

## *The Trauma Release Process™*

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WE TURN NOW TO THE TRAUMA RELEASE PROCESS™ itself. The exercises are not only for people who have been greatly traumatized, but are intended to be helpful to all of us.

I came up with the exercises as a result of living and working in traumatizing situations for years. I wasn't trying to develop any kind of technique. The trauma affected my body, and I simply reflected on what it did to me. From the reflection came the exercises.

All of us have the potential to improve the quality of our life in the wake of trauma. Whether this happens or not depends on whether we go into the trauma and reflect on it, or whether we push it away because it's too painful.

The following exercises enable us to go into our trauma by means of our body. As we perform them, we revisit the traumatic patterns

established in our body, which enables us to release them. In the process of the release, a new consciousness is born.

Most other exercises are designed to release surface level tension in the body. This is insufficient for dealing with the deep chronic tension generated by trauma. Oftentimes these milder forms of exercise leave the individual feeling helpless and confused when the exercises fail to relieve the tension. What is needed is a process whereby the individual uses the body's natural shaking mechanism to release deep trauma tension patterns.

The Trauma Release Process™, although simple and painless, is specifically designed to evoke the body's shaking mechanism, thereby releasing the deep, chronic muscle contractions created by severe shock or trauma. Used regularly, it can also prevent life's everyday minor stresses from turning into chronic tension.

The exercises are designed to stress the seven thigh flexor muscles commonly referred to as hip flexors. These exercises rely purely on the body's natural ability to trigger tremors. Rather than focusing on specific muscle tension patterns established during a particular stressful event, the exercises address a generic pattern of muscle tension in the body. By using the body's natural muscle tremor process, they relax all muscle patterns associated with stress.

The key to these exercises is their ability to evoke shaking from the center of gravity of the body located in the pelvis, using nothing but the natural mechanism of the body. When shaking is evoked at this powerful center, it reverberates throughout the entire body, seeking out any deep chronic tension that lies in its path and naturally discharging this tension and relaxing the muscles. Tremors will initially begin in the upper thighs and work their way into the psoas muscles. The shaking will then travel through the pelvis, into the lower back, and finally up the spine into the shoulders, neck, arms, and hands. Each time you do the exercises, the shaking pattern may change, and various types of shaking can occur.

If for any reason you feel the need to stop the exercises or the shaking, simply do so by stretching your legs out flat onto the floor and relaxing on your back or curling up on your side. As always, the key is to respect your body, emotions, and psyche. You can always return to the exercises when you feel calm, safe, and comfortable.

The only thing these exercises do is to release deep chronic tension in the muscle tissue. However, if you have been using this tension to protect yourself throughout most of your life, releasing it could evoke the original anxiety and fear that created the tension in the first place. Should you begin to experience such feelings, all you have to do is simply slow down the rate at which you are performing the exercises. In this way, you will learn how to continue releasing tension without evoking an overwhelming sense of fear or anxiety. This is a self-empowering experience, because you will learn that you can gradually replace your chronic tension without overwhelming yourself with unpleasant emotions.

If you have no emotional response to the exercises, this doesn't mean something is wrong. Simply enjoy the vibration caused by the exercises and continue to repeat them. They have a cumulative effect of relaxing the body at deeper and deeper levels. Many who have done extensive bodywork find the shaking to be a profound integrating tool for the psychosomatic work they have already completed.

For people who have experienced severe degrees of trauma, the trauma recovery process may seem daunting. These exercises, although simple and non-invasive, can have the effect of being overwhelming if the post-traumatic stress symptoms surface very quickly. The way to avoid this is to slow down the exercises to small periods of time. If the exercises cause emotions to surface, simply do them for a shorter time so that you can integrate the emotions in digestible amounts. In this way you can avoid sensations of emotional flooding or dissociating from the emotions.

It's similar to going on a rollercoaster ride. If you start with a rollercoaster that is too big, you will find yourself desperately squeezing the

handlebar, holding on for dear life. However, if you begin on a smaller rollercoaster, you experience the dips with actual pleasure and excitement. The same is true of the rollercoaster of emotions. Simply allow the tremors to release only the amount of emotion that you can safely and comfortably integrate at the moment. Don't take on more than you can handle. There is no need to hurry the recovery process. Going faster than you can integrate the process will simply overwhelm you, which is exactly what a traumatic experience is—an overwhelming of your system. If you go slowly and steadily in your recovery process, it will take you on a remarkable journey that restores physical suppleness and emotional stability, as well as bring insights you never experienced before. By going at your own pace, you can experience your recovery as an amazing journey into one of life's most profound experiences.

#### HOW OFTEN?

Since the Trauma Release Process™ triggers responses that are natural to the body, in most cases the exercises can be practiced every day without harm. They can also be used simply for the purpose of relieving the tensions created from the daily stress of life.

The shaking may produce a feeling of exhaustion, as if you just finished a long workout. Or it may free up a lot of energy, so that you feel invigorated. Some find the exercises calming and therefore do them in the evening as a way of relaxing. Many who find them energizing do them in the morning or afternoon when they would like more energy.

It can be useful to incorporate these exercises into your regular exercise routine. Simply add another fifteen minutes onto the end of your workout so that you close with shaking. This will also relieve any stress created in the muscles as a result of your workout.

The rule of thumb is to follow the prompting of your body. As you become increasingly sensitive to your body, it will inform you of when you need to relieve stress.

If you don't have an intense adverse reaction to the exercises, you can practice them every other day for a month. Taking this approach helps to orient your body to the shaking and allows you to gradually decrease the tension in your body. After a month you can reduce the number of times you do the exercises to approximately twice a week. If you do them less than this, your body may once again begin to accumulate stress and tighten up.

Does the shaking ever stop? As long as you inhabit your body, you should be able to shake. It's a natural mechanism designed to relieve deep chronic tension. But once the deep tensions of the body are released and the deleterious effects of life's traumas and stresses have subsided, your body will simply produce a very fine tremor that feels a bit like a mild and pleasant electric current running throughout your entire organism.

#### YOUR TENSION IS UNIQUE TO YOU

Many clients say to me, "I wish I was shaking in a different way." Or, "I wish my back would shake." It's an error to wish your body would shake in any manner other than the way it does. The body shakes in the manner it needs to. The best advice is to never judge your body, just observe it. All the dialogue in the mind is simply ego interference.

If you find that your shaking is strong, it's an indicator that the large muscles in the body are breaking up iceberg-like tension in your muscles. Once your energy can flow more easily, this strong shaking will subside.

Sometimes you may find that strong shaking gives way to milder shaking, then returns. This is the body's way of systematically relieving the patterns of stress embedded in the muscles. Just allow your body to shake the way it needs to. It fully understands what it must do to dissolve the patterns of tension that have been created over the years.

Since each person has a unique set of experiences in life, we have all developed unique patterns of tension. We will each shake in different

ways depending on our individual tension patterns and the readiness of our muscles to relax. Consequently, there is no one correct way of shaking. On the contrary, there are as many ways as there are bodies.

If you get more shaking in the standing position, should you stay there? If you get shaking while standing, and this feels more comfortable for you, then continue to stand and shake. Just remember that you may get the shaking in a different position each time you do the exercises. Eventually you should be able to get the shaking in a variety of positions. Each one has its own value.

#### A WORD OF CAUTION

The Trauma Release Process™ has been used safely and effectively by a wide variety of people around the world in many different situations. The tremors experienced in these exercises simply relax muscle tension patterns. Therefore, in most instances and for most people, the Trauma Release Process™ is safe when self-administered.

As already stated, in the process of relaxing deep chronic muscular tension, some individuals experience emotions that reflect the original cause of the creation of these tension patterns. Depending on the severity of the tension being released, the emotional discharge could range from mild to severe. For a minority of people, the exercises will be so effective in helping release trauma patterns in the body that their use may result in an intense and perhaps uncomfortable emotional experience. In such a situation, an individual may require the direct supervision and support of a health professional who has training and experience in this field.

Should you experience any physical or emotional discomfort upon using these exercises, please stop them and immediately consult a medical professional.

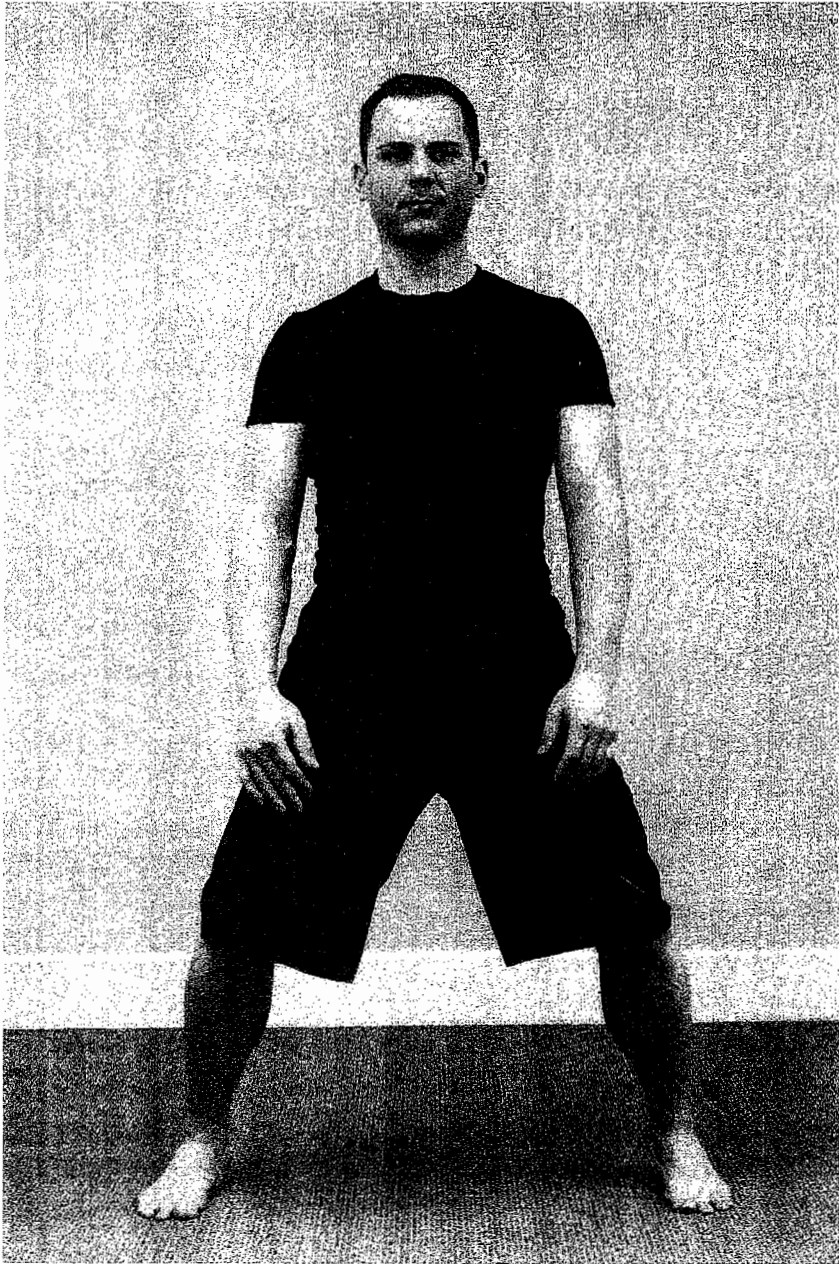
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### *The Exercises*

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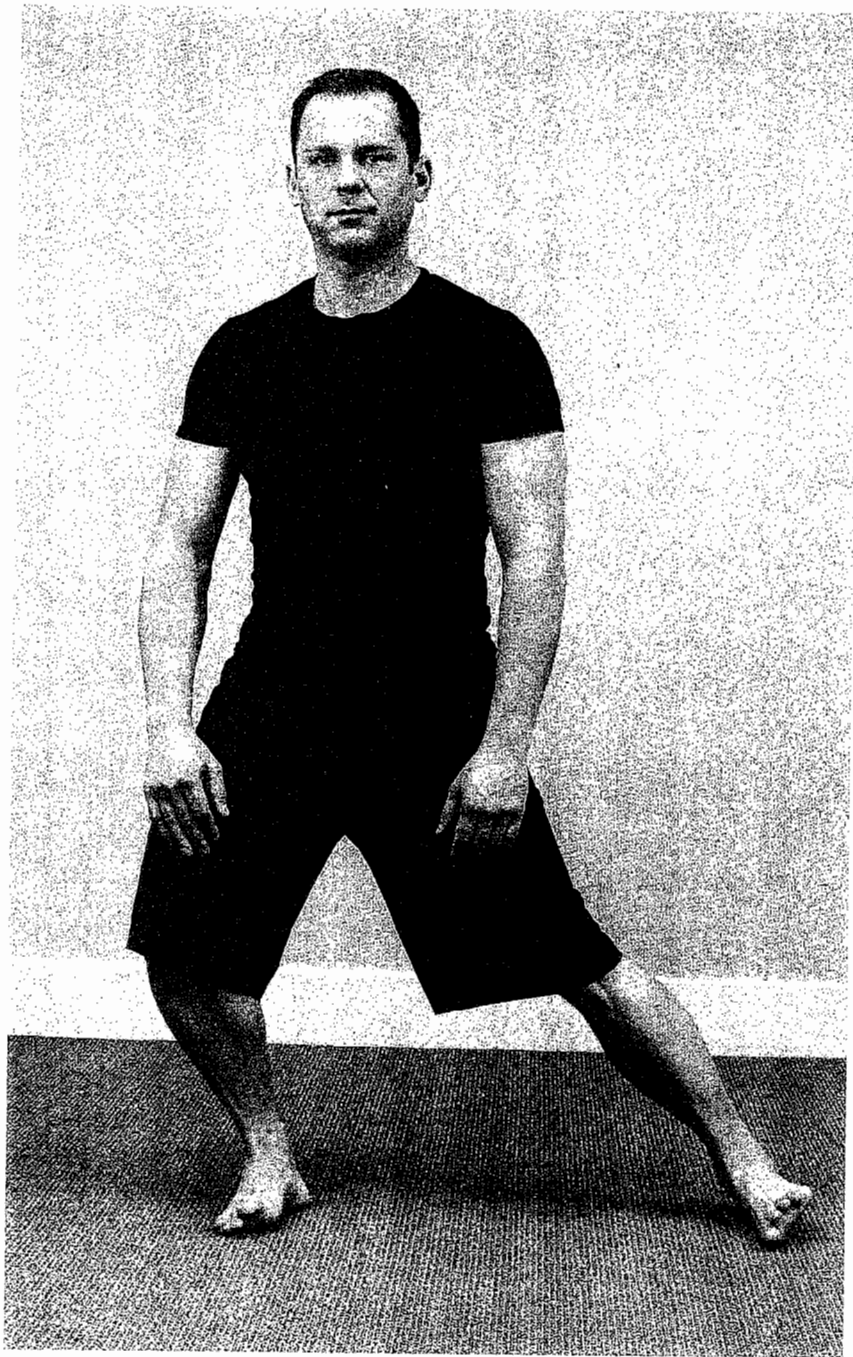


TO ACHIEVE THE BEST RESULTS FOR THESE EXERCISES, and to allow for greater movement in the feet and ankles, you may wish to remove your shoes and socks, unless this causes your feet to slide on the floor.

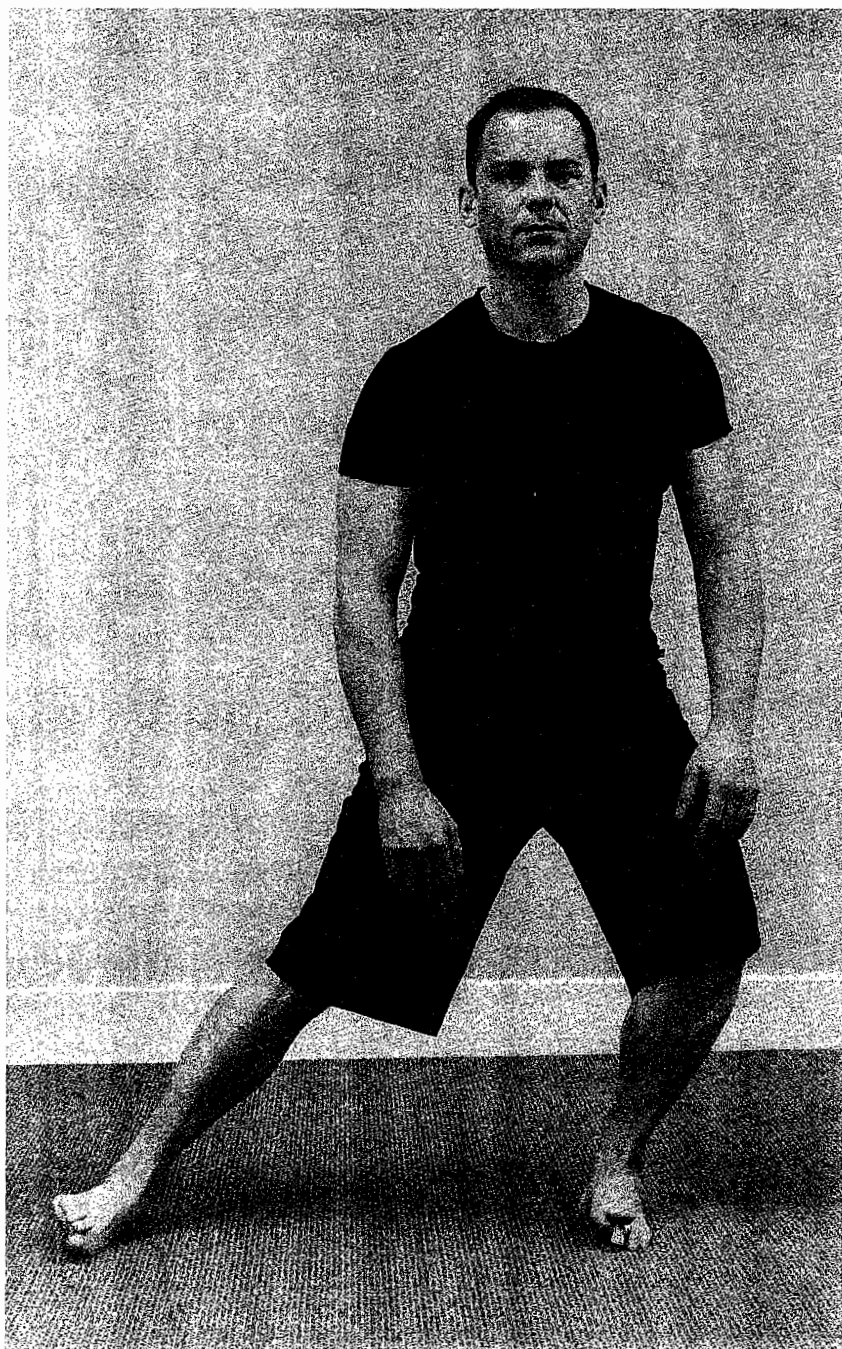


## *Exercise 1*

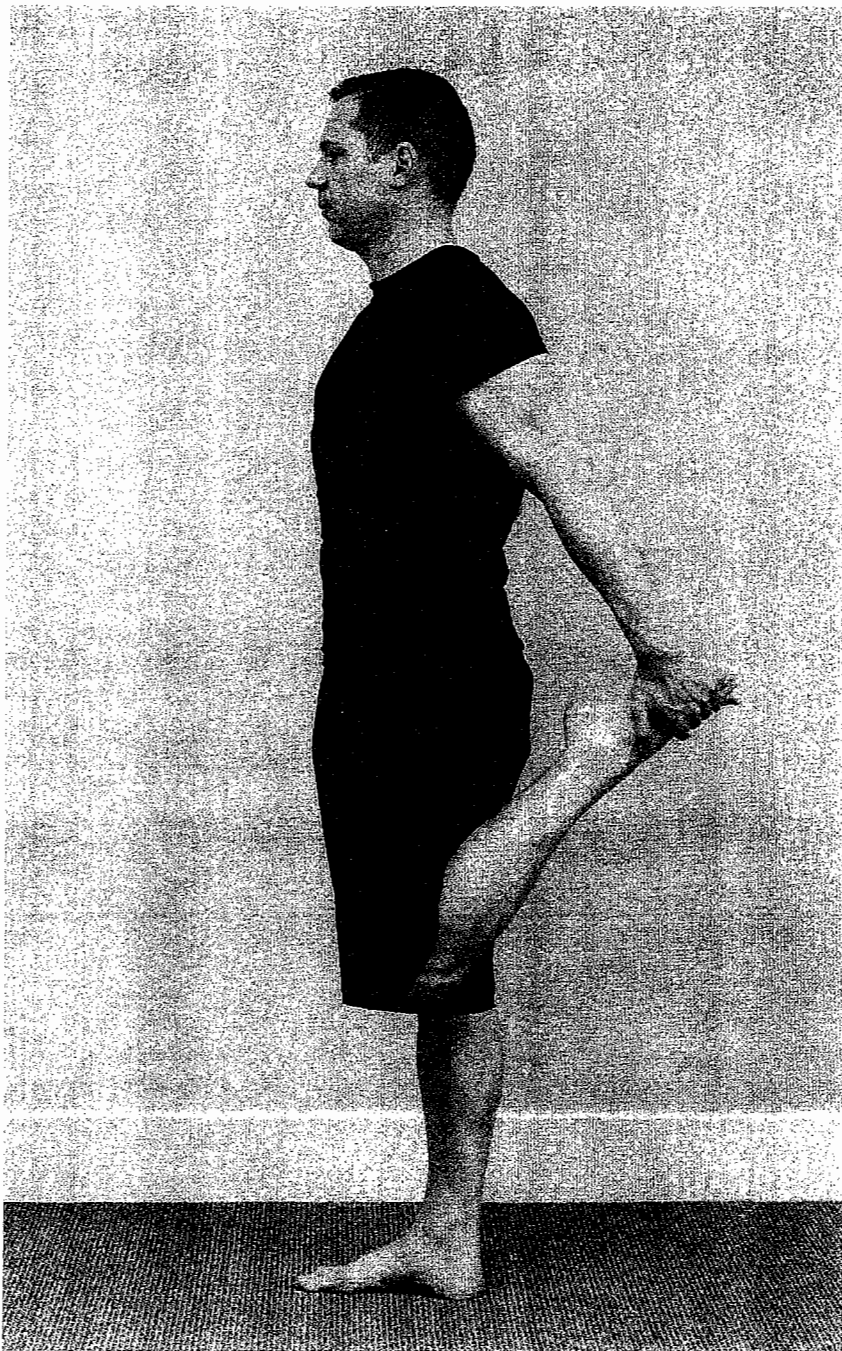
step 1. Spread your feet shoulder width apart.



step 2. Slowly sway back and forth, turning both feet up onto one side in the same direction. This means you will stand on the outside of one foot and on the inside of the other foot. Hold this position for 15 seconds.



step 3. Sway the body in the opposite direction, rising up onto the other side of your feet. Repeat this slowly five times in each direction. ❁



## *Exercise 2 / Versions A and B*

*There are two ways to perform this exercise.*

### *Version A*

step 1. Hold one foot up with one hand, or rest one leg on the seat of a chair, while supporting yourself against a wall with the other hand.





**step 2.** With the standing foot, come up and down on your toes, raising your heel as high as possible, then lowering your foot to the floor.

Repeat, coming up on your toes and back down about ten to fifteen times. This may cause tightness, burning, or pain in the calf muscle. This is normal, but you should stop if it's too uncomfortable.

Come to a standing position on both legs and vigorously shake the leg you just exercised to eliminate the pain, burning, or discomfort.

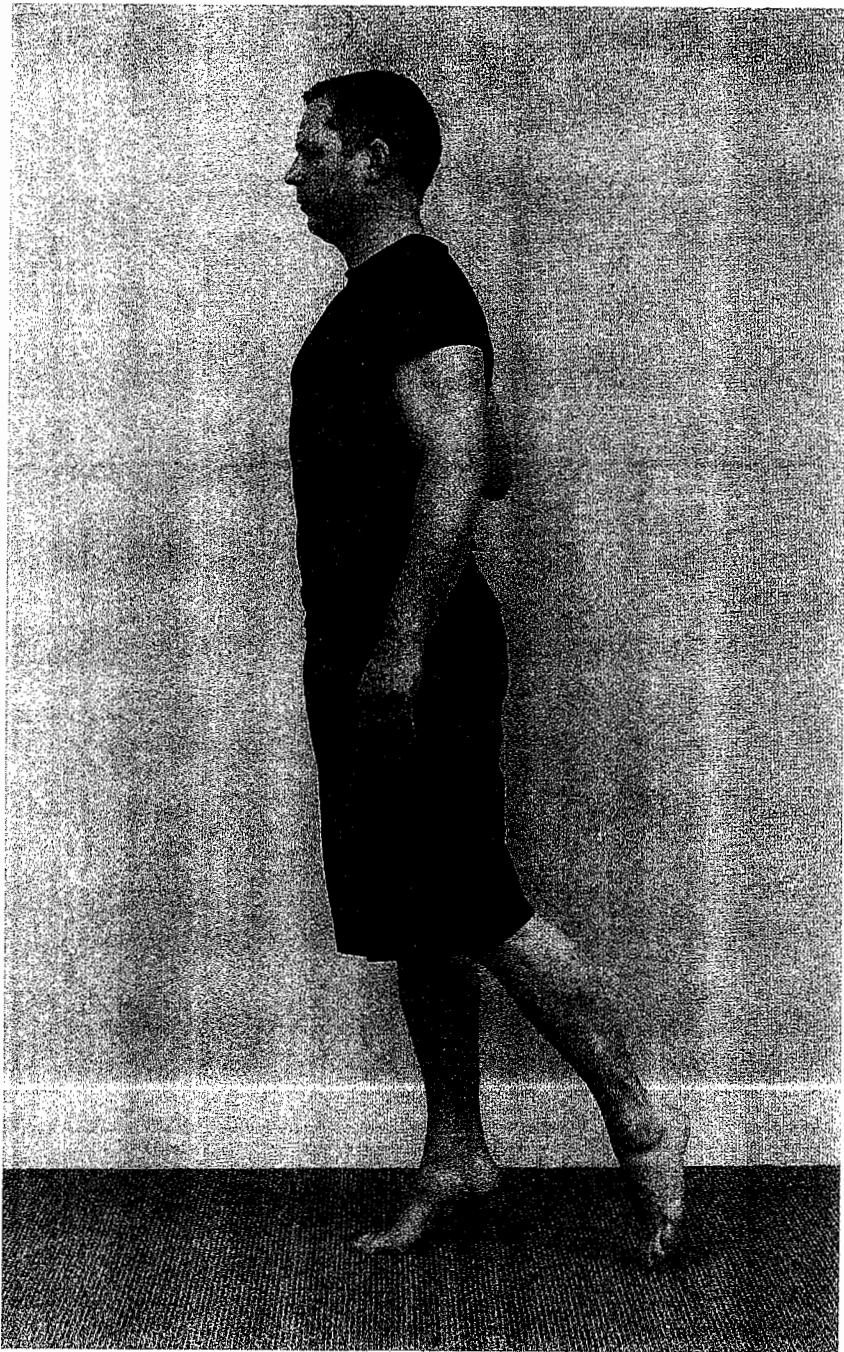
Repeat this exercise with the other foot. When finished, vigorously shake the leg to relax the muscles. ❀



## *Exercise 2*

### *Version B*

step I. Standing straight with feet together, place all your weight on one leg, relaxing the other leg slightly behind you.



step 2. With the standing foot, come up and down on your toes, raising your heel as high as possible, then lowering your foot to the floor.

Repeat, coming up on your toes and back down about ten to fifteen times. This may cause tightness, burning, or pain in the calf muscle. This is normal, but you should stop if it's too uncomfortable.

Come to a standing position on both legs and vigorously shake the leg you just exercised to eliminate the pain, burning, or discomfort.

Repeat this exercise with the other foot. When finished, vigorously shake the leg to relax the muscles. ❀



### *Exercise 3 / Versions A and B*

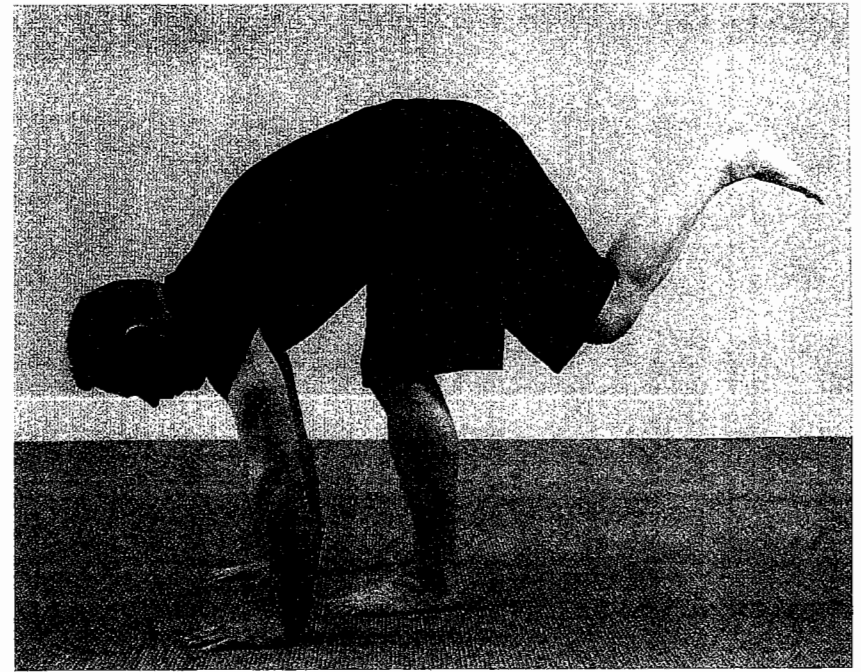
*There are two ways to perform this exercise. Although this is a great leg stressor and very useful, many people may find it too difficult or painful if they have problems with their knees. This exercise can be modified by holding onto the back of a chair or onto a wall rather than bending down to the floor. If this is too difficult even when using a chair or the wall, please consider the exercise optional and move onto the next one.*

#### *Version A*

step 1. Slowly bend forward placing both hands on the floor.



step 2. Next, bend your standing knee only as far as you can while keeping your foot flat on the floor.



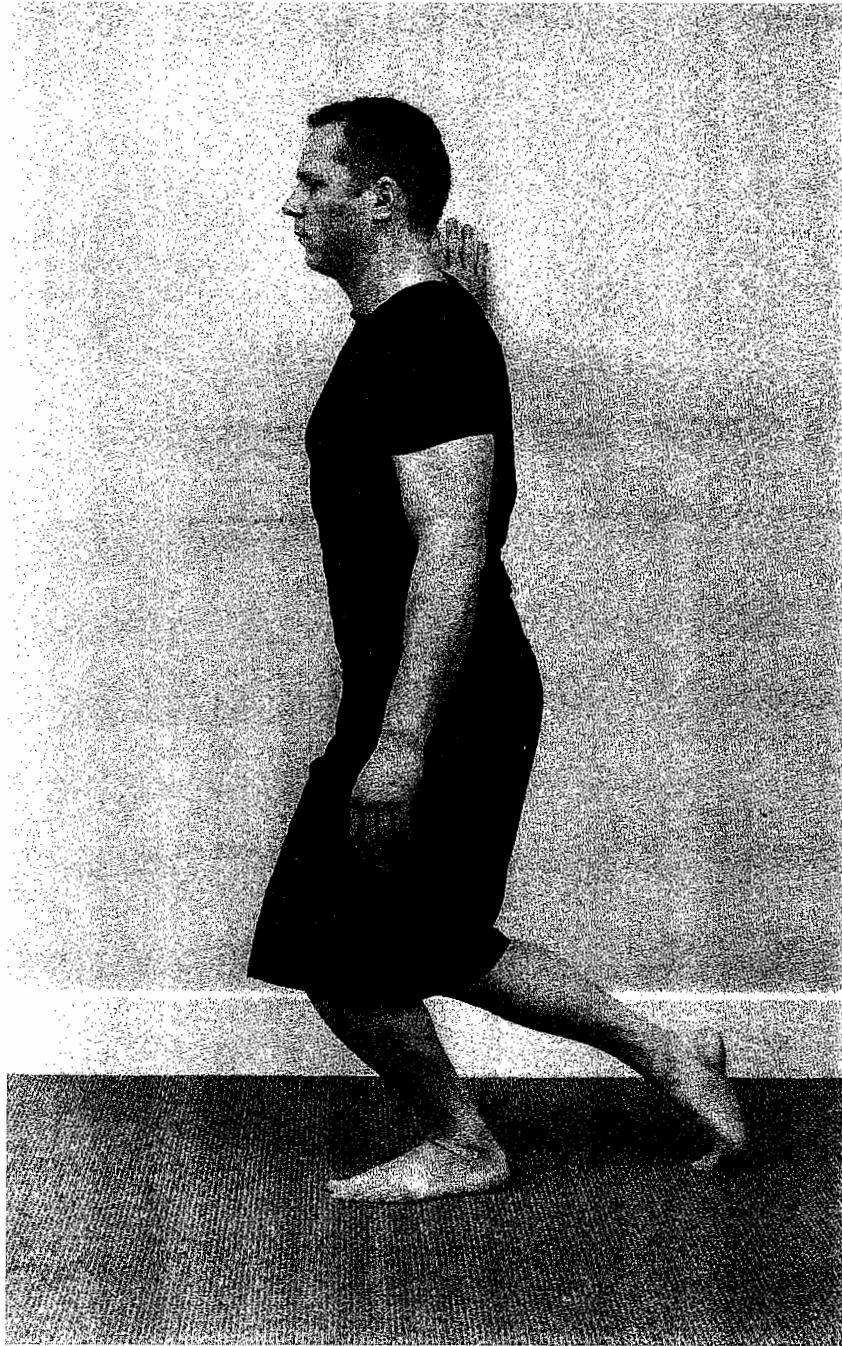
step 3. Then straighten the supporting leg. Repeat this ten to fifteen times, depending on the strength of your legs. ☸



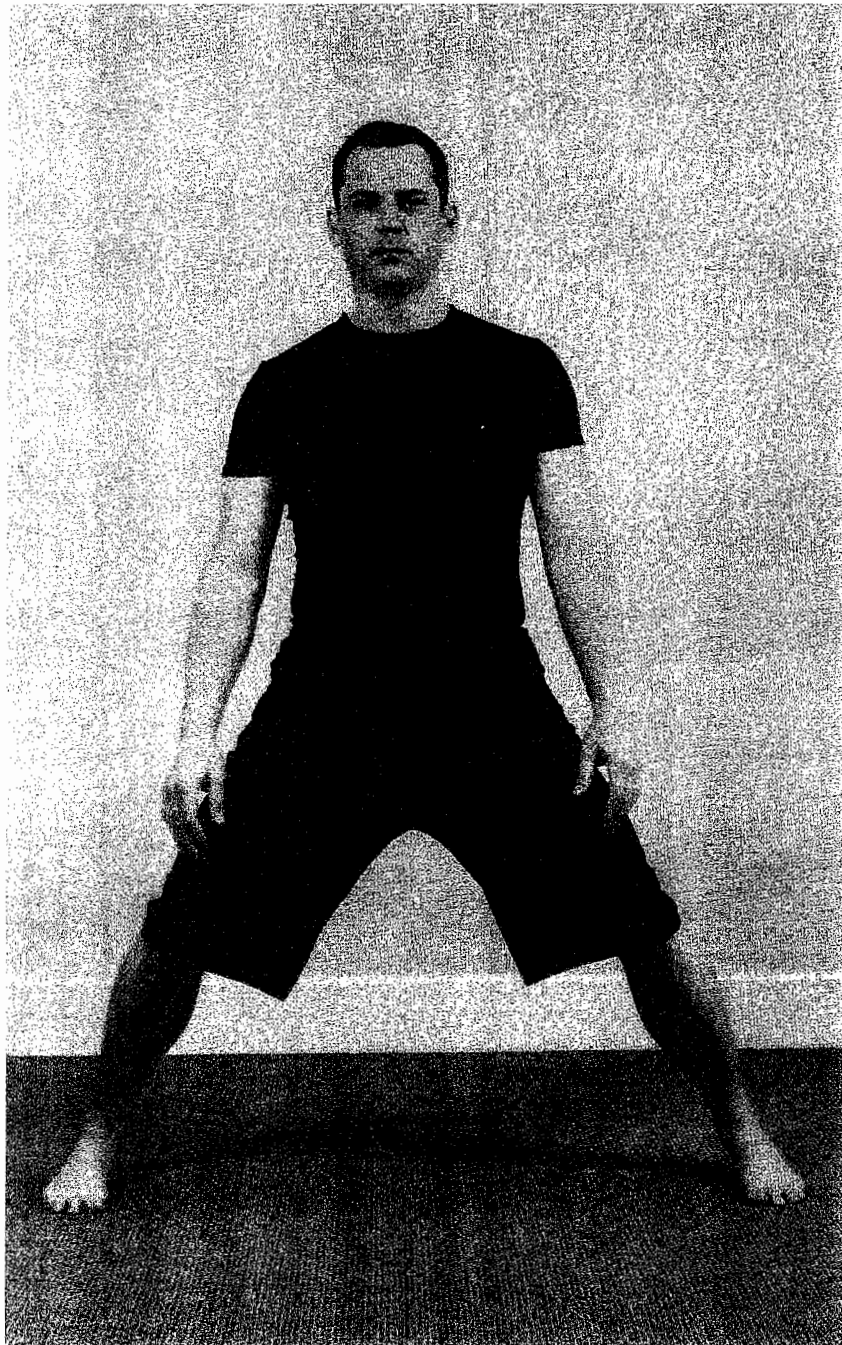
### *Exercise 3*

#### *Version B*

Step I. While holding onto a wall or chair for balance, take your weight off one leg and relax it slightly behind you.



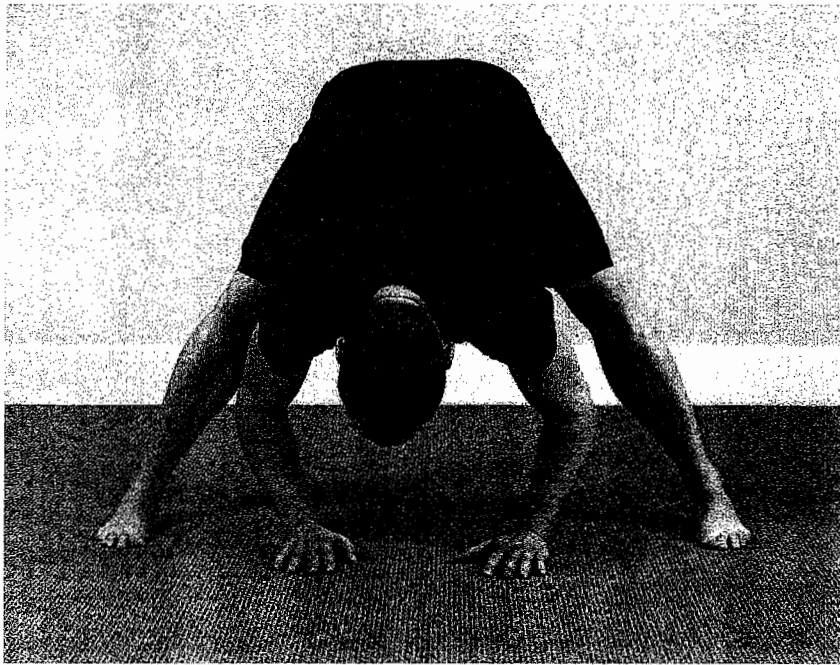
step 2. Bend your standing leg as comfortably as possible and then straighten it. Repeat this about five times. ☸



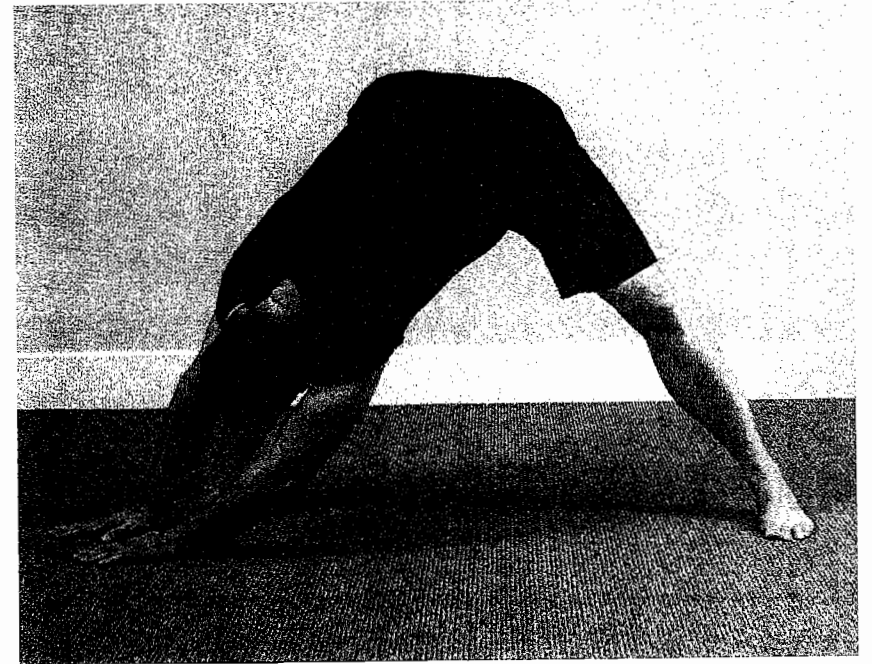
## *Exercise 4*

step I. Stand with your legs spread apart, so that there is a stretch on the inner leg muscles.

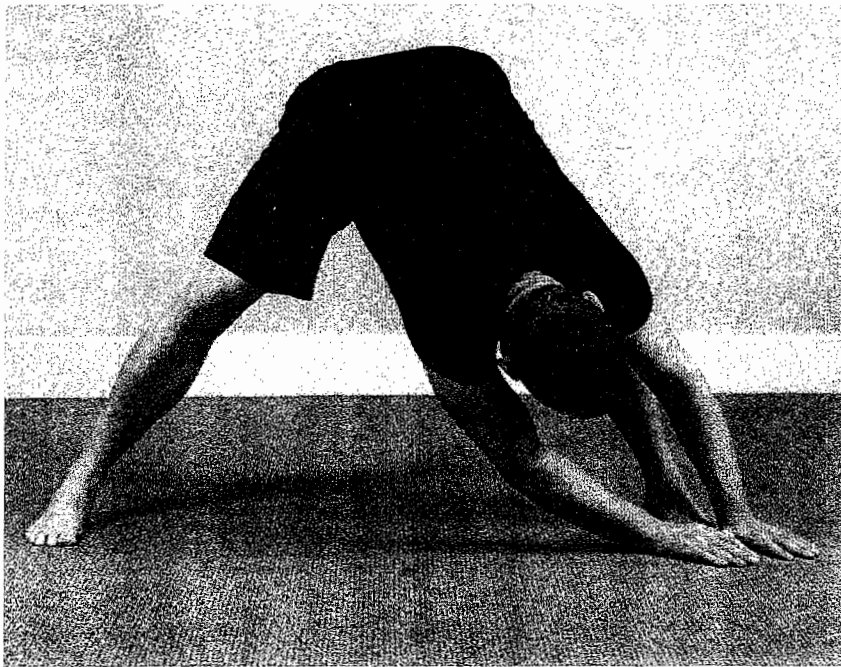




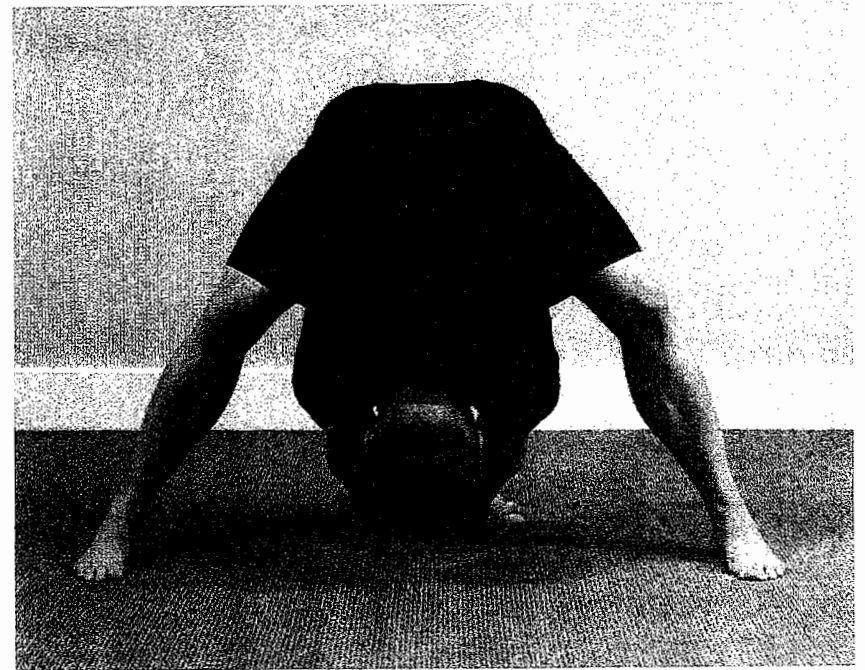
step 2. Bend forward until you touch the ground, or simply bend as far forward as is comfortably possible. You should feel a stretch on the inner thigh (adductors) and the backs of the legs (hamstrings). Hold this position for three deep breaths.



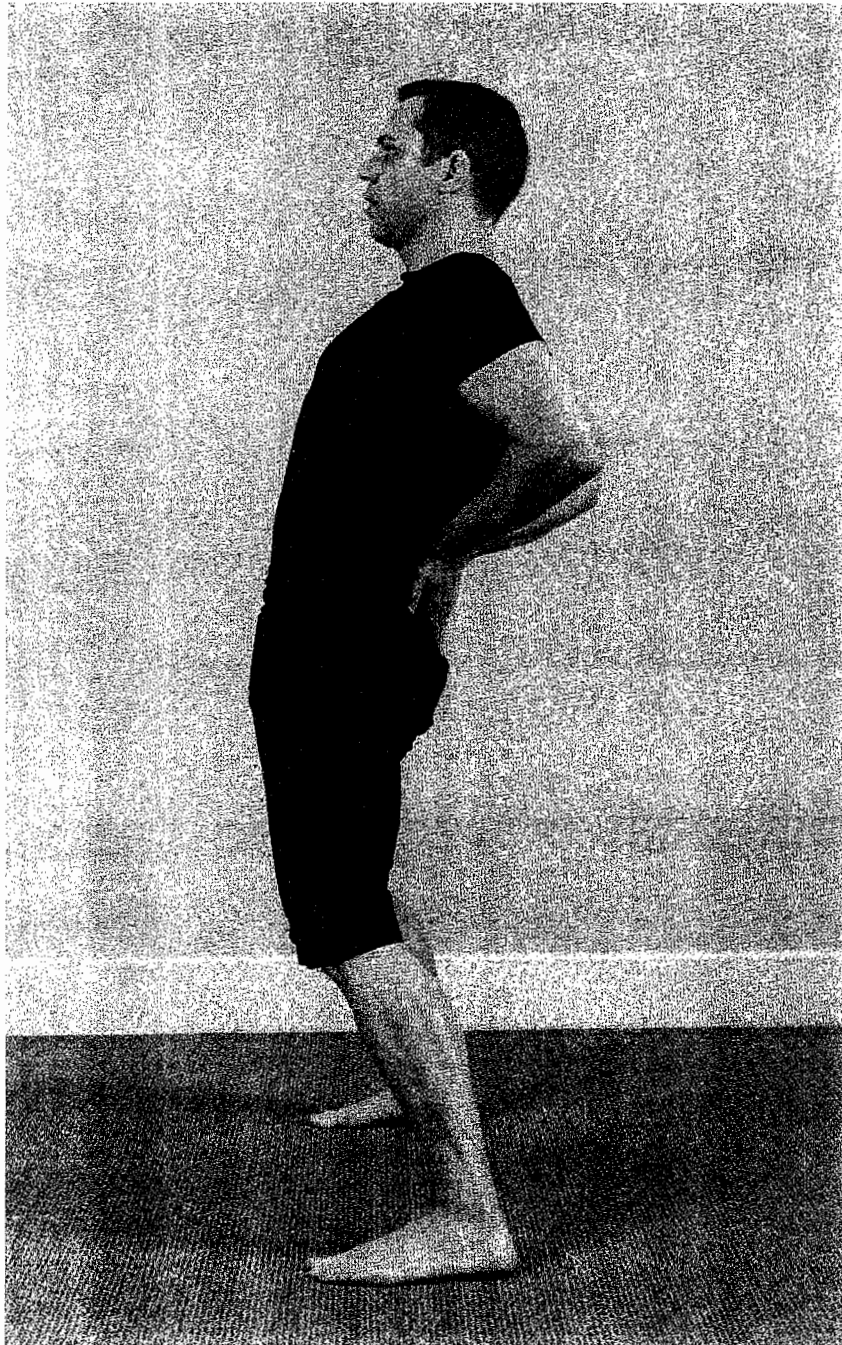
step 3. Slowly walk your hands over to one foot. Hold this position for three slow, deep breaths.



step 4. Then walk your hands over to the other foot. Again, hold this position for three deep breaths.

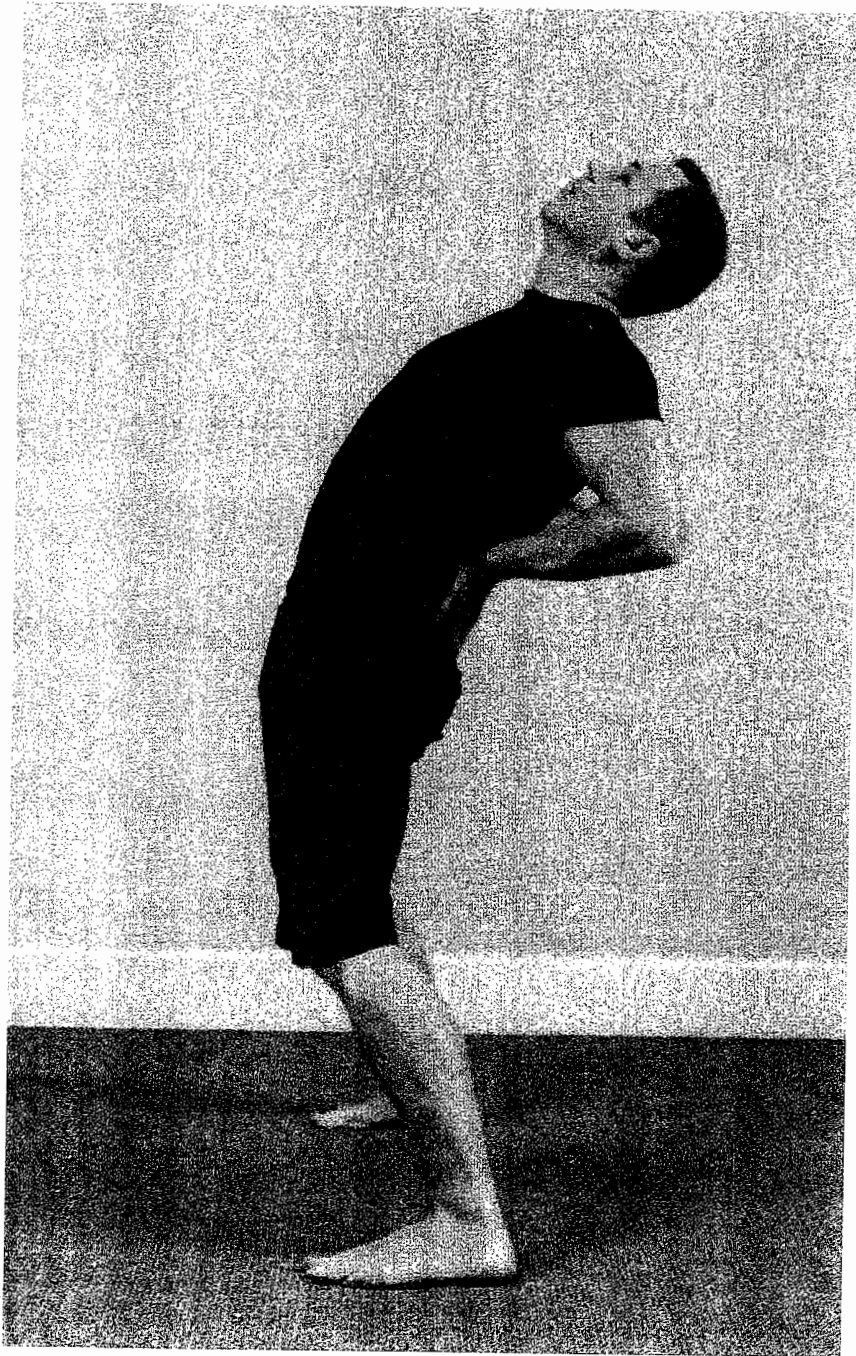


step 5. Next walk your hands back to the middle of your legs and reach behind you, between your legs. Hold this position for three deep breaths. You might begin to feel some mild shaking in your legs. Allow this to happen. To complete the exercise, slowly come back into a standing position. ❀



## *Exercise 5*

**step I.** Place your hands in the arch of your lower back, on the top of your buttocks, to provide support for this next exercise.



step 2. Push your pelvis slightly forward, so that there is a gentle bow in your back. You should feel a stretch at the front of your thigh. Hold this position for three slow, deep breaths. Please do not stretch too far. It is not necessary. A gentle bow is all that you need for this exercise.



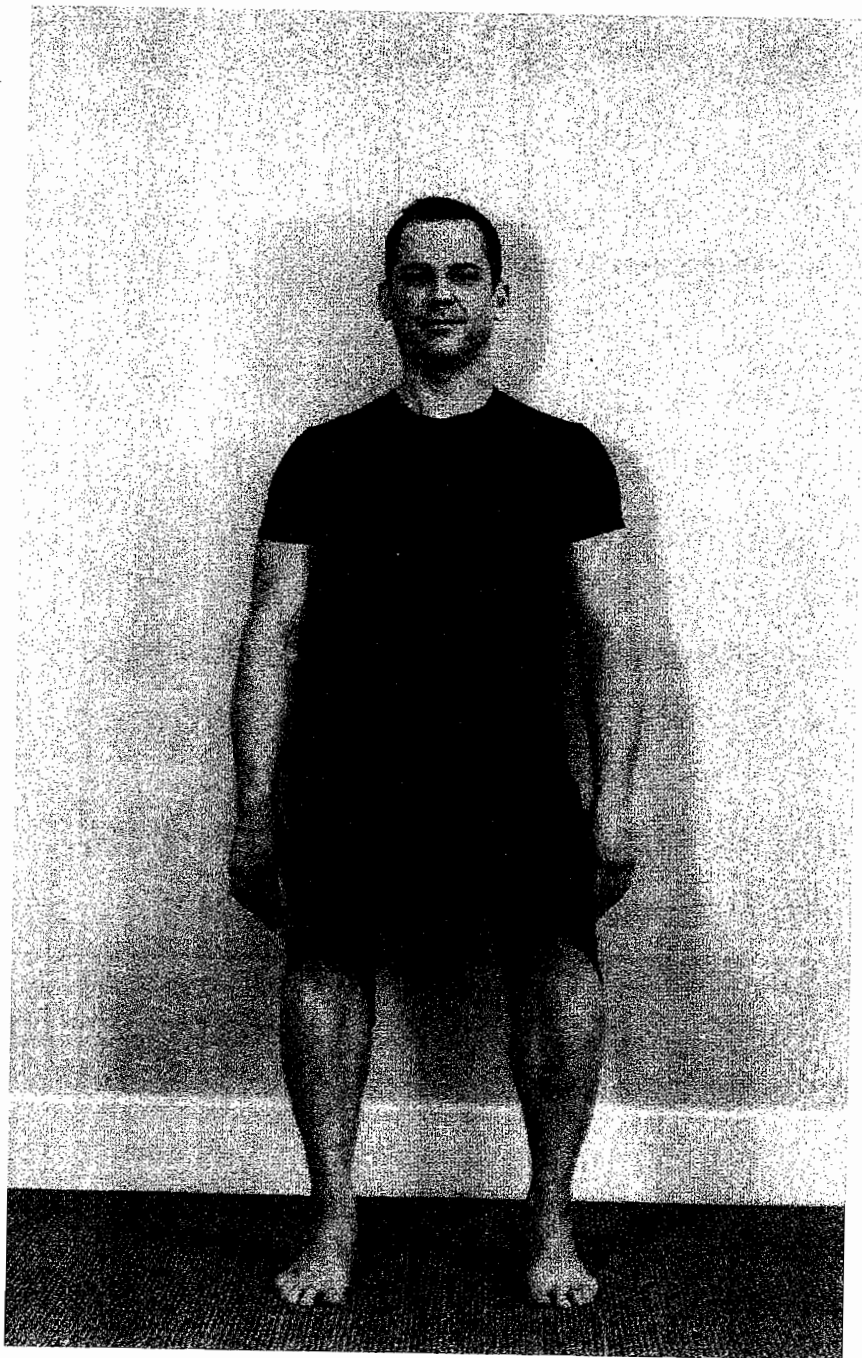
step 3. Gently twist from the hips, looking behind you in one direction. Hold this position for three slow, deep breaths.



step 4. Turn again from the hips, looking behind you in the opposite direction. Hold this position for three slow, deep breaths.



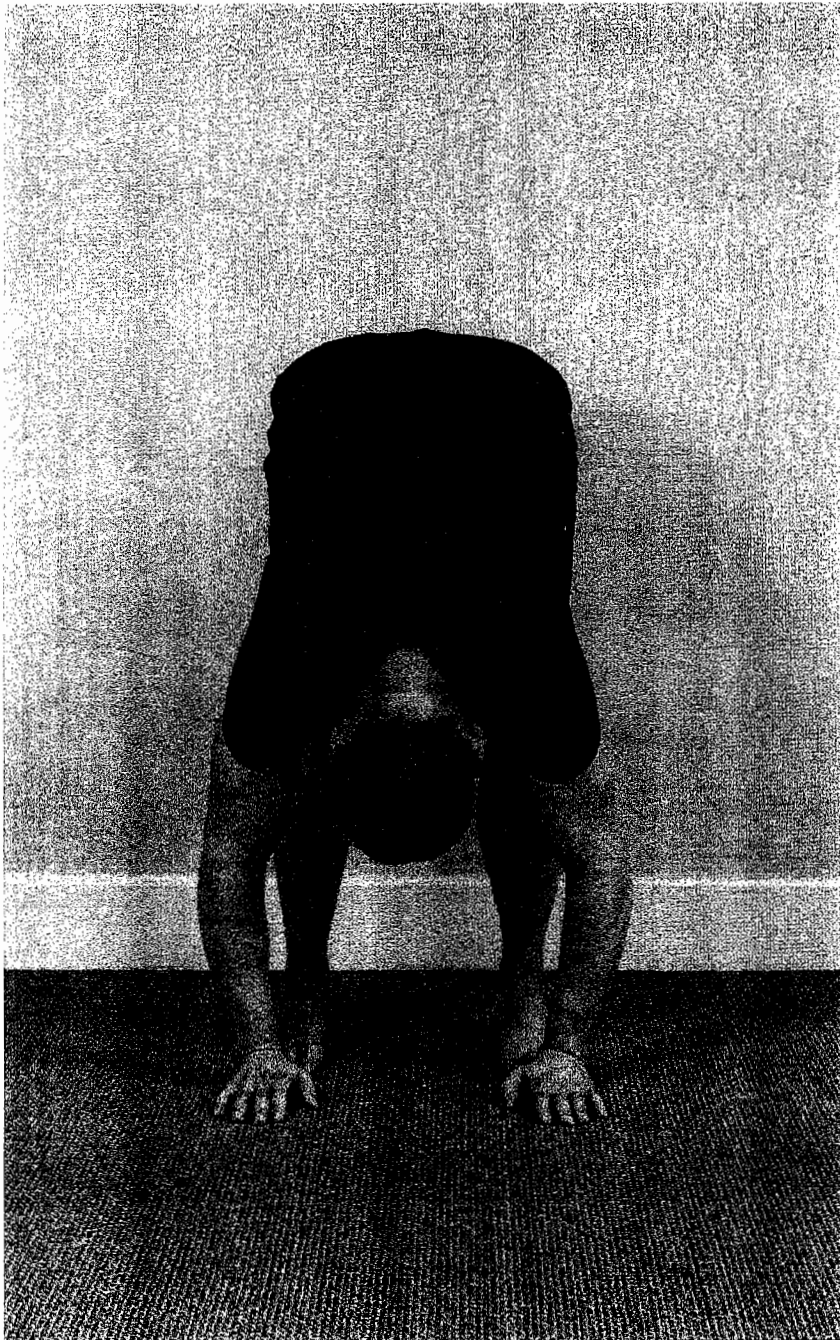
step 5. To finish, come to a standing position. Remain in a slight bow and hold this position for three slow, deep breaths. ❀



## *Exercise 6*

**step I.** Sit with your back against the wall as though you have a chair beneath you. This will put stress on the upper leg muscles (quadriceps). Only sit in a position that you feel comfortable in. Do not go too low or too high on the wall. Make sure your feet are further away from the wall than your knees. This will allow the pressure to go into the floor rather than into your knees. After a few minutes, you might begin to feel burning, tightness, or quivering in these muscles. When it becomes slightly painful, move up the wall about two more inches. The quivering may become somewhat stronger, and the pain will begin to subside. Once again, as this position becomes slightly painful, move your back up the wall two more inches. You should try to find a position where your legs are quivering and there is no pain.



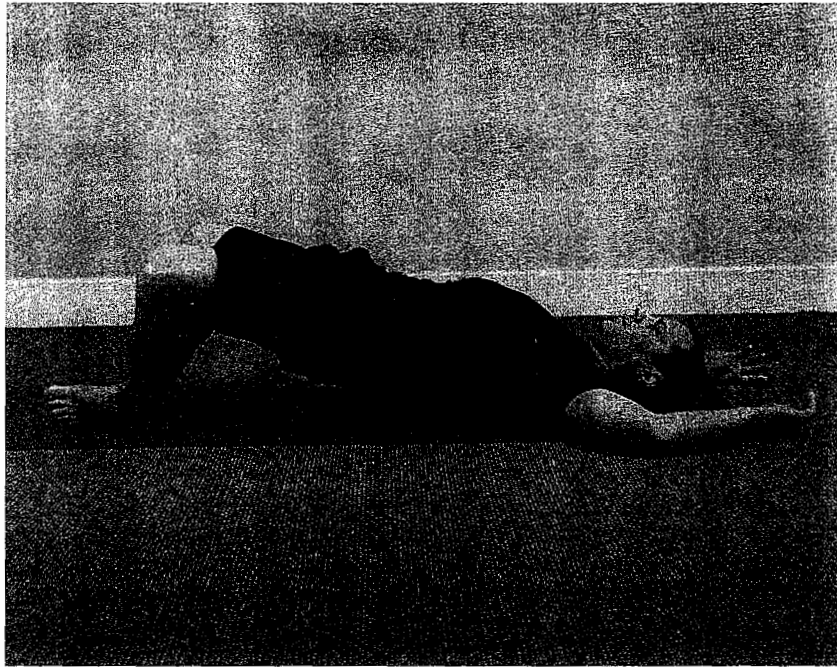


step 2. After five minutes of quivering, come off the wall and hang over forwards. Keep your knees slightly bent while you touch the ground. The quivering will most likely increase. Stay there for about two to three minutes. ❁

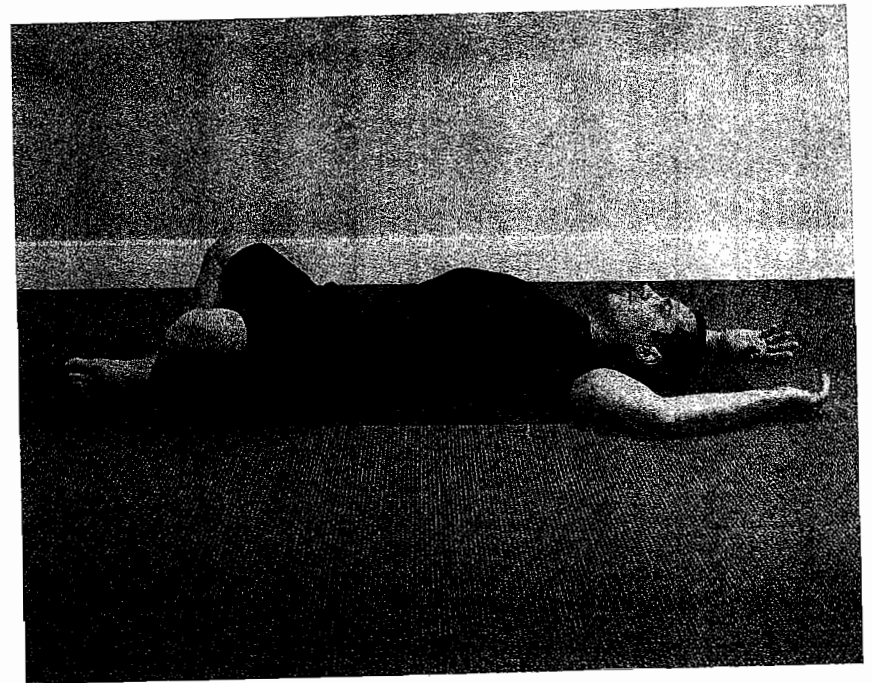


## *Exercise 7*

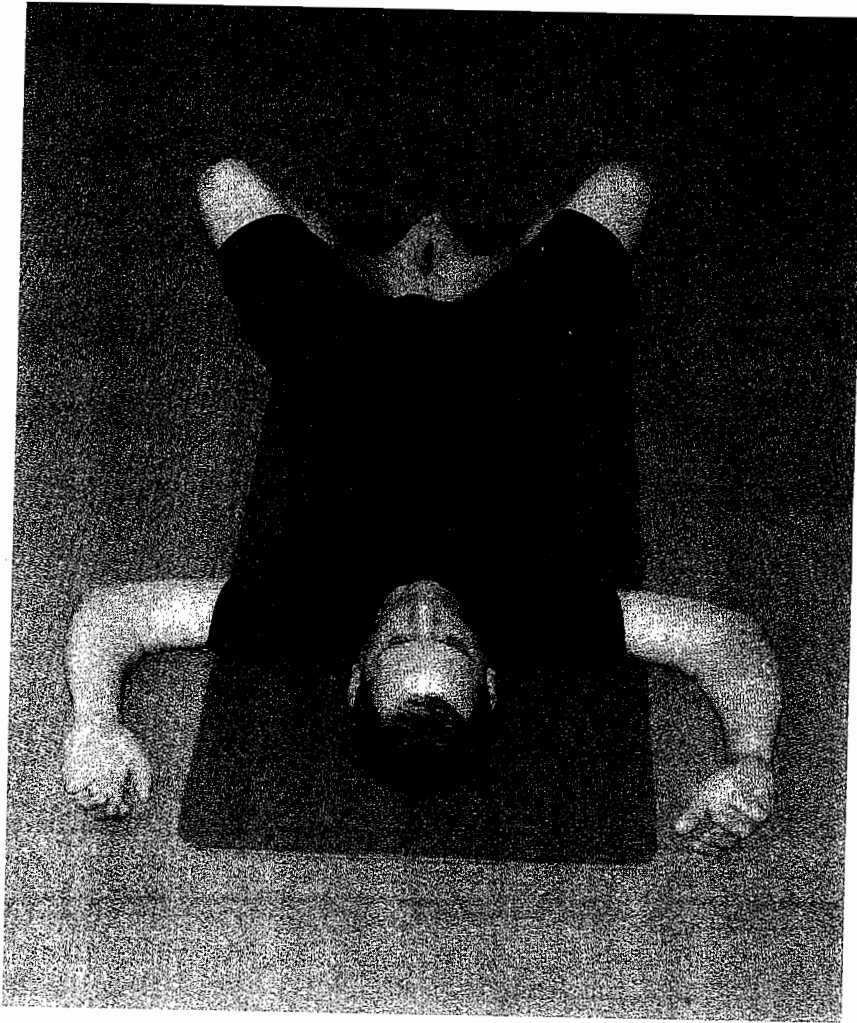
step I. Lie with your feet together and your knees relaxed in as open a position as possible.



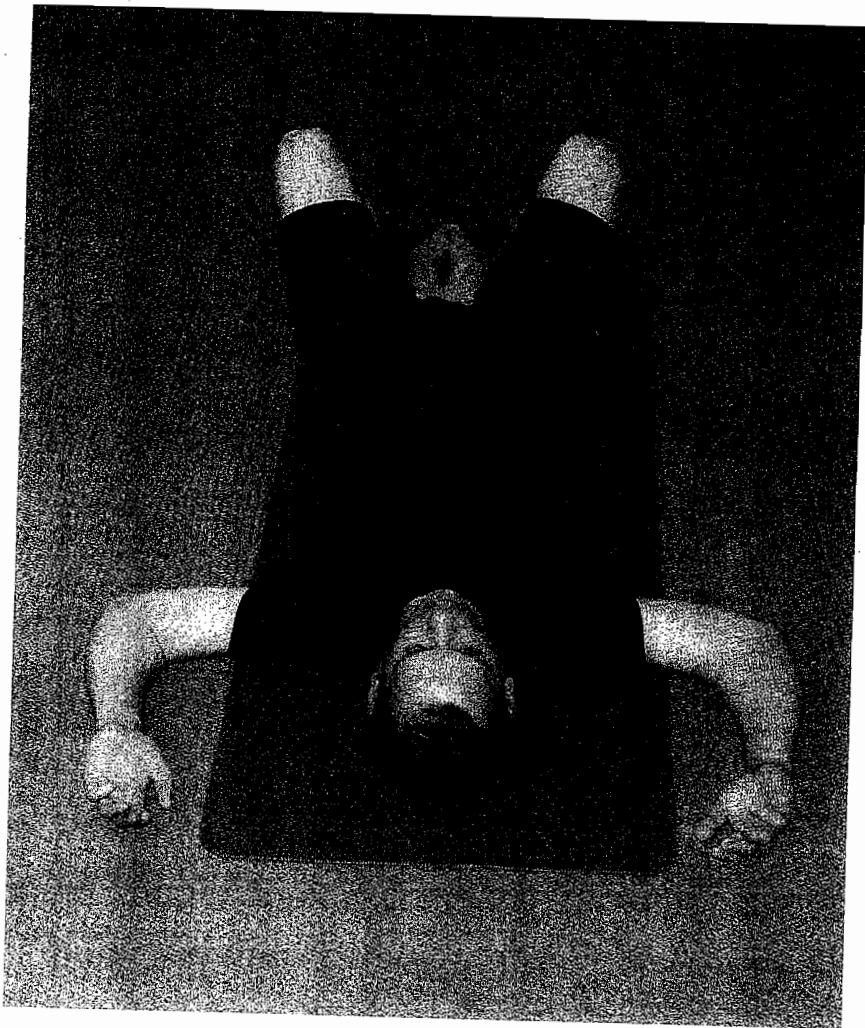
step 2. Lift your pelvis off the ground about two inches for one minute, being sure to keep your knees open and relaxed. It doesn't matter where you place your arms. They can be above your head, next to your body, or on your belly. Simply find the most comfortable position for them.



step 3. Set your pelvis down on the floor and let your knees relax open for one minute. You may begin to feel some shaking or quivering in your legs.

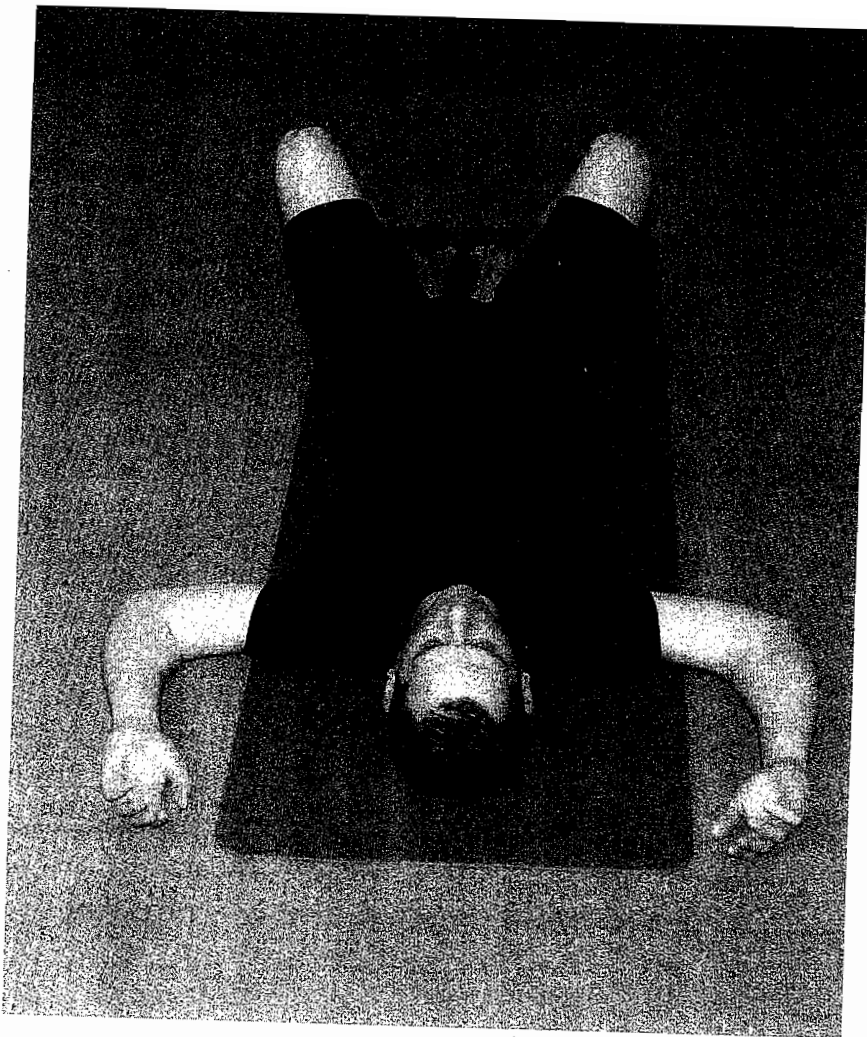


**step 4.** Bring your knees slightly together so they are about two inches above their relaxed open position. Lie in this position for two minutes. The quivering may become stronger. If you find it pleasant and comfortable, allow the quivering to continue. If you are uncomfortable at any time, straighten your legs and relax on the floor.



step 5. Bring your knees about two inches closer together and allow the shaking to come into your legs. The quivering will become increasingly strong. At any point, if you are uncomfortable, straighten your legs and relax on the floor.

Bring your knees about two inches closer together, and allow the shaking to continue. At this point you may allow your body to tremor for as long as you feel comfortable.



step 6. Next, turn the soles of your feet so they are flat on the floor, keeping your knees slightly apart. The shaking will continue. Allow the shaking to move into your pelvis and lower back. Remember that the longer you tremor, the more the body releases deep chronic tension. This can be fatiguing. Don't try to release all your chronic tension in one session. Moderate exercise with appropriate integration is much better for the body. If you feel your body is becoming fatigued, don't shake longer than fifteen minutes. Beyond fifteen minutes, stop at any point you experience fatigue.

To end the exercise, let your feet slide down so you are lying flat on the floor. If you prefer, you can roll over onto your side and curl up to rest. Please get up slowly and carefully, as your leg and pelvic muscles will be more relaxed after the exercises. ☸