



Holographic Memory Resolution:

Removing Past Emotional Blocks That Limit Our Lives Now

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Being fully in the present gives us absolute personal freedom and power, but the challenge is getting there. The mind so often enslaves us, dragging us back to the past in an emotional undertow. As a result, without our conscious awareness, we create judgments based on old memories rather than having clarity about what is actually happening – so we are not really here now.

How can we release those subconscious emotions that trap us? How can we stop coloring the present with old hurts and fears that hold us back from the choices we really want to make right now?

The answer may be Holographic Memory Resolution (HMR)[®], a remarkable energy psychology modality developed by trauma resolution specialist Brent Baum. In developing this leading edge therapy, Brent spent 15 years working with more than 14,000 trauma survivors from the Oklahoma City bombing, the terrorist attack on 9/11, victims of sexual abuse, torture and more. His work with these severely traumatized people showed that HMR can efficiently, painlessly resolve emotional blocks that may be preventing the full enjoyment of a healthy, fulfilling life, even with victims of severe post-traumatic stress disorder.

Any event that completely overwhelms our ability to cope or integrate the ideas and emotions involved with that experience is a trauma. So we do not need to suffer through a horrific event like 9/11 or an earthquake to re-experience it. Often our greatest trauma comes from childhood events that set us on a lifelong trajectory without our ever realizing why.

When viewed – or re-viewed – through adult eyes, a wounding event may seem insignificant. But it not insignificant in the perception of the child, and that child-perception is what is stored in the subconscious mind.

A trauma can involve a single experience, like not being held as a child during a terrifying thunderstorm. It can be an enduring or repeating event or events, like never knowing when your father will come home drunk and hit you or your mother, or suffering repeated incest.

Our bodies have natural protective mechanisms that create an altered state of consciousness when we suffer stress and trauma, “capturing” and preserving the pain is a protective action so that we can continue to function. Painful experiences are stored in our subconscious and our body until we feel safe and ready to deal with them. But the longer we let them go, the more likely they are to create emotionally distorted ways of viewing and acting in the world, perceptions of which we are not even aware that control us and hold us back from living authentically.

In other words, our chronological age may be 48. But if we were traumatized when we were 5 years old, and those wounds were never healed, that 5-year-old is still driving the bus, controlling our choices and actions today without our knowledge or awareness. At whatever age it happens, unresolved trauma will launch us on a trajectory about which we are not at all conscious, and which limits our lives for years until



we uncover and release it.

A good example of this is my client George (not his real name), a brilliant man in his late 40s who was born with a very apparent physical deformity. He had worked as a computer systems analyst at the same company for 18 years, but when the company was bought by a larger corporation, he and many others were let go.

I began the HMR protocol by placing my hand at the back of George's neck. During HMR, clients are not hypnotized or in a trance, but the therapist runs energy into the client at the C-7 point, which Brent Baum has found to be the "gateway to the subconscious." The client becomes deeply relaxed, allowing subconscious memories to come up easily.

Then I asked George to close his eyes and visualize a place in nature, real or imaginary, that was beautiful

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He was referred to me for therapy, and came in with a bad stutter and trembling hands. George said that those physical symptoms began once he started just thinking about looking for a new job. He would try and try to push himself to find work, but he became so anxious, fearful and nauseated, he could not bring himself to even send out a resume to anyone. I explained that his fears were probably related to painful events that happened in the past, and through the HMR protocol, his body would lead us to the place traumatic memories were stored. We would discover what was specifically creating his anxiety and panic, and then he would have a chance to "rewrite history."

In addition to the use of energy work and vibrational shifting through color, I explained that one of the key components of HMR is visualization. We cannot change history with HMR, but we can give our subconscious mind a different ending to any situation. When we give the subconscious mind a new picture, the subconscious mind will believe it to be real. Seeing is believing for the subconscious mind. And when the old "story" is not there anymore, the emotional pain or obsession automatically detaches.

and that made him feel very safe. He chose a meadow surrounded by leafy trees, and I asked what color appealed to him most in that scene. He said bright spring green.

I instructed George to move that green in through the top of his head and allow it to slowly move down through him until it stopped, and to let me know when it did. The green stopped at his stomach. I asked him to describe that place where it stopped as having a size, shape, color, texture, temperature, weight, and he said it was a huge, hot, sticky black ball.

"How old might you be the first time you feel that hot, heavy black ball in your stomach?" I asked George.

The memory immediately came up, as it always does with HMR: It was George's first day in kindergarten, meeting all his classmates for the first time, and many of them started pointing at his deformity and laughing. I asked how that made him feel, and he said embarrassed, ashamed, wanting to run away.

"If the adult you could go back and change that situ-



ation, what would you like to see happen instead?" I asked George.

"That they did not even notice my body, or if they did, not say anything and just get to know me and like me for who I am," he said.

I asked him to visualize that in all the detail he could. "What color frame would you like to put around that much happier picture?" I asked him.

"Brown," George said, which is the color of safety in the HMR lexicon, and I asked him to move that brown through his body, especially saturating his stomach.

"Let's check in with your stomach," I said, "is that black ball the same or different?"

"It is still there, but it is smaller and not as hot," George said, and we continued this primary protocol and other HMR techniques to the end of the session. His hands had stopped trembling, his stuttering was minimal, and he said he felt much lighter.

In the following two sessions with George, all the memories that came up were about rejection and shame in new circumstances – moving to another grade school, starting high school, asking a girl on a date for the first time. He cleared "piles" of shame that had accumulated from these events – the size of the Himalayas, George said – as well as visioning different, specific outcomes for more than two dozen events that had deeply wounded him. These cumulative traumas had created a deep foundation of fear about putting himself into new circumstances – which is, of course, what job interviewing is all about, and why he was paralyzed into inaction.

After the third session, George's stutter was completely gone, he was much more composed, and said he felt much lighter and more confident, but he was still nervous about job hunting.

"Then just be gentle with yourself," I told him, "and let me know if you want to come back. Maybe we need another session."

But four days later, he emailed me and said, "Nope, we are done – I just sent 60 resumes!"

George is a typical success story, and his release from the past reveals why HMR is so important. We can do all the affirmations and positive thinking we want, but that all happens at a conscious level. We are unable to move forward in a new direction unless and until we remove the subconscious roadblocks.

Why is the color work a crucial component in HMR? We are vibrational creatures, and according to Brent, when trauma occurs and embeds in our energy field, it blocks one of the frequencies of the color spectrum. During an HMR session, the subconscious mind intuitively seems to know what is missing, and often a client will say something like, "Normally, I hate char- treuse, but that is what I feel I want to use." By using the color as a frame for the new ending and by moving it through the energy field, the missing frequency is restored in the client, and the change is effectively "sealed" in.

The implications of healing through HMR are profound. "In coming out of the inhibiting altered states of consciousness induced through trauma," Brent Baum writes in his book *Living as Light: The Awakening of Mystical Consciousness*, "we move into a new era where we are the conscious creators of our lives, our bodies, marriages, occupations and communities, rather than its victims."

Equilibrium Energy + Education is the national training center for Holographic Memory Resolution. For upcoming workshop dates, please go to www.equilibrium-e3.com, click on CLASSES in the upper left hand corner, and a new window will open with class listings. To find a Holographic Memory Resolution practitioner, go to www.healingdimensions.com/welcome.htm and click on Practitioners." €