

## Event Havening

This is used mainly for clearing up memories.

- 1 Bring the memory you want to work on into your mind. If it is already really strong ignore the next sentence and apply number 2. Step into the memory and see what you saw, feel what you felt, hear what you heard. Rate it out of 10. 10 being you feel it really strong and 0 you don't feel it all. Write the number down.
- 2 Start to Haven on your arms. You may even imagine someone kind and loving



**ARM SELF-HAVENING**

giving you this Havening as you apply it.

- 3 Count backwards from 30 in 3's i.e '30, 27, 24' etc. This is not a test it does not matter if you get it wrong. This is just to help you focus your mind on something else whilst the Havening is doing it's magic. Keep going until you run out of numbers.
- 4 Haven on your face.



**FACE SELF HAVENING**

Now bring to mind the perfect scenery, environment for you. Once you have this take your time to describe out loud what you love about this place, what you are seeing and feeling there and the sounds you may be hearing as you Haven. Let yourself do this for about 2 to 3 mins.

- 5 Haven on your palms.



Imagine the same scenery you have just described. This time you are taking a walk there. As you take each step slowly count out loud from 1 to 10. As you take each step notice how you feel more relaxed and safe in this environment.

- 6 Now take a breath in and a big breath out and when you are ready re-visit the original memory. Check what the intensity of it is now and write down the number out of 0 to 10. You can repeat the process until the memory is down to a zero.

*There are many other approaches you can use whilst Havening. Such as imagining 10 balloons on a fence and you release each balloon at a time counting out loud each one.*

*Rowing on a boat counting each stroke.*

*Walking down a beautiful staircase with 10 steps, counting each one out loud.*

*Humming twinkle twinkle little star or any other song, nursery rhyme etc.*

*Opening your eyes and moving them laterally from left to right about 3 or 4 times. Experiment and see what works well for you.*

## What is Havening and How Does it Work?

The Havening technique is a form of psycho-sensory therapy. The particular kind of touch activates electro chemicals via the skin receptors that bring relaxation and a sense of safety to the body and mind. Dr. Ronald Ruden who created Havening discovered that certain kinds of touch in particular areas of the body - the most receptive areas to the touch being arms, face and palms - activate hormones and neurotransmitters in the body such as GABA and serotonin, dopamine and oxytocin. These hormones and neurotransmitters bring about relaxation, a sense of love and connection, activate the social engagement system and regulate anxiety and mood.

The Havening also releases or inhibits the production of adrenaline and cortisol. It is these hormones and neurotransmitters that make us react in fight or flight compelling the body to react to a stressful situation. This is crucial when there is an actual threat, but many people experience these responses when there is no imminent danger at all. The mind is still believing there is a threat and the body responds accordingly. Hence why when you remember a very stressful event your body responds by flooding your system cortisol and adrenaline causing you to want to flee, run or freeze.

The Havening changes brain wave from Alpha to Delta. The state is very powerful healing state. Many meditators and healers access this state. It helps us access emotional knowings from our unconscious. It also creates deep relaxation, activating the parasympathetic nervous system, taking one out of fight, flight or freeze mode and into the sense of safety. It is a powerful state for change. When the brain waves shift to Delta something called Calcineurin is produced in the brain, which, when original memory/problem is triggered, releases something called PKM Zeta like enzyme from the Amygdala. When this is released the problem or emotional knowing is no longer accessed. It is extinct. For a lot more in depth science about this read 'The Past is Always Present' by Dr. Ronald Ruden.

The touch itself feels very comforting whether self Havening or receiving it from another. It plays a role in letting the unconscious mind of the person receiving it know they are safe. Just like when a baby is born and one of the first things he or she receives is that of the care givers touch, and with that touch comes deep relief and relaxation. All tension and fear melt away.

The Havening technique also utilises Pattern Interrupt, a type of pull out of a trance or hypnotic state, by having the person count backwards, hum a song, imagine walking etc as they are Havening. This approach also helps to prevent the person from going too deeply into a traumatic memory. A person who has experienced something quite traumatic invariably will have a window of tolerance. Which basically means that if they are feeling too threatened or scared then they will react as if what did happen is happening all over again and can either dissociate, panic or shut down. In this state it is a lot harder to create change as the person's bod/mindy is focussing all his/or hers energy on managing the perceived threat. The experience of the Havening touch and distracting the persons mind can help, very quickly, bring them back into the window of tolerance so that change can be implemented. And as the kind of touch also changes the brainwave state to Delta then the person is often much calmer and may be surprised to find that the original problem is no longer there.

*By Lizzie Bryher.*

