

# Releasing Trauma from the Brain

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**T**raumatic experiences are often a part of life and who we are, and all of us see clients that are affected by them. Several major structures of the brain are involved when there is brain trauma. By working energetically with some of them, we can help our client release much of the emotional stress and become more integrated and functional. The following is a shorter version of a treatment that I use in my practice and teach in my workshop *Anatomy for Healers™, Level 3: The Brain and Nervous System*. Since it is a more advanced technique, it is directed toward healers with more experience, preferably those who have taken the first 3 Levels of Healing Touch™ or similar energy medicine program.

I was able to create this treatment by first understanding the anatomy and function of involved areas, then seeing how energy work would be effective. Therefore, I will describe the physical structures used before describing the procedure. It is my hope that more people can benefit from this treatment.

### Major Emotional Structures of the Brain

**1. The Amygdalae** (pl.) are two walnut size collections of nerve nuclei deep in the temporal lobes located on both sides of the brain stem and 2 inches in from each eyeball. You can energetically drop in from the side by placing your middle fingers at a small indentation in front of the ears, at the level of the eyes.

The amygdalae are considered the emotional centers of the brain whose purpose is to coordinate behavioral, immunological, neural, and hormonal reactions

to environmental threats. They are storehouses of emotional memory that are “hardwired” to detect a variety of emotions and help with intuition and decisions, as well as, to highlight memories that could be useful in the future to avoid danger. The greater the emotional experience...the more vivid the memory.

Therefore, the amygdalae are involved with conditioned fear responses or Post Traumatic Stress Disorder (PTSD). They have neural connections to the Hypothalamus, Thalamus, Hippocampus, Reticular Alarm System, and the Frontal Cortex.

**2. The Hippocampus** are two longer structures in the temporal lobes just posterior to the amygdalae that store short term memory and decide what becomes long term memory. Stress (cortisol) causes atrophy of neurons in the hippocampus which effects factual memories, but not emotional ones. In addition, they associate smell with memory, are one of the areas that create anxiety, and are quieted by alcohol and opiates. They work with the amygdalae.

**3. The Hypothalamus** is a collection of nerve nuclei in the center of the head behind the brow. It can be energetically found from the sides with the forefingers above and in front of the ear. It is truly a master gland with many functions, including coordinating with the amygdalae. Fear responses stimulate the production of a corticotrophin releasing hormone that causes the hypothalamus to activate the fight and flight sympathetic system via the adrenals.



**4. The RAS—Reticular Alarm System** is a network of cells extending from the top of the brain stem through the spinal cord to the level of the heart. It is a triage center for pain and emotions, normally letting only one in a billion nerve impulses through from below. It connects with the entire nervous and endocrine systems.

The RAS is very eager to be protective and has psychic abilities, intuiting danger and sending out warnings. Sometimes, it gets stuck in a hyperactive, hyper vigilant mode such as in PTSD. You can lower its reactivity by having the client visualize its level on a gauge from 1 to 100, with 15-25 being a ready alert (like a fireman in the station). Point out the safety of the current situation and the benefits of more relaxation. You will feel the body relax as the numbers go down.

**5. The Frontal Cortex** is the area behind the forehead connected with rational thought and intellect. The irrational fear response is calmed when connected to this area.

### Sue Hovland's Trauma Release Technique

Before beginning the *Trauma Release Technique*, do a whole body balancing and relaxing treatment, such as a the Healing Touch™ techniques *Chakra Connection* or *Opening Spiral Meditation*. Then while the client holds an awareness of the trauma (NOT reliving the event), have the client turn over on his/her stomach and do a firm thumb massage (to tolerance) down the back on either side of the spine three times. This starts clearing the trauma from all aspects of the energy system—meridians, chakras, Hara, field, etc.

Have the client return to his/her back and follow with step 2 of the Healing Touch™ *Mind Clearing* technique, holding one hand on the forehead and the other on the occipital area at the back of the head, sending energy throughout the limbic or emotional brain between the hands. Then proceed as follows, holding the awareness of the trauma, and talking to the structures telepathically and intuitively.

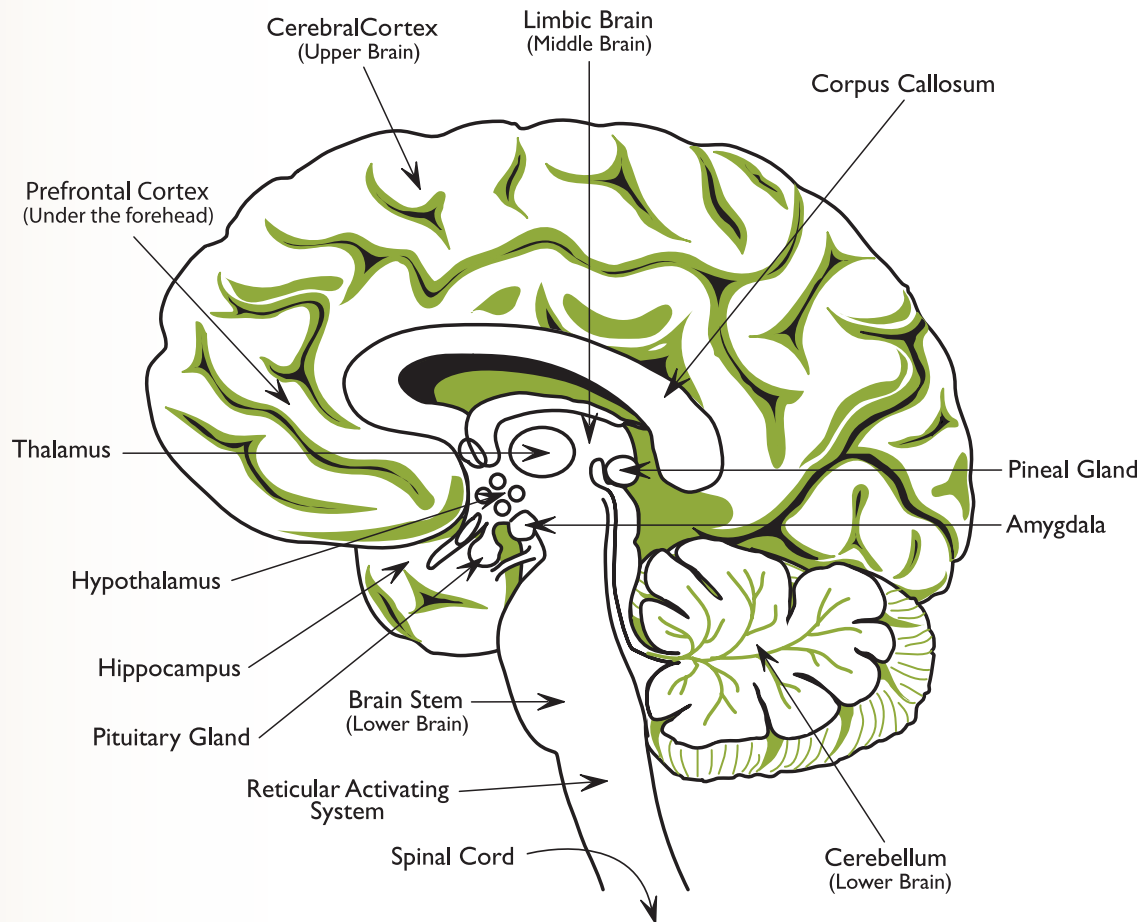
**1. Find the two amygdalae** from the side of the head with your forefingers 1/2" in front of the ears in a small indentation at the level of the eyes. Drop your etheric energy fingers in until they are 2 inches behind each eye). Assess to see if the amygdalae feel "nervous", if so, suggest that they relax (visualize a gauge 1 to 100--see it go down as you talk to the amygdalae and reassure them, 15 to 30 is a nice relaxed level). Each amygdala can react individually. They are the emotional centers of the brain.

**2. Balance and connect hypothalamus and amygdalae** by keeping your forefingers on the amygdalae and place your middle fingers above the external ears, where you can energetically drop to the hypothalamus. The hypothalamus controls the fight and flight stress response by the adrenals.

**3. Balance and connect the two hippocampus with the two amygdalae** by laying your middle fingers across the ears and energetically dropping into the temporal lobes. The two hippocampus control the memory of the trauma.

**4. Integrate the Amygdalae with the Reticular Alarm or Activating System (RAS).** Cup the head in your hands with your fingers along the back of the neck in the suboccipital area next to the skull. The forefingers will be in the indentations at the side of the trapezius muscle, sending energy superior and anterior to the two amygdalae. Connect them with the RAS in the brain stem and down the spinal cord. The RAS is the psychic and protective center. Suggest to the RAS that it does not have to be all on or all off, that it can relax to a ready alert level of 15-25 out of 100 (visualize gauge), and hold until it lowers as much as it is willing. The body will start to relax.

**5. Integrate the Amygdalae and RAS with the frontal cortex.** Put one hand at the back of the neck (amygdalae and RAS) and the other palm on the forehead. Calm them down with rational energy from the frontal cortex.



**6. Disconnect the amygdalae and RAS from the fight and flight response in the adrenals.** Keep one hand at the back of the neck and put the other on the adrenals from the top of body (solar plexus area). Talk to the adrenals about relaxation and safety. Connect with the root chakra.

**7. Integrate and calm the amygdalae and RAS with wisdom of coherent heart energy.** Keep one hand at the back of the neck and put the other on client's heart. Hold until it feels complete.

To conclude the treatment, you may want to release the trauma from the energy field, especially the outer layers, by doing some of the off the body clearing techniques, such as Magnetic or Etheric Clearing. Sometimes, an earlier source of the trauma will surface to be cleared.

Clients get profoundly relaxed with this technique, and get much benefit from one treatment. When they come back, you can check the arousal numbers again on both the amygdalae and RAS and see how they are holding the relaxation. Repeat the treatment

if it seems appropriate. Sometimes, certain clients will be able to tune into their own amygdalae and RAS, and relax them.

One client with whom I used this technique had severe pain (7 to 8 on a scale of 1-10) in her shoulder for 5 years in spite of several surgeries and physical therapy. It was caused by physical abuse from her ex-husband. I felt that little physical progress could be made unless we released the emotional disturbance from the past event which was creating chaos in her energy field.

I suggested she think of being with her abusive husband while I cleared her with the spinal thumb massage (above), and then did the *Trauma Release Technique*. Once her energy was cleared in relationship to the trauma, I did direct physical and energy work on her shoulder. After three sessions, her pain was down to a 2 to 3, and she was much happier.

I hope you can use this technique successfully with your clients. Like the *Mind Clearing*, it combines well with other techniques you already know. €