Tremoring: Explaining The Body’s Ancient Wisdom Through Modern Science? Transcript

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Introduction to David Pacelli and Trauma Release

I am so excited for my next guest and this is really my first time meeting David. He was actually it came highly recommended from somebody I really respect, Doctor Eric Robbins, who's a medical doctor and a healing practitioner, an energy healing practitioner.

And Eric said, you got to get David on the on the Global Energy Healing Summit. So I'm so excited to have David here. David's an international author, presenter and trainer in the areas of trauma prevention, stress reduction and resiliency and recovery training.

And we're going to learn about some really amazing work that David does. He's the creator of a revolutionary set of tension and trauma releasing exercises.

And so pretty much anybody on the planet has experienced trauma and most people haven't released it. So today we're going to learn about some possibilities for getting it out of our body, getting it out of our minds so we can really live amazing lives rather than being trapped in trauma.

So, David, I'm excited to have you here. David Pacelli, PhD doctor David Pacelli is our guest. David, welcome to the Global Energy Healing Summit. Thank you so much, Tom. I'm delighted to be invited on to it.

So I hope you have a good time talking about this. Yeah. You've been doing your work for a long time. You've helped so many people. Let's start out just by talking about trauma.

You know what happens when people ask what is trauma and what happens when the typical person experiences trauma? Okay. When we talk about trauma, we're talking about a large spectrum, because trauma could be a mild trauma.

Like if you're in a car accident, nobody's injured. It's just a bumper to bumper thing and you're shaken up, but everything's fine. But that still was a shock to the body and a shock to the mind.

With surprise, you weren't anticipating it. So that would be a mild trauma. And then severe trauma would be, you know, a, a death of somebody in your life, that sort of thing.

Or if you're living in political violence, those types of things. So let's look at it from a spectrum. And basically what happens is two things really engage autonomic without our consciousness at all.

When we get, threatened by something, even if it's a surprise, the body's only protective mechanism is to squeeze itself. So if you even if you start yelling at me, my body will start to squeeze as a protective device.

What Trauma Does to the Body

And right there, the brain starts to go from the ego, which is in the cortex, controlling us into what we call autonomic responses of more primitive parts of the brain.

Where my heart rate will go up, my blood pressure will go up, I might start to sweat in my palms, and I'll get anxious. All of those are autonomic responses of the human body to protect us.

There's a threat. It's going to engage everything it can to make sure we survive this threat. And that means increasing the blood flow. I don't know if I'm going to have to have the fight or flight response.

And so the body does this automatically, which is the beauty. This is actually how we survive traumatic events, which is really nice. We don't even think about it.

We just automatically do these things. So trauma is something that shocks or surprises us and in some way appears to be a threat to me. And my body activates all these instinctual mechanisms to guarantee I survive.

Yeah. And I love how you just simplified it, because I've felt that squeezing before. Right? That just that tension, that squeezing, not even in in what I would consider like highly traumatic and.

Right. But this is what I feel like overwhelms sometimes in front of my computer over Covid, because now I'm on all these and I'm just I feel this squeeze.

But but I've never heard it described that way. That is so cool. And and so what happens when the average person experiences trauma is they squeeze but they don't release it right?

Right. That's our problem. That's where we're stuck. And this is where trade comes in. These tension and trauma releasing exercises. I recognize that I also have a background in massage therapy, and it's one of the ways I work with the body.

People would come into my office with their shoulders way up here around their neck, and I'd say, how are you doing today? Oh, I'm just wonderful. I had a great relaxing day.

It becomes so chronic that we don't even know. We hold these tension patterns. Yeah. So these chronic tension patterns, like you said, just being on the internet and listening about the virus all over the planet and all the news we're getting and people are squeezing and getting tighter and tighter, well, the only way we basically have in our society is, oh, at the end of the day, I'll drink a glass of wine, I'll have a nice meal, and I'll relax.

Well, that's partly true. It does do that, but it doesn't do it permanently. It's only a temporary relaxation process, but that chronic tend to sneak back, giving you.

So what? I realized that this was after I had lived in Africa, in the Middle East for several years. So I was living in situations of violence because I was working with a nonprofit organization, and I was working with people recovering or living through traumatic experience due to violence or war.

Right. And what I discovered is that when there was some very intense, traumatic event that occurred, like a bombing or shooting or something, I would find little children would tremor in terror.

They would just shake in terror. And then when I looked around, I would see that kids who around 11, 12 or 13, you could see their body wanted to travel, but they were learning how to be an adult and they were holding back the tremor.

And then the adults didn't tremor at all. And I was fascinated by this because I knew the children was showing me something that was more natural in the human body, and that as we learn to grow up, we learn how to control or unfortunately suppress.

Yes, some of these natural mechanisms in the body. And by the time we're adults, we don't even do it anymore now. So that traveling was invaluable, because then I studied it and realized mammals do this all the time, so that mammals in the wild who live under life or death threat every day, they could be eaten.

I mean, so, but they don't suffer from post-traumatic stress disorder. And the reason they don't is because after they after the gazelle escaped the lion or whatever, it goes to the watering hole and it tremors all over its body, much like we see a dog trembling in a thunderstorm.

So we know that tremor mechanism. We see it in life, but we what we did was we, and unfortunately, we associated the tremor mechanism with the trauma or the stressor, and then the narrative we got was stopped.

The trembling and the narrative is wrong. The trembling is the healthy part of the body. Try to get us out of that contract state. So the body contracts up, which uses a lot of adrenaline to do that.

So it pulls the muscles tight. And when they get to a certain level, the body starts to tremor itself in order to reduce that contracted state. So after every event of tension, as an example, our body would naturally tremor if we allowed it to do that.

Yeah. And we inhibited the grammar so much so that we're frozen from it. So now the body has its autonomic response to protect, but we don't give it the autonomic response to release the protection.

And then we get stopped. Yeah. That is so cool. Because what what you've said, what you've told me is that the body is designed to experience trauma, kind of go through it, release it.

You've even got you know, all of our bodies are designed to do that. We're just we we've inhibited the process. You've got a really cool video that that we were talking about that I saw, I think it was from your website.

Tremoring as a Natural Release Mechanism

But a bear being tranquilizers, big, huge bear being tranquilized, which is really traumatic, like getting shot by darts and, and then paralyzed and people coming to study you and poke and prod.

And when the bear wakes up, the video is astounding because what it does, it doesn't just it doesn't just like, you know, live with this forever. It tremors and then it just goes on about its day.

It's almost like it's left it in the past versus most human beings have taken this traumatic experience and they live with it every single day because they haven't been able to release it.

Your work helps them to release it. Is that correct? Yeah. This work is actually hacking the nervous system. It's kind of funny, but it hacks the nervous system so it can go directly into the nervous system so we can circumvent the ego because the narrative we have, if I tremor in public or if I was trembling here on this talk with you, people would say, well, he's weak or he's insecure about what he's saying.

He's very vulnerable. He's afraid of what he's saying. So we would we would associate this trembling or my voice quivering with a negative narrative. But that's not true.

It's actually positive. It's the most valuable thing you could do. We should be saying, oh, look, he's trembling. That's great. He's releasing his stress, but we don't do it.

We have to rewrite the narrative of the tremor mechanism in the human body, because it is the genetically encoded mechanism to actually undo the response of the contraction.

Wow. That's amazing. And you saw that in places where there was violence and all these things going on, you actually started to notice that that is so, so cool.

Thank God. Thank God, you you picked up on that. Because that's not the narrative that most people have with tremor. Right? But think of this term. But we see that all the time in the United States when I tell people, have you ever seen anybody shake because they were afraid?

Everybody, of course. But when I was living in today and it was thrown in my face a million times by a million people. So finally, after a few years, I caught on to say, wait, maybe I should ask the question.

We're constantly trembling. Nothing is going wrong with us. We're surviving war and all this violence. How are we doing that? Because the trembling, at least in our medical model, is they would give you medication to stop it, which they do for veterans.

As an example, what's the worst thing to do? Because they're inhibiting the autonomic response of the nervous system to restore relaxation again. And so when I was in the Middle East and in Sudan particular I was living, I saw that a million times.

And that's what got me to pay attention to it, because time you can even do it here if if you're going to go on a roller coaster ride. As an example, this is artificial trauma, but people standing in line, they'll start to tremor saying, oh my God, I'm so scared.

I'm so scared. And they're trembling. Some people won't tremor until they're on the roller coaster ride and it flips over, and then the brain says, what the hell are you doing to me?

You know, there's a terrible. Or some people travel when they get off of it. Yeah. All that is was a high adrenaline child artificially stimulated by something playful, actually.

But the body still responded as a threat. It contracted and then it tremors. Its way out. And what do we do? We laugh at people. Oh, look, they're traveling.

How funny. They're they're afraid, you know, and we laugh about it ourselves as well. But it's one of the healthiest mechanisms and one of the most autonomic mechanisms in the human body.

Well, you've checked you've changed my mind already because I can now recognize patterns in me where are you know, my my father was killed in Vietnam when I was three.

I was there when my mother got the news. And and I think for so many years I just like, didn't I didn't allow myself to, you know, to, stress right to and clench up and, and I wish I would have known that, you know, I mean, not at three because I wouldn't have understood it, but even in later life, this is such a powerful technology that you've created.

Yeah. We have to reintroduce that and change the narrative. So it's accepted by not only general society, but even our medical system, where they actually encourage that or know that to happen.

When I talk to, I teach a lot of medical professionals around the world. And I'll say, when you see people travel right after they come out of anesthesia, it's the nervous system trying to stimulate itself.

If it was surgery, then obviously, even though they were next to size, the body picks that up as a life or death threat. Potentially women after birthing a child will often tremor in the recovery room.

So we see it all the time. We just have not researched it enough to understand its value. Yeah. So tremor ring ideally occurs naturally. What about people that have been clenched up and tightened up for so long where it it's not occurring naturally, you can retrain them to to bring this mechanism back into their life.

Oh it's very easy because I don't use the brain to do it. The brain is what's inhibiting it. So that's why I developed it through exercise. So there's seven simple exercises and they do two things that are valuable to activate this tremor mechanism.

They stretch the muscles a little bit and they apply a little bit of pressure. Same thing as if you were lifting, a barbell and it was a little too heavy.

You would see your muscles tremor like that. Yeah. But when you let go the barbell, it stops. Well, the way I designed the exercises is it slowly continues to increase the tremor mechanism.

The last one, when you're laying on the floor, you're actually in quite a passive state. And the body already activated the tremor mechanism. Since the body knows its value in what it's for, it then starts to travel through the body itself.

Even though you're just laying in a passive position. You can see a lot of those videos on my YouTube channel, David Pacelli, where people are just trembling, just laying on the floor, trembling, but telling you, oh my God, this feels so pleasurable.

It's really weird and strange, but it feels good at the same time. Well, it's weird and strange because the ego doesn't understand it, but it feels pleasurable because the body's loving it.

Yeah. And is when they're trembling past traumas from years or decades before are getting released. What's what's going on with it. Yeah, it's it's quite astonishing actually.

But I have people trembling even from when they were where were being birthed. And they have the umbilical cord around their neck.

How TRE Works and Releasing Stored Trauma

So I know how the body records all of this in the tissue. And it's not time related, so that when they lay down and tremor, this is really good for soldiers.

I do have a soldier tremor today. Release a trauma that happened a year ago in Afghanistan or Iraq, wherever they were. And they're astonished, first of all, that they even brought the trauma home in their bodies that night. And aware of that.

But they can tremor right now in the present moment, and it will release something from the past. But because they're doing it in the present moment, in safety, it reduces that anxiety level and the body because the body's not afraid to release the trauma.

It's actually happy to do it, actually, because all it's really releasing is tightness in the tissue. Right. And when that's released in the body, because a lot of a lot of the trauma that's created, stress in the body also creates, creates illnesses.

When when we release it now the body has a chance to heal, right? Yeah, that's a good point because when we lease, when we release stress, we actually increase the immune system because the immune system is is decreased.

The title, the stress comes in our body. They work back and forth with each other. So if I can reduce the stress of people, their immune system automatically will improve.

And this helps them with secondary or tertiary health problems that they might have. Yeah. So when they learn this process of tremor, which I'm excited to learn from you two, by the way, when they learn the process of tremor and I know you've got not just you, but you've got coaches and and courses and trainings and things like that.

Is it something that that to work through the trauma that you've held on to you, you just you go through several different sessions, and then and then you learn how to use it the rest of your life like tremors.

How does how does it work? Right. Well, it first of all, anybody could do it because we're genetically encoded with it. And you follow the seven exercises which are free on the internet for people to follow.

Now, there's a number of things here. First of all, Tom, you and I have stress from every day anxiety and stressors. That's that's what families whatever.

So you could lay down on the floor and you could just tremor at the end of the day for 15 minutes, okay. And actually decrease the tightness in your body, which lowers the excitement of the the nervous system chart.

And it helps a lot of people fall asleep. Yeah. So that part you can do simply and easily. There's nothing big about it. But if it was a major trauma where maybe, relationship was impeded or somehow challenged, then you might

need somebody with you.

Okay. Yeah. Simply what we call co regulate. How do you feel? Secure and safe. Sometimes people need somebody to witness them crying. Sure. Or witnessed that they were afraid.

And so sometimes it needs an accompaniment. But the tremor mechanism itself doesn't need anything. It could be activated alone by yourself. And then what happens?

Over the years I've watched, if people just keep going down layers inside their body because you have traumas or let's say, stressors from just this past year, but then if you had a divorce or if you had a difficult issue with a child being birth or you were in a car accident, you've got all these historical traumas that many of which are still stuck in our bodies.

I mean, and that's how we dissociate from our bodies. We don't even feel that they're there anymore. But they're very actively, still tightly holding our structure will only recognize them with their their when we start to have chronic pain, say, my back has been hurting me for three years now.

Well, there's a problem there because unless there's something physically wrong, it shouldn't be hurting you for three years. Yeah. That's interesting.

So you talk about chronic pain. Much of you know, yes, there could be something physical. So people need to get that checked out. But a lot of times they can't find anything.

Absolutely. And and so it's this holding on to things in our body, our bodies almost. It is like a, you know, we think the brain is the whole nervous system, but really a nervous system is throughout the body.

Exactly right. Yeah. Okay. Explain explain the poly vagal system, the and and how trembling aligns with that. Okay. So if you think of the poly bagel system in a simple sort of bell curve, okay, the poly bagel system says basically there there are two, vagus nerves and one is the ventral base there.

It's down here at the bottom. The bell term, that's the one we're on now. We're talking to each other. We feel safe like this. Okay. Our breathing easy. Our body's relaxed.

Now, if if we only start to argue about something, we'll start to go up that bell curve. So we'll go through this. The part of it's called the sympathetic nervous system that has the fight or flight response.

Right. We'll go through that where we get very, very serious and threatening. We'll flip over what's called the dorsal vagus nerve. That's the biggest nerve that protects us.

That's what causes the freeze, the numbness, mild dissociation. And that kicks in automatically. So that I will have because I can't run or I can't fight my way out of the response.

So the fight or flight response doesn't work. My body says what I know, what I can do. I can stop feeling, so little children. As an example, if they're living at a home, in a home that's dysfunctional, maybe with an alcoholic parent or something, and the parent gets really enraged and yelling and screaming, even if they don't hit the child, the child can't run from, the parent can't fight the parent.

So what they'll do is they'll basically mildly dissociate. They'll stop feeling, yeah, I'll get big and they'll watch, but they won't feel anything. And that accumulates over years.

So what the tremor mechanism does, since it's part of the nervous system and it's part of the parasympathetic nervous system, the one down here, the ventral base nerve, they called this down.

If there's if you're up here at the bell curve anywhere in your history, in your life trembling will start that to come down so that you'll come back down into here.

So the both of those nervous systems could be activated together.

Polyvagal Theory, Stress, and Chronic Pain

I could be calm and relaxed with you, but someplace inside of me that I'm completely unaware of, I could be frozen or mildly dissociated from my feelings.

Interesting. It will take those those components, those places inside of you. Because it works anatomically. It will start to release those and relax them.

The nervous system communicate to the brain. Then the whole thing starts to calm down. So it takes us from what's called the dorsal vagal response down into the ventral vagal response, which is what Steven Porges talks about the Pali vagal theory as a way of going back into a relaxed state after a stressful, traumatic event.

Very interesting. So you said that we can be calm and relaxed, and yet part of my body might be wired or tensed up or frozen. That's really nice thing. We can.

And so I feel calm and relaxed. But then you get some sensation or something's not right and part of your body and tremor can just even that out throughout.

Yeah, that's exactly what it does. And it's kind of interesting. Even sports enthusiasts, after they finish riding a bike, let's say for five miles or whatever, what they use their legs a lot and they tighten their legs to, to do that endurance sort of run.

And what's real interesting, if we don't tell the body it's over, it'll stay in its contracted state. So you walk into the house, you sit down to have dinner, and your legs are still, like prepared for the bicycle ride.

It doesn't go up right to do something that turns it off. See, you know how to turn ourselves on and we know how to turn ourselves off. Yeah, we don't know how to turn ourselves off around trauma.

But we don't know how to turn ourselves off just around daily life. You know that's real. When we've got our phones always there and we're always just like feeding ourself more information and and the body, honestly, I guess, you know, we don't know how to turn ourselves off anymore, especially children now.

But it's not even promoted by our culture. We supposed to be better, be faster, be the first one there, be on alert. Yeah, the whole culture is about keep that phone on.

Make sure you're the first one. Trade your stocks at the right time. You know, make sure you're ahead of the game. There's no place in our culture that teaches, at the end of the day, turn everything off and just relax so you can go back to yourself and be normal and enjoy living in your body.

That doesn't exist in our culture. I don't think people are. Many people are even aware of what it's like to live in their body. I know that's something I've had to constantly retrain myself on because we do get so caught up in, you know, they used to call it the rat race, but just just like getting things done, being an achiever, you know, go go go go go.

And yeah, this is really a great lesson for everyone listening, not only those of you listening, but hopefully you'll you'll have your younger people in your life, whether it's your children or your grandchildren.

Watch this interview. This is very, very powerful and not a message that's being widely espoused or heard these days. What's the consequence for not being able to turn yourself off and release the trauma or the stress?

Well, the biggest consequences are it's social disruption. Even in the family, the family system, there's more fighting or there's more struggling or there's more tension, and not just between the parents, because as soon as that happens between the parents, the children feel it.

No matter how much the parents try to hide it. But then you've got conflict as well in the structure. Gastro gastrointestinal problems, high blood pressure.

A lot of, the illnesses that are really it's it's not an illness, it's a secondary illness. And stress is the primary activity. The stress is the number one killer in the world right now.

Yeah, that's weakens the immune system. But then we have these secondary, tertiary, medical problems. So we get treated for those, but we're still not being treated for the stress that is creating those.

Yeah. And so that's our number one problem is stress. Yeah. And chronic pain. I interviewed Doctor Alice Lloyd who wrote the Healing Codes, and he said right at the very beginning, he said the the cause of all, illness, disease is, is memories.

Memories. Right? You know, memories that we've got trapped energy in, which is what you're talking about, being able to release the energy from that, from that, from that memory that that is being frozen with the stuck energy that's perfect from this is really good.

And this came from a marine who was working with he came back and he he did try with me several times. And his body literally repeated the, the motions that he had to go through in Iraq to kick down doors and, you know, make sure there was no enemy behind the door, etc..

But what happened was, is when he was doing theory and the tremor mechanism activated his foot, and his leg came up as though he was going to kick down a door.

And he was stunned by that. The memory is not just in the brain. We don't get it. The brain and body, although we separated them to understand the medically better, which is really good, but they don't function separately.

Actually, the brain is the entire body. It isn't just in the head. Yeah, the nervous system connects these two so intricately it's impossible to have a memory that is not somewhere in the structure of the organism.

Yeah. And the vagus nerve is the wandering nerve. That pretty much goes throughout, too. So. Exactly. Right. And so that's the nerve where we're trying to play with.

But I gotta access that nerve, without going through the brain, because time, you know as well as I do, I can say, Tom, calm down. Tom. It's okay. Relax, Tom. It's okay.

And your ego say it's not okay. It's not okay, it's not okay. And so I can't get your nervous system to calm down if I have to go through the ego to get there.

Yeah, yeah. The other part of the ego that probably gets people are helps them resist calming down. Is being strong. Tough? I can handle it. Right. You know, give me more.

Probably more in males and females. Although I'm sure females have that that that part too. And really, having people become vulnerable enough to start to tremor again.

Right. Is, is one of the big issues. Exactly. Right. It's interesting when you say strong and tough and enduring, the healthiest people are the ones who can complete the entire cycle. See?

So if I can, if I can get revved up and be strong and powerful when I need to, but then I can come home and relax and be calm and integrate and have a good night's sleep.

I'm actually healthier than the person who's just revved up and in charge all the time. They will weaken. They do weaken. That's how we see. I mean, look at all our athletes.

By the age of 32 or 33, their bodies are completely worn out. They're burned down or abused by their athletic

performance and so dissociated from their structure by taking, medications that numb their bodies to they don't feel pain.

Yeah, they actually just burn out the body. Yeah. And what they need to do after every football game or whatever they play, is to go home and figure out a way to completely relax the structure.

So they let go, and then it can develop this endurance and this resiliency. Yeah. The oldest player in the national football League as an example of somebody that has figured this out. Tom Brady. Right.

Because he knows it's not just about go go go. He has a whole regimen of releasing and lengthening muscles and not storing tension and trauma. And and he's in his 40s and he just won a Super Bowl.

So I love it versus most are just Brian Brian Brian go go go.

Using TRE in Daily Life and as a Family

And you said you know they're 3030 years old and they're done are 32 years old and they're done. Yeah, that's very true. But we could see how we're being trained socially.

Yeah. Really numb ourselves from our body and push. It is hard and as fast as we can because we'll be the winner. Yeah. And that's when you're pushing the body like that.

You're also pushing the mind, which is is just as bad. You know, Doctor John Sarno, who wrote the mind body prescription, was a medical doctor that worked a lot on pain.

He he even said he said the people that suffer the most are not the weak minded. Yeah, it's the ones that are just the strong minded that repress everything and hold everything in and and never show any vulnerability.

They're the ones that have the pain and all these things that they struggle with just because they they didn't let it go. They didn't have a process for getting it out of them.

Once they experien it. Exactly right. Those those determined mindedness people, I call them control freaks. All of us are a bit of control freak. Yeah, in some ways.

But what's really interesting when they do try and the rebel mechanism activates, they're absolutely stunned because they've something's letting go that they didn't give permission to.

Yeah. And they go through this fight between their brain and their body, their bodies doing something that their brain is not given permission to yet they're saying, what's happening? What do I do?

Can I stop it? But it's really kind of funny. I like working with these control freaks, these tightly controlled people, because if they do it, maybe just 2 or 3 times, the pleasure stimulation that comes from the body of the muscles relaxing actually convinces the ego that this is good and it lets go automatically.

So I don't have to try to convince them. I let the body and ego dialog with each other, and the body convinces it because it starts to let go and the ego starts to feel safe and says, wow, that's pleasurable.

I want more of that. Yeah, I love that. So it's actually a pleasurable experience to do this. I think some people have have frozen so much for so long that they're not even feeling anymore for the fact that, you know, new things are just kind of piling on top.

They, they've and for me, this is something I had to I had to learn how to feel again. Yeah. And I bought it because I had I had gone so long being that tough guy.

And just like the one, I was like three years old when my dad had passed away to two year old brother and a six

month old brother. And, you know, no one asked me to be the man of the house.

But I became, you know, in my mind, the man of the house, the one that had to take care of my mom and, you know, look over my brothers and and that type thing.

So, so I had I had to relearn like, what does it feel like to really feel in my body again? You I think a lot of people have probably had that issue. Everybody has that issue.

We are not trained to feel even people who meditate or do yoga a lot or do all sorts of sports, they can move the structure of the organism, but that doesn't necessarily mean they're feeling it.

Yeah. And and I think you're right. You said I had to learn how to feel again. Yeah. Absolutely true. Because we are trained even in school, in class.

Sit still, be quiet. Don't move around. Stop fidgeting. We actually train them. Dissociate from your body and listen to the teacher. But don't feel the excitement in your body wanting to go out into the playground and run around, right?

So we actually train ourselves to dissociate and know more selves from physical sensations because somehow we felt that they were wrong. Yeah. And then we suffer from this training.

Yes, we suffer for the rest of our lives. We're can we're can people get access to the, the seven, seven exercises and potentially, going to a workshop with you or are getting a coach.

Where can they find that? Okay. So they can go to the website, which is trauma prevention.com. Now that has all the list of coaches all over the world.

I think we're in about 67 countries or something. It has training programs. It has a lot of people who are giving free, sessions. Since Covid happened, a lot of the theory coaches got online and just said, all right, we'll teach you for free every Friday.

Just get on and and follow us through the process. And that's really picked up very much. And we have it in many different languages as well. So summer prevention.com is the website.

So they can get on there. And there's a video there that they click on which will take them to the YouTube channel with the seven exercises. Yeah. The other place is to go to David Sally, which is my YouTube channel.

Okay. And click on that, because then you watch people from all over the world in many different languages. I just take them through a traveling session.

Some of them live, some of them over the internet, and you watch how they travel. And then when they're done, they set up and they tell you, wow, it did this or it did that or this from this injury or that part of my history, my past.

So it normalizes for people, the traveling mechanism. And it also individualize is for people you're going to travel according to your history and your story, which will be different from the way I travel. Wow.

I love the name of your website to trauma prevention, because a lot of people think trauma is the experience, right, that, you know, you're going to have experiences that are going to be unpleasant, but it doesn't have to be traumatic, right?

You can let it go like that. Bear. That was an experience that bear would not have chosen to be shot for darts and people prodding and poking and doing all this.

But for him, it didn't turn into a trauma because he shook it off and just went about his life. Exactly. Right. Now, what's interesting about that is that I've discovered that the more that you you learn this cycle of getting tight and trimming it out and getting tight and trimming it out, which we do daily, the body develops resiliency so that as soon

as it starts to get tight, it knows, oh, I know how to get out of this.

I know, I know how to let this go. And it becomes resilient in the entire cycle of going up towards a stress or trauma and releasing it right away so that we don't hold on to it.

And we can reduce these post-trauma reactions. That's awesome. Well, I hope everybody goes to David Bocelli on YouTube and trauma prevention.com and learns this.

And, you know, see if it works for you and you have a very high success rate, I'm sure with with working with people. Yeah. It's extremely high. The only the only hesitation for anybody is like I said, if they need somebody to accompany them. Sure.

Because the trauma they're releasing, like a woman who's maybe sexually abused and you might need somebody to be safe to talk to about it. Other than that, it's quite safe to do by yourself.

Yeah, I love it. So, hey, it's been so cool having you on, David and getting a chance to meet you. And and as I said, I'm going to I want this experience.

So I'm going to work with you and and I'm going to let more people know about your work. Any final thoughts, any last thing you would like people to kind of be thinking about as they leave this interview or, or any final words of wisdom that you have for us?

Yeah, two things that I always try to remind people of when we're reducing stress. There is nothing wrong with doing it as a family. It shouldn't just be the parents doing it with each other, or they identify one child who is stressed.

The entire family system is stressed, and if we could learn to put it in our social family sort of structure, all of you could lay down on the floor and tremor together and laugh and play.

You could watch each other. You could. We can enjoy the process of releasing stress in our lives rather than taking it on as another task. Oh, I got to go release stress.

Why not make it playful and fun? And a family experience? I love that and and that that would be just so healthy, particularly for the parents. I think the kids would, you know, especially if they start younger.

It's going to be easy. But, you know, I know being a dad and mom, like, you know, we have to, you know, we can't show vulnerability. We've got to be strong and fit and fearless and and being able to do that as a family.

My kids are older now 28 and 25. That'd be interesting to do with the family now, but I wish we would have done it when they were much younger, because I would have been just so healthy for all of us to be able to do that through these years.

So yeah, David, you are a gift. We really appreciate you being on today. Thank you so much, and I hope lots of people will come and check out your work and and be able to see you and learn from your wisdom and learn these great exercises that you have.

Great. Thanks a lot, Tom. I really appreciate having been invited. It was fun. Yeah.