

By Carol Hitz

EMOTIONAL STRESS RELEASE

The procedure for Emotional Stress is as follows:

1. Select the pectoralis major clavicular or supraspinatus muscles as the indicator muscle since the stomach is often in knots in stressful situations and supraspinatus is associated with central which empowers the brain with the life current.

Option: If using One Brain tools, before beginning, clear one of five muscles in contracted and extended states so there is a clear neurological circuit, check for switching and centering. One Brain tools include holding ESR and backbrain simultaneously using emotional barometer, age recession, digital determinator, active listening. Refer to One Brain and Advanced One Brain books by Gordon Stokes and Daniel Whiteside.

2. Have your client select a negative thought, experience or problem situation. Before ESR check if there is any reason they need to keep their pain, or if their pain has a message. Have them rate their pain on a scale of 1-10 before and after ESR. Therapists also have problems and conflicts that will come up as they deal with their client and as we work with others, new insights, ahas and wins will manifest in both the client and therapist life. We teach what we need to learn and know more than we think we know and we can trust the body and the process as we work through problems and conflicts, sometimes we will find that change is easier than we think it is. With this in mind we can now ESR as well as hold back brain simultaneously while the client relives this chosen situation from beginning to end and lets you know when he/she has come to the end by taking a deep breath. Option: if the client has a pain, first rate pain on scale of 1-10 and give the pain a color, shape and weight repeatedly until the pain has dissolved or is weightless. Or the pain can have a male, female and child part that can dialogue with the three parts until they give insights as to the conflict. After the negative situation is well in mind have client go through two or three times from beginning to end. After ESR with subsequent muscle testing you will note strength to muscles. The experience no longer has the power to weaken their energy field. Pain is excess of energy and once energy blocks are released and dispersed the pain lessens or goes away entirely.

Other possible applications are:

Create in your mind's eye a T.V. or movie screen. Put a video tape of this problem in position and a remote control in your hand and settle back comfortable positioning yourself and run this scenario through from begin-

ning to end stopping the picture at any time to look from different vantage points. Observe your feelings, sound, color, forms visions, insights that surface. Give your self full permission to feel your feelings and experience fully both positive and negative aspects of this situation you are recounting. Notice the areas that are uncomfortable and are difficult to face head on. Can you get an insight into those old patterns that continue to manifest presently? Are you not feeling ok about yourself and indulging yourself in that not okness based on past conditioning or are you claiming your God given birthright that is wholeness. You can take your video cut when you get to end and cut it up and replay back in a jerky fashion. By doing this, old patterning in the neurons of the brain are being broken up and defusion is taking place. In future you can recount the experience without all of the emotional trauma. Option: You could also give this situation a jewel or a color. If your orientation is Christianity, breathing in the Father, Son, and Holy Spirit into every cell and fiber of your being and permit that unconditional love and light to heal and soothe. As you breathe out, release the stress tension and negative emotions and give them form outside of your body. If we can think a negative feeling than we can also think the positive. It is helpful to identify what what we feel/want/willing to have different. If we can create what we want to be different, what would that be? In my book, CHOOSING TO WIN, is a feeling barometer with both negative and positive legitimate feelings.

FEEELING BAROMETER
OPPOSITE

I FEEL

Primary feelings are

LOVE/JOY

Secondary feelings are

SAD

MAD

GLAD

CONFUSED

DISAPPOINTED

SCARED

ANGRY

I AM

FEAR

CHEERFUL

CALM

DISAPPOINTED

CLEAR

DELIGHTED

CONFIDENT

FEARLESS

Anger is secondary emotion. Under anger is fear, which is a primary emotion. Fear can include, fear of loss, abandonment, rejection, loss, success, failure, change, growth, responsibility, fear, fear of pain, pain. Clue When you observe an angry person you can know they have one of the above fears. That person may need empathy and acknowledgement of

their fear. Claim the demons of fear, anger, resentment, jealousy and they will no longer have the power to control life.

Therapists are saying that kids who grow up with alcoholic parents or parents get three messages and they are "Don't talk, don't feel and don't trust." Many young people get these and other messages from adults and authority figures. The more we understand feelings, identify and express them, the more we can avert pathologies.

Depression happens to any of us when we depress, repress and don't express our feelings or deny them in the precious present.

The formula for staying out of game playing and communicating straight so everyone is a winner and get their feelings/wants/willingnesses heard are like this:

I
Feel/Want/Willing

You
Paraphrase or hunch for
other person using the
Feel/Want/Willing. The
individual has right to
agree or disagree with
your hunch or paraphras-
ing.

Example:

I feel scared when I hear parents discounting their children and not listen to their feelings, needs and rights to be part of the decision making process in their family. I want or would like to see parents everywhere from the time a baby is small to learn communication skills and techniques for facilitating self-esteem and healthier self images. I am willing to share these tools first with my family and those who would choose to learn them in person or in my book.

The paraphrasing can go like this, "Sounds like you are feeling scared when you hear parents who discount their children and you would like to see change and you are willing to share your insights. I am wondering if I heard you correctly. First person can acknowledge that indeed they heard you correctly.

Whenever we are being bugged by a controlling parent who thinks they know what is best for everyone, a simple response like thank you for that information is all that's needed in most every instance.

Our goal can be atonement with the Source, ourselves and others, and the more we love ourselves the more we can love others. Acknowledging our feelings silently or audibly rather than stockpiling or gunnysacking for one big blast or explosion. We are equal to every situation with our new tools

for problem solving using active listening and the feeling barometer.

Having an understanding of our three ego states and the Karpman triangle can be enormously helpful as we unravel our archaic scripts that no longer have relevancy, keeping the positive and diffusing the negative for productive now living. Affirmations of a positive nature in place of negative can change us on conscious, subconscious and body levels.

Three distinct ego states that include adult, that receives, analyzes, processes and integrates information, parent that will be either controlling with lots of oughts, shoulds, better as opposed to nurturing that gives lots of permissions and support. The child will come across as adapted, natural, rebellious or free. The natural part is spontaneous, fun loving, carefree, and manipulative. There is a positive and negative use for each ego state.

Karpman triangle brings to awareness that in game playing we will come across as rescuer, victim, persecutor. Using active listening will keep us off the triangle. Victim perceives everything is hopeless, unwilling to see or make change. Rescuer rather than being a supporter or empathetic, is out to solve other people's problems, make life better for others by doing for another what one can do for themselves. Persecutor, which is victim in first place after being rescued will turn on rescuer and persecute by being revengeful sarcastic, or get even in some unique way that only victim can figure out and on and on around the triangle till one or both get tired of that activity and utilize active listening which will change the context of the whole conversation if only one person will do so.

2. Role playing. Use a muscle where the neurological circuit has been cleared, which includes switching and centering test. You can now ask the body anything you'd like to. Track a negative experience back to beginning and use word describing a negative state like insecure and let all of the experiences surface when you felt insecure to the beginning and then track forward using experiences when you felt secure. Make experiences up if you can't recall, because our brain doesn't know the difference between reality and fantasy. Use ESR and backbrain holding as you do this. Use any set of negative and positive combinations like unloved/loved, unforgiven/forgiven, unnourished/nourished, healthy/unhealthy.. You can use age recession going back in increments of 10 from present age and stopping when muscle weakens to exact age when certain emotion occurred. Stokes uses an Behavioral Barometer. After tracking back on negative and forward on positive usually the muscle test will be strong.

3. Another option for learning which state is weakening or strengthening a client is to use the 5 element wheel. Test and as you hold check with following words and use role playing tools as mode of correction.

Meridian	Element	Pos./Neg.	Emotion
Li., Lu.	Metal	Grief,	oppression Acceptance
Ki., Bl.,	Water	Fear	Assurance
H t. Si., Cir/Sex TW.	Fire	Joy	Joyless
St., Sp., Pancreas	Earth	Sympathy	Empathy
GB., Liv.;	Wood	Anger	Fearless

Therapists and clients can begin their work by taking deep diaphragmatic breaths, breathing in love and out fear. Three questions to ask are: 1. How would I like this situation or problem to be different? 2. What am I going to do to change it? What are my resources? 3. When am I going to do it? Is this kind, necessary and true and is this the most loving thing I can do in this situation? We have drivers and allowers that we have received from authority figures and they are; be perfect or be yourself, please me, or consider and respect myself, try hard, or do it, hurry up or take your time, be strong or be open and finally instead of be careful, take care of yourself.

I know the following list to be helpful personally and professionally.

1. People are okay (self and others.)
2. There is a reason for everything.
3. Each person is in charge of his/her own head.
 - a. Nobody else is.
 - b. He/she is not in charge of anyone else's head.
4. All problems have solutions.
5. People get better when they decide to.
6. People (I) think can feel and think both at the same time.
7. Feelings are ok., (sad, mad, glad, confused, disappointed, scared and angry.) The opposite of each feeling is possible once the negative is acknowledged and expressed. One aspect of love is that it is the acceptance of all feelings based on commitment. Happiness is being real with our feelings.
8. People have needs and those needs can be met.
9. People can know what they need to know, stand what they need to stand and do what they need to do.
10. There is a world with lots of people in it doing lots of things.
11. When people solve their problems they get their needs met.
12. When people get their needs met, they don't have problems. Along with solutions comes new problems.
13. Life is dynamic process not static.
14. Now means no other way.
15. God couldn't have made a more perfect world. We transact imperfectly based on limited understanding.
16. We are in the right place at the right time to learn the best possible lessons for our individual growth. There probably are no accidents.
17. Children are important and need to be seen and heard.
18. We can teach an old dog new tricks.
19. The good can get gooder.
20. Go as far as you can and when you get there you'll be able to see further.
21. There is a truth in both ends of everything.
22. We have thinking/feeling natures, an essence that is love and a male female aspect.

CHOOSING TO WIN, is what can happen when we choose Touch for Health.