



THE
NIDANA
COLLECTIVE

Em #1½a Postural Stress Release

Stress causes our bodies to go through a series of bio-chemical changes. While we may forget the incident, our biocomputer stores information, memory of the trauma, and the posture in that moment is locked in at a cellular level. Just recalling that incident can be very scary and possibly physically and emotionally debilitating. Stress can be held at: Mental / Emotional / Energetic / Cellular level.

Metaphysics

Are you allowing a previous event/trauma to hold you back - physically, emotionally & / or vibrationally
Where in your life do you feel stuck in a certain “stance”
Where do you feel you need to be more flexible or create change

Tools / Resources

May need key props (for sensory engagement) related to the event / situation

Evaluation:

1. Mode in circuit - IM unlock
2. Find past trauma (use client intake form, discuss with client, muscle test for priority - scan in decades) - lock
3. Close circuit once trauma is identified
4. Find % stress for client
5. Find emotion
(If working with pain. Client to assess pain 1-10)

Balance

PART 1: MENTAL

1. Client thinks about trauma - if unlocks...
2. ESR around the trauma (ensure you bring in all 5 senses)
 - a. how it's currently perceived,
 - b. then how they would like it to be
3. Retest with client thinking about trauma - IM should now lock
4. Check emotion
5. Check % stress related to trauma
6. Find new emotion (if cleared)
7. Client to establish a safe place that they can go to at any point of the process if they choose.
Ensure that they know this
8. Client thinks of safe place - anchor with IM lock

PART 2 - MERIDIAN STRESS

1. Client thinks of trauma
2. Test
3. Test 8 / 14 muscle balance
4. Ask fix as go / 1 point
5. Do 8/14 muscle balance if indicated
6. Check emotion
7. % stress related to trauma
8. Find new emotion (if previous emotion is cleared)

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PART 3. CELLULAR MEMORY

1. Now identify which parts of the experience are the stresses - look for stress responses when discussing with the client & then role play each stressful scene (muscle test each position to find key stressors - IM unlocks)
2. Hold ESR throughout process (discuss clients perception of the details of event). Use props if appropriate and necessary to support role play
3. If moving around a lot - can put ESR into clients Glabella (will learn theory about Glabella in 109)
4. When complete, end on lock. We could muscle test if the client needs to end on a positive new embedded perception to support the new association. (As per the usual ESR process)
5. Bring client back to present gently and respectfully.
6. Recalibrate by rubbing K27s and looking at 'horizon line'
7. Anchor in present with lock

Checking changes:

1. Check emotion
 2. Check mode
- (If working with pain. Client to re-assess pain 1-10)