

THIS SYSTEM BUILDS ON STRUCTURAL INTEGRATION AND REICHIAN-TYPE BODY-MIND THERAPIES. It uses them, and then adds a unique understanding and processing technique that improves their effectiveness.

In this long section, I'll also describe some of the methods of the technique so you can see why it's so effective.

The method is done with the person consciously aware, so it's not hypnosis. And the person stays centered in the "awareness mind." So it's also not a screaming, hysterical release technique where one gets lost in the emotion. We **do** feel the energies, but our specific purpose is to **methodically** remove them out of our bodies and energy fields.

Sigmund Freud MD, the "Father of Psychoanalysis," showed that many of our life long behavioral patterns have their origins in our earliest experiences. He described the patterns and located them in what he called the unconscious mind. But psycho-analysis is very mental. It is an awareness technique where the part of us located in our forebrain investigates patterns stored someplace else. And this does not release the patterns out of us so they don't come up anymore. It only gives us a stepping stone to developing new ways to behave that we can try to substitute.

It was Wilhelm Reich MD, a psychiatrist student of Freud, who discovered that these lifelong patterns were actually stuck energies and chronically tight muscles located in the actual physical body. This stuckness and contraction occurred during specific episodes that usually happened when we were very young, but could also have occurred during adult traumatic events as well. They are the actual physical component of the stress that we went through at the time. And because **these physical energies** have continued with us all this time, the same stressful behavior has also continued. This includes both the strong emotional feelings we have and the tightness we use to hold those feelings in, so we can "function" to do what we have to do.

Reich showed that releasing both the constricted muscles and the energy stored in them actually erased, or greatly reduced, the negative patterns. He showed that a healthy, flowing energy system with a freer, less constricted body was more like our own, natural state. The distortions and blocks in our physical being showed up mentally as psychological problems, and even physically as illness.

So, the way I say it, is that these kinds of patterns are not actually our own behaviors. They are distortions in our behavior caused by actual foreign substances that got stuck inside us. When

our bodies and energy fields are cleared of this “pollution,” a lot of restrictions and “issues” actually go away. For my clients, many tense, resistive and overwhelmed ways of behaving were significantly reduced in a matter of hours, not months.

That’s a straightforward and accurate explanation. But let me further clarify what happens and then tell you more exactly how we fix it.

These are not really “past experiences.” They are the “energy imprints” that got into our bodies **during** the past experiences. The past experiences are gone. But when the energy imprints are triggered, they **act** just like what happened **back then**. The old energies replay themselves as **our** patterns. Or, rather, they take us over and use our brains, speech and bodies to manifest what they do.

So these behaviors and thoughts **seem** to be **us**, but they’re really the energies of this old material. The behaviors we still have today are what actually went on during the specific traumatic events in our past. Because we’ve become “stuck” to what’s gotten inside of us, and because our current circumstances are similar to what happened before, but less severe, we **think** it’s our **own** intentional behavior.

But that’s wrong. And any method that relies on this incorrect concept cannot fully correct our situation, because it is not attempting to correct the actual problem.

To thoroughly, and quickly, correct the problem we must therefore treat these old energies as some **object** “we,” consciously want to get out of “our” bodies. And in the technique, we don’t have to put our conscious mind to sleep, or trick it, in order to access and remove the material. Instead, we use the conscious mind to do the process. We just have to be centered and aware enough to see the “stuff” and use a method to get “inside” the old experience, so we can accurately release what was **really** being recorded. The method itself, with good coaching, will do this.

This accuracy is very important because just emoting anger or sadness often doesn’t clear it. It turns out that, stored in our bodies, are detailed scenarios, like soap operas, with lots of **other** people’s energies all combined with our own. In each episode, someone, or some ones, is feeling, thinking or saying the same words that we, ourselves regularly think or say when we feel the same kind of stresses. When we try to release our stored energies in a way that we think they’re all ours, the recordings in our unconscious mind don’t fully clear out and a lot of our negative behaviors persist. What we’re trying to do here is get these old energies out of our bodies by playing, and dissolving, the whole scenario of the **original** tapes.

This will easily remove emotions from recent traumatic experiences such as loss of a loved one, and emotions from past traumatic experiences such as accidents, rapes, childhood beatings, events in war, and severe illnesses, even in infancy. It will also remove repetitive patterns of stress caused by years in a stressful environment. It's so effective because it **precisely** removes the "format," or "script," of the recordings.

The process we use is like a reverse subliminal programming. When you play a subliminal tape that you bought in the store, you're getting a message that gets planted in your subconscious mind. And even though it has very little energy behind it, the **tape's** voice is what **we** hear in our heads and **its** words appear like our thoughts. If we use it to try to stop smoking, or to become more successful, its statements can become the ideas we, ourselves become "attached" to. Some of those statements tell **us** what we **think**, others what we **feel** and still others what we **do**.

Now imagine a whole group of voices, one telling us we deserve to be hit, another saying how frightened it is, another saying how sad it is, and still another saying how guilty it feels. Then there's even another voice that tells us we have to hold all these energies in, and stuff them down into our legs, abdomen and chest. When we try to make sense of these different voices in the normal "mental" way, we just keep going round and round. And one feeling pops up after another. If we can recognize they are subliminal **recordings** of a **group** of voices that got put inside us, without our knowing it, it all makes a lot more sense. And the actual scenario of the "scene" is the "stage play" of what we call "our" pattern.

In addition, our patterns were created during a series of very traumatic, and very significant episodes. While some of us remember various past experiences, we don't remember a lot of them at a much earlier age, and we aren't aware of all the details of the most significant, more recent ones. This seriousness caused a lot of that energy to go directly into our bodies and get **involuntarily** recorded in a **physical** manner. So the voices now inside us aren't just thoughts. They have a lot of **physical** energy. And it is these "**involuntarily** recorded," subliminal **energies** that we clear out.

With the proper coaching, we use our awareness mind to look inside ourselves and make contact with the energies of these original recordings. Then, whatever thoughts or feelings **we** "see" are almost always what **the recording** is saying. To release the energies, "we" simply play each of the roles in each of the episodes. But we don't say it thinking it's our own words from our conscious minds in our current lives. We don't even call them archetypes, because that won't release

the energies either. We speak it as if **the other person in that** episode was speaking it right when it happened **back then**.

In this aware, attentive way, “we” are speaking and emoting the energies that were inside. That dissolves them out of us. This is instead of “the energies” speaking and emoting “us,” as they do when we aren’t seeing precisely where they’re coming from. This “not seeing” is why just screaming and yelling doesn’t erase the original recordings. We’re just dissipating out of our muscles the energies we accumulated during our more recent repeats.

In fact, this “not seeing” and the repeating of the pattern is the problem we have in our daily lives. It’s called transference.

There’s actually a series of past events, all of the same type and from different time frames, that have contributed to this energy packet we have overlaying our own body. These old episodes will continue to replay themselves in our current circumstances, year after year. The same kind of problems keep happening, even though other parts of our lives are always fine. But this negative pattern we have, with all its details, are an “entity” all by itself. And it works in parallel with our own, conscious intentions.

This isn’t an entity that has a consciousness and an independent self will. It’s a pattern of behavior, with only **one** script. And it’s physically in our bodies, between what’s really happening on the outside and our nerve and energy sensors on the inside. When we look out at the world from these nerves and energy sensors, the embedded negative energies filter what we see and feel so that it’s more like what happened in the old traumas. Then we feel justified in responding with the script’s behavior because it seems like the only way to protect ourselves.

So this group of old imprints keeps bringing into our lives the same kinds of people to play the roles of the script with us, in our current circumstances. And the chaos, confrontation, rejection, restriction, or abandonment, keeps happening, too. Throughout time, we end up playing in remake after remake of the same movie. The actors and actresses change, as does the setting, but the script is the same. And there’s no way to change the script any more than you can alter the songs on your favorite CD.

If you’re a long time meditator with a strong awareness mind, you can see when the pattern pops up. You can even do things to “disconnect” from it and stop the song from playing. And in that way you can change the behavior “you” do. But we can’t change the actual “tapes,” because they’re not “our” tapes.

We can, however, re-form how our bodies function and, in the process, **erase** the tapes. We can remove, or dissolve, these old energy packets. That erases the entity.

While classical psychotherapy might have many names for people's issues, my experience with the body has repeatedly told me the same kind of thing Reich found out. Clearing physical and energetic blockages from the body decreases and even eliminates many of our issues. While each person might have different thoughts, the **base** problem on an **energetic** level is the same.

So the common method for solution in these kinds of release techniques is the improvement of the body's form and energy flow. And we find that what comes out while we correct this form and flow, are the **foreign** energies and tightnesses that got implanted in the past. Since there are a number of layers of implanted energies, people also feel and think different things as each layer comes out. This is what's called moving deeper through the layers of our pattern, eliminating one level of blockage after another.

The difference between this method and typical Reichian methods is that we use our conscious minds more to see, dissect and release these directly embedded energies. And this difference becomes very profound.

As you will read, we can very easily go back to much earlier times when we didn't have a conscious mind and we, ourselves didn't even make the decisions nor play an active part in the dramas. Yet, none the less, the whole pattern of our own difficult condition was embedded then, because it was done physically, not mentally!

These earlier events occurred during infancy, birth and even the prenatal months. With **this** method, we can find out what was going on, and release what was going on, even from those events. We'll even be removing the self-defeating belief systems that were put into us during those times. People **immediately** notice their bodies feel better and even notice their emotional and psychological experience is better.

Now, Reich focused on muscle action and nerve patterns. He didn't realize that bunched-up fascia, the soft connective tissue part of the muscle, was also holding all those muscles short. He also didn't know that the collagen fibers in the fascia were actually storing a lot of the old emotional energy. It isn't just patterns in an energy field or distortions in an acupuncture meridian. So, when we add Structural Integration Connective Tissue Manipulation to remove tightness and clear these energies, it makes all the Reichian practices work much easier. In fact progress is consistently faster and it can do more in less time.

Reich also focused on emotional release and what information, or intentions, those emotions involved. Because of his understanding,

he and his successors worked with an intense kind of breathing to activate the sympathetic nervous system in order to bring up the old stored emotional energy to kind-of overpower the resistances or armoring we built to protect ourselves. If you've done rebirthing, you've experienced this 10, 20, or even 30 minute deep chest breathing method, and you may have felt the tightnesses or emotional feelings that it brings up.

Reich's idea was that the person had held back expression and her muscles were part way activated and part way held back. The person wanted to express a feeling but was afraid to for fear of being hurt. So what they'll do is have the person intensify the tension at the same time they've breathed deeply, and that helps to break down this body "armoring" to release the emotional energies. Sometimes, the therapist will also push on various muscles him or herself, to help with this loosening.

This principle of tension and holding back is true, but when we do the Bodywork, a lot of that muscular position is already released because it was only a matter of bunched up fascia, not a matter of subconscious mental nerve patterns. And along with the physical release, we squeeze out a lot of the emotional energies from the collagen fibers. In addition, because of the new structural looseness, some other old energies in the layers of the musculature also dissipate out.

This is why doing the Bodywork makes the Reichian methods easier. You don't have to try forcing your musculature against your shortened fascia, which is only partly effective anyway. And, you can get at much deeper stored energies right away because you've released the outer muscles that have been holding them in.

Yet there are still energies inside, holding the muscles and organs contracted. And those energies are very specific; there are specific different voices in the subliminal "stage plays" or "movies." To help release the material, Reich talked "with" the patient, or role played with the patient, "about" the old experiences, particularly about the ones in which the child (or adult) played an active part. The person might even have remembered some of them but not resolved them. These verbal practices could help the person better contact and release the stored emotions and see more of the stored episodes. A typical Reichian style release session will also have a person intensifying his or her anger or sorrow, etc, to help get the old energies and emotions out.

These deep breathing and muscular tensing techniques work, and I use them, but only in what might be called a "mild" way. I combine the Reichian body oriented techniques with the verbal release techniques. The breathing definitely helps. But instead of doing it to

push through armoring, I use it to just “pump” energies from deeper inside the body up to the surface, and into the muscles, so the person’s conscious mind can get in touch with it. Then we use a “first person” verbal expression method to get them out by playing all the roles in all the frames of the movie. That armoring has words and sentences, too. And by contacting it, we can release the beliefs of why it has to be there, as well as its contracting energies.

I also find we can get a lot more old emotional energy and verbal sentences out by having the person reproduce the tensing and physical “distortions” that he was experiencing in the past episodes. I just guide him to tense up the way he sees the baby or mother, etc, tensing up. It really does bring out more, like squeezing a sponge.

Here’s an example of how I use the physical with the verbal. Most of the time, when a person re-enacts the tensing up in fear, the sentences that come out are the anger and negativity of the abusing and threatening “other” person. The movie frame consisted of the victimized person tensing up all over while he simultaneously withdrew inside, with a **non-verbal** fear. In the very same frame, the threatening person was hitting, shaking, shouting at, stabbing or otherwise harming, and terrorizing him. When the person does the tensing and says the negative statements that the other person was saying, or even implying, the whole frame dissolves away.

If you listen closely in daily life, you’ll notice that a lot of the angry or crazy statements people make when their armoring is touched are these energies from the other people who were harming them many years ago. Many people recognize, for instance, that their spouse or friend is acting just like her mother acted. Pointing this out to the person can help her “catch” herself the next times it happens, if she is aware enough. Doing this Release Processing will actually remove both the words and the withdrawal and tension, so they won’t come up to begin with.

I also coach people in “connective tissue” stretching, right over the phone, for all over the body, and that helps a **lot** to release stored energies for the processing. I’ll also have them do flutter kicking with their legs and other “loosening” exercises. Once they get the idea, I ask them to do it for 15-30 minutes before a session. All of this works quite well to get even very deep energies out of the body, even for a lot of people who haven’t yet done Structural Integration.

As you might already understand, in this method we don’t have to do role playing. What we’re doing is having the person herself speak and expresses **all** the roles, and, with the right coaching, she knows who is saying what and who is doing what in the tape’s scenes. We often do it by saying all, or most of, the sentences of the energy of one person in the scene, and then another, and so forth. As each more

predominant role is cleared out, the other roles appear. That's because they were embedded inside the body a little deeper.

This technique of having the person express the energies of all the roles is very important. If the other people's words are played by the therapist or processing coach, they aren't released out of the person's body, and those roles will still activate. They'll get pointed at the person, and at other people, too. If we get out the child's fear of being yelled at, for instance, that's good. But if the yelling parent's energy isn't released from his body, this person will often still act out his parent's role toward others. And he may also still see other people in authority through the filter of the angry parent still left in his body.

A similar problem can happen with guilt. A lot of guilt from the old episodes is usually coming from an abusive parent after the hitting, or a helpless bystander, or even from Mother's sorrow that she couldn't help her own parents, which often gets embedded in our prenatal months. When people clear these roles, they see that it wasn't their own guilt from some episode in the past. At the same time, the thoughts and actual feelings of that guilt will no longer exist.

Morris Netherton PhD is a psychotherapist based in Los Angeles who came up with the verbal expression method I describe in this booklet. As I've been describing, the Netherton techniques make the removal of energy much more effective and incredibly more thorough than just emotional release techniques, including bodywork ones. It even enables a person to differentiate the parent's anger at the child from the child's own resentful or resistive anger. And we express them out that way so their energies get dissolved out of us.

We can see the scenes, and/or sense who is saying what, when we are guided to the place in the body where those energies have been stored, and are asked the right coaching questions. This helps us make a clearer contact to it with our conscious minds. We can get under, or through, the trauma and upset that's been blinding us in our everyday lives. So we haven't been able to see the actual scene and dissolve its energies. Now we can.

We can also differentiate anger in infancy from anger later on and even each of the parents' anger in the prenatal. As I said, different angers are also located in different parts of the body. And the anger in each area makes up a different part of the psychological pattern. Many people can easily connect with the anger in their jaw or heart, but there's also a lot of anger in the diaphragm, abdomen and thighs. Some could be called resentment, some fury or rage and some frustration. Anger turned upside down is depression.

One reason people have a hard time contacting the energies in the belly and lower down, on their own, is that much of the fear, even terror, that they had in the old experiences is located in the

diaphragm, a little closer to the conscious forebrain than all this other stuff. So when the head tries to see it, the mind just “bounces off” the fear. In many people’s everyday life, the bouncing away is **very** unconscious, and they’ll get into denial, sorrow, hurt, anger or even confusion instead.

All this differentiation is important, because the problem situations we keep having, and all the different feelings we go through, are actually the energies of these old experiences. It’s the movie, or video, located in different places of our body. These responses of bouncing away from the fear, for instance, are **exactly** what occurred during the people’s past traumas. To remove our limited and “scripted” behaviors, we thus want to dissolve away **all** the parts of this movie.

While each of the same kind of experiences has added its energy to our problems, and stacked up in the body and its energy field, it is the earlier episodes that don't get cleared with the Bodywork which are the ones that **set up** our life long scripts. These are from the earlier times I mentioned, many of them when we didn’t even know they were happening. So they’re **totally** unconscious. Yet as long as their energies are stuck inside, they **will** affect us from the subconscious part of our bodies and minds, no-matter what the conscious part of our minds and brains say. And the pattern keeps re-playing itself in a person’s life.

When a person gets triggered from these deep energies, even after they’ve had Bodywork and some Release processing, it can cause the whole muscular system, or a lot of the organs, to re-activate in tension and fill up with emotion. It can feel the same way it did before they did the treatments.

But these are neuro-muscular tightenings. The fascial length and the body’s alignment are still OK, and the energies that have already been cleaned out of the body are still gone. To clear out this new muscular tension, **and** its trapped emotions, all we have to do is a lot of stretching or yoga, or get a deep massage or a Bodywork “tune up.” It is also an opportune time to have another Release Processing session because it’ll probably clear the underlying episode out of the body at the same time it releases the current tension.

Now, psycho-therapists know about releasing feelings. It’s been a very big part of therapy since the 1960’s when people were urged, “Yes, but what do you **feel?**” And if you’ve done Structural Integration in combination with psychotherapy, you know how much easier it is to get in contact with your issues, release their emotional charge, and

develop better ways of relating. Here's an example of how the body and mind work together.

Before I learned this verbal releasing technique, I did a Structural Integration series for a woman who was simultaneously in group therapy for a lot of childhood abuse. From her consciousness, she smiled a lot. But when she relaxed deeply, as in meditation or during the Bodywork, a scowl always appeared on her face, and she told me how it got there. Then, I did the head release step and the next week, in her therapy, she did a process that expressed a great deal of what she'd been feeling all those years toward her father, mother and her own younger self. The scowl totally disappeared.

With the Netherton techniques, we can do more of this kind of releasing because we can access more episodes that are at a deeper level, both psychologically and physically. That removes more of our pattern, including the "cornerstone" episodes that are at the bottom of it. We can erase all the significant episodes from each of the levels of our behavior. This includes those from earlier times that we don't even know about. And we use the word or verbalization method as a major tool to do this. It's an art to help people clear things out quickly and easily. But it's also a methodical system to remove the causes, and energies of each layer of the pattern.

So the reason this process benefits us so quickly is that it isn't "us" we are trying to change. When we erase the old energies, we erase what "they" have been telling us. And when they're removed, the distortions and blocks that "their" tightness caused in "our" structure are also gone. So "we" work better.

When people do **this** method, they discover that clearing up many of their issues can be a lot simpler and more straightforward than most people believe. In every case I've worked with in the past 16 years, the person's adult conscious mind could function **more clearly, more positively and with a lot fewer "hang-ups."**