

## **Em #2b Emotional Stress Release**

We create our own reality, this technique helps is to take responsibility for the reality we have created and empowers us to step into creating what we choose.

ESR helps to diffuse our perception of a past / present / future stress thus changing our reaction to it on a physical, emotional & biochemical level.

The right brain can accept 'fantasy' as a 'new reality' to replace past stress memories that are no longer serving you

Brings fresh blood flow to neo-cortex area (creative, solution focussed, problem solving area of the brain) to shift old programming and then create new neural networks

ESR process is the same in all situations, eg. preparing for exams, job interviews, athletic events or resolving old or recent hurts and misunderstandings

Overcoming old survival 'fight / flight' responses to create a new chosen way to respond that serves you

### **Metaphysics**

Where in life are you not integrated / not flowing freely / in survival mode.

Taking time to think for yourself.

New ideas, being open to new directions.

Creating new possibilities on the quantum level

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### **Evaluation:**

1. Think about the stress related to goal - unlock
2. Can assess % stress
3. Find emotion

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### **Balance:**

1. Hold ESR points
2. Asses how the client currently feels about stress. Might be past / present / future
3. Experience stressor as currently perceived, until mind wanders - bring in as much sensory awareness as possible - sights, sounds, smells, feelings, tastes
4. Now replay as they would like things to happen or to happened. Fantasy is ok here!  
Again, bring in as much sensory awareness as possible - sights, sounds, smells, feelings, tastes

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### **Checking changes:**

1. Think about stressful time again - should lock. Repeat if not.
2. Check % stress
3. Check emotion
4. Check mode