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ENERGY CONSTRICTION RELEASE

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The origin of our energy constrictions goes far back in time. In the womb, in infancy or in childhood, our basic life needs were not met, we didn't have any way to communicate our needs, and we mobilized energy to "survive" but couldn't release this energy by taking an action to successfully run away or fight the danger. The result was that we moved into an instinctual energy constriction -- our energy constricted away from the pain. This is like our instinctual reflex action to pull back when we touch a hot stove. Energy is cyclic in its flow. It flows out to energize all functions of our body-mind field, and it flows in to its chakra center to be recharged before flowing out again. If energy is unable to flow harmoniously, it becomes obstructed either on its outflow or on its inflow.

If the energy flow is obstructed from moving outwards, we will notice that people tend to be drawn to those things that attempt to move our energy outwards. Nature insists on balance. We will tend to be active, need lots of exercise in order to feel better, there will be stretching, jiggling of legs, fidgeting, the need to keep moving, and talking excessively without much awareness of whether anyone is listening. Some laughter is an energy constriction discharge, and tears can often be an energy constriction response. More dramatically, the blocked outflow is like a pressure cooker -- the individual may express this block by being angry, explosive or even violent.

If the energy flow is obstructed from moving inwards to its center to be recharged before flowing out once more, we will observe that people tend to do those things to "fill the emptiness" such as eating food in order to feel better. There will also be a tendency to be on the receiving end -- always listening rather than talking or perhaps on the receiving end of other people's upset, anger and violence. Because the energy is "out there," and unable to return to its center, the individual may seem spaced out, disembodied, not present, have a flat emotional response, or even be depressed and have a need to sleep.

An energy constriction can make itself known at any moment in the HR session. Sometimes a statement will activate it, or something you are talking about, or even sometimes giving someone empathy, understanding, or compassion, they will move into the energy constriction.

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There are specific signs that let you know that the individual has moved into an energy constriction -- either they move into discharge or they disembodify. If the energy is constricted on the outflow you will see signs of discharge -- tears, crying, laughing, moving the feet, jiggling the legs, stretching, yawning, or crossing legs and arms. The signs of constriction on the inward moving flow involve disembodifying -- a pulling away, closing of the eyes, staring, an emptiness in the eyes as though "no one is home," covering of the face, mouth or eyes, and a lack of breathing.

There is a clear process of what happened that lead to the constriction:

1. There was an unmet life need, perhaps for protection, or nourishment or love-bonding, just a few among many of our basic life needs.
2. Our "cry" for help either was not expressed (in the womb, post-birth), was not heard, or was not resolved by love or by meeting our life need.
3. The result was that our energy constricted on the inflow or outflow.
4. Immediately our breath became inhibited. Breath is the life force of the human body. As it has been said, "the breath is the voice of the nervous system." When our life needs are not met, the infant's reptilian brain experiences this as a threat to its survival.

We survive by numbing to the pain of the threat and the pain of not having our need met. The best way to numb ourselves out so we no longer feel is to inhibit the breath. It is automatic -- we hold our breath, we fail to breathe in, we move into shallow breathing, or we may sigh a lot.

5. The inhibited breath numbs out body sensation. We lose awareness of our body responses to life. We no longer know if we like something or don't like it, if something brings us coherence or non-coherence.

6. We also inhibit our feelings when we stop breathing. If the feeling of pain can't be rectified, then we close down to stop feeling the pain. The trouble is that we also close down on feeling euphoria, enthusiasm, joy, love and all the other positive feelings as well.

7. Unable to breathe, sense or feel fully, we no longer know what we need, and therefore are unable to communicate what we need.

8. Life is energy in motion. When our life energy is blocked, our movement also becomes limited. We lose the full range of motion. When Carol Welch was asked if biosomatics would help someone who was paralyzed, her response was, "We are all paralyzed. We don't even know what is possible for us in terms of our potential for movement."

As a practitioner, I worked for so many years always asking myself, "Does this person need to cry, do they need not to cry, do they need to 'discharge' their anger or not discharge it?" Psychotherapists were encouraging people to vent their rage, and yet what I saw in my practice was that six months later or a year later, their rage was even more intense. Every time they expressed it, it was like fuel on a fire -- it became more intense.

Then, with muscle checking I began to identify what these clients needed. One young woman, who had been sexually abused and had attempted to handle it by venting her rage on cushions, sighed with relief when I told her I was checking for her not to hit cushions any more. Within two or three HR sessions, she was well on her way to resolution. This was the beginning of the Energy Constriction Release. The following are the steps involved in releasing the constriction:

Breathing comes first

When the client begins to breathe, they begin to reconnect to the feelings that have been numbed out by not breathing. In order to release our constricted energy so we can feel life fully, we must feel our feelings, and this is only possible if we breathe. For the infant, it wasn't safe to feel, because there was no one present to resolve the pain of the unmet life need. Now, during the energy constriction, with a sensitive practitioner present, it is, finally, safe once more to breathe and to feel.

Identify the feeling

Then we identify the feeling that was locked in the constriction. A big step in the constriction release is that it is safe for the child to express the feelings -- "I feel angry," "I feel afraid," etc.

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There is great power in being heard. More powerful still is that the child gets to be responded to as they always wanted. As children this rarely happened. If we happened to be able to share with our mother or father, "I'm afraid," even the so-called positive response of "There's nothing to be afraid of," is not the response we needed. We were afraid and there probably was something to be afraid of. Many received negative responses such as, "Stupid," or "You're a coward," which further compounded our problem!

There was a certain response we needed. We wanted the response that our mother or father would have said if they had been the ideal parent we wanted them to be. Now, in the energy constriction, we get to hear the response that we ourselves choose and that is muscle checked by the practitioner as being the ideal response to bring a higher level of coherence. Not only this, but the practitioner proxies the ideal mother/father we never had. With compassion and nurturing, they listen to our child self express the feeling and they give the response with love.

Tune into the body sensation

With the awareness of our blocked feeling, we now begin to tune in to our body sensation. We feel exactly the sensation in our body that let's us know the feeling we are having. Sensations are essential for life. They let us know what is going on and how we are responding to what is going on. Our body knows.

Inner-directed movements

This safe space which enables us to feel our emotions and to feel the body sensations connected to the emotions, and to express and to be heard and responded to, finally makes it possible for us to release the constriction and begin to move again. The katsugen, inner-directed movement, often takes the client into birth process movements of the head, or womb-like movements of the whole body moving into the fetal position. You will notice that the movement has a direct relationship to the inflow and outflow of energy, and is exactly what the client needs to

activate the balanced, cyclic flow of energy once more. The practitioner is not only a quiet presence, but is also tracking with the muscle checking exactly what is needed, gently letting the client know.

A dramatic example of the ECR

In one dramatic energy constriction release, I noticed that in the movement section, when the client's eyes were closed, there was an almost unnoticeable movement of her tongue. I muscle checked that she needed to exaggerate this movement -- to do more of it. When I suggested this to her, she opened her eyes, leaned over to my ear, and like a five year old (the age of the constriction) she said, "I might be punished." Talking gently to her five year old, I reassured her that she could do any movement with her tongue and it would be fine. So she began exploring tongue movements. I kept checking that there was some other tongue movement needed. Suddenly she stuck her tongue out at me!

The energy constriction was released in that one extraordinary moment. She shared with me that she had had to be such a good little girl all the time or she would have soap put in her mouth. If she had stuck her tongue out, she certainly would have been severely punished. Yet this movement, held in for her whole life, powerfully illustrated her frustration...frustration at not having her needs met and at having to suppress her vital life energy and movement.

Reconnect to our needs

Finally, it is time for us to reconnect to our needs. "What *did* you need? What *do* you need?" Time is all one. The infant, the child, the adult -- the "I need" of the past is still the need of the present. The need is always positive. Keep this section of the energy constriction simple. Just ask, "What do you need?" Avoid affirmations; just go for the need. It is important to know that it is safe not only to access our needs, but also to express them. Have the client express the need, for example, "I need love."

Often in a seminar, this will need to be repeated, perhaps to quite a few people in the

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group. In a one-on-one session, the person may need to express, "I need a hug," or whatever the need is, to a proxy father, proxy mother, friends, spouse, partner. Muscle check who they need to express the need to.

As practitioners, it is important that we relax and simply hear the need. We don't necessarily have to give the client a hug if they need a hug. During the session, it often isn't a matter of the client having the need met, but of their knowing the need and having the courage to express it. Just that alone is enough. Being able to express that we need something opens up the field to receive the need.

The final step is for the client to imagine an image that represents the need. Images are of the right brain and are powerful modalities for creating coherence in the body-mind field. Once we have the image, it becomes a part of us -- we take it in and we integrate the need at a cellular level. We then have it all the time. If there is no one to give us love, we tune back into the image and immediately we are filled with love. When we have something as a perception, we have it. If we can't perceive love, even receiving a thousand hugs, will fail to bring us to a higher state of coherence. Once we bring this image into our own field, then we can attract the same frequency as the image through resonance. At this point we check, "The energy constriction release is complete."

The Energy Constriction Release is always done as a whole. We avoid doing a few parts of it and then stopping. It is an opportunity for core self-healing. When done as in the book step-by-step with compassion, strength and caring, the individual receiving the release always feels they have been waiting their whole life for this to happen. And the practitioner doing the Energy Constriction Release feels deeply honored and privileged to be a part of this person's process of transformation.

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