





# Releasing Trauma from the Brain and Body

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Sue Hovland, BSN, (Retired RN), CMT, HTCP/I

**T**raumatic experiences are often a part of life and who we are, and all of us see clients who are affected by them. Several major structures of the brain are usually involved in these traumatic experiences. By working energetically with certain areas of the brain, we can help our clients release much of the emotional stress connected with the trauma. I will share 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. This is an advanced energy technique directed toward energy healers with more experience in feeling tissues, sensing energy blocks, and in projecting specific energies, such as practitioners who have completed Healing Touch Level 3 or similar energy studies.

I was able to create this treatment by first understanding the anatomy and function of involved areas, then seeing how energy therapy would be effective. It is my hope that more people can benefit from this treatment.

I will first describe the physical structures used, and then describe the procedure.

## **Major Emotional Structures of the Brain**

*(Please reference them in the accompanying drawings)*

**The Amygdalae** (pl.) are two walnut size collections of

nerve nuclei deep in each temporal lobe on either side of the brain stem and two inches in from each eyeball. You can energetically access them from the side using a small indentation in front of the ears, at the level of the eyes. They are considered the emotional centers of the brain and coordinate behavioral, immunological, neural and hormonal reactions to environmental threats. The amygdalae are storehouses of emotional memory that are “hardwired” to detect a variety of emotions and help with intuition and decisions, as well as highlighting memories that could be useful to avoid danger in the future. The greater the emotion, the more vivid is the memory. Therefore, they are involved with conditioned fear responses or Post Traumatic Stress Disorder (PTSD). They have neural connections to many other parts of the brain concerned with emotion – the hypothalamus, thalamus, hippocampus, reticular alarm system and the frontal cortex.

**Hippocampi** (pl) are two longer (finger length) structures in the temporal lobes just posterior to the amygdalae that store short-term memory and decide what becomes long-term memory. They can be energetically accessed by laying a finger on the surface of the top part of the external ear and dropping into the temporal lobes. They associate smell with memory. Stress (cortisol) causes atrophy of neurons affecting factual memories, but not emotional ones. They are one of the areas that create anxiety and are quieted by



alcohol and opiates. They work with the amygdalae.

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

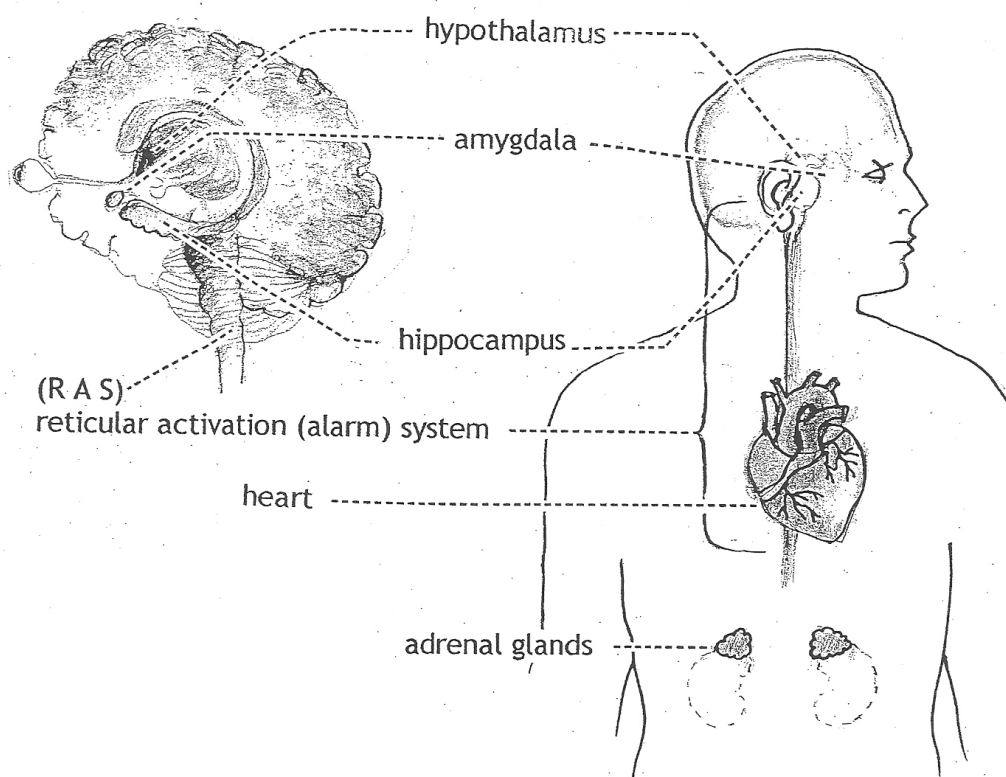
**The RAS—Reticular Alarm System** is a network of cells extending down from the top of the brain stem through the spinal cord to the level of the heart. It can be accessed at the back of the neck in the sub-occipital area. It is a triage center for pain and emotions, normally letting only one in a billion nerve impulses through from below. It connects with the entire nervous and endocrine systems. It is very eager to protect its person and has psychic abilities, intuiting danger

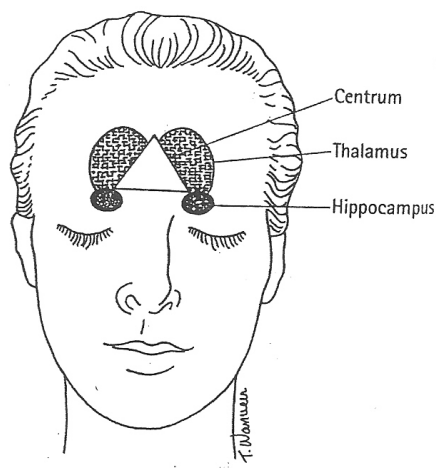
and sending out warnings. Sometimes however, it gets stuck in a hyperactive, hyper vigilant mode such as in PTSD, which is not helpful.

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

### Sue Hovland's Trauma Release Technique

Before starting, do a whole body balancing and relaxing treatment. The Healing Touch Program teaches **Chakra Connection** or **Opening Spiral Meditation** for this purpose. Other Energy Medicine modalities have similar full-body techniques. Then, while the client holds an awareness of the trauma (NOT reliving the event), turn the client on his/her stomach and do a firm thumb massage (to tolerance) down the back on either side of the spine three times (using the bladder meridian). This starts





clearing the trauma out of all aspects of the energy system—meridians, chakras, Hara, field, etc.

Turn the client over and hold one hand on the forehead and the other on the occipital area at the back of the head, sending energy generally throughout the limbic or emotional brain between the hands. (Note: This is step 2 of the Healing Touch **Mind Clearing** technique.) Then proceed as follows, holding the awareness of the trauma, and *talking to the structures telepathically and intuitively*.

Find the two amygdalae from the side of the head with your forefingers 1/2" in front of the top of the ears in a small indentation at the level of the eyes. Drop your etheric energy fingers in until they are two inches behind each eye. Assess to see if the amygdalae feel "nervous." If so, suggest that they relax. Visualize a gauge of 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 and they are main emotional centers in the brain. Balance and connect the hypothalamus and amygdalae by keeping your forefingers on the amygdalae and placing your middle fingers above the external ears near the front part, where you can energetically access the hypothalamus in the middle of the head. The hypothalamus controls the fight and flight stress response by sending corticotrophin to the adrenals.

Balance and connect the two hippocampi with the

two amygdalae by laying the full length of both middle fingers across the upper ears and dropping into the temporal lobes. The hippocampi control the memory of the trauma.

Cup the client's head in your hands with your fingers along the back of the neck in the suboccipital area next to the skull. Connect with the RAS in the brain stem and down the spinal cord to the heart level. The RAS is the psychic and protective center. Visualize its activity level on a gauge from 1 to 100, with 15-25 being a relaxed ready alert like a fireman in the station or a pilot light. Point out the safety of the current situation and the benefits of more relaxation to its person. The RAS is always trying to help its person, but sometimes gets stuck in a high alert. Feel the body relax as the alertness numbers go down to a more relaxed level. (Note - This can be a short stand-alone treatment for clients and yourself.)

Integrate the amygdalae and RAS with the rational energy of the frontal cortex. Put one hand at the back of the neck, the RAS and amygdalae, and connect to them with intention. Place the other palm on the forehead. Calm the RAS and amygdalae with wisdom from the frontal cortex.

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 the body (solar plexus area). Talk to the adrenals about relaxation and safety. Connect with the root chakra.

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 the client's heart. Hold until it feels complete.

There it is! I hope you are not confused and in "brain spasm" by now. It really flows quite logically, easily and quickly once you try it a time or two. Get a friend and read it through as you practice. I have found this technique very helpful with clients and hope you do, too.



## Releasing Trauma from the Brain and Body

Clients become profoundly relaxed with this technique and get much benefit from one treatment. When they come back, you can check the alertness of the amygdalae and RAS again by using the numbers gauge technique explained in Step One above to see how they are holding the relaxation. You can then repeat the treatment as seems appropriate. Sometimes, certain clients will be able to tune into their own amygdalae and RAS and relax them.

You may want to add releasing the trauma from the energy field, especially the outer layers, with a body clearing technique. Healing Touch practitioners might consider using the **Magnetic Clearing** or **Etheric Template Clearing** techniques. Sometimes, an earlier source of the trauma will surface to be cleared. People who have PTSD often have had earlier traumas.

One client of mine had severe pain (7-8 on a scale of 1-10) in her shoulder for five 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 had her think of being with her abusive husband while I cleared her energy

system with the spinal thumb massage (see above). Then I did the **Trauma Release Technique**. Once her energy was cleared in relationship to the trauma, I did direct massage, cranial-sacral, and energy work on her shoulder. After three sessions, her pain was down to a 2-3, and she was much happier. She then left town so further follow up was not possible.

This technique combines well with other Energy Medicine techniques. Of course, you can modify it (cut and paste!) to help the specific needs of a client. I hope you are able to use this technique successfully with your clients.

There is an important cautionary note: Do not do this whole treatment on someone who is still severely traumatized with Post Traumatic Stress Disorder (PTSD) such as a returning soldier. They may not even be comfortable lying on a massage table with eyes closed and may need to be in a recliner or chair. You may need to start by just holding their adrenals in the flank area or brain stem at the neck as the whole treatment, or do off the body clearing of the energy field and add other treatments as indicated and tolerated in follow-up treatments. Please be mindful of what is happening energetically with your client. €

