

This is one in a series of resource white papers available at [live-dreams.com/resources](http://live-dreams.com/resources) wherein I have organized information and experience that has been relevant in my personal experience and professional practice that I hope will be relevant for you. Health and Harmony, Wil

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# Trauma and Energetic Release

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## PURPOSE

The resources identified in the document are related to the spectrum of issues associated with the consequences of the retention of strong emotional energy or memories, which gives rise to much what we experience as physical and emotional pain and even disease processes, which can all be lumped into the single word: *disease*, the latin prefix “dis” meaning to go away from the state of living with ease.

## INTRODUCTION

In modern times we had come to believe that everything about memory is in the mind. But increasingly we now know that the body tissues themselves are the repository for emotional memory, down at the cellular and DNA level. The scientific foundation for this is presented in layman’s terms in *Everything You Need to Know to Feel Go(o)d* (2006) by [Candace Pert](#) which explains how a vast number of Neuropeptides in the interstitial fluids of our body interact with a huge number of receptor sites on the surface of the membrane of each cell in our body to give rise to how we feel.

From a macro perspective, in the early stages of the Human Potential Movement in the 1960s it was understood that not only were the emotional experiences stored in the body, but in fact they shaped the body, beginning in the womb, through birth and throughout the life of the individual. This is described by [Ken Dychtwald](#) in *Bodymind* (1972), who has gone on to extend his observation into the consequences of our aging population in the 21st Century (<http://agewave.com>).

In the 1980s with the development of Quantum Physics, the leading edge of understanding the nature of life has come to ... holographic Universe... we are nothing but energy...

<http://www.butterfliesfree.com/>

While this is fun to explore and can inform healing, the rest of this resource paper is very grounded in the realities of our experiences.

### Disclaimer

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## CONTINUUM

The very essence of life is stress. Stress is not inherently bad. Stress is how we know we are engaged in a meaningful way, It is however a matter of degree and a matter of our state. A particular experience can be stressful for one person and not another and that same experience that was not stressful for a person, could be stressful for that same person on another occasion when their condition is not prepared as it was in the first occurrence. Finally the intensity and duration of the stressor can make the difference between a useful stress that leads to growth and confidence versus being an overload that cannot be processed and becomes an internalized burden that has negative impact until and if a resolution can be found.

Daily Stress (individual and societal) >

Natural Life Transitions (loss, role changes) >

Isolated Traumatic event (accident) >

Sustained Trauma (war, abuse) >

PTSD

## BODYWORK, MASSAGE, ETC.

I personally benefited from the process of becoming a massage therapist because to become a “good” therapist I had to heal my own wounds, or more accurately began the journey down that path, which is really the path of life. Fortunately the experience not only required this of me, but provided the tools, means, and framework that made it possible.

For a trauma victim, learning about therapy modalities can cut both ways. That is while it can give knowledge of a potential path forward, it can make it more difficult to experience the work if the details are mentally dissected. The recovery must be experiential, not just intellectual. Yet care must be exercised to not go into one or more cycles of retraumatization while remembering and attempting to release the trauma. The goal is to move into the light in which we live as the trauma was in the past.

One very important element of the process as I experienced it and as I practice it today with my clients is that I am support the journey of my client, being not just help the client to work through aches and pains but discovering the roots of the pain and being witness to and support for the process. This is the foundation of my practice of Relational Somatics which is discussed in more depth on my website: [live-dream.com](http://live-dream.com).

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## PETER LEVINE AND SOMATIC EXPERIENCING

Peter Levine has been a leader in the field of understanding and treating trauma. He approached it from the field of animal behavior and came to recognize the difference between the general mammalian approach to dealing with trauma and the way we humans, burdened with “self-awareness” have come to storing rather than dealing with trauma.

His seminal work, *Waking the Tiger; Healing Trauma* (1997), was, for me, the foundation for my personal healing and my growth as a practitioner. The modality he created is called *Somatic Experiencing*®. The following are the two main websites to learn more and find certified practitioners:

[traumahealing.org](http://traumahealing.org)

[somaticexperiencing.com](http://somaticexperiencing.com)

There are parallels between Somatic Experiencing and mindfulness body meditations: as one pays attention to sensations in ones body, that are able to reconnect where trauma had caused disassociation. A good tool for those who have experienced sexual trauma is audio program, *Sexual Healing, Transforming the Sacred Wound*.

## OTHER RESOURCES

### Trauma Releasing Exercises (TRE®)

These were original created for the third world where trauma is the norm and it is not practical for victims to receive multiple one-on-one therapy sessions.

<http://traumaprevention.com>

A San Diego practitioner that introduced me to TRE... in earlier versions of his website ther was a photo of him that went viral on the internet in the hospital after an deranged assailant entered his bedroom and shot him through the skull with a crossbow. The musical was that the arrow missed all vital parts of his head, however it was nonetheless the quintessential traumatic experience.

<http://artserrano.com> and <http://artserrano.com/about-me/>

### Yoga + TRE® = Neurogenic Yoga

Watch video on the following website to see realistic types of shaking

<http://beoneness.org/services/neurogenic-yoga/>

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## Alice Miller and the Inner Child

Alice Miller (1923 – 2010), was a PhD in philosophy, psychology and sociology, as well as a researcher on childhood. She authored of 13 books, including *The Drama of the Gifted Child*, *The Search for Self* (2004) and *The Body Never Lies, The Lingering Effects of Hurtful Parenting* (1997).

[alice-miller.com](http://alice-miller.com)

## The Hoffman Process

Founded in 1967 by Bob Hoffman, the Hoffman Process is a week-long residential and personal growth retreat that helps participants identify negative behaviors, moods, and ways of thinking that developed unconsciously and were conditioned in childhood, often by traumatic experiences. The goal being to remove habitual ways of thinking and behaving, align with your authentic self, and respond to situations in your life from a place of conscious choice.

[hoffmaninstitute.org](http://hoffmaninstitute.org)

While I did not attend the Hoffman Process, I did experience Releasing the Past, an experiential week created and lead by Barry Green, one of the three original founders of the massage school that I attended, who also went on to start the Bodymind College. Releasing the Past was built on the best of the Hoffman Process with other techniques and refinements.

<http://www.embodyyourhealing.com/releasing--the--past.html>

## Jasmin Lee Cori - Therapist, Spiritualist, and Writer

Her personal experience deeply informs her work... the result of decent into discovering her hidden trauma, her descent, was authoring two books that changed her life and have helped many: *Healing from Trauma* and *The Emotionally Absent Mother*.

<http://www.jasmincori.com/>

## Joyful Heart

<http://www.joyfulheartfoundation.org/>

## Laurence Heller

Founder of the NeuroAffective Relational Model™ (NARM), a unified systemic approach for working with developmental issues and shock trauma. NARM is a resource-oriented, psychodynamically informed model that emphasizes working in the present moment. NARM uses somatic mindfulness to re-regulate the nervous system and resolve identity distortions such as low self-esteem, shame, and chronic self judgment. Heller co-author of *Healing Developmental Trauma, How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship* and the *Crash Course, A Self-Healing Guide to Auto Accident Trauma and Recovery*.

<http://www.drLaurenceHeller.com/>

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