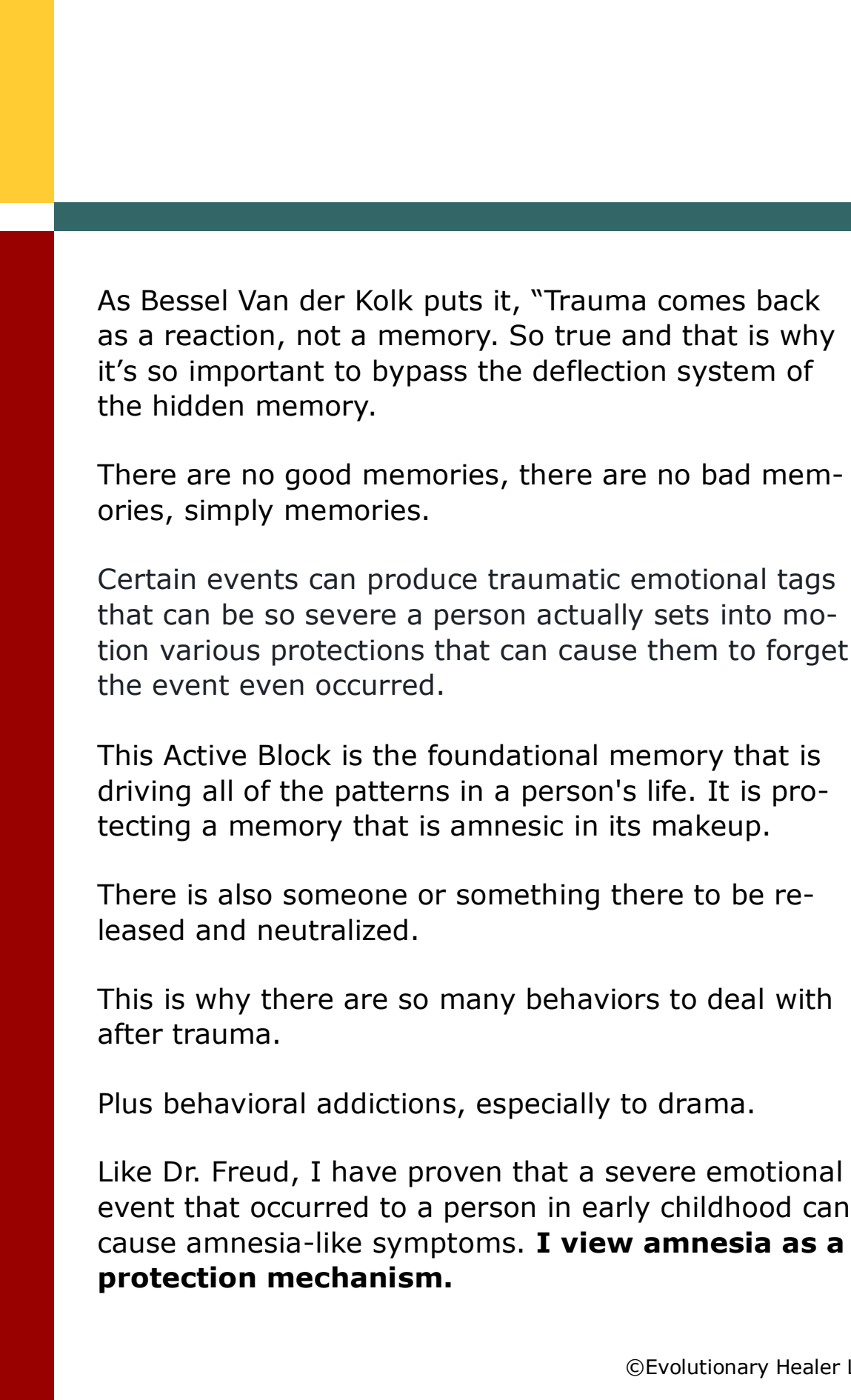
Do you remember Dr. Sigmund Freud? He believed that what people suffered from in adult life stemmed from a traumatic event early in childhood. Dr. Freud couldn't find a consistent method to locate an early childhood trauma and I did... without the use of hypnosis, NLP, EMDR, EFT, or mind altering substances.

Dr. Freud committed suicide in 1939, without proving his theory.

In 2009, after standing on the edge of a building contemplating my own suicide as a retired Navy Veteran, I thought I heard a voice saying, "Turn around, I have something more for you to do." A few months later I created Repetitive Behavior Cellular Regression® (RBCR).

In doing so, I found a consistent way to help my clients *find and stop* the triggering caused by the deflection system of an amnesic-like, early childhood memory.

Here's how...



As Bessel Van der Kolk puts it, "Trauma comes back as a reaction, not a memory. So true and that is why it's so important to bypass the deflection system of the hidden memory.

There are no good memories, there are no bad memories, simply memories.

Certain events can produce traumatic emotional tags that can be so severe a person actually sets into motion various protections that can cause them to forget the event even occurred.

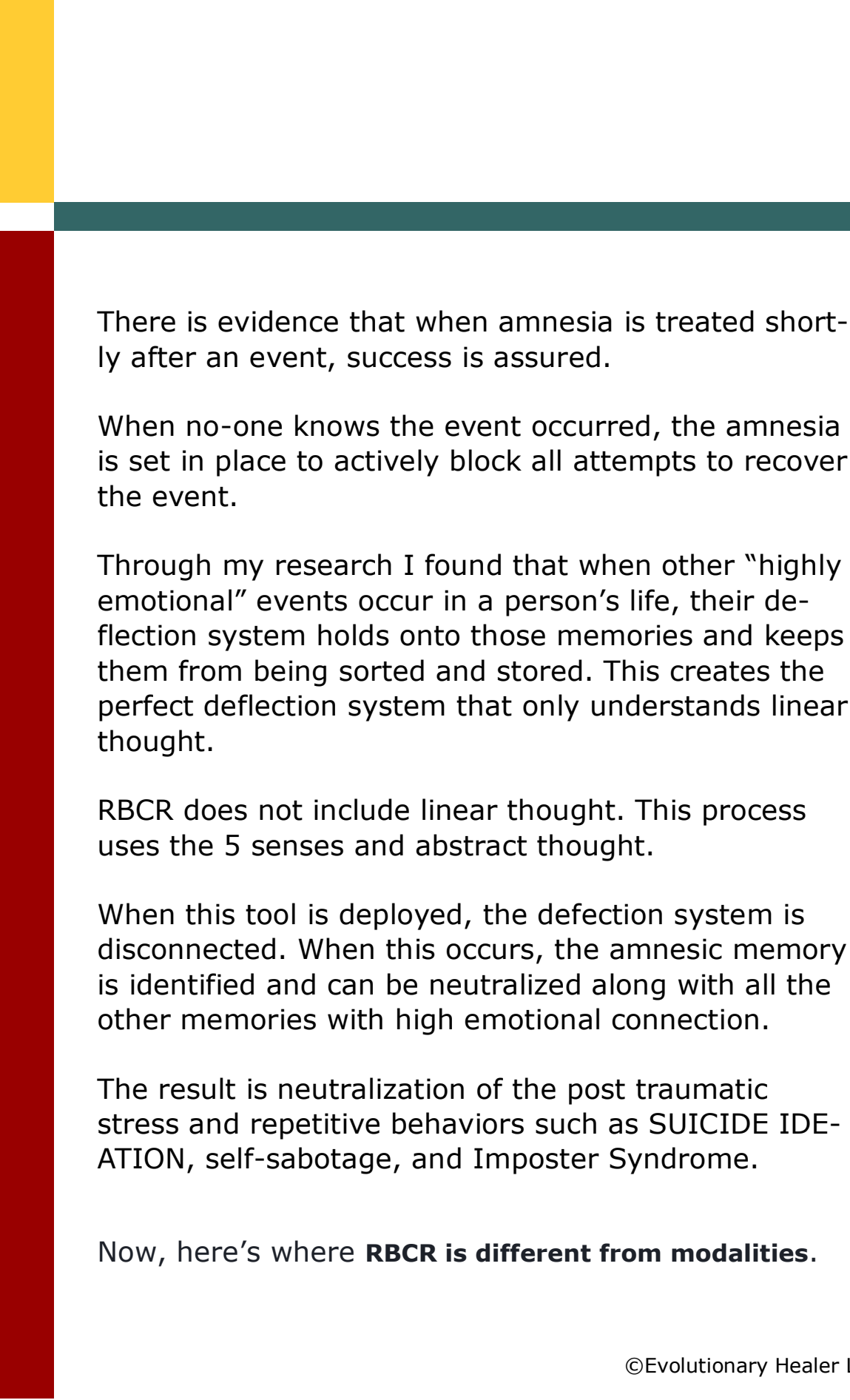
This Active Block is the foundational memory that is driving all of the patterns in a person's life. It is protecting a memory that is amnesic in its makeup.

There is also someone or something there to be released and neutralized.

This is why there are so many behaviors to deal with after trauma.

Plus behavioral addictions, especially to drama.

Like Dr. Freud, I have proven that a severe emotional event that occurred to a person in early childhood can cause amnesia-like symptoms. **I view amnesia as a protection mechanism.**



There is evidence that when amnesia is treated shortly after an event, success is assured.

When no-one knows the event occurred, the amnesia is set in place to actively block all attempts to recover the event.

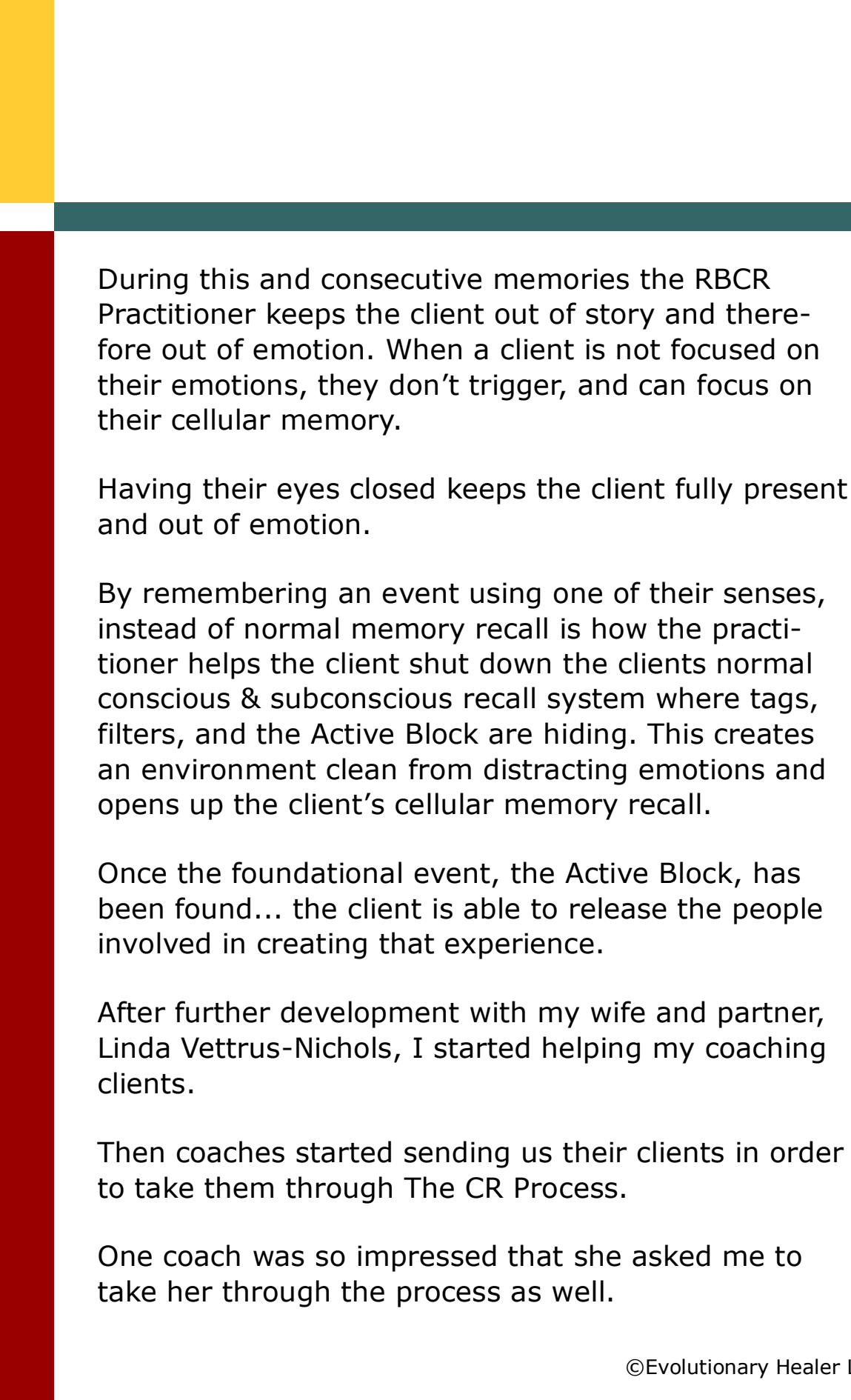
Through my research I found that when other “highly emotional” events occur in a person’s life, their deflection system holds onto those memories and keeps them from being sorted and stored. This creates the perfect deflection system that only understands linear thought.

RBCR does not include linear thought. This process uses the 5 senses and abstract thought.

When this tool is deployed, the deflection system is disconnected. When this occurs, the amnesic memory is identified and can be neutralized along with all the other memories with high emotional connection.

The result is neutralization of the post traumatic stress and repetitive behaviors such as SUICIDE IDEATION, self-sabotage, and Imposter Syndrome.

Now, here’s where **RBCR is different from modalities.**



During this and consecutive memories the RBCR Practitioner keeps the client out of story and therefore out of emotion. When a client is not focused on their emotions, they don't trigger, and can focus on their cellular memory.

Having their eyes closed keeps the client fully present and out of emotion.

By remembering an event using one of their senses, instead of normal memory recall is how the practitioner helps the client shut down the clients normal conscious & subconscious recall system where tags, filters, and the Active Block are hiding. This creates an environment clean from distracting emotions and opens up the client's cellular memory recall.

Once the foundational event, the Active Block, has been found... the client is able to release the people involved in creating that experience.

After further development with my wife and partner, Linda Vettrus-Nichols, I started helping my coaching clients.

Then coaches started sending us their clients in order to take them through The CR Process.

One coach was so impressed that she asked me to take her through the process as well.

RBCR Results

The CR Process is a 30-day process. I have conducted over 140 RBCR Sessions: 128 were completed in one session, 5 never finished the process, and 6 initially required 1 or more continuation sessions.

Client Demographics

Gender: Male and female

Age Range: 16 to 77

Education: Non-high school graduates to multiple PhDs, Veterans (combat and non-combat)

Economic: Below the poverty line to professional income

This shows a very consistent 92% success rate.

To find out more information and to read my White Papers go to: www.EvolutionaryHealer.com/white-paper-for-the-cr-process

A Word from Terry

I created Repetitive Behavior Cellular Regression® (RBCR) while helping someone who was having a lot of emotional trauma and no techniques, therapies, medications or hospitalizations were working for her.

As my first client guided me through her past, I began to look for the root cause of what was going on with her.

When I came across her tags and filters, I used one of her five senses to circumvent her memory recall and found that I could unplug the hidden emotions of an amnesic event and permanently remove the emotional tie to that specific event.

This then neutralized many patterns of behavior throughout her life.

The results were significant. She is no longer in and out of hospital psyche wards and lives a normal life in her home with a great job and new husband.

This client loves serving others and is free of terrible nightmares.



Creators of RBCR

Terry Earthwind Nichols

Linda Vettrus-Nichols

Terry and Linda have developed a process to find and defuse an unknown memory from early childhood that drives behavior patterns and keeps a person STUCK.

Through their research they are now able to pull back the curtain revealing the unknown source that actively avoids, diverts, and deflects its presence.

Their clients find the peace and breakthroughs they are looking for in their business and their lives, returning to their coaches or therapists ready for success.

RBCR is gaining national and international attention in the area of suicide prevention, post-traumatic stress, sexual trauma, imposter syndrome, and repetitive behaviors such as multiple marriages, negative relationships, self-sabotage, and procrastination to name only a few.



Linda Vettrus-Nichols & Terry Earthwind Nichols

Our clients and CR Practitioners span over 6 continents and are in 13 countries including 3 Canadian Provinces and 27 US States.

RBCR is for those who are at 'enough is enough'.

For more than a decade, RBCR has positively impacted multiple lives.

Don't take OUR word for it; here's what others are saying...



Excerpts from Client
7-Day CR Journals
(shared with permission)

Jason



I don't fear change so much anymore, and I am accepting the feeling of being uncomfortable. I now believe that if I'm uncomfortable that means I'm changing. As much as I fear change and hate the idea of change, I know I could use some change in my life. I've noticed that even with me feeling uncomfortable, I'm starting to feel safe. I don't feel any emotional or physical pain today. This is the happiest I've been in years.

US Army Vet Patricia



Retired Veteran Terry Earthwind Nichols is a hero to me. I am extremely grateful for the process he and his wife Linda created. Before I went through their process, I was feeling extremely suicidal.

I called my brother and told him to come and get the gun. Then I wrapped myself up in a white sheet until he arrived. I had thoughts of taking myself out so many times. I think the thing that stopped it then was that I didn't want my daughter to walk in on the mess.

Allyson

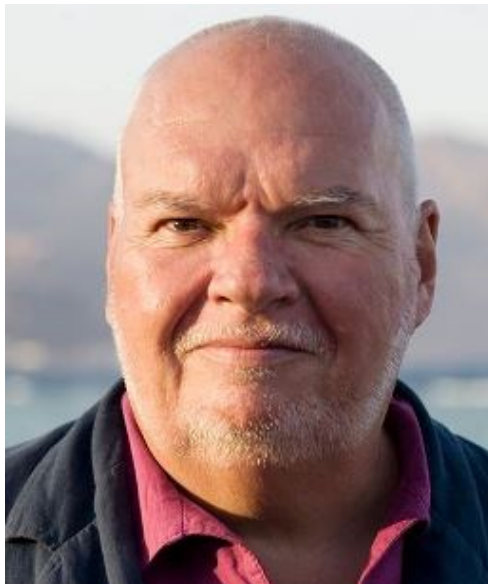


I finally feel like I am actually living and not being in constant worry. I feel so blessed each and every day and am just so glad that I went through The CR Process©.

Before I went through the session, I had nightmares, mainly every night. Now, after the session, I am just amazed that the nightmares have stopped. It's a real change in pace.

(Ally age 16, Step-daughter of an Army Vet)

Dan



Would never of believed I'd feel so good now, as I push 70. Thanks amigos, for creating the container in which all this unfolds.

If every person whom I attract and to whom I have a strong reaction is a mirror for me... then what I'd like to know is... what is being mirrored here? Since going through The CR Process© I have less and less wiggle room for being critical of others.

Michelle



Procrastination suddenly seems to be less of a problem. I also feel safe in the boundaries of structure. This is actually comforting, where in the past it was always a burden and I fought against it. I feel like the block about not being good enough is totally gone. I feel like I can acknowledge fully that I am smart enough and capable of anything.

I don't feel held back by beliefs that I don't deserve things and that is a freeing feeling.

Clarice



I had a most interesting insight this morning stemming around why I had so much resistance to doing the RBCR session. Mostly I overthink everything in my life.

I have been sleeping so good. I am looking forward to whatever will come. I have an energy to get things done that I haven't felt in a very long time. It's like a huge shadow that had been following me around has dissolved and it is truly amazing. Gratitude for this life.

Lorraine



For several years I had given up and could see no dreams of anything better. I have my dreams back now.

Thoughts of how I have choices - I can give up at 50 or I can take advantage of all of the opportunities laid out in front of me.

I never understood/believed in the phrase - Do what you love and the money will follow. I get it now!

Rick



Journaling is no longer a burden. Knowing I'm going to do this is having me pay attention to what's going on minute by minute. I've released the bullies—it only took choosing to do it to do it. I won't forget them, but I'm no longer bound by them. Caught myself last night getting upset about workload and then stopped. Chose it as what my life looks like when I'm up to big things. Then chose to not be depressed. The annoyance stopped completely and I went to bed without depression.

Paula



Something has changed inside of me. I am more accepting of myself and not sure how that changed.

My power is coming back and I am driving the bus. I have a lot of thoughts on my next steps, and then gently bring myself back to present.

I now tell myself that everything will unfold exactly the way it is suppose to at the right time.

Simone



My business and I – we were stuck in a way. I was indecisive and lacked focus. I felt really overwhelmed, and had the impression something hidden was holding me back. This kept me from living up to my potential. These days I am feeling courageous, grounded, and empowered.

After The CR Process© I was able to connect with my inner self. I am now crystal clear about what I really want, and I follow this with enthusiasm.

Steena



Anger was very confusing for me as a kid. Instead of allowing myself to feel and respond to pain in the moment, I controlled it and hid it away. I now feel safe and secure.

Life has become simpler even in its complexity. My priorities are clear, my focus is stronger, and I'm less frustrated these days. I've been able to let go of the mind chattering madness.

Looking back is like watching a stranger live her life. It's so nice to just be myself and to get stronger from within.

Alexandra



Repetitive Behavior Cellular Regression® is literally a process that allows the client to open the back door of their mind. The clarity I received from this process definitely unlocked more of my potential and allowed me to focus on my Zone of Genius.

After RBCR I went through an intense inner transformation; everything was calling me inside. I now have more restorative energy, self-love, and presence.

The CR Process

Benefits

Improved relationships, finances, confidence, health, clarity, processing, follow-through, and accountability.

Decreases and even ends anxiety, fear, procrastination, self-sabotage, and overall stress.

The CR Process is a 30-Day VIP Experience

2-3 hours on Zoom or Skype (CR Session)

Journal for seven days (in one email, forward to RBCR Practitioner on 7th day)

1 hr. Day 8 call to go over journal

1 hr. Day 15 business & life coaching call

1 hr. Day 30 follow-up call

7-Day Journal

Client journal example shared with permission...

Day 1: Peace & clarity. I feel good. Not as angry.

Day 2: Had a great day yesterday. Busy, didn't rattle me. Fought with my wife and had clarity I've never had before and things fell into place in my mind.

Day 3: Lots of clarity today. Suicidal thoughts non-existent.

Day 4: No negative thoughts, nothing rattling me. Dipshit drivers yesterday - I didn't even get mad.

Day 5: Great day, clear head continues. I'm more at peace, even while driving which is really weird.

Day 6: More at peace, even while driving. No suicidal thoughts whatsoever.

Day 7: No suicidal thoughts at all which is so weird, but welcome.

(snippets from the actual email journal)

For more information...

If you have any further questions, would like to make a referral and/or join our global team of RBCR Practitioners please contact us at:

+1-763-464-5785

or

info@EvolutionaryHealer.com

Best regards, Linda & Terry

