



# Holographic Memory Resolution: *Removing Past Emotional Blocks That Limit Our Lives Now*

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**B**eing fully in the present gives us absolute personal freedom and power, but the challenge is getting there. The mind so often enslaves us, dragging us back to the past in an emotional undertow. As a result, without our conscious awareness, we create judgments based on old memories rather than having clarity about what is actually happening – so we are not really here now.

How can we release those subconscious emotions that trap us? How can we stop coloring the present with old hurts and fears that hold us back from the choices we really want to make right now?

The answer may be Holographic Memory Resolution (HMR)<sup>®</sup>, a remarkable energy psychology modality developed by trauma resolution specialist Brent Baum. In developing this leading edge therapy, Brent spent 15 years working with more than 14,000 trauma survivors from the Oklahoma City bombing, the terrorist attack on 9/11, victims of sexual abuse, torture and more. His work with these severely traumatized people showed that HMR can efficiently, painlessly resolve emotional blocks that may be preventing the full enjoyment of a healthy, fulfilling life, even with victims of severe post-traumatic stress disorder.

Any event that completely overwhelms our ability to cope or integrate the ideas and emotions involved with that experience is a trauma. So we do not need to suffer through a horrific event like 9/11 or an earthquake to re-experience it. Often our greatest trauma comes from childhood events that set us on a lifelong trajectory without our ever realizing why.

When viewed – or re-viewed – through adult eyes, a wounding event may seem insignificant. But it not insignificant in the perception of the child, and that child-perception is what is stored in the subconscious mind.

A trauma can involve a single experience, like not being held as a child during a terrifying thunderstorm. It can be an enduring or repeating event or events, like never knowing when your father will come home drunk and hit you or your mother, or suffering repeated incest.

Our bodies have natural protective mechanisms that create an altered state of consciousness when we suffer stress and trauma, “capturing” and preserving the pain is a protective action so that we can continue to function. Painful experiences are stored in our subconscious and our body until we feel safe and ready to deal with them. But the longer we let them go, the more likely they are to create emotionally distorted ways of viewing and acting in the world, perceptions of which we are not even aware that control us and hold us back from living authentically.

In other words, our chronological age may be 48. But if we were traumatized when we were 5 years old, and those wounds were never healed, that 5-year-old is still driving the bus, controlling our choices and actions today without our knowledge or awareness. At whatever age it happens, unresolved trauma will launch us on a trajectory about which we are not at all conscious, and which limits our lives for years until



