

Defusing Stress and Pent Up Emotions



An official Temple of Zeus document by High Priest Hooded Cobra 666

Introduction To Healing Method:

The healing spiritual methods that I will share connect closely with something modern science calls *Somatic Therapy*. Somatic Therapy is a way of healing that focuses on the body, not just the mind. It works by allowing the body to release stress, pain, or old emotions through natural movements like shaking, trembling, or even deep breaths.

These movements often happen on their own, without control, and they help the body let go of things it has been holding inside for years. Yes, YEARS.

A process such as this has been observed in animals, especially animals who fight or undergo major amounts of stress. From all animals, humans suffer the most from stress in the animal kingdom.

In the same way, spiritual practices often use the body as a bridge to reach deeper healing, showing that body and spirit are not separate but work together.

With this meditation here, one can expect certain emotions to come out; fear, repressions and major stress can be reduced when this healing procedure is done once in a while. Above all, it's a very "simple" and effective healing procedure.

This connection is very effective because both Somatic Therapy and spiritual healing help clear blockages that normal talking or thinking cannot reach.

Trauma and stress are not only in the mind, but also they are stored in the muscles, the nervous system, and even in the energy field around us.

By giving the body space to express itself freely, heavy emotions can finally be released, leaving space for peace, clarity, and spiritual growth. This is why people

often feel lighter, calmer, and more connected after such practices—the healing happens at a very deep level, both physical and spiritual.

Part 1: Getting Into Light Trance

Part 1: Getting Into Light Trance

To begin the healing process, we first enter a light trance. This simply means calming the mind and body so we feel relaxed but still aware. In this state, we let go of daily stress and open ourselves to deeper healing. A light trance is gentle and safe for this method. One must not enter a deep trance, as movement is needed for this therapy to work.

Part 2: Focus on the Emotion You Want to Cure

While in light trance, gently turn your attention inward and notice where you feel stress or discomfort in your body. Don't force anything, just observe with calm awareness.

This may feel like tightness in your chest, heaviness in your stomach, or restlessness in your shoulders.

By focusing on this emotion or stress, you bring it into the awareness, allowing your body and spirit to begin the process of release. Simply being present with it is the key to healing.

After you have "locked in" the emotion or emotions, proceed with step 3.

Part 3: Allow Your Body to Move UNCONTROLLABLY

As you stay in the trance and focus on the emotion, let your body move however it wants to **without trying to control it.**

These movements may be small tremors, shaking in the legs, swaying, or even bigger motions.

Every movement is acceptable because it is your body's natural way of releasing what it has been holding inside. Trust the process and allow the body to guide you, while you remain calm and present in the trance.

In extreme cases of pent-up emotions, you might get full leg kicks, hand moves, and you MUST ALLOW YOUR BODY AND FACILITATE THAT IT DOES ANY MOVE IT CONSIDERS NECESSARY - NO CONTROL!

Part 4: Let the Process Finish

Stay in your trance and allow the body to continue moving until it naturally slows down or stops on its own. Do not rush or try to control the time. Simply let the body release everything it needs.

As this happens, you may feel waves of emotion, warmth, or a sense of lightness. When your body is done, you will feel a need to stop moving, twitching or doing strange movements. Trust that your body knows when the process is complete. Stay present and calm in the trance, giving yourself space to fully process the healing.

At the end of this, focus on the emotion and let it "go out of you", dissipating.

Part 5: Seal the Healing with Mantra and Affirmation

Remain in the trance and softly use the Visuddhi Mantra x20 times to strengthen the release.

As you do this, affirm to yourself: *"I am now healed emotionally from the weight of this negative emotion. It has been released and processed by my mind, body, and soul. I am free from it."*

Let these words sink deeply into your being. This step seals the healing, helping your mind, body, and spirit accept the freedom and peace you have gained.

Part 6: Meditate on the Calmness

When the movements and affirmations are complete, stay still and gently notice the calmness in your body. Feel the lightness, the softness of your breath, and the peace that fills you.

Let yourself rest in this quiet state, without forcing any thought or action. Simply meditate on the calm, allowing your whole being to absorb the healing and carry the healing forward.