

## **Tension**

Now tension is the opposite of relaxation. No one can ever relax and feel comfortable when they are tense. You must relieve and release tension in order to relax fully and completely. Talking about it won't do it. To release emotion, you have to let go. You have to feel the emotion flowing right out of you. You have to actually relieve yourself from energy by releasing it to the outside. Otherwise it will overflow on the inside and cause symptoms. That's called the organization of symptoms, the organization of energy. This excess tension leads to symptoms in the very body organs that need to be relieved of the tension.

Now, there are many ways to release tension. You can express hostility in a socially acceptable manner. You can punch a punching bag, you can beat the drums, you can paint a picture. You can throw things, beat things or vigorously clean a house. You can tear down or destroy something that needs to be torn down or destroyed. You can slash or cut up something that needs to be slashed or cut up. You can hunt. There are hundreds of ways.

Perhaps one of the best ways is through sexual intercourse. As the old saying goes, sex does relieve tension. And the more of it you have, the more tension is relieved and released. It is very difficult to find a tense person who has an extremely active sexual life. It's virtually impossible to reach five or six climaxes a day and remain tense. One just can't do it. Likewise it's impossible to run a mile, play a full set of tennis or swim the channel and remain tense. Good strong heavy physical exercise relieves tension and enables the mind, the body, and the spirit all to relax. Relaxation is good for you, but in order to accomplish it, you must first release tension. Rather than relieving tension by just one method, it's better to relieve it by all the methods combined.

Therefore, first, express whatever hostility and anger you feel in a socially acceptable way. Two, engage yourself in healthy but strenuous exercise in which you become good

and physically tired. Three, keep yourself physically fit by exercising regularly and working out. Four, make certain that you have a full and active sexual life,

seeing to it that you reach an adequate number of climaxes for you daily. This channels your emotional energy away from internal symptoms and allows you to express yourself externally in a socially acceptable manner. Now these suggestions will relieve your tension and will enable you to relax fully and completely in every way so that there is a halt to the production of internal symptoms brought about by the internalization or organization of the tension.

Now, I am going to count to five, and as I count to five, I want you to tense every single muscle in your body just as tight as it's possible for you to tense, extremely tight. One. Feel yourself tightening, tightening up. Your hands tighten up, your arms tighten up, your elbows tighten up, everything. Your legs tighten up, your feet tighten up and stiffen and every single muscle tightens. Even your neck pulls back as every single muscle tightens, and you feel yourself drawn up into a knot. Two, every single muscle tightens, every single muscle in your body tightens, tighter and tighter and tighter, pulling against each other, tightening, very, very tight. Three, you've never been so up tight before. Very, very tight and tense in every way, almost like you were going to jump right out of your skin. Four, extremely tight and tense. And now, five, very, very tense, very tense, tense as you can ever be in your life, and in a few moments, in a few moments, I'm going to clap my hands. And when I do, you're going to release all this tension completely in every way. But, you're very tight and tense right now, very tight and tense, and you'll hold on to it longer than you'd think it's possible for you to do and in a few moments I'm going to clap my hands, and when I do, you release it completely.

Now get ready to release and ..... release! (clap) Release completely in every

way and all your muscles completely relax and let go for you're going to relax completely now. Let all that tension flow out your feet and hands. All the muscles in your body completely relax in every way and you sink deeper and deeper and deeper and deeper. Deep, in the deepest, most profound hypnotic state you have ever been in before. And all these suggestions take complete and thorough effect upon you, mind, body and spirit, as you go deeper and deeper relaxed.

***Emergence your Client***