The 8-Step Immobility Healing Exercise

1. Say to yourself: "Be as still as you can be."
   a little relaxation and relief
   I don't have to resist it. I can embrace it.

2. Then say, "Go into the Stillness" (repeat several times)
   body relaxes
   exploring the stillness

3. "Stay present with the part of you that needs to be still."
   I am with you.
   I am with you.
   I am with you.
   I am with you.

4. Due to the relaxed state, you may begin to see brief images of past events in your mind's eye...
   (if no images appeared, go back to a past time you feel drawn to.)
   Say: "You must have felt... because you didn't have..."
   do this for as many things you can think of.

5. Give Empathy to the Person in those times.
   Fill in this sentence:
   "What is triggering me now is:"
   (try to identify a common element between now and then)

6. Give Empathy to Yourself Now. Say:
   "Right now you must be feeling:"
   Because you need:
   do this for as many things you can think of.

7. Do the 5-Step Self-Holding Exercise
   Result: Your Body should Begin to Move Again

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