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## **Holographic Memory Resolution: Description and Summary**

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**General Overview:** Holographic Memory Resolution (HMR®) is a new body-mind technique which allows expedient access to past memories and complete resolution of the painful emotions associated with these events without having to "re-live" such experiences and without affecting historical memory. This technique is profoundly empowering to the survivor who becomes his/her own "healer." HMR employs both a verbal component and a simple nervous system support technique which enhances visualization and sensory access to memory while fostering safety. This "client-centered" process facilitates the resolution of "somatic (body) memory," thereby disarming the "triggers" that foster physical pain, flashback, disease and relapse. By resolving these distortions in the cells and fields of our bodies, we can improve our immune system functioning and heal many of our "diseases," the majority of which find their origins in our trauma memories. HMR® is an "emotional reframing" technique which allows reprogramming of the affect (feeling content) of memory while enhancing visual/sensory access and avoiding full re-live. Individuals who normally cannot visualize, be hypnotized, or access memory, generally find this process simple and effective. This technique is profoundly time-efficient and provides resolution and empowerment for the client whose body-mind has held this pain intact since the moment of its encoding in the nervous system. Such traumatic experiences form the foundation of our addictions, depression, diseases, and many chronic pain syndromes, as well as many other "disorders." Holographic Memory Resolution® teaches the client how to heal him/herself, resolving the emotions which anchored the experience in the past, and enables the client to return the focus of life to living fully empowered in the present. Certification in HMR® is offered in three levels of training.

**Context:** Painful experiences in our lives precipitate an "encoding" of the overwhelming feelings, resulting in the storage of "trauma." This takes place in a single millisecond of time, capturing all of the sensory data, feelings, and perceptions of the overwhelming experience. This encoding process is subconscious and automatic. Since the 1970's and

the work of Milton Erickson, we have known that trauma precipitates a spontaneous state of self-hypnosis that binds us to the emotional pain of the event. From the moment of induction forward, we need only to tap into such holographic (the exact term for such memory encoded in the physiology of the body is “holonomic” – the term coined by Karl Pribram) encodings to trigger and resurrect the original feelings. Such feelings, once encoded, often become primary and supplant our efforts to remain in a calm and peaceful state of mind. In other words, overwhelming emotional experiences induce a natural hypnotic state as a way of trying to contain our pain and foster survival. These trance states form the basis of most "disease" and pain in the bodymind. We tap into many such trance states in a single day, given the holographic nature of our memory. (See: *Trances People Live*, by Stephen Wolinsky, Ph.D.) In physics, every fragment of a hologram contains the whole image. (See: *The Holographic Universe*, by Michael Talbot and related articles on the web site). Similarly, each fragment of our encoded traumas contains a link to the original trance with its powerful feeling content and can resurrect the original pain within milliseconds.

**Methods:** HMR® functions by simply releasing the “negative” or incomplete emotional charge that was locked into the scene, the nerve centers and fields of our bodies, at the moment of the trauma's encoding. There is no need to relive all the scenes of a traumatic event in order to release it. We do not encode them all equally -- simply the "primary" moment of encoding: referred to in professional circles as "T-1" (cf. text references in *The Healing Dimensions* by Brent Baum). HMR® is what is now referred to as “body-centered” and “client-centered” psychotherapy; it utilizes a verbal technique which helps the individual to focus on the area of the body where the primary encoding took place -- the nerve center(s) where the body attempted to first contain the pain. Upon focusing at this site, the holographic nature of our memories allows us, via this fragment of memory, to return to the original scene of encoding. We do not need to be hypnotized, since the trauma already accomplished this for us through our Limbic-Hypothalamic-Pituitary-Adrenal System. Since a trauma is a self-hypnotic state (Erickson), we do not need to be hypnotized, but, instead, de-hypnotized. HMR® helps to accomplish this in two ways:

**First:** HMR's® verbal technique provides a gentle method of focusing on the memory fragment, just long enough to access the scene of encoding. Once accessed, the scene is re-visualized with the necessary corrections. We move, therefore, from a negative encoding (T-1) to a post-trauma (T+1) image. Once we have the perfect image of the “anti-trauma,” we send this corrected image through the nervous system by means of frequency. Though this is normally achieved through color, kinesthetic or auditory channels can also be employed. For most individuals, however, the color channel is readily accessed. Within the “physics of emotion,” such feelings can be measured or interpreted as frequencies. The highest, love, is depicted by the combination of all colors: white light. When we encode a painful experience, we freeze our perceptions to stop the pain. Amid the encoding, something is obviously missing: certain emotional frequencies that communicate safety are obviously deficient. At the moment of “freezing,” we stored affect that was, shall we say, “less than white light” -- to say the least. Hence, once the

scene is re-visualized positively, we ask for the “missing frequencies” by asking for the color(s) of the frame around the corrected scene. It really is simple: We would like to have received only love or “white light” in the diverse moments of our lives; when we did not receive this at a critical moment, the automatic (autonomic) subconscious system of protection became active in order to protect us. The insertion of the missing colors (frequencies) act as a password to “unlock” the original trance state and allow the release of the original emotional content. These color frequencies, when moved through the nerve centers and fields of the body serve to update the nervous system and the subconscious mind. These frequencies, bearing the seal of authority of the survivor him/herself, are recognized by the system and “complete” the original encoding sequence: that is, the addition of the missing frequencies completes the emotional frame or spectral signature which was, until that moment in space and time, incomplete. As soon as this process is accomplished, there is a notable relaxation in the nerve centers of the body, a discharge of encoded energy from the cells and fields of the body, often accompanied by tingling in the hands and the feet. Upon completion of this “reprogramming” of the nervous system, the original memory can be recalled without triggering the original (incomplete) affective charge; instead, the individual will only experience the “reframed” content, which carries a message of balance or completion. The true indicator of the release of the original trance state is that the individual no longer holds any emotional attachment to the original scene. Once we know and experience ourselves as whole, we no longer bear attachments to the past.

**Second:** An additional technique is typically employed with HMR® – a nervous system support technique which enhances safety and facilitates access to stored memory. Since we all carry a surplus of electromagnetic energy in our hands, we can learn to use a simple tactile application of this surplus energy to facilitate emotional healing and the release of the negative charges of encoded traumas. Anyone can do this. The dorsal horn of the spine carries all neurotransmissions relating to pain. Access to the dorsal horn of the spine is easiest around a point near Cervical Vertebra 7 (C-7). The client’s own pain will usually cue the facilitator as to the correct placement of the hand. By placing one hand over the dorsal access point, supplementing the client’s neuro-transmissions with the facilitator’s limited tactile support, the client will discover that access to encoded memory becomes much easier. The second hand of the facilitator is placed over the primary nerve center in the front of the body that was the principal site of the stress or trauma encoding. The sensation (pain) frequently equalizes in both of the facilitator’s hands when they are positioned correctly. When such energy is passed through the body of the client at these two points, the natural holographic projection system of the client is “enhanced,” allowing the client to access, change, and release the original trance state. Since this energy state seems to induce an Alpha-Theta brainwave state (often involving noticeable Rapid Eye Movement, or REM), the client remains in a relaxed, almost dream-like state while remaining fully conscious. This permits the adult, survivor self to observe the event from a safe emotional space and to act on its own behalf as his/her own healer. The facilitator is simply that -- a facilitator allowing the trauma survivor to better utilize his/her own internal resources more expertly. By “turning up” the light in the traumatized (dimmed) portions of the bodymind, memory fragments become more visible, more

accessible. The hands of the facilitator can learn to instantly feel and confirm the moment of release from the nerve centers and fields of the body.

When the verbal and nervous system support techniques are employed in conjunction with each other, HMR® provides a symbiotic link with the client, allowing for the expedient reframing of the emotional content of memory without having to go into a deeper hypnotic trance which could result in re-live and re-traumatization. A safe “observer” stance is achieved and maintained that eliminates abreaction and re-traumatization. There is no need to relive traumatic memories. The fact remains that our systems were able to encode the traumatic experience within a millisecond of time. It is inconsistent to believe that our systems require a prolonged, protracted period of time to release what was encoded in an instant. By using the holographic nature of the bodymind, HMR® enables the client to send a corrective holographic signal (usually color) to the subconscious mind, thereby updating the protective program that is holding the memory fragment and demonstrating its own capacity to create safety. HMR® is teaching us that we are equally capable of as efficient a release of the pain of memory as we are of its expedient encoding. The fact remains that many survivors have experienced “therapeutic trauma” from either the impression that recovery requires a long-protracted period to release a traumatic experience, or that such an experience can never fully be released. Ridiculous! The very dynamics of a trauma's encoding indicate that we are capable of both efficient encoding and release. Were it otherwise, we would end up spending the remainder of our lives attempting to release the numerous traumatic and overwhelming memories that we have already encoded. It is not our nature, design, or our destiny to spend our lives reliving our past.

Having utilized HMR® with over 11,000 survivors of trauma (as are we all), there is now hope beyond our imagining. The pain of our lives can become opportunity to restore the power lost in a millisecond of time. We need no longer dwell in the (subconscious) past, but can come to live fully in the present, manifesting the power, goals, potential for which we are intended. We are here to learn to be more than simply pain-free. The pain of our lives becomes the occasion for spiritual enlightenment. HMR® facilitates becoming reacquainted with our power as creators, releasing us from the victimhood of the subconscious, and bringing us closer to conscious manifestation. With the resolution of our subconscious blockages, access the unlimited potential of the superconscious mind becomes possible. Enjoy the journey.

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