



The Mace Energy Method A Revolutionary Approach to Emotional Healing

What Is the Mace Energy Method?

The Mace Energy Method (MEM), also known as the Mace Method, is a powerful, modern form of emotional healing developed by Australian researcher and practitioner John Mace. It is the practical application of Causism, a unique body of knowledge that explains how negative emotions, limiting beliefs, and unwanted behaviors are created and how they can be permanently released.

Unlike traditional talk therapy or counseling, the Mace Energy Method is a non-disclosure approach. Clients do not need to share personal stories, relive traumatic events, or discuss painful details. This makes it especially gentle and private.

How Does It Work?

The Mace Energy Method is based on the understanding that overwhelming or unfavorable life events can create “negative identities” or energetic patterns. These patterns stay hidden but get triggered later, causing unwanted emotions, reactions, fears, or physical symptoms. Through a series of simple, guided energy

processes and focused questions, a trained practitioner helps you locate and dis-create these negative patterns at their root. The mind naturally creates mental images; the method gently breaks the connection between those images and the negative charge they carry.

Key features:

- No need to talk about or re-experience trauma
- Works with the body's natural energy system
- Often produces noticeable shifts in minutes
- Can be done in person or remotely (phone or video)

What Can It Help With?

The Mace Energy Method has helped people with a wide range of issues, including:

- Anxiety, stress, and overwhelm
- Depression and low mood
- Effects of trauma or past difficult experiences
- Phobias and fears
- Addictions and compulsive behaviors
- Relationship challenges and emotional triggers
- Low self-confidence or self-worth
- Psychosomatic (emotion-related) physical symptoms
- Feeling “stuck” or unable to move forward in life

Many people report feeling lighter, calmer, and more like their true selves after addressing these root patterns.

Who Benefits from the Mace Energy Method?

This approach is ideal for anyone who:

- Wants fast, lasting results without months or years of therapy
- Prefers privacy and does not want to retell their story
- Has tried other methods but still feels held back by certain emotions or patterns
- Values a gentle, non-invasive process
- Is ready and willing to let go of what no longer serves them

It is suitable for adults, and many practitioners also work with children and teens. Business leaders, parents, trauma survivors, and those seeking personal growth have all benefited.

What Is a Typical Session Like?

A Mace Energy Method session is calm, focused, and surprisingly simple:

1. You sit comfortably (in person or via video/phone).
2. The practitioner guides you with gentle questions such as “What are you feeling?” or directs your attention to specific emotions or areas.
3. You may be asked to notice mental images or sensations that arise.
4. Through a precise step-by-step process, the negative charge is released.
5. Sessions usually last 45–90 minutes.

Most people feel the shift during or immediately after the session. Many only need one or two sessions to experience profound change in a specific area. There is no homework, no journaling required, and no need to process or discuss what came up afterward unless you choose to.

What Results Are People Experiencing?

Results are often described as:

- Immediate or rapid relief from heavy emotions
- A sense of lightness and inner peace
- Greater confidence and self-trust
- Clearer thinking and decision-making
- Improved relationships (less reactivity, more connection)
- More energy and motivation
- Physical symptoms related to emotional stress often ease
- A stronger sense of “this is who I really am”

Because the root cause is addressed rather than just managing symptoms, results tend to be permanent for the issues that were worked on. Many clients say they feel like they have “come home to themselves.”

A Note on This Information: The Mace Energy Method is a complementary approach to emotional well-being. While many people experience significant and lasting benefits, individual results vary. It is not intended to replace medical or psychiatric care when needed. Always work with a certified and trained Mace Energy Method practitioner for the best experience.

Ready to experience the Mace Energy Method for yourself?

Contact a certified practitioner to book a session or a free introductory conversation.

Strategiesforovercomers.com

425-315-6788