



STRESS RELEASING TECHNIQUE

(Adrenal-Endocrine Support Healing)

This healing supports the system by reducing negative stress and resetting the adrenal glands from the constant state of firing and the flight/flight response, back to a neutral state. It also balances the entire endocrine (hormone) system from top and bottom.

Our endocrine system manages a huge amount of both our physical and mental health. Our emotional responses are partly connected to our hormone system. Our glands produce hormones, which actually create the bulk of our emotional responses to situation. Emotions are naturally occurring sensations triggered by hormonal reactions in our bodies. Hormones excite the body to meet certain situations appropriately, from opening to sexual excitement and sensual pleasures, to relaxing or feeling elated and feeling a your deepest sense of inner peace, to the other extreme of triggering of the adrenal glands which pressurize your body to fight to survive or hide or run away.

When our endocrine system is functioning correctly, these hormones are naturally reabsorbed back into the body tissues when the event has come to an end or resolved, allowing the body to recover from the event and come back into homeostasis.

However, when we live in a constant state of flight/flight, the system never resets and our whole system is inundated with way too much hormonal activity, causing problems in both our physical and emotional systems. Physicians tell us that negative stress is one of the most damaging conditions to our physical and mental health.

Positive stress will make our whole systems stronger. This might be physical stress created by working out, exercise or just being in the world. The body responds to this stress by getting stronger, unless the body has no recovery time. Positive mental stressors like games, challenging work or learning something new will also create growth and strength in the mind. But when activities are triggered by fears or past traumas that cannot be resolved in the present moment, they can become chronic negative emotional stress where the nervous system stays constantly activated.

Negative Stress

The definition of negative stress is: "the resistance to the natural flow of life both physically, mentally and emotionally." Negative stress and anxiety is created when the body never resets after emotional and physical arousal. In a stressful situation the adrenal glands fire, dumping adrenaline into the system. This activates the fight/flight/freeze response of the autonomic nervous system. This is very appropriate and necessary and can save your life! Once the situation is over, your body should reset back to normal and the adrenals and all your other hormones should go back to a normal, at rest state.

Chronic long term stressors in life (situations with no easy resolution) can set up your adrenals to fire adrenaline and cortisol all the time, never allowing the body to reset and rest. Since the adrenals are the bottom of the chain of hormones in your whole endocrine system, this will eventually lead to all your other hormone glands being off balance and can create a host of physical problems that are very serious.

Here is the chain of endocrine glands that produce hormones that create and control our emotional states.

- Adrenals (creates adrenaline and cortisol to create fight/flight)
- Ovaries/Testes (sexual arousal and fertility hormones)
- Spleen (metabolic hormones/insulin)
- Thymus (immune system hormones)
- Thyroid (metabolic and growth hormones)
- Hypothalamus/Pituitary/Pineal (mood hormones and manages all the other ones)

Stressors include:

- Long term, low level chronic stress (a job you hate, a chronic health issue, or a difficult relationship that lasts a long time.)
- Unresolved trauma from the past (childhood trauma of any kind)
- Acute traumatic events (job loss, divorce, death, violence, war, poverty, health crises, etc...)

When these remain unresolved and unhealed, it creates anxiety and the person will live in a constant state of flight/flight/freeze even if there is no current danger in the present moment and the nervous and endocrine system go into a state of hyper arousal and hyper vigilance.

Living In Defense

There is also underlying stress on the system from living in defense. When we reject ourselves at the core and live in defense, it adds another load of stress that never leaves. Working through our vows and defense and coming into the core can release a tremendous amount of stress from our systems.

We learn this healing in relationship to the 3rd chakra, not only because the adrenal glands are located at the back of the 3rd chakra, but because a lot of holding onto our defense comes from the ego/mask of the 3rd chakra and it's attachment to the defense as a mask and false self.

To have a healthy 3rd chakra and nervous system the solution is very simple: "Know Thy Self". But to know yourself you must be able to feel what it felt like before your 3rd chakra and autonomic nervous system vowed to be someone you are not. Your secret place, crystal bowls and full spectrum healings are designed to reconnect you to your inner peace and truth that your stressed-out system has forgotten. But physiologically your body has been using your endocrine system in a survival mode for so long it is often hard to make this major internal change to live in inner peace without help.



The Stress Releasing Healing resets the endocrine system to function normally and out of the panic mode of constantly using the adrenals to deal with simple life issues as if they are life or death.

The adrenals hold the energy of the fight-or-flight response and when calm they hold the power of inner peace with the knowing that they have the power to act, but only when needed. Their true purpose is to be held in reserve until triggered by a real life or death situation.

Excessive use of the adrenals leaves the system depleted and unable to confidently be in non-resistance or have the energy reserves to take powerful decisive action when needed. This creates burn out and fatigues the whole endocrine system so that when there is really a dangerous or crisis situation, the body is unable to muster up the energy to actually deal with it.

Often the results of adrenal stress fatigue are:

- Cushing's disease
- Chronic fatigue or immuno-suppression illnesses
- Anxiety
- Digestive issues
- High blood pressure, heart attack and other heart problems
- Liver, kidney, gall bladder issues
- Endocrine issues like thyroid, pancreas issues and infertility
- Cancer
- Anger issues

The Endocrine/Hormonal system brings the body its core drives and desires, such as fight-or-flight, safety, nurturance, growth, reproduction, metabolism, immune system, digestion, internal homeostasis and most importantly your sense of inner peace and wellbeing.

This is the system that needs to be supported to relieve chronic negative stress. The leader of the endocrine system is the pituitary gland with its two partners, the pineal and the hypothalamus. They sit in the center of the brain at the top of the brain stem and they secrete hormones that flow to the major glands that stimulate the body's systems to come alive and move toward pleasure or away from pain, or ultimately in the adrenals defend your very existence. In this system the adrenal glands should be the last in the chain of responses, where fight-or-flight becomes the last resort rather than a daily panic attack.

In defense, vows trigger the endocrine system to release adrenal hormones in situations where they are not needed. Because of this added tension, other more subtle healthier options for dealing with life cannot be accessed and the world is seen as stressful. To release this pattern, the endocrine system needs to be brought back into balance.

The Stress Releasing Healing re-patterns your endocrine system to operate in this way:

1. All energy stimulation or stressors in life should first awaken the 7th and 6th Chakras to open and the hypothalamus and pituitary to fill the body's systems with endorphin hormones that have an infinite worldview and sense that you can easily handle the stimulus in a pleasurable way.
2. If that does not resolve it, then the pituitary needs to help the next endocrine gland in the system to kick in - the 5th Chakra and thyroid gland, which stimulates your ability to stand up for yourself and your rights and opens clear communication. If that resolves the issue, the energy moves back up to the 7th chakra and any stress created is released as endorphins then are released to create inner peace as the primary experience of life.
3. If the thyroid cannot resolve it, then the pituitary needs to help the next endocrine gland in the system kick in - the 4th Chakra and thymus gland - is stimulated. It deals with finding balance with the person or situation, finding the win/win and defining a healthy relationship. If that resolves the issue, the energy moves back up to the 7th chakra and any stress created is released as endorphins then are released to create inner peace as the primary experience of life.
4. If the thymus cannot resolve it, then the pituitary needs to help the next endocrine gland in the system to kick in – the 3rd Chakra and pancreas gland - where you take action and digest the reality or bitterness of the situation and are realizing there needs to be a boundary set or much stronger level of presence and seriousness may be needed. If that resolves the issue, the energy moves back up to the 7th chakra and any stress created is released as endorphins then are released to create inner peace as the primary experience of life.
5. If the pancreas cannot resolve it, then the pituitary needs to help the next endocrine gland in the system to kick in – the 2nd Chakra and the gonads (testicles and ovary glands) - where you really are able to come into contact with the person or issue and wrestle with it or them directly and physically set your boundaries. If that resolves the issue, the energy moves back up to the 7th chakra and any stress created is released as endorphins then are released to create inner peace as the primary experience of life.
6. If the gonads cannot resolve it, then the pituitary needs to help the next endocrine gland in the system to kick in - the 1st Chakra and the adrenal glands – where you would be triggered to either fight and kill or flight and remove yourself from the situation once and for all. That will resolve the issue, or you will be dead: one way or the other, you go back to inner peace.



Preparation for Healing:

Do a Chakra Balance up to the shoulders. When you first touch the feet, fill the entire body with as much pure red, orange and yellow light as it will receive. Do not push or invade - do this from intention and hold your own energy field full and effortlessly charged.

Stress Releasing Technique:

1. **Balance the adrenals** - Stand at the client's third chakra. Put both palms on the front of the 3rd chakra, where the adrenals would be with the center of the palms over the adrenal glands. The adrenals sit at the top of the kidneys and are about the size of a pea.

"Sink" your palms into the body energetically and separate the adrenals from each other and from the rest of the endocrine system and encapsulate them with full spectrum light. The adrenals might feel hard and tight, or lose and floppy. Notice what they feel like. They will have a pulse, so check the quality and speed of the pulse and see if they are pulsing in time with each other. (Often they aren't! One will feel hard and tight with too fast a pulse. And the other might feel big, cold and dead with no pulse. They can be doing anything, so just notice.) Send full spectrum light until you feel them fill up with light and relax. They will begin to pulse in a rhythm more like a heartbeat and pulse in time with each other. If the client is very stressed, this step might take a long time; up to five minutes here is not unusual.

2. **Adrenals to gonads** - Keep your upper two fingers (thumb and forefinger) on the adrenals and move the lower hand to the gonads. Two fingers at the ovaries or your palm hovering high over the testes at the knees if you are working on a man. Fill and separate the gonads from each other and also from the adrenals. Watch your hand position on the ovaries, they are about an inch or two down from the hip bones and just a bit inside them towards the center of the pelvis.

If you think about the endocrine system as a train and each gland as a train car, your goal is to unlink the train cars and fill each one with the full spectrum light. You are going to sink your fingers energetically to the ovaries, but keep your touch very light on the body. As an intentional healing, we are working intentionally in the tissue of the body.

3. **Adrenals to Pancreas** - Upper hand stays on the adrenals and lower hand goes to the pancreas. Cover the pancreas (just under the client's left rib cage.) Fill the pancreas with full spectrum light and separate it from the other glands.
4. **Adrenals to Thymus** - Switch your hands now so that the lower hand holds two fingers to the adrenals to continue to separate and stabilize the adrenals. Upper hand goes "pointy fingers" into the thymus gland, which is directly in the center of the breastbone. Fill the thymus with full spectrum light and separate it from the other glands.
5. **Adrenals to Thyroid** - Keep the lower hand in the adrenals. Upper hand goes pointy fingers to the thyroid, just over the Adams apple. Make sure you hover your fingers and do not touch the throat. Fill the thyroid with full spectrum light and separate it from the other glands.

6. **Adrenals to Hypothalamus/Pituitary/Pineal** - Keep the lower hand on the adrenals and the upper hand goes pointy fingers on the forehead where it works with all the glands here: Hypothalamus, Pituitary, and Pineal. Refer to the diagram for the positions of these glands inside the brain. Fill these glands with full spectrum light and separate them from the lower glands.
7. Once this sequence is finished, step away from the client for about a minute. They should be in a deep state of relaxation. Open your own 7th Chakra and experience infinite possibility and the safety of the spiritual safety net that we are all embedded within by mustering up as much faith as you can feel in the moment.
8. **Begin the downward sequence** by placing your top hand above the 7th Chakra and the lower hand over the Pituitary/Pineal/Hypothalamus. Fill the glands with pure white light.
9. As you fill them with white light, reconnect and redefine each gland with the intention that it will act as it is meant to. If that gland/level resolves an issue, then the body releases back up to the 7th chakra/inner peace. You are going to leave the top hand at the 7th chakra and go back down the adrenal chain in this order:

Hypothalamus/Pituitary/Pineal → Thyroid → Thymus → Pancreas → Testes/Ovaries → Adrenals
10. **Sweep the field** after the downward sequence is finished.

Standard Closing:

1. Hold both hands over the forehead/third eye, palms down, sending hand on bottom, receiving hand on the top. Hover over the 6th chakra, but don't touch the forehead.
2. Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
3. Bring up orange energy on the inhale breath to help them feel themselves in a new way. Do this for a few breaths. It will help them hold and integrate the changes to their energy field.
4. Close the field. Lift your hands over your head and sweep them down in a circle to help seal up their energy field after the work they received. Use the color gold for this.
5. Close the front and back of your 2nd chakra to complete the healing for you.

