

TESTIMONIALS:

TRAUMA & EMOTIONAL RELEASE

**from specific past experiences still affecting
people in their current lives**

**by Lou Gross, School Certified Master Postural Integrator
19 years successful experience with this particular system
For more information & free consultations, call 888-299-5973
louisryoshin@yahoo.com**

I began a series of Bodywork and Body-mind releasing treatments soon **after my father died. I was feeling sad, depressed, and dissatisfied with all my relationships in general. In the first session I released a lot** of pent up frustration as well as grief and felt "100%" better. Through succeeding sessions **I've developed** a greater, and growing, sense of well being and self worth.

Mr. SS, age 20, Entrepreneur-Businessman & Zen Buddhist Practitioner

I had 2-hours of Release Processing and **removed a lot of emotional energy and physical tension from the time my mother died 15 years earlier.**

I thought I'd been cleared of it. I'd been to hypno-therapists, done a Bioenergetic synchronization technique, had all 10-sessions of the Postural Integration series (which combines Structural Integration with Reichian body-emotional release techniques), and I'm a massage therapist, so even in class, I'd had lots of bodywork of different kinds.

I did indeed have a lot of release of the grief from the Postural Integration series, and those experiences showed me that the body does store emotional energy.

But those sessions just released energies as the program sequence went along. **I'd never had this episode specifically worked in the way we did today. Lou could even tell where the tension was stuck in my body. A lot of grief and even frustrated anger came out, things I wasn't even aware of that were still there.**

I'd like to do more of this to release all the old holding patterns.

Lou is a very, very caring person. And he really listens! He really enjoys what he does, and he can help people a lot!

*Ms. TM, Certified Massage Therapist
Certified Holistic Health Practitioner, Certified Master Herbalist*

The biggest psychological benefit I've received from work has been the release from old traumatic experiences that happened in my 20's, and I'm a lot happier from it.

I used to be very anxious, stemming from those experiences, and sought help from traditional verbal therapists many times. But in spite of all the time I spent in classical psychotherapy, I never really got over the experiences. I had never gotten an emotional release, never experienced catharsis.

With this bodywork and bodymind therapy, I have had the emotional releases, I have had the catharsis and I have gotten over a lot of those experiences. Now, I no longer feel so dragged down by my past. Since they've been released, I can concentrate better in my spiritual meditation, because my mind isn't disturbed with all those upsetting thoughts.

And in my work as an Intensive Care Nurse, I feel more comfortable and confident in crises situations, and they don't exhaust me the way they used to.

Ms. JS, Registered NURSE, age 47

I had just one 2-hour Bodywork and Body-mind release processing session but it did help considerably. We started out to release the sorrow from my mother's recent death, during the last year, and it connected to a childhood incident with my parents, to a pre-natal incident between my mother and father, and to my mother's experiences, and mine, during my birth. A lot of the strong energies I'd been feeling since my mother died, and the tensions holding them in, were coming from the strong feelings and tension that occurred in these three experiences.

Saying the words that expressed the stuck energies was the key to releasing the tension and emotion. While the energies of the emotions were painful and a little traumatic, the releasing felt good to

go through. **I felt the processing worked deeper into my soul, delivering me from a lot of the stresses of life experiences that had gotten trapped in my body and made me feel sick.**

After the session, I felt resolution of a lot of long term issues as well as the resolution of the loss. The outcome was a sense of total relaxation and inner peace.

Overall, I highly recommend this for people of any age and I'm anxiously looking for another session.

Ms. SP, Fashion Designer and Businesswoman

Just one Bodywork and Bodymind release session enabled me to release some sorrow and frustration from the illness and death of a loved one. And we did some self awareness practice that helped me get a clearer understanding of how to communicate with my partner. **I did a number of sessions after this that also helped to clear more loss and other past negative energies** and problematic behaviors, and I also released more physical tension as well. **I got a lot out of the sessions.**

*Mr. MB, Certified Massage Therapist,
Certified Specialized Kinesiologist, Certified Holistic Health Practitioner*

I was very impressed with Lou's skill in his Bodywork and with the combination of Bodywork and Body-mind release processing. **We released traumatic childhood incidents and I felt lighter, as if a weight had been lifted out of me. I felt clearer to be able to be in the moment.**

Mr. BG, RN, with a B.S. in Nursing, Licensed Massage Therapist, Reiki Energy Healing Master, PSYCHIATRIC NURSE and Former Chief Administrator of a 400 bed Psychiatric Nursing Hospital

One example of how the release processing works is that I used to shudder when people used the word G-d damn. One night I was particularly irritated that my daughter was hanging out with a girl her own age who said G-d damn a lot.

In just one 2 hour process, I released the energies from a childhood abuse episode in which my step-father had said G-d Damn many times as he hit and belittled me. I released both the physical violence energies of my step father and the fear, tensing up, withdrawal, pain and shuddering energies of me as a little girl.

When the pictures and feelings slowed down, but I knew I had more to come out, Lou guided me with some deep breathing that "pumped" out more old energies from deeper inside my body. I then became aware of the next level down and could consciously process it out.

Now I disapprove of people using the term, for religious reasons, but I no longer shudder nor go into flashbacks as I always would. I can see that the upsets I'd had was these old energies still "alive" inside my body. Now that they're gone, I no longer experience these things.

Ms. KE, age 38, Computer Help-Line Specialist

I've been a workaholic specifically because I've had a deep emotional feeling of not liking to be alone. So I work and keep very busy, and that keeps me from feeling the uncomfortable-ness.

Lou guided me in how to get more in touch with my body energies and I found an early childhood episode embedded inside the emotional tensions that I sensed in my torso. My mother, not wanting to be disturbed at the time, locked me, a 2-3 year old kid, in a room for a while so she could do the business she had to. While I was not verbally nor physically abused in this experience, I was indeed terrified at being alone, that no one responded to my crying, and especially at not being able to reach and turn the door knob.

I hadn't remembered this experience consciously, but by doing the body feeling and mental awareness process, I actually "saw" the whole scenario in my mind's eye, step by step, as we continued the procedure from one moment of the episode to the next.

We used a special speaking, expressive technique. **When I felt the body energies or saw the pictures, I said words as a sentence that expressed what I was feeling in the experience. Instead of explaining what I was seeing in an observer, reporting kind of way, I said the sentences as if someone was saying them out loud in the present tense** (even if I didn't say them out loud then, and even if they were expressing just what my body and deep feelings were saying). I did the same thing for the energies and pictures of my mother, too. I noticed that the different sentences actually expressed what my emotional feelings of frustration and upset were "saying" at that early age

The words are the “form” of the energy. **When I said them accurately, and from the correct place where I was feeling them, the episode moved along in my mind’s eye, and actually got erased at the same time.** I could feel the size of the energies in my body get smaller and I could see the pictures fade away. **By the end of the process, when my mother finally came to the room and let me out, there were no more pictures and no more body sensations; I had “processed” them out of me, physically.**

This was a non-hypnotic technique. I was very alert and aware while doing it. And it was non-traumatic. To get in contact with this “episode,” Lou asked me to bring up the feelings and thoughts I’ve had as an adult when I’ve felt the unpleasant aloneness. And, of course, they were actually the energies that had been stuck inside me, biologically, since I had them in that experience. By focusing my adult, conscious awareness on the feelings and pictures, the actual words, or an idea I could put into words, came to my consciousness. And when I expressed it while paying attention to the feelings in my body, that amount of energy was dissolved out of me.

The result, from just this 1-hour on the phone, is that a couple of weeks later, the condition is still better, and has stayed better since I first did the procedure.

Ms. JT, Advertising Consultant

After the Bodywork, **I did 2-hours of Body-mind verbal release processing. I connected with two very traumatic events in my 20's, when my life's dream as a musician ended. This process actually removed the sorrow, anger, frustration and hopelessness from those events out of my body.**

I also connected to 2 childhood episodes regarding my being debilitated with the polio, including when I was 9 months old. In that experience, the energies of my parents' emotional feelings and physical tensions got embedded into me, in the form of an energy "Imprint." And while processing the imprint of this episode out of my body, I saw that the words my parents thought, and the words that defined their feelings, were the same words that I, myself, thought in my experiences 10 and 20 years later.

Lou guided me to release tightness not only from my structural muscles but from some of my internal organs as well. They're made of muscular tissue, too, and I see they can hold

tense energies from the past just as the muscles in my arms, legs and chest do.

I've been going through some very stressful times in both my family life and on my job. I did one 4-hour session of Bodywork and Body-mind releasing in an afternoon. My body aches and stiffness went away considerably both from the physical relengthening of my tissues and the release of old emotional tension when we did the verbal expressing technique. I estimate that the amount of emotional release and psychological well being I got from this one session would have taken about 50 sessions of verbal psychotherapy.

We began with the release of emotionally oppressive and physically abusive episodes from my childhood and teenage years. These also led me to releasing tightnesses that were pressed into my body during birth and when I was inside my mother in the pre-natal months. In those cases, my mother was physically tense and had the same kinds of emotional feelings about her situations back then, as I had in the sixteen years after I was born. These were also the same kinds of feelings and tensions I'd been feeling for the past months of my current life. **As we released these energies, feelings and verbal sentences of fear, anger and hurt, I felt myself relaxing physically and mentally, more and more.**

Then we focused on a very upsetting family situation I'd had last year that I was still upset and angry about, and couldn't resolve. Lou had me identify my feelings and thoughts about each level of that experience and he'd then have me become aware of the much earlier and more serious similar experiences that were still inside my body. It was these earlier, more traumatic energies, that were still active in my body and mind, ever since they were triggered by the similar feelings in an adult situation 9-months before.

We processed out a lot of what my mother was feeling during my actual birth, and also in the hour before my delivery, concerning her emotional feelings about my father. And that released one group of layers of my own, current upset. Then we connected to a so-called past life experience where a man stalked and killed me, and that released the other layers of my strong feelings. I don't know if past lives really exist, but my mind gave me lots of pictures and my body gave me lots of feelings and sensations.

And when I processed all of this out, the enormous upset, anger and unforgiving feelings I'd had about this recent experience totally went away. I was much more affectionate to

my husband that night and I felt very relaxed, even blissful, for two days.

In the next week, I did 2-hours more of Bodywork and 2-hours of additional release processing for my stress on the job. I also had an energy release session from someone else after this, and things got even better. Not only did these releases make me feel less triggered by the negative actions of people around me, but they also seemed to give me more power to say what I needed to say, to stand up for myself, and that actually worked. I had a positive affect on the negative people who were in my life. I'm still not yet free of the stresses of other people's behavior, but I no longer feel totally oppressed by them, and even feel that I can do what I need to do regardless of what their behavior is.

Ms. MB., Office Manager, Independent Businesswoman and Medical Office Receptionist