

How do We Find Inner Peace Within the Chaos of Life

New Book Urges Readers to Find Healing from Within

Author William D. Mehring explores medical and experimental techniques to promote healing.

ATASCADERO, Calif. – In his new book “Finding Peace in Chaos”, E3; Emotional Energetic Evolution, Muscle Testing, and Personality (published by Balboa Press) chiropractor and author William D. Mehring combines his knowledge of applied kinesiology, psychology, homeopathy, hypnotherapy and the energetic healing practice of qi gong into a restorative process he calls E3, Emotional Energetic Evolution.

“Emotional Energetic Evolution is the alchemy that changes chaos into peace,” says Mehring. He hopes Finding Peace in Chaos helps both individuals and healing professionals treat – and even bypass – illness, trauma and tension.

The E3 process he discusses was born out of Mehring’s need for a method to treat his patients and himself. In an effort to transform “... his physical and psychic pain into alignment with his soul’s purpose,” he formed a commitment to self-healing. Meanwhile, he was coming up short in treating some of his patients using his medical training as a chiropractor.

So Mehring turned to more experimental healing methods, including qi gong – the Taoist practice of energy healing – as well as homeopathy and hypnotherapy. He shares his techniques in Finding Peace in Chaos, hoping to guide others – as he was able to guide himself – to a place in their lives where stress falls away. His primary purpose in this book is to help readers enjoy life to its fullest.

“More than ever humanity is being inundated with more input than ever before,” says Mehring. “This constant arousal can easily take us out of our peaceful and natural state of being. We all need a practice that helps us listen to our inner wisdom and this book has been written to help bring you back.”

About the Author

Dr. William D. Mehring lives in California’s San Luis Obispo County, where he is currently writing his next book about personality types and their relationships. He enjoys a life filled with family, friends, hiking, surfing and volleyball. He lectures locally as well as internationally.

Details on the Finding Peace in Chaos Seminar, see next page.

The "Finding Peace in Chaos" seminar.

Live a more deeply engaged life. Examine your non-functional belief systems and re-imagining your life path, you can decrease stress and dis-ease and truly find peace amidst the chaos.

Dr. Mehring will teach the guidelines and principles necessary to create a life path free of negative consequences or negative karma, and will share case histories to show how others have used these techniques to truly change their lives.

-Learn acceptance of your "Radically Unique Self".

-Learn about the four main personalities of humanity and take a personality test to determine your own unique personality type.

-Gain insight into the unique personality issues and learn to transform these issues in yourself.

-Learn how transforming your belief systems can reduce stress and radically change your health profile, longevity and your ability to see the wonders of life.

E3:Emotional Energetic Evolution

Dr. Mehring will teach about his ground-breaking work E3:Emotional Energetic Evolution. Adopting this practice, which includes muscle testing and applied kinesiology, will allow you to access your inner wisdom to reframe the stress causing issues buried deep in your subconscious. The last part of the summer will help you to release yourself from the constant fear of the Ego that you are not good enough.

This seminar is intended to help you gain the knowing that you are good enough, and that you can achieve an inner peace and self-awareness. You will learn the tools to start and continue this journey.

Take this first step towards Self-transformation.

Location:

**Mehring Learning Center
Atascadero**

Dates: Oct. 20 & 21, Oct. 27 & 28

Cost: \$125/day,
\$400/Entire Program

Dr. William Mehring



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What Dr. Mehrings students say about the seminar.

The class Will gave me included the language, stories, tools, insights and empowerment to help me find inner peace. I am on my soul's path of harmonizing and aligning with my authentic self. I believe I will now and in the future continue to live a more full life. Thank you for the class.

_Lisa

The concept of harmonizing one's life is key to living a better life. The study of personality helped me with the harmonization process. E3 is the most fantastic part of each seminar. As a result of the time I've spent in this class, I have developed a very different outlook on life. I am able to enjoy the harmonization process and can embrace chaos. THE BASIC 4-AWESOME!

_Glo

I found value in the learning tools that helped me unlock the blockages that keep me from my life's path. This class also helped me find a way to become free of my chaos. The tools I valued the most were learning how to do muscle testing effectively and how to accurately determine the four basic personalities as well as understanding them. This course also gave me the skills to continually return to a place of balance within myself. I now have the skills to practice with my friends and family. We will aid one another through the mysteries of life. Thank you!

_Joy

I love and have already found the personality types very useful. It has helped me to see others and myself more clearly. I now understand better my motivations for doing the things I do and can now redirect myself towards the path of peace. I enjoyed the new concepts, ideas, Chi gong and other energetic healing. Your class kept my interest at all times.

Melanie

The process you taught and the experiences in this class brought up some long buried emotions, I developed an understanding to why I am the way I am. Your class helped me head in the right direction.

Will

