

My TRE experience

I read all of the information on the website prior to meeting Dr Berceli and prepared myself to allow the process without judgment or analysis. Dr. Berceli guided us through a series of stretching exercises which stressed and stretched major muscle groups. The first thing I noticed was a slight trembling in my pelvic region which began to spread my abdomen. The sensation was very unusual to me and also very relaxing. As the tremors began to come and go they developed into a wavelike pattern increasing in both intensity and relief of my chronic lower back pain. Additionally I began to notice that not only was I having a body based response but I was also having an emotional release in my brain.

I stayed in the state for several minutes feeling cradled and comforted that something was slowly flowing out of my body through this exercise. The sensation was incredible, almost out of body but somehow very natural and comforting to me.

After a short while, the small trickle of emotions that I had been feeling turned into an incredible release that washed over my entire body from my head to my feet letting go everything that had been stored in my body for years. After this huge release I wept uncontrollably for several minutes allowing myself to cry and releases energy knowing I was safe and in the company of good friends. As an Army Ranger you can imagine that crying in public or in the presence of others is something that I don't routinely do but something about this exercise and the fact that it seemed like a natural response from my body allowed me to take the journey and experience the exercise as it was unfolding, without judgment or preconceived thought. After several minutes I began to fall into a deep restful sleep and I lay on the floor feeling cradled and at peace. When it was time to stand up I noticed that I felt as if I had just taken a very long run and exhausted myself pushing my body to the limits. The feeling of peace stayed with me for several days after the exercise and I now utilize the exercise anytime I feel intense life experience needs to be released for my body. In my current role I meet a lot of service members recently returned from Iraq & Afghanistan who are dealing with their own war experience. Often I'm required to help them navigate the medical care system and in order to do so I need to hear their stories and understand their injuries. The exposure to so many traumatized people and the witnessing of their life experience can be overwhelming. I use these exercises to offload any negative effects that I might feel from dealing with this population and to regulate my own life experience. If you're looking for a way to get in touch with your body and your brain without having to talk about your trauma then this is an experience you must seek out. Since my own encounter with TRE I have taught these exercises to the returning veterans that I meet. Each one of them has their own unique experience but at the core they all describe the feeling of something being released from their body and a sense of peace that they have not felt since they returned home. I have always had a good sense of balance in my life but this training has taken me to a new level of feeling and understanding the connection between my brain and how my body reacts together.

If you are a combat veteran who wants to regain mastery of your mind and body I encourage you to contact Dr Berceli. This exercise is non-invasive and is more like a performance enhancing application to optimize you're brain and body.

Steve Robinson