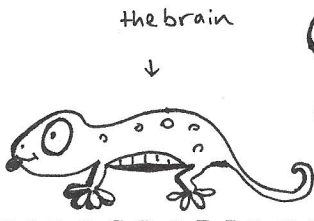


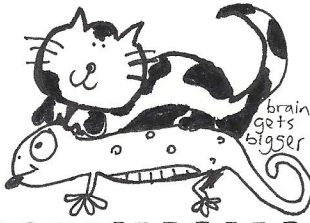
# TREmendous

# TRE

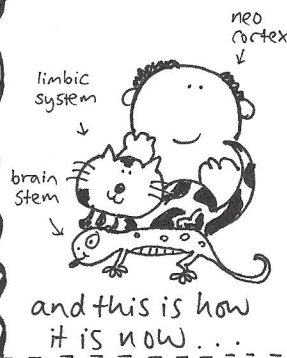
ONCE UPON A TIME



then...



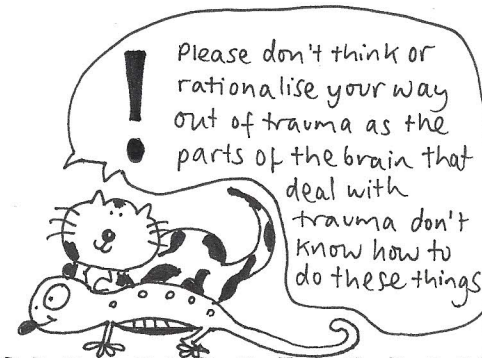
then...



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



EXCEPT we're addressing the wrong part of the brain



We have many ways of describing the TRE experience



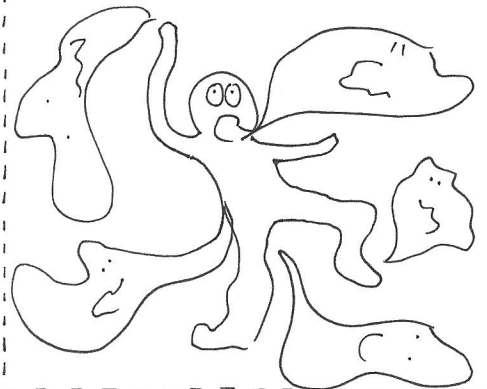
Flipping like a fish



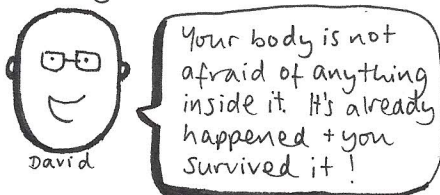
Having electrical currents pass through me



Being exorcised of my demons



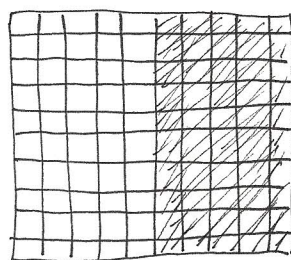
Although the shakes may be scary, the wise voices of David (Berceli) + Steve say:



One thing we can agree on is



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



them are being used to hold tension in our muscles

