

Releasing Bound Attitudes

[Click here to download audio](#)

This method can be used once you have discovered a habitual or bound attitude in your body, such as cringing, defiance, hypervigilance, etc. Let your body move into the bound attitude. Try to allow this movement to happen spontaneously as a subtle, internal movement rather than a volitional movement. If you can attune to the consciousness level of the holding pattern, it will feel as if your mind is moving into the attitude. Really experience yourself in this attitude. You may find that parts of your body that you did not know were involved in the attitude move into the pattern of tension. Because the whole body is interconnected through the causal consciousness, energy circuitry, and physical tissues, our bound patterns often involve a line of tension throughout our whole body. These lines of tension can even contract our bones. When you can feel the whole pattern of tension, try to attune to the consciousness that is holding the tension. The same part of your childhood mind that organized the contraction in your body is still preserved in the contraction. Try to experience the childhood mind that is holding the attitude that you experience in your body. You may experience the age that you were when you first formed this pattern. You may also experience the emotional content of the pattern, and the memory of the circumstances that first evoked this attitude. As your body moves into the attitude, what is happening around you in your childhood environment; what is the attitude responding to, or what is it expressing? As that childhood consciousness, you will be able to release the holding pattern, as simply as you can relax your hand after making a fist. You will also be able to feel and discharge the emotional content of the binding, if there is any. Again, the emotional release may occur as tears, or as the movement of energy through and out of your body. The emotion will have the quality of your age when it was bound in your body. For example, the rage of a two-year-old has a different quality than the rage of a six-year-old, or the rage of an adult. This is not a method of regression in the usual sense of experiencing oneself entirely as a child. Your present-day consciousness remains alert and witnesses the fragmented part of your consciousness, energy, and body that is bound in the childhood memory.