

The Set Free Academy



EXPERIENCE GOD'S AMAZING LOVE &
FREEDOM IN ALL AREAS OF YOUR LIFE



Bonus Teaching
HEALING TRAUMA IN ONE DAY

Brainwaves Explained

Beta Waves – 12 to 38 Hz

Where trauma is recorded. Beta brainwaves dominate our normal waking state of consciousness when attention is directed towards cognitive tasks and the outside world.

Beta is a 'fast' activity, present when we are alert, attentive, engaged in problem solving, judgment, decision making, or focused mental

Alpha Waves – 8 to 12 Hz

Alpha brainwaves are dominant during quietly flowing thoughts, and in some meditative states.

Alpha is 'the power of now', being here, in the present.

Alpha is the resting state for the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning.

Theta Waves – 3 to 8 Hz

Theta brain waves occur most often in sleep but are also dominant in deep meditation.

Theta is our gateway to learning, memory, and intuition. In theta, our senses are withdrawn from the external world and focused on signals originating from within.

Brainwaves Explained

Theta Waves – Cont'd

It is that twilight state which we normally only experience fleetingly as we wake or drift off to sleep. In theta we are in a dream; vivid imagery, intuition and information beyond our normal conscious awareness.

It's where we hold our 'stuff', our fears, troubled history, and nightmares-sleeping 4-7hz (dreaming and processing, also processing what is unresolved) If you can't sleep your mind may not feel safe, mind is constantly going through traumatic data and it can't so it stresses out the system and body, mind doesn't feel safe because of what you experienced in your life

Delta Waves - .5 to 3 Hz

Delta brainwaves are slow, loud brainwaves (low frequency and deeply penetrating, like a drumbeat). They are generated in deepest meditation and dreamless sleep.

Delta waves suspend external awareness and are the source of empathy. Healing and regeneration are stimulated in this state, and that is why deep restorative sleep is so essential to the healing process. You can process old trauma in this state and bring more healing.

Results in a calmed down nervous system and resolved trauma and inflammation goes down Your body can heal - needs to get into homeostasis where it feels safe

-brainworksneurotherapy

Task #1

Describe a beautiful time you were in nature in as much detail as possible.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Task #2

Based on that time in nature, choose a symbol to represent it:

Choose a Personal Statement:

Anchor (kinaesthetic touch/action):

Task #3

Write down 3 Events in your life that were traumatic for you:

Event #1:

Event #2:

Event #3:

Task #4

Write down 3 Highlights in your life - where you felt you were at your best:

Highlight #1:

Highlight #2:

Highlight #3:

Task #5

Write down 3 Goals/Targets that you have for the future:

Goal/Target #1:

Goal/Target #2:

Goal/Target #3:

Reflections/Feelings

This is where you can write down your thoughts and feelings about what each technique did for you.

Remember, your mind will continue to process these things as you sleep so if you don't feel anything now, it may be a gentle unfolding for you. God knows what you need and how you need it so you can trust that He is at work in your healing and freedom.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Handwriting practice lines consisting of 24 horizontal lines.