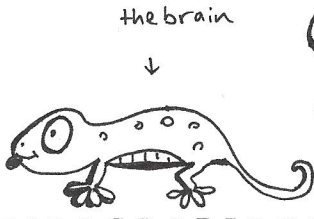


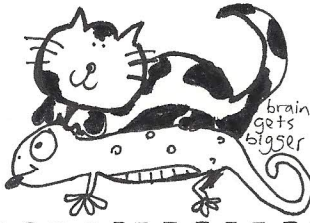
TRE

TRE

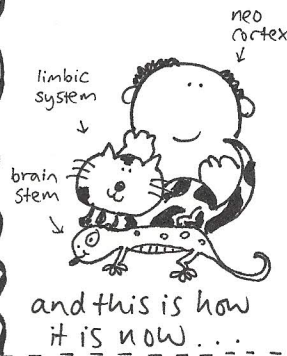
ONCE UPON A TIME



then...



then...



This is the part of the brain we talk and rationalise about trauma with



EXCEPT we're addressing the wrong part of the brain

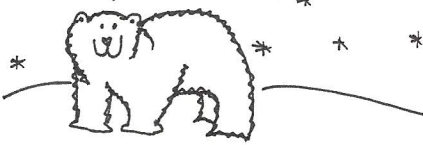
BUT the parts of the brain affected by trauma do know how to
TRE just copies what I do to shake away trauma

We have many ways of describing the TRE experience

It was like I was jumping in a pan of hot oil.



Please don't think or rationalise your way out of trauma as the parts of the brain that deal with trauma don't know how to do these things



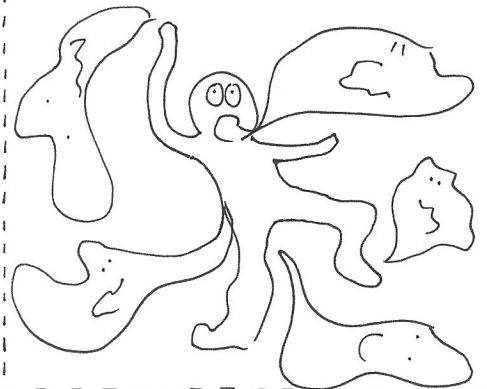
Flipping like a fish



Having electrical currents pass through me



Being exorcised of my demons



Although the shakes may be scary, the wise voices of David (Berceli) + Steve say:

One thing we can agree on is

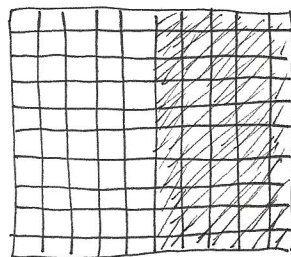
Just imagine if we each have 100 units of energy for life and 50 of



Your body is not afraid of anything inside it. It's already happened + you survived it!

I feel so much lighter - so peaceful.

My spine's realigned itself - I feel great!



them are being used to hold tension in our muscles

Trust the shakes!



