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with
Somato-Emotional Release!

Somato-Emotional Release (SER) is a therapeutic technique created by Dr. Upledger and Dr. Zvi Karni to release stored energy cysts within the body's cellular memory. It targets physical forces trapped from past accidents or injuries.

During therapy, the release of these energy cysts may evoke re-experiencing of emotions linked to the original incident. However, this process signals healing progress, urging individuals to embrace and resolve these emotions under therapist guidance.



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Discovery And Practice Of Somato Emotional Release

Puja Mehta



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