

Releasing

Caveat: Warning

This article is intended for those people who have attended the Thursday group for over two years. If you're new to this work, stay in first gear. First gear is very appropriate for people new in this work. (You'll know what I mean by first gear by the end of this page.)

Always Feel Safe

It's very important to always feel safe and to respect what your body is telling you. Anytime you feel unsafe or your body is experiencing pain that is too much, immediately stop whatever is going on.

Paramahansa Yogananda and Meditation

One of the teachings of Paramahansa Yogananda that has stayed with me is when he said that his meditation really begins when most people's meditation ends. What this means to me is that most people will stop meditating because they come to a point where they feel they've done enough; often this point comes when they lose their attention for a while or when their body is very uncomfortable.

Paramahansa Yogananda says that when (using my words) he gets to a usual stopping point for most people, he knows that's the signal to get into second gear and really start going deeper in meditation. Most people will stop their meditation while still in this first gear; not breaking through the barrier in their mind or in their body that is telling them to stop.

This reminds me of runners who tell me that the beginning of the run can be difficult and then they get to a place where they get their second wind, where another gear kicks in and the rest of the run goes very well. I don't hit that second gear, so I'm not a runner.

Working With An Experienced Person

Recently I was working on a person and facilitating their release in a private session. This person is very experienced in the type of work that Charles, my teacher, does and that is done in the Thursday meetings. I was pressing into her belly. There was discomfort and a level of pain that was not too much. She told me that she wanted me to let up because she couldn't breathe.

I could see that her breath was moving in and out and that she could breathe. I told her that she was breathing. I continued with the same pressure. I asked her to move her body or to make sounds to help release the feeling that she couldn't breathe. This is asking a person to find second gear; to go past a usual stopping point of releasing. This going into second gear is only to be done with people experienced in this work.

She felt safe enough to recognize that she was able to breathe. She began to move her body in many ways and some sounds, softer and louder, were also coming through. This went on for minutes. In these minutes she was able to breathe. She was breathing deeper while I still kept the same pressure in her belly. She found second gear.

As the minutes went on and her body released the stored tension through movement and sound, she became much more relaxed (again, this whole time with the same pressure being applied in her belly). Feelings began to quiet in her. I was talking to her. She was falling naturally into a deeper and deeper connected feeling. There was such peace and connection. She was in a place much closer to her True Self. This continued for minutes. She would occasionally speak. There was such sweetness.

Under The Porcupine's Quills

Each of us has a hard layer covering over our Essential Truth. When our Truth comes out, we feel alive and peaceful. Finally we're living in our True Expression, and not from our developed personality.

Each of us will have times when our porcupine quills will come up; when we'll get prickly and want to push others away. These are the times when we're up against an internal limitation that keeps us in our habitual and limited ways.

If we don't react and push the other person away, we can live from a deeper truth inside us; whether this be in relationship, in friendship, at work or during work in the Thursday group.

Pema Chödrön and The Power Of Habit

Pema Chödrön says that the main reason that we stay stuck in our patterns that drive us crazy and that we'd rather not act out (and, at times, do act out) is because of the power of habit. The stronger the habit, the more likely we'll act out or think in a stressed, angry or fearful way; in a way that we'd prefer not to do (and yet, maddeningly, do it).

The Power Of Habit, Our Porcupine Quills and Staying In First Gear

When we combine the power of habit and our wanting to push away what is too uncomfortable (our porcupine quills coming up to lash out against another person, withdrawing from the other person or not wanting to go deeper into the discomfort of our emotions, mind or body), then we stay in first gear; again succumbing to fear or anger; again staying uncomfortably stuck in a familiar emotional or mental place; again failing to break through to live as who we really are.

How The Anchor Points Of Our Emotions And Thoughts Are Created

Go back to a time when you felt anxious. An easy example of feeling anxious is wanting to make it through a traffic light and not knowing if you're going to make it through or if you'll have to stop. Can you feel your belly or neck or shoulders or jaw (or all four places) tighten up? Can you feel your breathing tighten? Can you feel fear come in or maybe anger will come in about whether you'll make it through in time (especially if someone is going slower in front of you than you want them to go).

Every time fear or anger comes up, our body and our breath have a corresponding response of tensing. Stress chemicals are also released that will have our thoughts, emotions, body and breath stay stressed and tight well past when the event stops.

As our body and our breath tighten during our life tens of thousands of times in response to anger or fear, we develop 'tension trigger points' in very specific places in our body. These very specific tension trigger points become stronger and stronger throughout our life.

Previous articles have been written about my view that every emotional and mental pattern in us has a corresponding physical anchor point in our body.¹ These specific tension-trigger points are what I call anchor points. As the anchor point dissolves/releases, the power of that emotional or mental pattern also releases.

The Power Of Habit

Do you wonder why after forty or fifty or sixty years of living why you're still doing the same stupid (a very appropriately descriptive word) reaction that you so much don't want to do? It's the power of habit. The habit is very ingrained in our emotions, in our mind and in our body.

Free our mind from the tension-reaction habit or free our emotions from the tension-reaction habit or free our body from the tension-reaction habit, and we don't act out in such a disheartening way. As we repeat this new pattern of not acting out, our emotions, our mind and our body find a new and more functional habit. Our mind doesn't get as worked up, our emotions don't get as activated and our body stays more relaxed.

Freeing Your Body

It's much easier to free your body of the tension-reaction patterns that develop into anchor points than to free your emotions or your mind from their reactive habits. If your body has been freed of the tension-reaction anchor point, then it's much harder to act out a habitual anger or fear pattern in your emotions and in your mind.

Feeling Safe and Gear Two

It's most important that you feel safe as you work in the group setting. Set your boundaries and have others respect your boundaries. At the same time, in order to hit the second gear, you have to go past where you're comfortable. *In order to go into second gear, you need to continue when part of you is telling you to stop; whether it's when you're meditating, running or releasing in the group setting.*

Trust Yourself

Trust yourself first and foremost. Trust yourself both when to stop and when to keep going further as you stay with the uncomfortable emotions, the uncomfortable thoughts and as your body releases the physical anchor points.

No great gain is done by staying in the familiar. Every great work of art has been done by a person going past what is familiar, what is normal, what is usual. To break out of our limiting habit patterns, we're going to need to go into what is uncomfortable. Trust yourself in how far you can go in your emotions, mind and body to become more free of the self-imposed limitations.

Releasing The Physical Anchor Points

The person I wrote of earlier in the article used movement and breathing primarily to help the stored energy in the physical anchor point to release. She also used sound and didn't focus on a story. She let emotions come up, be expressed and release.

Anchor points can be sticky or resistive to releasing. They have a long history of building up. The more they've built up, the more help that's usually needed for the anchor points to release. In helping the stored energy release from the anchor point, I recommend that you consider utilizing all of the suggestions that follow.

Suggestions For Releasing The Anchor Points

1. *Don't focus on a story.* Images and thoughts can come up. This is part of the releasing. The images and stories are to be accepted as part of what is being released. If you focus on the images and on the story, you're not focusing on releasing the held energy within the anchor point.
2. *I always have my attention stay within my body when I'm being assisted in releasing a physical anchor point.* I recommend to focus on the physical point and to stay within your body.
As you focus on the anchor point, it may happen that your attention is not on the anchor point, but is on the flow of energy that's releasing. If this happens, then you can focus on the flow of energy releasing, though keep your attention within your body.
3. *I recommend to keep your breathing fairly deep and to definitely bring your breathing down into your belly as your body releases the held energy.*
4. *Let whatever emotions are there come up and be expressed.*
5. *When I'm using my voice, I'm usually visualizing the sound going into the anchor point.* At times my attention during the use of sound may be on the flow of energy moving within my body and not primarily on the anchor point. *It's important to let the sound come through in whatever type of sound and volume that comes through.*
I recommend not to focus on the sound itself. The sound is not the energy that needs to release. The sound is a part of how the energy is releasing. The sound that you hear is primarily outside your body. You lose focus inside your body when you focus on the sound.
6. *Movement of my body is spontaneous and comes to help the energy to release.* Movement, like sound, should not be inhibited and also not cause injury to ourselves. You can fully let go in sound and in movement without injuring yourself.² *I recommend to let go into (rather than trying to direct) the movement of your body and to let go into the sound; without focusing on the movement or on the sound.* Keep your focus on the anchor point where the energy is located or on the flow of energy releasing inside your body.

Conclusion

I suggest reading the previous short section again and again. This section gives you keys to releasing the held energy that is inevitably stored in your body from experiencing fear and anger many thousands of times. *This energy itself becomes the ingrained habits in your emotions and in your mind, and becomes the ingrained anchor points in your body.*

May all beings be free where they are.

Footnotes:

- 1 The following previously written articles will address the correlation between specific anchor points in your body and the corresponding emotional and mental patterns that are connected to these points.
The articles are: [Anger Revisited](#); pages 2-3, [Moving Forward When We're In Reaction](#); pages 4-7. Also pages 4-5 in the article [Letting Go](#) has a section on anchor points. [Beyond The Thinking Mind](#) on page 2 briefly addresses anchor points. [Living A Life Without Armor](#); especially pages 2-4.
- 2 This advice is for people who have been doing this work for over two years. If you've been doing this work for two years, then you'll be able to know how to not injure yourself with movement. If you're new to this work, then be conservative and attentive not to injure yourself as your body moves.