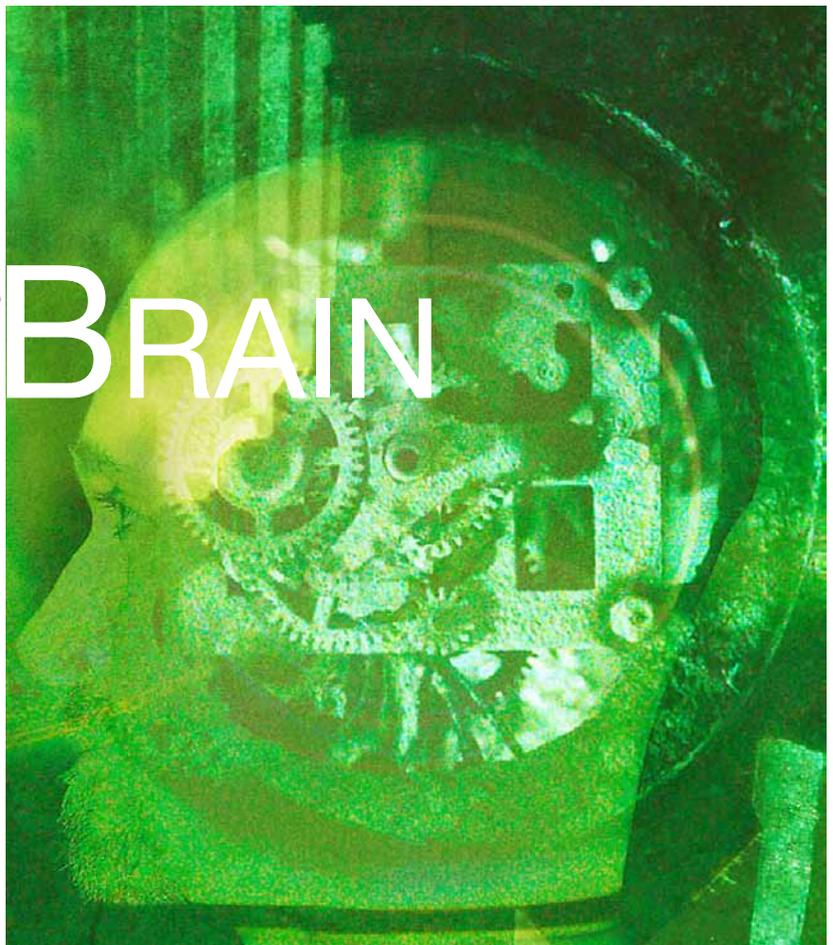


# Releasing TRAUMA from the BRAIN



by Sue Hovland, RN, BSN, CMT, CHTP/I

Traumatic experiences are often a part of life and who we are, and all of us see clients that are affected by them. Several major structures of the brain are involved. By working energetically with some of them, we can help our client release much of the emotional stress and become more integrated and functional with the experience. 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. It is a more advanced technique, so is directed toward healers with more experience, preferably after the first three levels of Healing Touch.

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

## MAJOR EMOTIONAL STRUCTURES OF THE BRAIN

(refer to the illustration on page 34)

1. **The Amygdalae** (pl.) are two walnut size collections of nerve nuclei deep in each temporal lobe to either side of the brain stem and 2 inches in from each eyeball. You can energetically drop in from the side using 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 environment threats. They are storehouses of emotional memory that are “hardwired wired” to detect of variety of emotions and help with intuition and decisions, as well as highlighting memories that could be useful in the future to avoid danger. The greater is the emotion,

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the more vivid the memory. Therefore, they involved with conditioned fear responses or Post Traumatic Stress Disorder (PTSD). They have neural connections to the Hypothalamus, Thalamus, Hippocampus, Reticular Alarm System, and the Frontal Cortex.

- 2. Hippocampus** are two longer structures in the temporal lobes just posterior to the amygdalae that store short term memory and decide what becomes long term memory. They associate smell with memory. Stress (cortisol) causes atrophy of neurons here 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.
- 3. The Hypothalamus** is a collection of nerve nuclei in the center of the head back of the third eye. It can be energetically found from the sides with the forefingers above front of the ear. It is truly a master gland with many functions, including coordinating with the amygdalae. Fear responses there stimulate the production of corticotrophin releasing hormone that cause the hypothalamus to activate the fight and flight sympathetic system via the adrenals.
- 4. 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 is a triage center for pain and emotions, normally letting only 1 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, it gets stuck in a hyperactive, hyper vigilant mode such as in PTSD. You can lower its reactivity by having it visualize its level on a gauge from 1 to 100, with 15-25 being a ready alert (like a fireman in the station). Point out the safety of the current situation and the benefits of more relaxation to its person. Feel the body relax as the numbers go down.

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

### SUE HOVLAND'S TRAUMA RELEASE TECHNIQUE

Before starting, do a whole body balancing and relaxing treatment, such as a Chakra Connection or Opening Spiral Meditation.

Then while the client holds an awareness of the trauma (NOT reliving the event), turn the client on her stomach and do a firm thumb massage (to tolerance) down her back to either side of the spine three times. This starts clearing the trauma out of all aspects of her energy system—meridians, chakras, Hara, field, etc.

Turn the client over and follow with step 2 of the Healing Touch™ Mind Clearing Technique, holding one hand on the forehead and the other on the occipital area at the back of the head, sending energy throughout the limbic or emotional brain between the hands. Then proceed as follows, holding the awareness of the trauma, and talking to the structures telepathically and intuitively.

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

- 3. Balance and connect the two hippocampus with the two amygdalae** by laying your whole middle fingers across the ears and dropping into the temporal lobes. The two hippocampus control the memory of the trauma.
- 4. Integrate the Amygdalae with the Reticular Alarm or Activating System (RAS).** Cup their head in your hands with your fingers along the back of the neck in the suboccipital area next to the skull. The forefingers will be in the indentations at the side of the trapezius muscle, sending energy superior and anterior to the two amygdalae. Connect them with the RAS in the brain stem and down the spinal cord. The RAS is the psychic and protective center. Suggest to the RAS that it doesn't have to be all on or all off, that it can relax to a ready alert level of 15-25 out of 100 (visualize gauge), and hold until it lowers as much as it is willing. The body will start to relax.
- 5. Integrate the Amygdalae and RAS with the frontal cortex.** Put one hand at the back of the neck (amygdalae and RAS) and the other palm on the forehead. Calm them down with rational energy from frontal cortex.
- 6. 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 top of body (solar plexus area). Talk to the adrenals about relaxation and safety. Connect with the root chakra.
- 7. 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 client's heart. Hold until it feels complete.

There it is! I hope you aren't all 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've found this technique very helpful with clients, and hope you do, too. Clients

get profoundly relaxed with this technique, and get much benefit from one treatment. When they come back, you can check the arousal numbers again on with the amygdalae and RAS and see how they are holding the relaxation, repeating the treatment as seems appropriate. Sometimes, certain clients will be able to tune into their own amygdalae and RAS, and relax them. Also, you may want to add releasing of the trauma out of the energy field, especially the outer layers, with some of the off of the body clearing techniques, such as Magnetic or Etheric Clearing or Janet Mentegen's Cellular Release Technique (taught in Healing Touch Advanced Practice Level 2). Sometimes, an earlier source of the trauma will surface to be cleared.

One client had severe pain (7 to 8 on a scale of 1-10) in her shoulder for 5 years in spite of several surgeries and physical therapy. It was caused by physical abuse from her now 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 with the spinal thumb massage (above), then did this trauma release technique. Once her energy was cleared in relationship to the trauma, I did direct physical and energy work on her shoulder. After 3 sessions, her pain was down to a 2 to 3, and she was much happier. She then left town so further follow up wasn't possible.

I hope you can use this technique successfully with your clients. Like the Mind Clearing, it combines well with other techniques you already know. 🍀

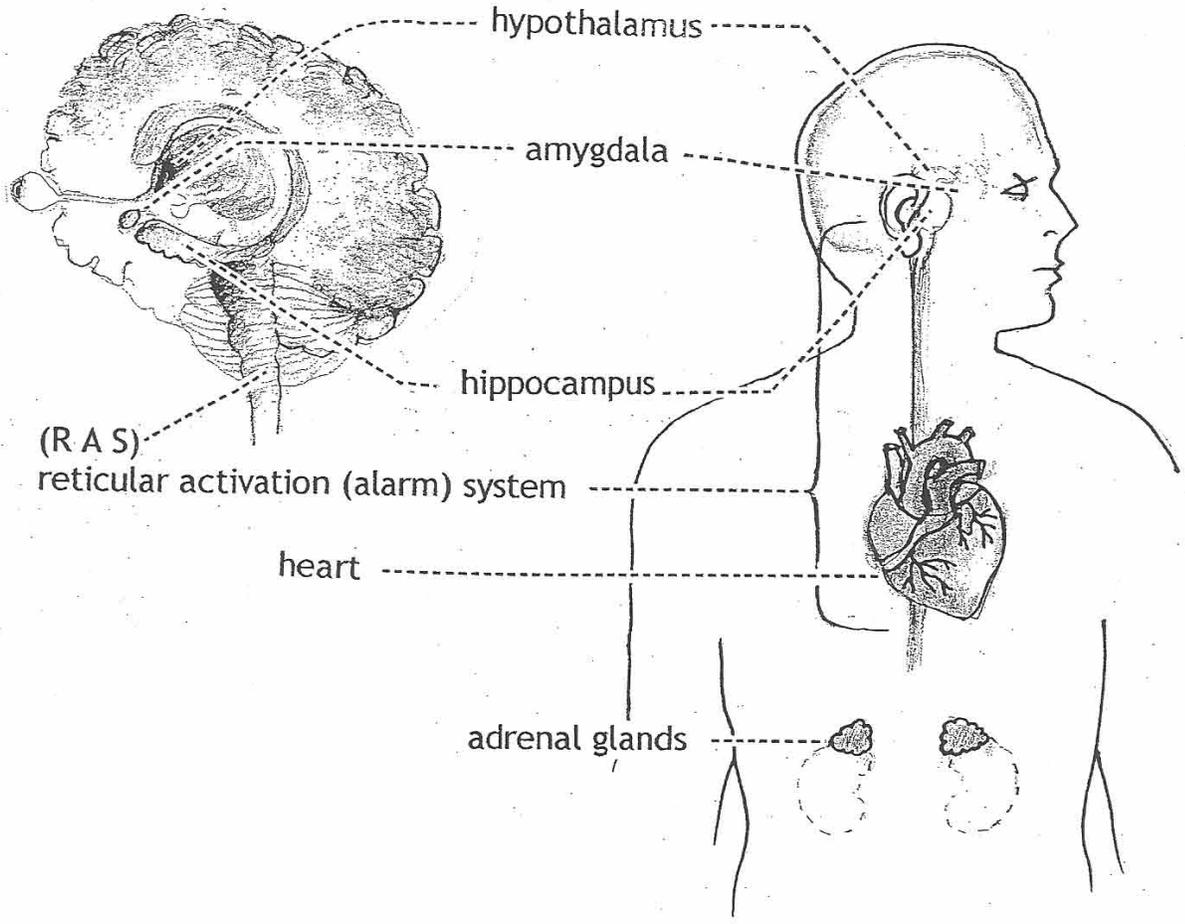
Sue's Bio:

Sue Hovland has been studying energy and the human body for 24 years. She is the Founder and Director of her program "*Experiential Anatomy and Physiology for Healers, An Energetic Approach*", which she has been teaching nationally and internationally since 1997. She has a private practice using energy healing, massage, cranial sacral therapy, and allergy treatments. She has been married to Ken, an eye surgeon specializing in the retina, for 47 great years. (He still wonders what she is doing!) They have 4 children and 9 grandchildren.

See her website at [www.AnatomyForHealers.com](http://www.AnatomyForHealers.com)

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### The Emotional Structures of the Brain



Drawing by Susan Marie Lux, Denver

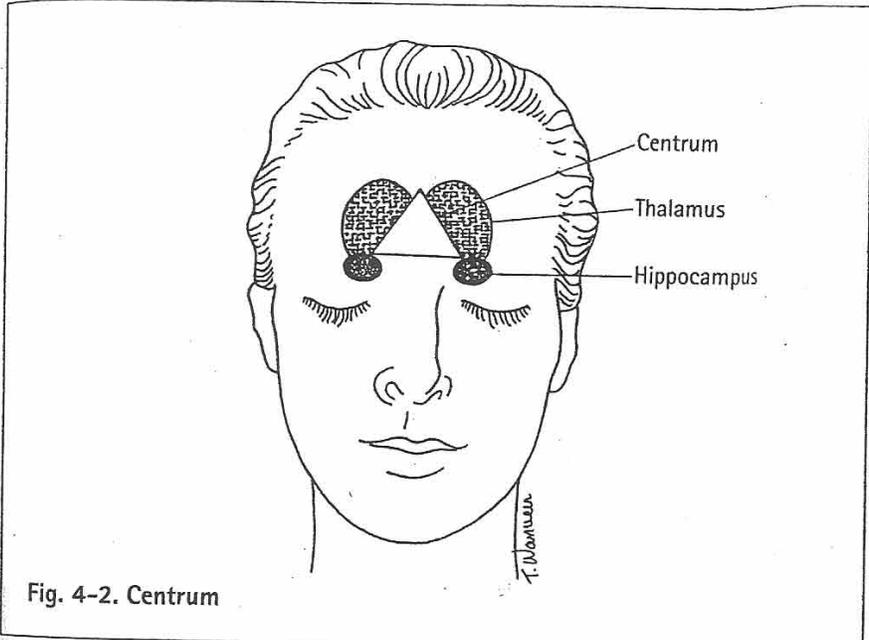


Fig. 4-2. Centrum