

HYPNOTHERAPY

MALVERN

EMOTIONAL STRESS RELEASE (E.S.R)

This is one of the simplest of kinesiology techniques but can help relieve emotions and overcome cravings in a very powerful way.

It does not seem to matter how serious the problem or craving appears at the time, using E.S.R. will help you deal with it. A few minutes of this hands-on method will create an inner strength and determination to overcome any issue.

Most people can gain almost immediate relief and it appears to be permanent!

E.S.R. was discovered by a research Kinesiologist used to working with emotionally distressed people when he noticed there is a common physical reaction to being emotionally distressed. People put their hands to their foreheads automatically when faced with a situation that is hard for them to deal with emotionally. It tends to be a momentary gesture but as soon as the stress gets difficult to handle, the hand covers the brow and when very tearful they would cover their faces with their palms. Both hands in this position their fingertips rested naturally on the two mounds on the forehead in a vertical line above the centre of the iris of the eye. These two mounds are called the 'frontal eminences'. It is felt that this reflects our tendency to run away from problems rather than face them. When confronted with life's upsetting issues we may try to think of something else or in some way avoid them and hope they will go away.

The secret of using E.S.R. effectively is to force yourself to concentrate on the main core of the problem/craving for as long as possible. The miracle is that the harder one tries to focus on the problem, the harder it gets to do so.

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Researchers found that the best results were obtained when the distressed individual had the contact maintained with the forehead for at least a minute or two.

Although it may seem too good to be true, it works. Most people gain almost immediate relief. It is virtually impossible for a person to remain emotionally upset when this is being done.

HOW TO DO IT

- Get into a comfortable position which you will be able to maintain for a few minutes
- Place your finger tips on the two mounds immediately above the iris, about halfway between the eyebrows and your hairline.
- Place the tips of your fingers with the lightest possible pressure
- When you have made contact stretch the skin a millimetre or two upwards towards the hairline.
- Maintain a steady light pressure until you feel relief
- Concentrate hard on the core of the problem/craving. So long as you keep your fingertips on the forehead, the issue/craving will just melt away in a matter of minutes
- Focus on the image of a single aspect of the problem/craving and not several.

