# Energy Psychology- The Most Effective and Rapid Stress Reduction Techniques Yet Discovered

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Like it or not, we live in a universe best described by Quantum Physics. As hard as it is to wrap our minds around it, the reality, well proven in laboratories around the world over the last ninety years, is that “matter” is not solid but is actually pure energy. This is why many forms of radiation, like gamma rays and x-rays, can pass right through the human body as if it were not solid at all, because it isn’t.

The illusion of solidity is caused by the repulsion of like charges. Atoms are surrounded by clouds of electrons, which are all negatively charged. Anyone who’s ever tried to push two north poles (or south poles), of two magnets together knows they will powerfully repel each other. Multiply that force by a million or so and you have some idea of the atomic force of repulsion of the like charges of negative electrons. These electron shells also reflect certain wavelengths of light, which we experience as the visual representation of this concentrated energy. We can see it as well as feel it.

**This repulsion we define as “solid matter”**

So if we are not solid, what are we? We are unique, infinitely complex fields of energy, and our “physical” bodies are projected representations of the unique combination of frequencies and wavelengths that makes up our energy field. We are holograms, as is everything in the universe that appears solid. Quantum Physics has provided the framework to finally understand this. Incorporating it into our daily lives, however, is another matter.

* **The Neuro*anatomy* of Fear and Trauma** – The Limbic system, located in the mid-brain, or “primitive” brain, is a complex of structures that includes the Hippocampus, the Hypothalamus, and the Amygdala.

The hippocampus is involved in the consolidation of new memories and connects them to emotions and senses, such as sight, sound and smell.

The hypothalamu*s* controls hormones, motor function, food and water intake, sleep-wake cycles and maintains homeostasis.

The amygdala is involved in the processing of emotions, such as fear, anger and pleasure. It is also responsible for selecting, processing and storing memories in the brain, all to enhance survival of the individual.

* **The Neuro*chemistry* of Fear and Trauma** – Activation of the amygdala triggers the release of ACTH, which stimulates the adrenal glands to release the excitatory hormones of cortisol, adrenalin, and noradrenalin. The brain is signaled to secrete glutamate. We all know how this cascade feels. We call it **‘Fear’**.
* **Acute Stress** - The full cascade of ‘Fight or Flight’ excitatory neuro-chemicals is released in the moment of threat.
* **Chronic Stress** – A continuous, low-level release of excitatory neurochemicals, with the full cascade held in a fully armed state, ready to be released by anything that might trigger the memory of the traumatic event, (very costly in terms of energy). Anything that looks, feels or smells anything like it can instantly release the full cascade.

* **Field Disturbance as Origin** – Quantum Physics tells us we are not solid but fields of energy. The unconscious mind and the emotions exist in the quantum field and the body is a holographic projection of the field. **Anything that disturbs the harmony of the field affects the projected holographic body.**

**Neurochemical Conversion Technique (NCT)**

**A Quantum Physics approach to disturbance in the energy field**

Because **NCT** is new, (discovered only three years ago), there are no published studies to explain why it is as effective as it is. I have used the **EFT** (Emotional Freedom Technique) studies as references because both **EFT** and **NCT** utilize the same mechanism of action.

**Working hypothesis for NCT.**

**NCT** uses the acupuncture meridians of the fore head and the back of the head, specifically the large intestine, heart and small intestine on the forehead, and the bladder, gall bladder and governing vessel on the back of the head, to send energy back to the field to correct disturbances caused by traumas that are no longer realistic threats to survival. By touching these meridians, energy is sent back through the meridian to the field. If the traumatic memory is no longer necessary or appropriate, the field will dismiss it, *instantly and irreversibly*.

The immediate effects of this energy transmission are a profound reduction in the excitatory neurotransmitters stimulated by sympathetic nervous system activation; adrenalin, cortisol, glutamate, etc., and a global release of inhibitory parasympathetic neurotransmitters; serotonin, GABA, dopamine and oxytocin. **These effects are empirically verifiable by measuring blood pressure, heart rate, CSF, etc.**

With the change in brain chemistry, the triggering thought or picture that once stimulated a cascade of sympathetic nervous system neurotransmitters is no longer seen as a threat to survival and is therefore no longer disturbing.

The feeling of release is palpable, as if a great weight has been lifted off the shoulders. When the previously triggering thought or picture is then seen again, it no longer triggers strong emotion and is only a picture, or a memory, far less clear, less sharp or focused than it was before. *The change is permanent and irreversible.*

**Why Energy Techniques like NCT work when cognitive and pharmacological approaches don’t.**

The ‘Fight or Flight’ response is under the control of the Autonomic Nervous System. Autonomic is defined as “not conscious” and “involuntary”. Why would we even think we can control it with our conscious minds?

The best analogy is the modern automobile. It has a computer, preset at the factory, to control such things as idle RPM, engine temperature, etc., which it is programmed to adjust according to multiple factors it is constantly sensing. Now you may think you are in control of your car, and it should do what you want it to do. But you cannot control those functions that are under the control of the computer, regardless of how strongly you believe you can.

To change anything, you must be able to access the computer, in its own code, or language. If the engine temperature is running too cold or too hot, you can move all the levers and knobs you want, you can logically explain why it shouldn’t be doing what it’s doing, you can apply all the force of will you want, you can say all the affirmations you want. None of it will have any effect at all.

But if you know how to access the computer, and you know the code or language to reprogram it, you can fix what’s not working quickly and easily.

NCT accesses the Autonomic Nervous System in its own language:

**Meridian Energy**