**Individual Healing**

 My therapeutic matrix has at its basis the fact that traumas cause mental stress, physical problems, and a ***perceptible change in the energy radiating from the body****.* In my experience, a serious problem will radiate out from a fixed point with no sense of flow. The energy is stuck. These stuck energy points are directly related to memories and are tied to traumas in understandable and predictable ways. This dovetails with the existing behavioral approaches to understanding traumatic reactions, and seems to encompass both the development and treatment of phobic reactions. Trauma being manifest as a change in the energy field of the body, is experienced as a “stuck flow” (i.e. energy radiating out but not flowing), that must be released in order to recover freedom.

 The mental pathology, trauma generalization patterns, lines of association, physical damage, and stuck energy all hold the trauma in place like four kinds of glue. The more intense the traumatic experience(s), the greater frequency of these experiences, and the age of the patient at onslaught, are all accurate predictors of the degree of both the intensity and the limits of generalization. That is to say the strength of the glue and the number of memories being held together, and the degree to which they limit the individual. Always, generalization to other mental traumas has occurred. The more subjectively intense the trauma, the wider and stronger the generalization will be.

EMDR (Eye Movement Desensitization Response) training equipped me with a missing link to the healing process, furthering my evolution as a therapist. In my sessions, using current problems and associated “energy flow” as diagnostic and starting point for therapy; we do a form of energy release. It becomes a free association age regression based on one feeling memory and the associated energy based symptom: as dual focus points. We split the client’s focus farther by maintaining a healing vibration and sense of presence and safety. This process of staying relaxed during this therapy procedure is made easier with the LENS sysyem’s anxiety reducing powers. EMDR is, to my knowledge, the best, easiest, and fastest way to facilitate evolution of these memories. Often the client remains unconscious to these memories and their reprocessing. As we focus on these flows, the traumatic memories flow by and are desensitized by the process of recognizing the generalization chains and memories. By separating them, the fears lose the power embedded through trauma, and can then be assimilated or dissolved. This combines a loosening of stuck energy to allow release, flowing, and healing at the same time as using EMDR techniques to unplug the mental aspect of traumatic events associated with the energy malfunction.

 This process can be compared to the “de-fragmentation” process, or the isolation of a virus, in computer maintenance. Even without the virus-or after the elimination of one-the computer often has fragments of a program placed all over its hard drive (mind), the result of every day functioning which typically involves sporadic or impulsive use of a variety of programs and documents, often simultaneously. These bits are always slowing the computing down as the process of locating and ignoring data takes time. In a computer, extra programs running also take up memory, and slow or disable the machine. An apt analogy for my therapeutic approach is the act of shutting down extra, unnecessary programs and de-fragmenting the hard drive (reorganizing and prioritizing data), resulting in greater awareness and clarity in the present moment, and more freedom in responses.