

THE TRULY AMAZING LIFE SHOW

with Aaron Kennard

EPISODE # 20

NICK BREAU RE-PROGRAMS AARON'S EMOTION EATING HABIT

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Aaron Kennard: Alright Nick, tell me. What makes life truly amazing to you right now?

Nick Breau: To me right now, what would make me live truly amazing or what makes life truly amazing is that I get to do what I want. So I don't feel like I'm a victim or a slave to my emotions or my beliefs or my mind basically. I used to be in a place where I felt like I was stuck in a dead end job. Didn't get to do what I want to do all the time. And, I found a way to break free from the system. And, that what's allow me to live the life that I want to live under my own terms and that's basically how I would define what makes my life truly amazing.

Aaron Kennard: Cool, very cool. Tell us, you know, briefly your background when life wasn't really all that amazing and how you made that shift in a brief story for us.

Nick Breau: Yeah. So, when I get out of school, I went to University like most people do. I got a degree in Computer Science. Threw myself out of the corporate world. Ending up spending about 10 Years working you know, 40,50, 60 Hours a week. And eventually I got to a place even though I enjoyed working on computes, I just kind of got tired and fed up. I got tired and fed up with having to get up every morning and go to work. Only having 2 or 3 Weeks vacation every year where I go and do what I wanted to do during those weeks. And I just got to a place where I was fed up and had a ***.

So, started studying things like Law of Attraction and different personal growth, methodologies and it got me to a place where I was able to break free from that system. And now, I spent my time researching consciousness and researching alternative healing, modalities and helping other people break free from that daily *** as well.

Aaron Kennard: Cool. Nick Breau: Yeah.

Aaron Kennard: That's cool. So, is there one particular major shift that you had that really got you out of that? Or, could you describe to us more a little bit more detail?

Nick Breau: One major shift. It was kind of more of a lot of little shifts. So, it was in my studying of consciousness and the nature of our reality and Law of

Attraction that made me realize that we do have the power to live truly amazing lives. And, what really, what finally stops us or prevents us from living truly amazing lives is ourselves. And that's under the form of things like limiting beliefs or negative emotions or subconscious patterns that holds us back and often, we're kind of *** where did we have those things going on. So, once you gain awareness of these things and learn how to properly clear them and deal with them and deal with our fears because I mean, everybody has fears right? Fears of success, fears of failure, you know, fears when it comes to paying our bills and just kind of clearing out the things that hold us back and learning to trust our experience. That's what kind of helps me in what helps most people propel themselves forward and getting the chance and living the lives that they really want to live.

Aaron Kennard: Is there anyone, like for you, can you remember any one or two big beliefs that you like, maybe false or negative beliefs, limiting beliefs that you had that when you clear them out, it just made just a massive difference. Do you have any examples of that by any chance?

Nick Breau: Yeah. I mean, that the two big ones that come up and both for myself and most people would be software. Right? I'm not worried I'm not good enough. And another one is powerlessness. Right? I'm powerless to my circumstances. I'm powerless to what's going on around me. And those are two things you know, people needs to work on almost on a daily basis.

Aaron Kennard: What, tell about that for you. I want to get more digging in to this but I want to start, how did you, what was it like for you with the self worth issue and with either one or the other or both. Can you tell me a little bit more specifically about what you felt and why and what you discovered about what you're leaving and doing in your life and then how you got rid of that?

Nick Breau: Yeah. It was kind of, I mean, it wasn't just a one day you wake and you're oh, wait a minute. I have this feeling and it's holding me back.

Aaron Kennard: Yes.

Nick Breau: I hope to make it go away. It's kind of like a gradual. You know what? It's almost like a gradual realization of wow, I really think this way about

myself. You know. And how is this impacting my behavior in the way I live my life.

Aaron Kennard: Yeah.

Nick Breau: So, it's really an accumulation of things from childhood. You know, being picked on or being told that you know, you're not good enough to do this. Or getting little grades in a class. Right? All that kind of piles up and bring you that sense or unworthyness.

Aaron Kennard: Yeah.

Nick Breau: And for me, reading a lot of books, by authors such as Wayne Dyer or ***. That made me realize that you know, we're all on a level playing field. Right? And we're all worthy. Right?

Aaron Kennard: So, it's over time. So for you, it was like one book after another telling you that you are worthy and kind of revealing to you that you used to think that certain way and it's like, peeling back that layers to one or like one day at a time kind of thing and over time you made that shift? Is that what it was for you?

Nick Breau: Yes. It's almost like I come to this point like, wait a minute. What's my mind telling me?

Aaron Kennard: Yeah.

Nick Breau: And why is it saying that? Aaron Kennard: Yeah.

Nick Breau: And do I need to listen to that? Right? And then, you get to a point where you stop choosing to listen. Right? And then you explore those feelings that came from listening to those voices.

Aaron Kennard: Yeah.

Nick Breau: Right? And then, by overcoming those feelings you get a bigger sense of self-worth. Right? More, a higher feeling of power. And when you regains those feelings in your inner world that you start to see changes happen in you other world.

Aaron Kennard: Yeah. That's cool. So, what was it for like say, for powerlessness of you? When you talk about self-worth. When do you remember any specific like, realizations for yourself and powerlessness. And what was it doing to you? Do you stop your happiness and enjoying life?

Nick Breau: Yeah. A lot of it was giving away my power was or my power to other people. So, allowing them to make decisions for me. Myself making decisions based on what would make people happy.

Aaron Kennard: Yeah.

Nick Breau: Right? That's a big one that a lot of people have is to have a hard time putting themselves first.

Aaron Kennard: Yeah. So, is that big for you? That was a big one for you, you say?

Nick Breau: Absolutely. Yeah. And I was at a conference in Atlanta a few years ago in Caroline Miss was one of the speakers.

Aaron Kennard: Who was it?

Nick Breau: Caroline Miss. She's the author of, she's a medical intuitive.

Aaron Kennard: Okay.

Nick Breau: She's an author on one my favorite books called The Anatomy of the Spirit.

Aaron Kennard: Oh. Cool.

Nick Breau: And she said a quote. She said something along the lines of, how dare you put the responsibility of your own happiness on somebody else's shoulders?

Aaron Kennard: Hmm. Sounds a good one.

Nick Breau: So, it's really made me think well, you know what? I am responsible for my own happiness. And, I can't put myself responsible for the happiness of others because in reality, you know, it's not up to me whether somebody else is happy or not. I can do anything in the role for somebody. They might not be happy. Or I might not have to do anything for somebody that might be happy.

Aaron Kennard: Yeah.

Nick Breau: So, happiness is something like comes from the inside. And, the only person that can be responsible for your own happiness is yourself.

Aaron Kennard: Nice. And so that was a few years you said? Nick Breau: Yeah.

Aaron Kennard: Was that your own transformation or was it kind of made a big shift for you at that point is that event?

Nick Breau: Yeah. It was a big realization because it was like, wow, you know, I can do whatever. I can put all my effort to make one person happy. And reality, there's nothing that can make that happiest, it's like from their own state of own being.

Aaron Kennard: Yeah. So what did that do? What result then from, in your life? Like, after that point, being aware of that belief and basically, releasing it at that point. What did that shift for you? What did that do for you?

Nick Breau: It sent me down a path inner exploration. It made me question, okay, well. You know, where does joy come from? Right? Why is it that people seem to have everything in their lives aren't happy. Or, people who sometimes seem to have nothing are the happiest people on the planet. Right?

Aaron Kennard: Yup.

Nick Breau: Right? And then, that in turn made me explore things like, you know, the emotion guidance scale. Right? And looking at you know, why is it that a 2 Year Old or a 3 Year Old wakes up super happy every morning? Right? Children are almost always in a state of happiness. You know, unless they're gassy or take their toy away or you know what I mean?

Aaron Kennard: Yup.

Nick Breau: They're so joyful all the time. They have their natural joy. It's obvious.

Aaron Kennard: Yeah.

Nick Breau: And then they're sort of kind of looking like, okay well, what happens between that age and you know, 10 or 12 or teenager or adulthood. You know, where does that go?

Aaron Kennard: Yeah.

Nick Breau: And you know, what does it covers is that it doesn't really go anywhere. It's still there. It's still present. But what happens is, as we grow older, we pick up on things. That kind of masks that joy or it buries

or it keeps it hidden. So, the true path to joy and happiness is it through the external, the circumstances of our external world. It's through uncovering or removing the things going on in our internal world that are keeping their joy and their happiness hidden.

Aaron Kennard: That was a profound statement that you made down there. I was like serious. That was very cool. The true path to happiness is not through the circumstances of our external world but through you said after that, uncovering what?

Nick Breau: Uncovering the things that we had going on internally that are keeping the joy and happiness hidden.

Aaron Kennard: Yeah, very cool. So, this has become your work then? This is become what you do and you know, we've met a few weeks ago and now we've talked multiple times and we've heard. I mean, I've just heard story after story from you about the breakthroughs that you're helping people come through in their lives by helping them uncover the stuff. So, this is basically your life's work now. Right?

Nick Breau: Yeah. So basically, as I've mentioned I have spent about 10 Years in the tech field as an Architech, as a Software Developer. And, my specialty was taking different technologies and putting them together to create solutions to complex problems.

Aaron Kennard: Yeah.

Nick Breau: So, I left that about 2 Years ago. I started about alternative healing modalities. I've probably got about close to a dozen under my belt so far. And what I've done is I've taken out ways of alternative healing modalities and kind of

plug them together to try to find ways clear some of the things that hold people back.

Aaron Kennard: Yeah. So over the years, do you have just practiced with various different methods on yourself and on others?

Nick Breau: Yeah, exactly. And what I found out was when it comes to having big shifts, it's when you clear things at the level of the conscious mind. And negative emotions, limiting beliefs. Those are the type of

things that when you clear them that you see the biggest improvements or biggest change in the people that I work with.

Aaron Kennard: Yeah.

Nick Breau: Yeah. And coincidentally, those are the things that also keep that joy and that happiness buried.

Aaron Kennard: Interesting. Well, you know, it's fascinating to me to talk about this with you and this is obviously what I want to get you on the line is to discuss these different ways of removing limiting beliefs because that's what's your focus. And that is also my focus as teaching the framework of living a truly amazing life. It's hard to live the truly amazing life when you are bogged down by all these limiting beliefs that are like a ball and chain that keeps sucking you through the water like you're trying to swim to the surface and you've got this ball and chain. Really like pulling you down and life's a big struggle and effort. And if you can just release. If you can just like get the key to unlock that ball and chain that's trying to drag you down. All of a sudden, you can float easily at the top of the water. And so, we're both trying to help people do that to like float in the joy at the top of the water of life. Right? Rather than fighting to get up all the time and feeling sucked down and pulled down by the negativity and the weight of that. But the fascinating thing to me is, the method that you've found to do it. By uncovering things at the subconscious level is one method and the one method that I've done and had great success with is in to teaching in the words. Right? Just through exposing people to beliefs. With like, for example, my book, *The Positive Thinking Secret*. I get emails from people constant all the time. Like every day that this totally shifted their life. It shifted their trajectory. And I didn't anything. All they do was to read a book. Or I mean I did something, I did wrote the book but

meaning, they read the book, they read the experience that I had and the you know, my words of telling them what I went through when I practiced during that and the way that I chose to think about things and just them hearing somebody else's experience gave them the ability to expose you know, what negative beliefs themselves and see that it's possible to view things in a different way. And therefore, it release them from this ball and chain. Releases people many times on some works

alone and experiences of other people can absolutely release emotional heartache and these beliefs that are just trying to suck us down that's powerful. But, what I like about what you're saying is that there's also other things to do that I want to explore with you now like, there's others, sometimes you know, words will not be enough for people. Like, they may hear it but what you've done. It sounds like that you studied lots of different methods of clearing out negative beliefs and energy and thoughts. Is that right?

Nick Breau: Yeah. And I like what you're saying because it's almost like a two part process.

Aaron Kennard: Yeah.

Nick Breau: Right? So, there's this stuff that you're teaching about which is kind of your day to day living right? Like gratitude journals and seeking out a glass half full mentality. Right?

Aaron Kennard: Yup.

Nick Breau: Living in a way that brings peace and happiness.

Aaron Kennard: Yeah.

Nick Breau: But at the same time, there's the other side of the coin where we have to suppress the negative emotions and things that pull us down.

Aaron Kennard: Yup.

Nick Breau: So, by practicing both sides of that coin, where we can really get to the top of that emotional guidance scale.

Aaron Kennard: Like living in the state. And for people that may not be familiar with emotional guidance scale? Can you tell us a little bit about that is?

Nick Breau: Yeah. So, there's an author's name, it's David Hawkins. And he's got a book that's called Power Versus Force.

Aaron Kennard: Yup.

Nick Breau: And he mapped out all of our emotions based on the frequency of those emotions. So, the energenic frequency of those emotions have. And those emotions go from the highest frequency of joy and love or at the top of that chair. And then, the lowest I believe are shame and fear.

Aaron Kennard: Depression and despair or about at the end. Right?
Nick Breau: Exactly. So, basically, in our daily

Aaron Kennard: And in the middle you'd have like boredom or whatever. You had that picture of that and you

Nick Breau: Yeah. That could be the down side. So, at the top we've got, joy, knowledge, empowerment, freedom, love, appreciation. And that section of the scale. That's our natural state. That's where we should be in our day to day lives in our living.

Aaron Kennard: Yeah.

Nick Breau: We live our lives every day. That's our natural state. Aaron Kennard: Yup.

Nick Breau: So under that we have, passion, and then under that, we have enthusiasm. And again, how I'm working my way down the scale. So under that, positive beliefs, expectations, optimism, hopefulness, contentment and then down into boredom, pessimism, frustration, overwhelm, disappointment, doubt, worry, ***, discouragement, anger, revenge, *** jealousy, insecurity, guilt and the last thing at the bottom is fear, greed, depression.

Aaron Kennard: Yeah. One interesting point on that is, I like how as you look in to that scale. You know like, anger. A lot of people think as a really horrible emotion or bad thing. But, that's actually a lot better of a feeling than depression, according to that scale. It's like multiple notches up the scale closer towards joy. So, if you

can yourself to anger, for example, you were doing well than you were in despair and depression where you're just despondent. Right?

Nick Breau: Exactly. And often, people who are suffering from depression are often people who need to be angry and should be angry. But, don't allow themselves to be angry.

Aaron Kennard: And so, they keep cycling back into depression because they can't move up the scale into anger even. That's probably a huge revelation for the many people need. Actually, that totally surprised me when I heard that the first time and I read it in *Asked and Given* by Barry Nestor Higgs. That's when I first learned about the emotional scale which they I think, alright, it's in the same thing that David Hawkins talks about. But yeah, that's a very important distinction. So, we don't need to get in to that deeper right now. But, that's great to bring up that emotional scale. So, before we got in to talk about the emotional scale, where were we going with that? Do you remember?

Nick Breau: Uh, no.

Aaron Kennard: So, we talked about, we're getting into the different modalities, the different ways in which you have focused and learned on all these, everything. So tell me all of these, more about that. About

Nick Breau: Sure.

Aaron Kennard: All the different things that you've discovered and learned about how to heal people from limiting beliefs or release people from limiting beliefs . Tell us about those different ways on how you've combined and maybe go into the different types.

Nick Breau: Sure. Well, what I've realized is that, we basically have some seven energetic layers. And energy and thought and emotion. Emotion and our thought are simply energy that are kind of stuck in our energy field.

Aaron Kennard: Okay.

Nick Breau: Right? So, what we want to do is we want to release these negative emotions and these thought patterns that don't serve us.

Aaron Kennard: Yup.

Nick Breau: And negative emotion got stored in our emotional layer and the thoughts. The energy of our thoughts get stored in our mental layer. So, really those are the two layers that we need to do most of the clearing work.

Aaron Kennard: Yeah. Just as an idea. What are the other layers that you are referring to?

Nick Breau: There is the Etheric Layer, I think there's spiritual, let me pull it up the records up here. I'll be really quick.

Aaron Kennard: Mostly what you work with is emotional and the mental layer. Nick Breau: Yeah.

Aaron Kennard: Yeah. It's okay if you don't have it right there. I'm just curious but. So, do you have it there?

Nick Breau: Yeah. It's closed now but, yeah I mainly work on the emotional and mental layers.

Aaron Kennard: Okay.

Nick Breau: And the reason for that is when you look at Law of Attraction, Abraham talks about how your thoughts and your feelings are what create your reality.

Aaron Kennard: Yup.

Nick Breau: Right? So, those are the two things that are most important to clear out. And that's where you see the bigger shifts.

Aaron Kennard: Thoughts and your feelings. So, the mental and the emotional. Okay, so you work mostly on those things. What different ways have you found and learned to work in those areas?

Nick Breau: Yeah. So, the main tools that I use are EFT which is, emotional, freedom, technique and a lot of people know that as tapping. Nick *** has a book on The Tapping Solution. And **** highly promotes, it's a highly good book. So, I've taken tapping and I've combined it with visualizations based on timeline

therapy. And timeline therapy comes from Neuro-Linguistic Programming which is techniques used to communicate with the subconscious mind.

Aaron Kennard: Okay.

Nick Breau: And timeline therapy uses guided imagery. So, visualizations.

Aaron Kennard: Yeah.

Nick Breau: To clear things both emotional and the mental layers. So, I basically combined those techniques together to do most of my clearing work.

Aaron Kennard: So basically, with the EFT, the timeline therapy or the principle things that you use?

Nick Breau: Yeah. Aaron Kennard: Cool.

Nick Breau: And once in a while, I'll dive in to some techniques depending on what the client needs and what we're working on.

Aaron Kennard: Yeah.

Nick Breau: But I would say in most cases, a combination of EFT and the timeline and the *** does the trick.

Aaron Kennard: Cool. And give me some examples of what it's done for people as you take them to that process?

Nick Breau: Yeah. So, I've got a combination. My client's range from both mental health and law of attraction side of things. So, I'd say they're probably split about Fifty-fifty when it comes to mental health. It's probably a lot of anxiety, depression, phobias of weight loss.

Aaron Kennard: Yeah. People struggling with those issues.

Nick Breau: Yeah. Yeah. And sometimes, it takes one or two sessions. Sometimes it takes three or four sessions and I usually offer money back guarantee on things like anxiety. Now, a lot of people don't understand anxiety, why they have it or

where it comes from. Anxiety is often subconscious program in our pattern that's developed by the subconscious mind that's trying to keep us safe.

Aaron Kennard: Yeah.

Nick Breau: For example, when you're 1 or 2 Years Old, you made to had an incident with the dog. Maybe it's traumatic. Maybe it's about to bite you and it scares you.

Aaron Kennard: Yeah.

Nick Breau: Well, your subconscious mind at that point may register dogs as being something that's a threat to your safety.

Aaron Kennard: Yeah.

Nick Breau: So, it'll then create a pattern where whenever you're around dogs, you generate this fear. It's the fear's response trying to keep you away from dogs.

Aaron Kennard: Yeah.

Nick Breau: And that's kind of where anxiety comes from. So, you can use these tools to dive in to the subconscious mind and release those fears and clear out the anxiety.

Aaron Kennard: So, tell us what happened to somebody. You've had probably had 1-, 20 people with anxiety that you've worked with. What was their experience when you did that to them?

Nick Breau: Basically within, usually it depends on how deeply seated their experiences are.

Aaron Kennard: Yeah.

Nick Breau: Usually within one or two sessions that anxiety can be completely gone.

Aaron Kennard: So, they're just released of it?

Nick Breau: Yeah. So, to give you an example I had, a client who was *** for a number of years to the depression. She was severely agoraphobic. So, she was

Aaron Kennard: Which means what? Agoraphobic means?

Nick Breau: You can't leave your house. You're afraid to go places.

Aaron Kennard: Okay.

Nick Breau: So, she would only leave her home basically to see her doctor. Aaron Kennard: Okay.

Nick Breau: So, I went to her house. We did a 2 Hour session. And later that afternoon, she called her son who came and picked her up and buy at the grocery store. Had no problem leaving her house and that has she's been gone ever since. So, sometimes, you can have that of a big shift rapidly. Right? It's just a matter of tapping into that subconscious mind or tapping into those negative emotions or beliefs and bring them out.

Aaron Kennard: That's amazing. That's awesome. I mean, that kind of left a kind of thing of, you don't hear that happening much with like a book. Like with, just teachings. Like somebody, I mean, maybe that it could. But, it's not as likely as really make that big of an impact on that deep of a level with that deep of an issue, right. From what I've heard, I don't hear those people giving me those experiences where, the experiences I hear from people that's helped have been, I guess similar, but just not that intense maybe of deeply fierce. So, it would interesting to analyze those book. Give me another example of somebody you worked with depression maybe.

Nick Breau: Yeah. I know what you're saying there. The issue is that a lot of people have these patters going on in their subconscious level.

Aaron Kennard: Yeah.

Nick Breau: They're just not aware of it. They're aware that they have these fears. Aaron Kennard: Yeah.

Nick Breau: But they know they're irrational.

Aaron Kennard: But they can't figure out why and how.

Nick Breau: Why they're there and where their coming from.

Aaron Kennard: And so, like reading a book, you know, about irrational fears may help but it may not help them uncover what their specific irrationality is.

Nick Breau: Right. Right. Aaron Kennard: Yeah.

Nick Breau: It's so obvious to some of the people that you know, this fear, it doesn't make any sense. Right? I have no reason to be afraid of snakes.

Aaron Kennard: But, I'm definitely afraid of them.

Nick Breau: I'm definitely afraid of them and I don't know why.

Aaron Kennard: Yeah.

Nick Breau: Right? And that's because they have something going on subconsciously that's creating that fear response.

Aaron Kennard: The same thing I think is the exact same thing that happens with depression. I know from lots of personal experience that, well me being depressed, when I was sick last year going through this intense depression and despair. Short term but nonetheless, tense where I knew I should be happy. I believe all these stuff but I couldn't figure out how to get myself feeling better in that moment. So I think that there's some major disconnect, you cannot seem to bridge. It's what you're talking about. You know consciously that you shouldn't be afraid of snakes, that you have no reasons like a lot of people that are depressed. They can't see an external reasons why they should be depressed. They just feel depressed. They feel down and they can't figure out what it is that is holding them down when they can even look around and see all around them reasons why they should be happy. Right?

Nick Breau: Exactly. And usually it extends from experiences from the age of 6 or 7.

Aaron Kennard: Yeah.

Nick Breau: Right? And during adulthood.

Aaron Kennard: Well, that's fascinating stuff. And again, we're definitely going to be talking more in the future so that because this kind of stuff needs to be made more available to more people that needs to be made aware that there's solutions like this. There's ways other than medication which is actually not a solution, it's a band aid.

Nick Breau: Absolutely. That's my biggest beef with healthcare is that people who suffer from anxiety or depression. They're given pills. Right? And these pills, they're most probably going to be stuck on them for the rest of their lives.

Aaron Kennard: And, they're going to have negative side effects.

Nick Breau: Yeah. And these pills don't, they don't talk about the root cause, they don't talk about the issue. They just kind of have a band aid symptoms.

Aaron Kennard: Yup. Nick Breau: Right? Aaron Kennard: Yup.

Nick Breau: When in reality, you can work with somebody who does the same type of work that I do you know, for 3 or 4 sessions in over a week or two might clear up the root cause instead of being stuck on that medication.

Aaron Kennard: Yeah.

Nick Breau: Potentially, for the rest of their lives. Aaron Kennard: Yeah.

Nick Breau: So, what are my longer term goals is to get what I do more out in the open, educated the public that there is you know, alternative solutions available to medication and have doctors referring clients to people who do a similar work to what I do.

Aaron Kennard: Yeah. That's awesome. That's some important work. So, we're going to definitely be working together. I believe and what we'll see how we can join forces to really give this message to more people and to get you solutions, your health, your healing really, to more people in more people's hands. Make it

more available to people. So, we talked about two, we talked about anxiety and depression. What are some others? You mentioned, did you have any from weight loss? From people that are struggling with weight loss and saw results from that?

Nick Breau: Yeah. Weight loss, weight is often associated to feeling of emptiness. So, it's kind of trying feel *** or comfort. Or not wanting to be seen for some reason.

Aaron Kennard: That's very interesting. I wonder about this, if you might, I just wrote to my subscribers yesterday like, as you can see, I'm not overweight. I'm not struggling with weight loss per se. But, I am an emotional eater. I have fully acknowledged that like, my tendency when it comes to comfort, like if I'm stressed or struggling to something, my natural tendency is to go grab something to eat.

Nick Breau: Yeah.

Aaron Kennard: It's that thing that like, I consume something. It's like you feel empty, you wanted to just fill yourself with some kind of comfort or you want to fill your, me, I'm talking about me here. This completely being real like, I totally get the whole challenge with weight loss thing that may not appear that way because I look healthy and slim and whatever, which I am. But, you know, I exercise and I don't think I have a major block with it and I'm very aware that I have it. But, I'm not completely, it's not you know, I wonder about it. Like, I've actually turned it around and said, you know, thank you for the food cravings. I actually believe that they're positive. I look at the positive side of them because I think you know what, I'm glad that I have those as a recognition. When I start to feel like hungry, when I know I shouldn't be, it makes me realize. You know what? What am I thinking? See, it's like a reminder for me to say what am I thinking, how am I feeling. Clearly, I'm not feeling good and it's like, you can turn it to a positive, but I also wonder you know, in talking to you, I'm wondering what I can do to clear that block perhaps and to not be sucked in to that particular thing as much as a comfort thing. Tell me more about what experiences you've had with other people on that.

Nick Breau: So often, emotional eating can also be something that's developed in the past as a pattern from childhood. So, let's say you go through a rough patch in your life, maybe as a teenager. And you turn to eating to make you feel better.

Aaron Kennard: Yeah.

Nick Breau: You may do that for a week. You may do that for two weeks, maybe half a dozen times.

Aaron Kennard: Okay.

Nick Breau: But what happens is the subconscious mind gets trained into two different ways, or two major ways. One is through traumas and the other is through repetition, your patterns.

Aaron Kennard: Yup.

Nick Breau: So, you're going to create this pattern of soothing yourself with food maybe for a week or two.

Aaron Kennard: Yeah.

Nick Breau: And then, what could happen is, every time you feel negative emotion after a certain period of time, your subconscious mind will automatically re-trigger that craving now.

Aaron Kennard: Yup.

Nick Breau: Right?

Aaron Kennard: Yeah. I feel that all the time, every day. Like, I totally feel it with everybody who struggles with the weight loss or eating issue because I totally feel it. Whenever I start to feeling down, when I feel joyful, when I feel happy like after I exercise, or just when I'm normal. I just feel joyful a lot of the time, most of the days. I don't have any food cravings. I don't need to eat that stuff. I don't feel like eating healthy and I feel like eating just like totally normal and healthy. But when I start to feel negative at all, like when I start to feel getting drained by non energizing work. Like doing all these administrative tasks in my business that I feel like somebody else should be doing and I need to be working on something else, it drains me. Starting to feel negative and I immediately think I want to go grab something to eat.

Nick Breau: Right.

Aaron Kennard: Alright. So tell me more about that. Like what is going on?

Nick Breau: Alright. So what we do is that if we were working together and you are one of my clients. There are some *** exercises that we can do to change that behavior, to change that pattern and you break that pattern that's going on in your subconscious mind.

Aaron Kennard: How long does that usually take?

Nick Breau: It's as simple as that. One session usually, I've seen people that have a shift in 20 Minutes. I had somebody who came to me because the number of years ago because he choked when taking a pill.

Aaron Kennard: Yeah.

Nick Breau: I thought it was Advil or anyway, he was taking a pill. He had a severe choking incident and ever since then, he's had a really hard time taking pills. Every time he would have his pills in his hand, his throat would start to tighten up, get really tense, hard time swallowing.

Aaron Kennard: Yup.

Nick Breau: It was just a nightmare when taking medication. So, he was a friend of mine. He came to see me. *** what I did. We did a 20 Minute reprogramming pattern. By the end of the session, I handed him two of the biggest vitamins I had in the house, probably, almost the size of a quarter. They're good sized vitamins. And he took them, tossed them in his mouth and swallowed water, no problem. He said his hands didn't get clammy, or anything. Which was exactly what happened every time he had to take pills prior to that. So, you can have a shift that quickly right? It's just a matter of reprogramming to behavior your subconscious mind.

Aaron Kennard: Alright. Then let me ask you this then. Nick Breau: Sure.

Aaron Kennard: We got at least 25 Minutes. What do you think about a little object lesson? You up for that at all? Show what you can do on me on that particular belief? Or show me what you might do or start that process. What do you think?

Nick Breau: Yeah. It's probably a good 20 Minute exercise. It could go to 30, 35 Minutes.

Aaron Kennard: I could reschedule. If you think it's valuable, if we think we could do this on, I mean. I would obviously think it's valuable. I want to see what you can do. I think this would be a great opportunity for. I've got this, I could probably go over that extra length so.

Nick Breau: Yeah. So, let's pin that up for another follow up call. Aaron Kennard: Okay.

Nick Breau: And then we'll do that and we can go ahead and share it with people. Sure.

Aaron Kennard. Okay. So, we'll do it later so we don't have to be rushed.

Nick Breau: Absolutely. And sometimes, you're not for sure what's going to come up.

Aaron Kennard: Yeah.

Nick Breau: Sometimes, you know, you can work on one thing and then you can have underlying emotions pop up.

Aaron Kennard: Yeah.

Nick Breau: And you want to be ready to be able to deal with them. So, I like to have a good hour, an hour and a half locked off when I'm working on somebody.

Aaron Kennard: Yeah.

Nick Breau: Because you want to tackle things usually right away when they come up.

Aaron Kennard: Cool. We'll that's great. We're just going to leave that as a major cliff hanger. Everybody listening to this are going to be all its like chomping at the bit waiting to see the sequel here to what Nick's going to do to totally transform my emotional eating habit right?

Nick Breau: Absolutely. Yeah. For sure.

Aaron Kennard: Awesome, right. I'm actually the one chomping of it actually. Because I want to get, I want to experience this like, that shift. I've dealt with that for a long time at various different levels and it's just really interesting but it's still there. Something about it even though it's really pretty minor and I'm totally aware of it and pretty well in control of it. But there's still that urge there and what you're saying is you've seen people with this particular. She was weight loss for example that lose

those cravings? Or that are able to shift and transfer out of that particular mode? Is that what you're saying?

Nick Breau: Yeah, absolutely. Sometimes some of the emotions involved that are originally that root cause of what triggered the *** eating in the first place.

Aaron Kennard: Yeah.

Nick Breau: So, for example, if I were to ask you, if you're think of you eating situation. How does that make you feel?

Aaron Kennard: It's kind of annoying. Usually, it's kind of a Nick Breau: A feeling or emotion that comes up?

Aaron Kennard: Well, usually when I'm feeling the need to eat something that usually stems from the feeling of overwhelm or would it be stress, lack of energy. It's like when I feel that come up, it stems from the place of not feeling good. I guess you can say that specifically you're overwhelmed. Or, that's probably the best way I could describe it.

Nick Breau: The way about control is that control

Aaron Kennard: Yeah. Out of control.

Nick Breau: Lack of control.

Aaron Kennard: Yeah maybe, I'm out of control like of myself of I'm out of control of my circumstances or I am bored with what I'm doing or,

Nick Breau: So, what we are doing in a full session which is usually 60 to 90 Minutes.

Aaron Kennard: Yeah.

Nick Breau: We would write a pattern to deprogram that behavior from your subconscious mind in eating trigger.

Aaron Kennard: Yeah.

Nick Breau: And then we would explore some of those emotional cause as to what is coming up for you that makes you want to initiate that pattern of behavior. And then we'll clear up those emotions as well.

Aaron Kennard: Cool. Yeah. It's interesting because when I'm thinking about the times. I go back and forth. So, I go through phases and I think most people do where I have times where it's like six months or a year like long periods of time where that issue was around. Where I just felt so much control even when I was feeling negative. Maybe when that emotion didn't come up as much. And then there's time when I'm dealing with it more. Recently, I've been feeling it more and so I'm wondering. And I've recognize that it's like it usually has to do with some way, some belief. Some reason, if I'm really solid on something is because I really strongly believe in it internally, right? Whereas, where I'm not so solid and I'm floundering. It's like I'm wavering my internal beliefs somehow and then I think it's this subconscious pattern from the old that crops back up automatically. It's almost like, I can override that subconscious thing with enough forcible belief goal that I'm doing.

Nick Breau: Yeah.

Aaron Kennard: And it's like, but as soon as that goal is gone, that subconscious thing comes back up and it's still there. Like it's not removed.

Nick Breau: Exactly, exactly. And that's a good example in terms of over the type we talked about earlier about joy and happiness. Like being in a natural state. And then you have this subconscious belief or the subconscious negative emotion. You know, sometimes you can fight, sometimes you can override it.

Aaron Kennard: Yeah. Like with through effort and with through whatever. Like a major goal or major purpose, you can override that.

Nick Breau: Exactly. But in reality, what we want to do is clear that so you don't have to override it.

Aaron Kennard: Yeah. So you can be at ease regardless. Yeah. I do, I do.

Nick Breau: The biggest comment I get in the end of the session when I asked my client how they feel. They say inner peace, right. I feel relaxed.

Aaron Kennard: Yeah.

Nick Breau: And that's where we want to get to because we want to get to a place where you're at the top of your emotional guidance scale. You're joyful and happy for no reason.

Aaron Kennard: ****. You wrote the book. Right? Happy For No Reason? Have you read that?

Nick Breau: No, I haven't read that.

Aaron Kennard: You said that statement, but that was like the whole premis of the book. Like that premis, that idea. Just to be happy for no reason. You have to have extra circumstance, you don't have to, like our natural state of being as human beings as happiness, it's joy. Like what you keep saying. And there doesn't need to be any reasons. You just be, you're just here, you can be joyful. You don't have to have external. And actually on that point, when I think back to that topic we were discussing on this, the depression. When you're in depression and you look at all these reasons, you should be happy. It's interesting distinction because you actually don't need reasons to be happy. But, when you're depressed, you think you do. Like, in most people think they do, I think. But we really don't need reasons to be happy. We just, we can just be happy without this stuff that's dragging us down.

Nick Breau: There are so many guys out there who are successful and lots of money and women and they have everything. And they're just not happy and they don't know why and they don't understand why, right. So, it's so important to be able to reach out to those people and to the women who are in families, would have the kids and husband and you know, there's so many people that have the perfect life and still have no joy and happiness and don't know why and can't find it and they feel like they have this sense of desperation because they don't know where to look anymore.

Aaron Kennard: Yup.

Nick Breau: Right? So, those are the people that I'm trying to reach out to and the people that I want to help and that people need to learn that the joy and the happiness are right under their noses. They just need to know how to find it.

Aaron Kennard: Yeah. It looks like we need to get out of our own ways. Right?

Nick Breau: Exactly.

Aaron Kennard: Yeah. It is within us. And I think a lot of people have heard a lot of happiness. A lot of people know intuitively that happiness is found within and not with the external stuff but we don't know how to go within and find that. We don't know how to get rid of these ***. We don't often times realize. I would wager to say, probably people that are listening at the call that don't realize that there are things that are blocking them but the, there are probably many more do realize there's something blocking them and have no clue what it is. Like me, for example, the whole emotional eating thing. I know there's a block there and I know there's something going on but I don't know, I couldn't tell you what exactly it is completely causing me to feel that craving. Then, we mostly ride it off to saying mostly, and I know for me, the natural thing is we have this thing, we don't know the answer. So, let's just say that is how I am.

Nick Breau: Exactly.

Aaron Kennard: Because we don't know how to say it otherwise. We don't want to say I'm flawed or I'm broken or we just want to accept that we have that flaw or that broken, right?

Nick Breau: Yeah. Most people just don't recognize that it's there or most people are too afraid to look at what is there, right? If anything you can think back to an event in your past, and it brings back negative emotions or not so good feeling about it, then there is a significant chance that that is having an impact on you on one way or another whether you realize it or not. Even physically, I have clients who come in with pains and we do a clearing session and they see huge shift in their pains. I had a guy who had headaches that he described as pressure in his head every morning and we did a lot of digging work and we did find

what's the biggest stress that he had in his life and when I asked him what that stress was, he

says it feels like pressure, like too much pressure going on. So, pressure in his head, right, with the feeling in his head.

Aaron Kennard: Yeah.

Nick Breau: Plus pressure in his emotional in his life. And it's really good to do some clearing work to clear that pressure. He had a significant shift in his headaches and reduces dramatically. But, it didn't go completely because he has some other aspects that needs to be looked at that are responsible that are *** in his head.

Aaron Kennard: Yeah. Well, because it could have been going on so long and it caused other physiological issues potentially that's need to be resolved physically that's beyond emotionally and beliefs, right.

Nick Breau: So, that's an example in terms of how things can impact you physically. Another example which I really like is a lady came to me because she was having sabotaging behavior in to her business. So, every time her business was to take off, she realize that she was somehow messing things up. And she didn't know why she was doing it but she realized that she was almost purposely doing it.

Aaron Kennard: Yeah.

Nick Breau: So, we did a little bit of digging work. We went all the way back to childhood and she admittedly to me as a child, she came from a very wealthy family but her father made a very bad business decision and lost all of the family's wealth. He subsequently developed post traumatic stress disorder and passed away due to a heart attack.

Aaron Kennard: Because of the trauma and losing all the wealth and all that caused on him?

Nick Breau: Exactly. And so, my client had developed a subconscious pattern where her mind had associated well with having a negative outcome with the death of a loved one. So, every time she starts to accumulate wealth, her subconscious mind would kick in to make herself sabotage.

Aaron Kennard: That's fascinating. I've heard that as a common one that we have this thermostat or like other people in the wealth industry. They talked about the

wealth thermostat. You have like there certain believe on how much wealth you are like worthy of, how much wealth you should have, if you start getting above that, you'll automatically get sabotage to bring you back down. Like the thermostat, if that temperature rises too much, it'll shut off the machine so that it brings the temperature back down, right. Well, that's just another example of that right?

Nick Breau: Right. We're having to say that the easiest way to having a million bucks is to hang around you know who are millionaires.

Aaron Kennard: Yeah. Because your beliefs change and what's possible.

Nick Breau: Exactly. If your beliefs are the place where being a millionaire is the norm then you'll operate in a place where making money is easy.

Aaron Kennard: Yeah. I think that's one of the things that I've noticed with people in my community and the truly amazing life community is that them surrounding themselves with people like me and people that believe that life is truly amazing and that live and believe that the circumstance don't dictate our happiness. But just surrounding yourselves with other people that are living that way, that often changes your beliefs.

Nick Breau: Absolutely, there's something that's called a mirroring which is how our other world is a reflection that we have going on in our inner world.

Aaron Kennard: Yup.

Nick Breau: So, if you're happy and positive and enjoying life in your inner world, then your outer world will attract people who vibrate at that same level.

Aaron Kennard: Yeah. There's like this mirror neurons too you could copy like the people in your environment. If you see somebody do

something, like we're sitting here talking and see you shaking your head up and down like this. Even if I don't shake my head, me watching you shake your head. I actually do that motion in my mind. And they've actually tracked this. Like tracking with nodes on monkeys and stuff where this guy like, he licked an ice cream cone, one of the scientists and the light went off in the monkey's, like they had all these sensors attached to the monkey's brain. Into his motor sensor for his tongue. Like that light came off

when he just watched the guy licked the ice cream cone without even the monkey's tongue even moving. So, it's similar stuff, internally we act out according to our environment. I guess that's the point of that right? Yeah. So, very cool. Very cool stuff. I'm excited for the cliff hanger here. I'm excited for the sequel part too, personally.

Nick Breau: Yeah. This is a good chat. I'm looking for some more as well.

Aaron Kennard: And I'm really excited to actually show people, like I'm willing to stand up, be the guinea pig and obviously for my own benefit of course, right. But I'm actually you know, maybe it's going to uncover crazy emotions that I don't want to share with those people because it'd be too dark and deep and then I'll just publish it anyway, because that's the thing I do.

Nick Breau: The more you let go off, the closer you are at staying at that joy and happiness and the more life flowing gets easy.

Aaron Kennard: Exactly. And that's what for me, I'm really, I'm intrigued to go deeper and find out what's blocking me and I'm also intrigued if I would be able to share that to people, to show people what's possible so that we can help. I mean, because the point, obviously the main point in here is to help people living a truly amazing life, help people living a truly amazing life, help those people from blocking them from living a truly amazingly from things that are holding them down, that are sucking them back down to whatever, boredom, their mediocrity, their depression, their pain, whatever it is, and so, yeah. This is very cool.

Nick Breau: Absolutely. Yeah. Because that is their natural state.

Aaron Kennard: Yup. Fantastic. Well, any thoughts before we wrap up this call and we'll schedule another one?

Nick Breau: No. That's great and I had a lot of fun and looking forward to some more.

Aaron Kennard: Well, it's super valuable for the listeners on the call. I'm sure that you've gotten many take aways out of that conversation, I know I did. It was really cool hearing your perspective on that and yeah, just really looking forward to

diving in to this topic a little more. So, stay tuned everybody for the sequel to this episode and see what else we can learn from Nick super ***.

Nick Breau: Alright. See you guys later.

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- Aaron Kennard