



*Belonging –  
Zugehörigkeit*

*TE Day #5 in Basel – 8 Dec 2018  
Henry Marshall, PhD & Marie-Paule Ricchi*

**Love is the healing power <sup>3x</sup>**

**Belonging goes better with love**

**Liebe ist die heilende kraft <sup>3x</sup>**

**Zugehörigkeit geht besser mit Liebe**

# Belonging – Zugehörigkeit

What do you want from today?

Was willst du von heute?

**Belonging** means acceptance as a member or part. A sense of belonging is a human need, just like the need for food and shelter. We are social animals. We need dignity, love, and connection.

**We need to belong.**

**Zugehörigkeit** bedeutet Annahme als Mitglied oder Teil. Ein Gefühl der Zugehörigkeit ist ein menschliches Bedürfnis, genauso wie das Bedürfnis nach Nahrung und Unterkunft. Wir sind soziale Tiere. Wir brauchen Würde, Liebe und Verbindung.

**Wir müssen dazugehören.**

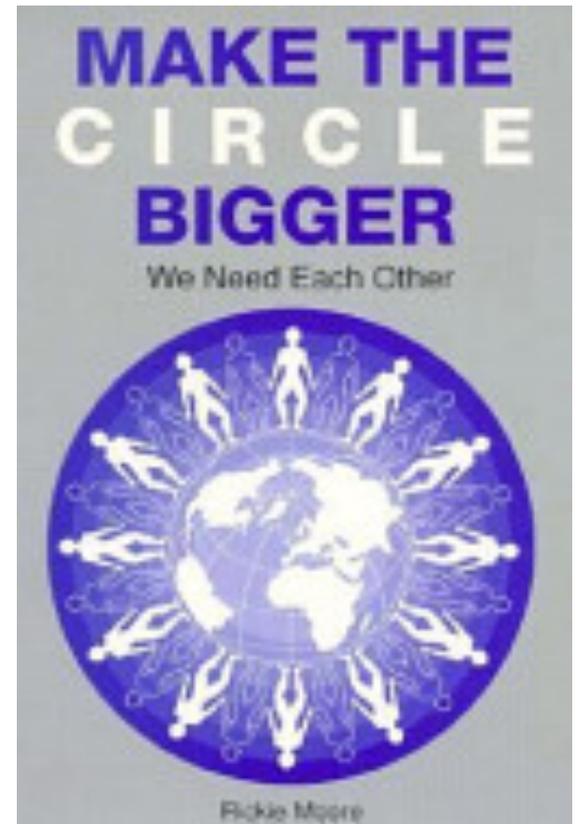
- TE's approach is to first be Centered & Connected...

Body, Mind-Emotions, Spirit

- Der Ansatz von TE besteht darin, zuerst zentriert und verbunden zu sein...

Körper, Geist-Emotionen, Seele

# SEVEN STRETCHES for a Flexible Body



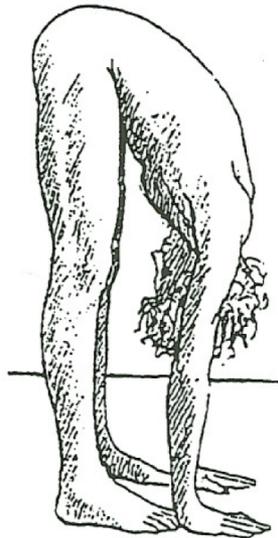
Rickie Moore

# Flexibler Körper:

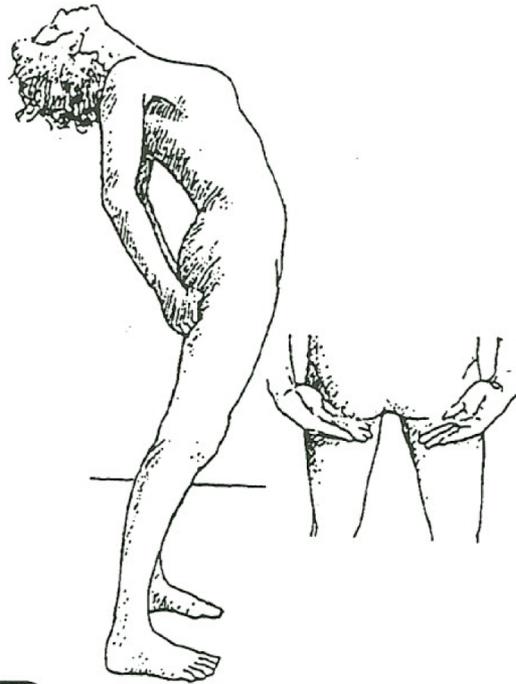
## Sieben Stretches jeden Tag



1 Zum All



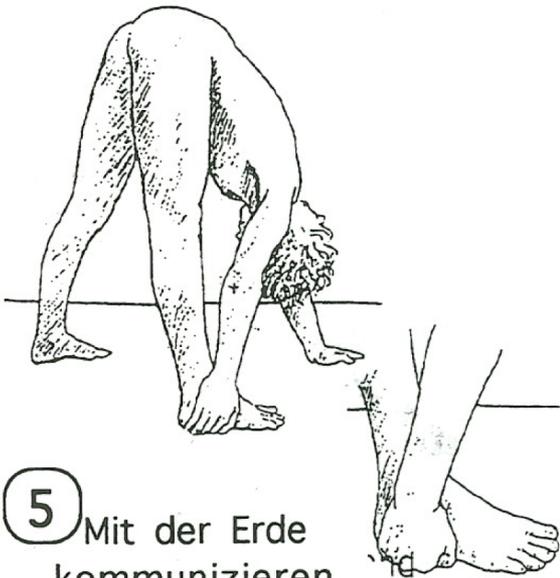
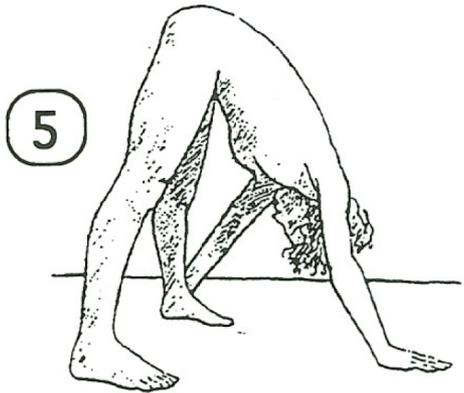
2 Zur Erde



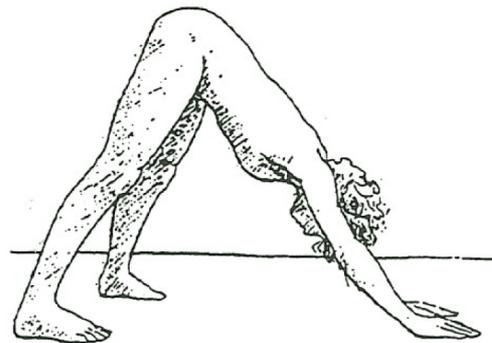
3 Zum All von meiner  
Wurzel her



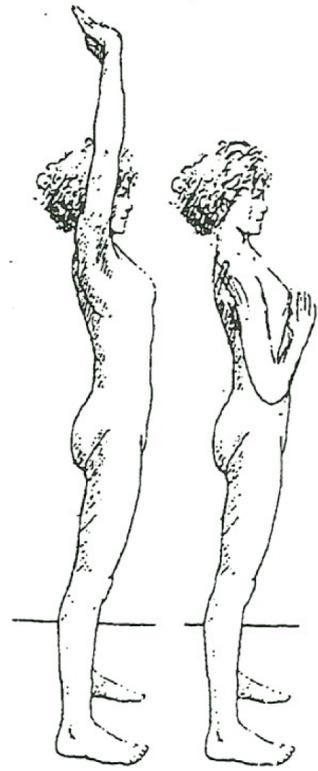
4 Zum All vom Bauch  
und Herzen her



5 Mit der Erde kommunizieren



6 Ganz im Einklang mit oben und unten

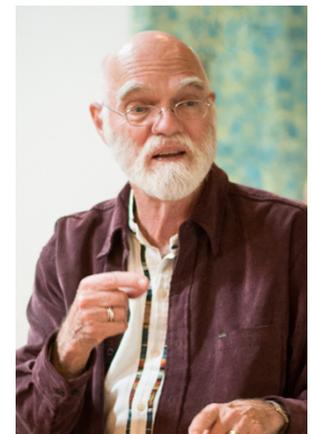


7 Der Dank

# TRI ENERGETICS<sup>®</sup>

Rickie Moore, PhD  
Henry Marshall, PhD  
[www.tri-energetics.com](http://www.tri-energetics.com)

<i>SPIRIT</i>	<i>CURIOSITY</i>	<i>INTENTIONS</i>
<i>MIND EMOTIONS</i>	<i>COMPASSION</i>	<i>WANTS</i>
<i>BODY</i>	<i>FLEXIBILITY</i>	<i>NEEDS</i>



**JAYA JAYA  
DEVI MATA  
NAMAHA**

**OM DUM  
DURGAYAI  
NAMAHA /  
OM KREEM  
KAALIKAYAI**

Q: What do you need in order to experience belonging?

A: Trust, Connection, Group Identity

F: Was brauchst du, um Zugehörigkeit zu erfahren?

A: Vertrauen, Verbindung, Gruppenidentität

PHYSICAL Trust, Connection &  
Group Identity

PHYSIKALISCH Vertrauen,  
Verbindung und Gruppenidentität

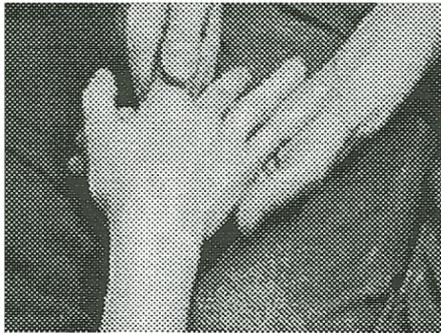
# Stress Reduction Bodywork

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**Everyone needs to reduce the stress that accumulates in the body. This Tri-Energetic intervention removes tension from the physical body, allows emotional release, and brings inner peace. It reduces stress in as little as ten minutes, and allows people to enjoy being massaged without being naked.**

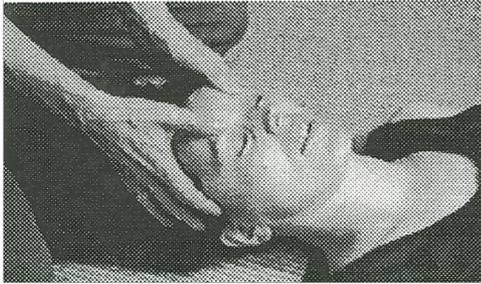
- To begin, releaser lies on a bed, floor, or mat. Helper kneels beside releaser. Kneeling on heels works well for many people, but do what feels comfortable. Encourage releaser to take some deep breaths. Helper takes some deep breaths and quiets the mind to bring full attention to the task at hand. Rub hands vigorously together to warm them and get some energy going.
- [Illustration] Helper takes the top and back of releaser's shoulder and massages deeply into the muscles (trapezius) to loosen them. Slowly go deeper and encourage the releaser to make some sounds to indicate if it feels good, if it's too hard, or not hard enough. This is an important part of the stress reduction process, so if the releaser stops making sounds give encouragement by saying, "Breathe deep and let out some sounds."



# Stress Reduction Bodywork

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- [Illustration] Helper moves down from the shoulder and firmly grasps releaser's upper arm with two hands by making a ring around it with thumbs and forefingers. Using as much pressure as is comfortable for releaser, draw this ring down the arm to the fingers in a long, slow stroke. Scrape stress off the arm as if it were thick, sticky shaving cream.
- [Illustration) At the fingers, hold releaser's hand with one hand, and with the other hand, pull the energy (stress) off each finger by holding releaser's finger between thumb and forefinger. When pulling the energy off the fingertips, helper lets thumb and forefinger snap together. Helper then shakes off the energy accumulated on helper's hands and carefully disposes of it beside the releaser. Note: plants and pets love this energy, but it's not good to throw it on people. Repeat this process several times.
- Helper may also go down the arm doing an "Indian burn," in which releaser's arm is squeezed the as if wringing water out of a wet washcloth.
- [Illustration] When releaser's arm feels cleaned of excess energy, helper takes releaser's hand in two hands and pulls it firmly and steadily parallel to releaser's body. Stretch the arm with a vibrating motion, so that the shoulder stretches away from the neck. Helper slowly increase the vibrating motion, shaking the hand and arm with a small rapid up and down movement, while continuing to pull and stretch the arm. Continue for at least half a minute.



# Stress Reduction Bodywork

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- Firmly holding releaser's hand, lift it above releaser's body and move the hand so that the elbow is bent at about ninety degrees. Move the hand so that the elbow swings loosely (like a wet noodle), insuring it is totally relaxed. Then place the arm gently at the releaser's side. Helper moves around to the other side of her body and does the other arm.
- [Illustration] When both arms are complete, helper sits behind releaser's person's head and gently but very firmly presses with both thumbs into the brow at the center of the forehead. The location is slightly closer to the eyebrows than to the scalp. Slowly spread thumbs apart, as if opening releaser's third eye. Movement is very deep, firm, and slow. It should take thirty seconds to go from the center of the forehead to the temples. As before, carefully shake off the energy.
- [Illustration] Releaser slowly and carefully, grasps both of releaser's earlobes. Massage and squeeze firmly (they can take a good bit of pressure). Helper then moves fingers to firmly massage every centimeter of the outermost portion of the ears. Again shake off the energy. Then helper places both hands on releaser's head and begins deeply massaging the scalp, as if washing the hair. Begin with slow movements, and gradually build up speed to very rapid back and forth stroke in which the hands move a few centimeters in each direction, until releaser's entire head had been washed with an energetic shampoo. [Illustration]

# Stress Reduction Bodywork

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- [Illustration] Helper gently lifts the head by taking the neck in two hands, and gently and firmly stretches the neck and head away from the body. Be careful not to put pressure on the ears when stretching the neck. Then draw the hair together at the top of the head, as much as possible (depending on the coiffure). With a firm, gentle movement, pull bunched up hair through your fingers. Pull off the last remnants of unwanted energy from the body (don't forget to shake off the energy, as before). Do this hair pull more than once, if it feels right. This is the closing movement, so on the last repetition, gently trail the fingers off the ends of the hair, dispose of the energy, sit quietly beside the releaser and remember to take a moment to be grateful for the privilege of helping someone feel so peaceful. A helper who becomes expert at this procedure, may be almost as relaxed as the releaser. p.4

MARANATHA

# BSER

## Bilaterally Stimulated Emotional Reprocessing

- Taking distance from trauma to support trust and centeredness
- Abstand vom Trauma nehmen, um Vertrauen und Zentriertheit zu unterstützen

**OM ASATOMA  
SADGAMAYA  
TAMASOMA  
JYOTIRGAMAYA  
MRITYORMA  
AMRITAMGAMAYA**

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◇ Round of “what are you taking home?”

◇ Okay sharing contact info with each other and Okay to receive email event info

**17:00 Close**

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# Resources

## **BSER -- Bilaterally Stimulated Emotional Reprocessing**

Otto Richter <http://www.humanholographics.de/>

Distancing oneself from trauma to support trust and centeredness.

## **“Seven Stretches for a Health Body” in MAKE THE CIRCLE BIGGER**

Rickie Moore <https://www.inpeacenet.com/Rickie.html>

Classic work by the founder of Tri-Energetics.

## **Tri-Energetics and Inner Peace**

Henry Marshall <http://tri-energetics.com/> and [www.inpeacenet.com](http://www.inpeacenet.com)

Events, publications, recordings, and inspiration.



curiosity

intentions

spirit

mind  
emotions

compassion

wants

needs

body

flexibility