

Module 9 - Dealing with Emotional Stress

Emotional Stress Release (ESR) - 1

1. Find a SIM (Strong Indicator Muscle)
2. With thumb and fingers of one hand, gently hold the two frontal eminences on the person's forehead (slight bumps at sides of forehead)
3. If the SIM weakens when tested whilst holding these points it indicates that emotional stress is present and able to be released.
4. Any release technique can be used – energy net, crystal or pendulum work etc. The most precise way to work isolates that exact stress and releases it without causing more suffering: once released that stress has left the system for good (although there may be closely related stresses left to be released).
5. Locate the precise type of stress. Say each word out aloud and test the response of the SIM.

Fear

Anger

Grief

Sympathy

Joy

6. One or more trigger word may weaken the SIM.
7. If the person recognises a stress at this point, check that this weakens the SIM when it is focused on. If it does, go to step 9. If not continue with the next step (8).
8. Locate the stress in time/space using muscle-testing to indicate the stress areas: the SIM will weaken, when the stress is located.
 - AGE at time of stress (test in decades, then narrow)
 - LIFE AREA – self, family, friends, work, school, holidays etc.Usually this is enough detail.

9. Check whether the person needs support – grounding crystal, crystals on a specific chakra, in the hands etc.
10. Hold the frontal eminences lightly and repeat the categories out aloud. “We are releasing....., aged....., to do with.....’ Etc.
11. The person may or may not exactly recall stress. This is not important. Continue holding points until a clearing is felt or indicated.
12. Retest all five category words. If the SIM stays strong, the process is complete. If the SIM weakens in any category, begin the process again until all categories test strong.