

## The 5 Awakenings Sequence®

The 5 Awakenings Sequence is a form of trauma release that incorporates the body's own energy system. It is an exceptional energy therapy process that shifts and releases the emotionally charged influence of old and disruptive patterns caused by bullying, trauma and abuse. It is an excellent tool for any who are subjected to coercive or controlling behaviour.

It is best described and understood as working with the same inner life force energy as Tai Chi but with specific direction, course and intent. One of the main features of the Sequence is that it engages with personal choice and subjective inner intent; building inner strength that is self-empowering and sustainable.

### The process:

1. The first part of the sequence involves drawing in pencil a representation of the traumatic situation. Note: Research in recent years has found that drawing, more than writing or other retention strategies, is a highly effective means of boosting memory. It does this without the distress of re-experiencing the trauma and helps to relate to the core of the event no matter of the passage of time. (A 2016 study led Jeffrey D. Wammes, now a postdoctoral fellow at Yale University, observed a phenomenon they termed the "drawing effect"—that illustrating always leads to the highest levels of memory recall.) <http://journals.sagepub.com/doi/10.1080/17470218.2015.1094494>

2. The second part of the process of the Sequence is an art form; colour drawing designed to correlate with specific body energy fields. This guided movement of action and drawing provides a therapeutic stimulus to strengthen the inner life force and to unblock the disruptive energy and pattern of trauma.

There are 5 sections to the colour drawing, each with specific, creative energy and intent.

1. To erase and transmute the debilitating or traumatic influence.
2. To restore self-stature and worth; to overcome and challenge any subservience or abuse.
3. To offer progression, forward movement and is a catalyst for change
4. To bring overall power and balance; to stimulate endings and new beginnings.
5. To bring protection, stability and structure to the changes.

The 5 colours used in this part of the Sequence offer stimuli within the universal concepts of the frequency of the wavelengths of colour and light

(References: Goethe ; 'Theory of Colours' 1810; and Dinshah Ghadiali 'The Spectro Chromometry Encyclopaedia' 1933. Ghadiali in a work on colour therapy discovered the scientific principles which explain why and how the different coloured rays have various therapeutic effects on organisms.)

3. The final part of the process is to rub out with an eraser the original pencil drawing and throw the paper away, further validating and confirming the removal of the trauma.

Although this may seem a lengthy process – it can be achieved within a relatively short space of time.

It is valid for on-going use for both adults and children to continue to generate and maintain inner strength.

### **It simple, safe, fast and effective!**

The Sequence is proving to be a resourceful and enabling process with outstanding and encouraging results in many cases of trauma, abuse and bullying. It is in use throughout the UK and Ireland and there is a programme in place for the universities, schools and orphanages in Iraq.

To arrange a demonstration of the Sequence please contact Rena at [fabgroup4@gmail.com](mailto:fabgroup4@gmail.com)

