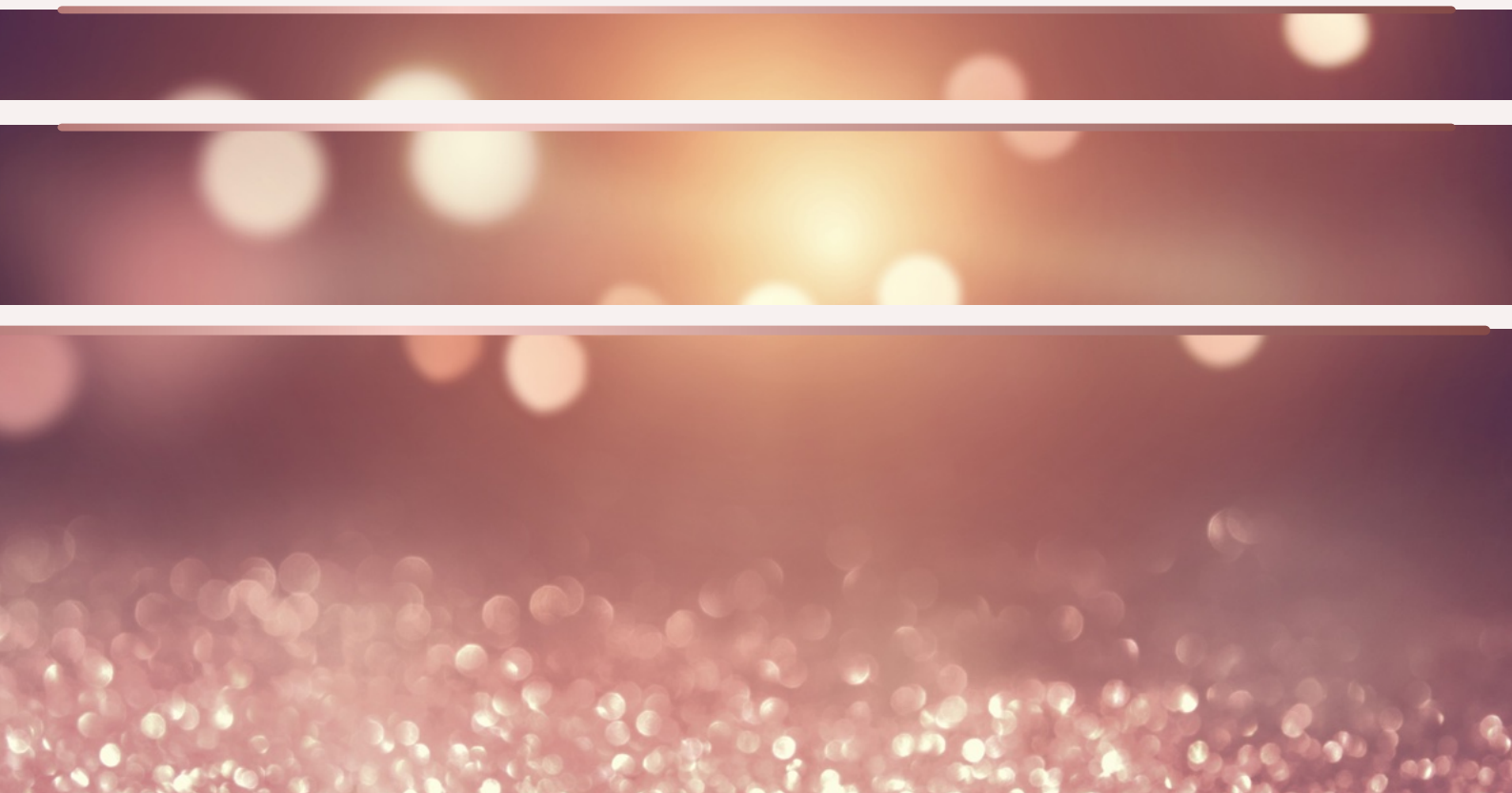


# UNDERSTANDING HOLOGRAPHIC MEMORY RESOLUTION®

**An Introduction to Using Color to Heal Trauma**

Brent M. Baum, STB, SSL, LISAC, CADC, CCH  
Lenora Edwards, M.S. CCC-SLP, CHMRP, NLP



THE GREATEST HEALTH SCANDAL OF THE LAST CENTURY IS THE PERCENTAGE OF PAIN THAT WE HOLD INTACT IN THE BODY-MIND THAT IS SIMPLY THE RESULT OF UNADDRESSED MEMORY. WE ARE ONLY NOW BEGINNING TO GLIMPSE THE POWER OF THE MASTERY OF OUR BRAINWAVE STATES.

Brent Baum

# WELCOME

Trauma is a nearly universal human experience that can derail lives in profoundly painful ways. When traumatic events happen, they overwhelm our capacity to cope and become locked into the nervous system and body where they continue to haunt people for decades. The search for effective and safe ways to heal trauma has led to exciting breakthroughs like Holographic Memory Resolution® (HMR).

Developed by Brent M. Baum, STB, SSL, LISAC, CADAC, CCH, HMR offers a way to access and assist in recoding traumatic memories at their neurological roots. This eBook explains the trauma healing potential of HMR. You'll learn what happens to the brain and body after trauma, why those imprints get stuck and how HMR techniques help to transform and release them. Whether you're a survivor, therapist or student, understanding HMR can help you reclaim your life from trauma's grasp. There is hope and a way forward.



# OUR INTENTION

The intention for this eBook is to educate and empower readers about the transformative potential of Holographic Memory Resolution® (HMR) for trauma recovery.

By offering our best understanding of HMR's science and techniques, this ebook aims to make this innovative healing approach understandable and accessible to trauma survivors, mental health professionals and any readers seeking holistic wellbeing.

This eBook ultimately envisions many more people experiencing the freedom that comes when trauma loses its grip and we reclaim our right to feel joy and possibility.

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*Trauma offers a gift by heightening  
our appreciation of how precious and  
fragile life really is.*

*It intensifies our focus and realigns our  
priorities, forcing us to examine our  
intentions on the deepest level—  
determining what is really important  
to us and helping us decide where to  
commit our energies.*

Brent Baum

# CHAPTER ONE

## Understanding Trauma

# UNDERSTANDING TRAUMA

Language, both verbal and nonverbal, is our primary means of communicating with others and understanding ourselves. From the moment we are born, our nervous system attunes to sensory information - colors, textures, sounds - that imprint deeply within our mind and body.

Long before we can speak, we are already communicating through facial expressions, gestures, tone of voice, and energy. Even after we develop our verbal and written language skills, our nonverbal language remains a powerful form of communication.

Trauma encodes in these nonverbal languages that are innate to our nervous system. When overwhelming events occur, the sensory elements - images, physical sensations, emotions - fragment and freeze within the mind-body. Though the conscious mind may forget, the nervous system retains the trauma encoded in its own somatic language.

To facilitate deep healing of trauma, we must learn to speak fluently in the survivor's own language of encoding. Holographic Memory Resolution® (HMR) bridges this gap by accessing the unique sensory, bioenergetic language of the survivor's subconscious mind.

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*When we understand the languages that shaped our nervous systems and how trauma was encoded within them, we not only regain our power; we also reclaim the abilities to help and heal ourselves.*

Lenora Edwards

# UNDERSTANDING TRAUMA

*Most people hear the word “trauma” and immediately respond with: “I don’t really have much ‘trauma’ compared to most people,” or they think only of the extremes of the trauma continuum: sexual abuse, physical abuse, serious accidents/injuries, deaths, etc. My ongoing work with over eight thousand trauma survivors paints quite another picture. Indications are that we all carry numerous encodings of such negative affect and that these stored memories form the foundation of our spiritual, mental, emotional, and physiological blockages (and diseases).*

Brent Baum

We all carry countless encoded memories of experiences that overwhelmed us and felt negatively charged. These moments, big and small, become stored in our mind and body and form the foundation for many of the mental, emotional, and physical issues we face today.

The research behind HMR shows that this ability to freeze and encode distressing events likely evolved in our ancient ancestors as a survival mechanism. By capturing traumatic moments in memory, the body-mind would store this warning, seek to prevent relive and learn from dangerous situations in order to survive and pass this wisdom on to the next generation.

HMR provides the tools to help resolve the wide range of upsetting memories encoded during life, from an early childhood accident to the pain of divorce or illness to even intergenerational trauma passed down from our ancestors. By clearing this backlog of incomplete experiences, we can be freed from the conditioned responses and dysfunction of our past.



# UNDERSTANDING TRAUMA

Trauma is the emotional, psychological and physiological fallout from an event that our nervous system views as profoundly distressing, disturbing or overwhelming.

It could stem from a major one-time incident like an accident, assault or disaster. Or it could come from chronic situations like childhood neglect, domestic violence, bullying, severe illness or other ongoing threats.

Whatever its source, trauma overwhelms a person's ability to cope and throws the nervous system into a reactive state of fear, panic and helplessness. The body-brain gets stuck in emergency "fight, flight, freeze" mode long after real threats are gone. This has devastating effects.

When trauma happens, it activates the brain's emotional center called the amygdala. This triggers a flood of stress hormones like adrenaline and cortisol. It also shuts down connections to the thinking centers in the prefrontal cortex.

As a result, in that moment the person becomes overwhelmed by primal survival emotions like terror, rage, or collapse. Their thinking brain goes offline so they cannot think their way out of it.

Over the long-term, trauma literally changes the brain's structure and functioning. The hippocampus, vital for memory and context, often shrinks. The prefrontal cortex loses connections to the emotional centers.

This makes it hard for logic to regulate emotional reactions anymore. The person remains vulnerable to being flooded by emotions coming from the trauma imprints. Their stress hormones keep firing too much, leading to anxiety, depression, addiction, chronic pain, and other disorders.

# UNDERSTANDING TRAUMA

Trauma results when an experience overwhelms our capacity to cope and causes a sense of fear, helplessness or horror. It impacts us on many levels:

- **Physically:** When trauma occurs, stress hormones flood the body. Our heart races, muscles tense, and breathing becomes rapid and shallow. This activates the fight-flight-freeze responses hardwired into our nervous system.
- **Emotionally:** Painful emotions like rage, terror, shame, grief and despair often accompany trauma. They shatter our sense of safety and trust.
- **Cognitively:** Trauma can impact how we think about ourselves, others and the world. It can lead to negative thought patterns.
- **Spiritually:** Trauma often leads to a loss of meaning, purpose and connection. It can shatter spiritual beliefs.
- **Relational:** Trauma strains our relationships with others. It creates distrust and difficulty with intimacy.

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Unresolved trauma leads to lasting problems like post-traumatic stress disorder (PTSD), depression, anxiety, addiction, chronic pain and illness. It continues to impact us until the memories are integrated.

The good news is the human system has an innate capacity to heal and release trauma. Understanding how trauma gets stored in the body-mind is the first step.

*Much that is so easily labeled illness is the shadow of memory imprinting in the bodymind. When we “emotionally reframe” certain experiences and bring light to these moments of pain, we discover that they often diminish and may even resolve when the flow of consciousness is fully restored.*

Brent Baum

# CHAPTER TWO

How the Body Experiences and Stores Trauma

# HOLOGRAPHIC ENCODING

Memories are stored in a holographic fashion, meaning that every piece of the memory can trigger the whole. Every memory has multiple means of access: a smell, sound, sensation or color. This is like a hologram in physics, where even a small fragment retains the entire image.

Traumatic memories get encoded in a similar manner. The brain records sensory snippets - images, sounds, smells, body sensations - that each contain the full emotional and physiological imprint from the trauma.



Fortunately, in the physical body, pain is often stored more site-specifically and is not distributed equally throughout the system. This has been termed “holonomic” memory since it follows the basic rules (Greek: *nomos*) of a hologram but enables our pain to be more locally contained. The pain doesn’t occur everywhere. This enables us to continue functioning in the face of trauma.

The fundamental, holographic nature of perception, however, explains why, years later a sight, smell or feeling can instantly evoke the original traumatic response and even cause a re-live of the whole event. Each fragment of the traumatic memory retains enough data to activate the full-blown reaction.

There is no need to sequentially recall every detail. The holographic essence captured in the fragment brings the entire trauma back online.

This is adaptive in the short term by allowing quick threat reaction. But long term it leads to the past continually hijacking the present.

Brent Baum explains this for us when he confirms that our conscious mind here today is 5% of our awareness and functions in linear time: aware of our history, our date and current year. It is like our head above water. The 95% subconscious mind, however, is non-linear and exists below water, protecting us via these holographic containers of pain that are randomly floating about and are all easily accessible through any holographic fragment; they are all perceived as having happened a mere millisecond ago and bring us instantly back to an earlier place and time, subverting our good intentions and bringing us back into protection mode. Part of our inherent design is to pause our space-time perception until we are ready to deal with it; we were just never taught how to retrieve those parts of us trapped in the protective holographic containers of the past. We are now able to do this.

## The key things that happen in the body-mind during an overwhelming experience.

01

### THE AMYGDALA SIGNALS THREAT

The amygdala is an almond-shaped part of the brain that detects threat and triggers the fight-flight-freeze response. It takes over when experience becomes too much.

02

### INFORMATION PROCESSING CHANGES

The prefrontal cortex, used for higher thinking, goes offline. The right brain, handling imagery and emotions, takes over.

03

### THE NERVOUS SYSTEM SHIFTS

The sympathetic nervous system activates, flooding the body with stress hormones like cortisol and adrenaline. The parasympathetic nervous system quiets.

04

### STATE DEPENDENT MEMORY FORMS

The sights, sounds, smells and bodily sensations of trauma get encoded along with the difficult emotions into what is called state dependent memory. This is an implicit, right brain memory that contains the traumatic experience.

05

### DISSOCIATION OCCURS

We detach from what is happening as a protective response. This allows the experience to become frozen in its own little capsule in the nervous system and unavailable to the thinking brain.

06

### THE TRAUMA IS TIMELESS

The state dependent memory of trauma holds the experience in a timeless realm that remains constantly present, even though the event is in the past. This is why trauma feels like it is always happening now.

07

### SOMATIC CUES TRIGGER REACTIVITY

Because trauma is stored in the body, it leads to somatic triggers that cue traumatic responses. A sound, smell or other sensation related to the event can instantly trigger feelings and reactivity as if the trauma is happening again.

# HOW TRAUMA REWIRES THE BODY

Trauma changes the body's very wiring. When something overwhelming happens, stress hormones like adrenaline, cortisol and norepinephrine flood through all the tissues.

These chemical messengers travel everywhere and alter connections between nerve cells throughout the entire body. The nerves and neural networks essentially get reprogrammed to react exactly as they did in the original traumatic situation.

After the traumatic event, the body has become wired to instantly trigger the same racing heart, clenched muscles, anxiety and panic that occurred during the actual trauma.

Even when the original threat is long past, the body holds onto these trauma memory patterns imprinted by the stress hormones. Now any small cue reminiscent of the trauma - a particular sound, smell, visual scene - can automatically set off full-blown physiological arousal and emotional distress.

The body keeps reacting as if the trauma was happening all over again. These engrained sensory-emotional patterns are what we call somatic memories. The trauma gets laid down not just in the brain but throughout the entire body.

It leaves its imprint on the very fiber of our being. In essence, the body itself holds emotional memory that keeps people stuck, reacting to the past traumatic experience as if it was still present.

Together these three processes keep traumatic memories agitated in the body-mind and promote reactivity.

***Transforming these imprints is key to healing.***

*Childhood trauma can lead to an adulthood spent in survival mode, afraid to plant roots, to plan for the future, to trust, and to let joy in. It's a blessing to shift from surviving to thriving. It's not simple, but there is more than survival.*

Unknown

# CHAPTER THREE

The T-1 Moment - When Trauma is Encoded

# WHAT MAKES THE DIFFERENCE BETWEEN A PASSING EXPERIENCE AND LASTING TRAUMA?

It comes down to what happens at the peak protective moment prior to overwhelm, termed "T-1": (trauma minus one millisecond- a term coined by David Grove, a psychologist from New Zealand) the pre-trauma, pre-overwhelm instant where consciousness freezes to protect us.

At T-1, the brain markedly shifts how it encodes memories to preserve itself. The emotional brain hijacks awareness as a protective mechanism, splitting off the trauma experience.

It locks the experience into a neurological "lock box" stored in the body. This container includes all sensory information – visuals, sounds, smells, physical sensations – as well as the intense emotional charge present at T-1. It seeks to protect us by freezing all perception and pain at the moment prior to complete overwhelm.

*HMR accesses T-1 through the body-mind at the moment prior to complete overwhelm and helps to clear it gently. This can enable even severe trauma to release safely over time.*

Conscious encoding stops as this trauma capsule gets buried. The sights, sounds, sensations, emotions and beliefs of the experience get trapped protectively at the instant before the nervous system is completely overwhelmed.

Long term, brain structures also change. The amygdala then becomes hyperreactive, constantly on alert for threats. The prefrontal cortex loses connectivity with the limbic system, the seat of emotions.

Stress hormones keep flooding the system, leading to issues like PTSD, anxiety, depression and more. The goal of trauma healing becomes clearing the T-1 imprint.

*Painful experiences in our lives precipitate an "encoding" of the overwhelming feelings, resulting in the storage of "trauma." This takes place in a single millisecond of time, capturing all of the sensory data, feelings, and perceptions of the overwhelming experience. This encoding process is subconscious and automatic. There are two primary levels of encoding of trauma: Level 1 - the single, discreet moment or instant of overwhelm or abuse, and Level 2 - the blurring and repetition of abuse or overwhelm that results in patterns, archetypal imprinting, and even subpersonalities or "parts". Most individuals can routinely find both in their history.*

*Since the 1970s and the work of Milton Erickson, we have known that trauma precipitates a spontaneous state of self-hypnosis that binds us to the emotional pain of the event. From the moment of induction forward, we need only to tap into such holographic (the exact term for such memory encoded in the physiology of the body is "holonomic" – the term coined by Karl Pribram, the neurophysiologist) encodings to trigger and resurrect the original feelings. Such feelings, once encoded, often become primary and supplant our efforts to remain in a calm and peaceful state of mind. In other words, overwhelming emotional experiences induce a natural hypnotic state as a way of trying to contain our pain and foster survival.*

*These trance states form the basis of a significant percentage of "disease" and pain in the bodymind. We tap into many such trance states in a single day, given the holographic nature of our memory. (See: Trances People Live, by Stephen Wolinsky, Ph.D.) In physics, every fragment of a hologram contains the whole image. (See: The Holographic Universe, by Michael Talbot). Similarly, each fragment of our encoded traumas contains a link to the original trance with its powerful feeling content and can resurrect the original pain within milliseconds.*

BRENT BAUM

# T-1 MOMENT

## Scenario

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John is running to catch the bus home after school. He sees it pulling away from the stop up ahead. Desperate not to miss it, he sprints full speed across the street without checking for cars.

In his periphery, he suddenly notices a van headed right for him. Time seems to freeze. In that split second before impact, John's brain activates survival mode -- his T-1 moment.

The amygdala hijacks his senses, flooding his body with adrenaline. Muscles tense, pupils dilate, hearing sharpens. Automatic urges to fight or flee take over. The thinking prefrontal cortex goes offline.

John's only thought is that he's about to be hit. In that suspended instant before the van strikes, his nervous system etches sensory imprints into his brain and body - the sound of squealing brakes, sight of the looming vehicle, and smell of burning rubber.

Though the impact turns out to be minor, this T-1 encoding of nearly being crushed stays with John. For years after, when cars speed by, he re-experiences those same bodily sensations of panic and desperation imprinted right before his trauma. The T-1 moment never fully integrated, continuing to hijack him on repeat.

# T-1 MOMENT

## Scenario

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The 9/11 attacks would be a very relatable and impactful example to illustrate the T-1 moment. Here is one way to walk through a 9/11 T-1 experience:

On the morning of September 11, 2001, as the hijacked planes approached the World Trade Center towers, nearly 3,000 people arrived at work unaware of what was about to happen.

At 8:46 AM, American Airlines Flight 11 crashed into the North Tower between the 93rd and 99th floors. In the seconds before the plane hit, as people spotted it barreling towards them, they experienced the T-1 moment.

In that sliver of time before the plane collided, the brain's emotion center hijacked all conscious thought. The nervous system flooded with adrenaline, heart racing, muscles tense. For many, the impulse was to run. But within seconds, it was too late and the plane exploded into the building.

The T-1 moment etched itself into survivors' minds and bodies with all the horror and helplessness right before impact. Many relive that moment over and over, unable to integrate it. Even now, small triggers like aircraft noises thrust people instantly back into their T-1 reactions of panic and hypervigilance encoded that morning.

# T-1 MOMENT

## Scenario

Imagine a child eagerly eating her dinner after a busy day of school and play. Her parent looks over with a disapproving frown, asking in an angry tone "Do you really need that second helping? You've had enough."

In the instant before the criticism impacts, the child experiences the T-1 moment. Her emotional brain takes over, time seems to freeze. Thoughts race -- is something wrong with me? Did I do something bad? Shame and fear flood through her.

The girl's nervous system senses a threat and pours adrenaline into her body. Muscles tense; heart pounds; breathing shallows. In that split second before feeling overwhelmed, these protective responses imprint into her mind and body.

Though less dramatic than a plane crash, this T-1 imprint of shame and self-judgment etching into a child's neural networks can ripple through her whole life. Food and weight become a minefield, sparking panic. The encoding contains a young part of her frozen in that moment, bracing for a scolding.

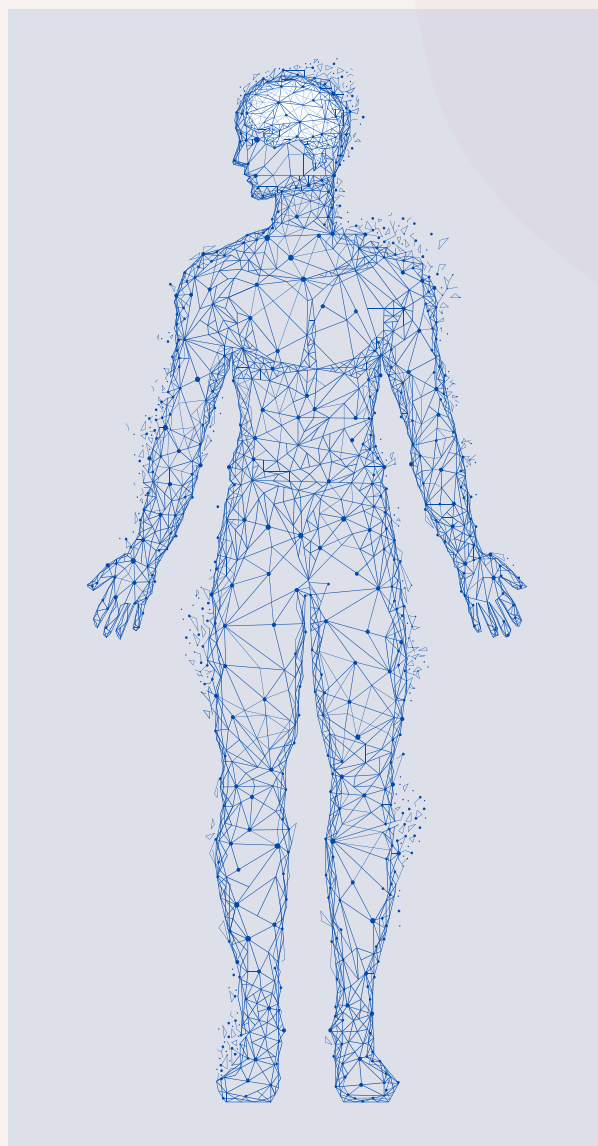
Years later, even small reminders like glancing in a mirror can cue the T-1 bodily sensations of not being good enough. The emotional brain takes over, hijacking logic and objectivity. Trauma lives on through the imprinted moment before overwhelm.

# INSIDE THE T-1 MOMENT

In the split second before trauma's peak, the mind and body are flooded with sensations. Yet, paradoxically, many also describe a sense of calm or numbness washing over them as endorphins and enkephalins protectively flood the system.

It's as if time itself slows while the nerves work in overdrive to etch the experience into memory. Some feel they drift into a dreamlike state, numbly watching the event unfold. Though facing overwhelming danger, there may be a sense of detachment or surrender.

The brain is frantically encoding memories with lightning speed behind this veil of calm. It selects the most critical elements - the essence of what's happening - to imprint and contain for protection. This memory capsule will continue replaying until the experience can be fully integrated.



*We are finally learning to respect the power of the mind. HMR is one such resource, and a powerful one, for teaching us of our self-healing ability.*

Brent Baum

# CHAPTER FOUR

## The Body-Mind Trauma Container

# THE BODY-MIND CONTAINER

Even small triggers can briefly crack open the lid of this locked box, unleashing fragments of the traumatic imprint into consciousness. These manifest as flashbacks, panic attacks, allergic reactions, pain and emotional reactivity as the nervous system regresses back to the overall state present during the actual traumatic event. But the box quickly re-locks to prevent total overwhelm.

Holographic Memory Resolution® and related modalities work skillfully with the body-mind's innate trauma containment system. The goal becomes gradually unlocking the box in a titrated way so the trapped contents can be processed and released bit by bit as one is able to integrate them. This restores healthy functioning rather than avoidance.

We now understand how the nervous system automatically isolates overwhelming imprints in a locked box of trauma. We can explore how HMR utilizes this model to safely resolve old T-1 imprints contained and cordoned off from daily consciousness.



*The key is working with the body-mind's natural trauma processing capacity to gently unlock the box, discharge the imprints trapped within, and restore integration.*

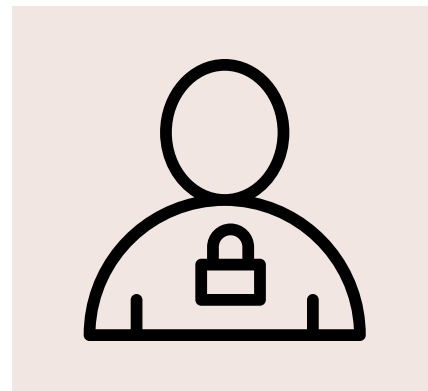
*This provides deeper resolution rather than just coping with the traumatic residue or merely managing the accompanying symptoms.*

# THE BODY-MIND TRAUMA CONTAINER

Traumatic memories become sealed in a metaphorical "lock box" created automatically by the nervous system. This box isolates overwhelming imprints, keeping them active yet walled off from daily consciousness.

The box encapsulates the traumatic imprint in its original encoded form, fused with the stressful physiology present at the moment of encoding - the racing heart, adrenaline surge, muscle tension, cortisol flood and other activation chemicals.

Within the box, the imprint perpetuates the precise psychosomatic state of danger present at the moment of encoding, trapped in its overwhelmed condition, yet blocked from integration.



Though its contents keep pushing for resolution, the box remains locked until the psyche can process it safely. Imprint fragments momentarily erupt when triggered then get isolated once more. This containment system serves an important protective purpose. But the perpetual isolation exhausts mental resources over time.

# FINDING THE LANGUAGE TO REWIRE YOUR BODY

Color perception is one of our earliest languages to establish safety outside the womb and precedes language in our development. The colors you use to create your memories are unique to your Quantum projector.

Brent's work with NASA and Tom Sever, NASA's archaeologist, confirms that manmade objects have a "unique spectral signature." A human memory is, therefore, a highly specialized set of frequencies (colors) which capture our positive and negative experiences. A traumatic memory, however, is missing certain frequencies.

Even a child turns to black and red (the minimal frequencies) to depict their trauma scene in art therapy. If you have them "correct" the image and make it safe, they redraw the picture adding their bright, missing frequencies.

When a color, sensation or fragment from the "corrected" holographic image is moved through the site of encoding, the fragmented scene is "completed" and the colors combine in physics to create "white light" – totality, safety, and completion.

The holographic fragment from the corrected image contains the missing frequencies. And at this moment when the missing frequencies are added, memory-based pain diminishes or resolves.

# FINDING THE LANGUAGE TO REWIRE YOUR BODY

By entering your personal colors (brainwave frequencies) and proving the capacity to create safety and move/breathe them through your body, the lock-box accepts your biogenetic password. The memory-based pain or content can be discharged from the box and is no longer needed once safety has been established.

We may still have to deal with certain physiological and emotional effects from carrying the trauma or even permanent damage to the system, but the lock-box empties. Gentle titration through the breathing of color is preferred, but some discharges are instantaneous, as though we have been waiting a long time for proof of safety to release our pain attachment to the captured event.

Since a trauma is, as we have stated, a frozen state of consciousness encoded at a moment of pain, certain frequencies were missing at the moment of overwhelm and forced protective containment. This container may be fully known, partially recognized or even fully repressed and hidden to protect the system. Since the body, however, always remembers, its presence is revealed through its activation triggers.

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*HMR functions by demonstrating our capacity to complete the “negative” or incomplete emotional charge that was locked into the scene, the nerve centers, and fields of our bodies at the moment of the trauma's encoding. There is no need to relive the images and affect of a traumatic event in order to release it.*

Brent Baum

*What began in my mind as a question about the possible rapport between physiological pain and memories is no longer hypothetical and the repercussions for our treatment of diseases are tremendous.*

*There has existed a fundamental bias regarding the interface between the origins and treatment of disease in the physiology of the body and respect for the precipitants that occur from our emotional experience and their imprinting in the bodymind.*

*Over the last decade I have witnessed many occasions when clients demonstrated the origin of their disease experience in memory, and, by addressing the memories, have resolved the symptoms that were so readily labeled "illness." The empirical data is forthcoming.*

*But do all diseases originate in memory? The verdict is still out on this question, but the data is pouring in.*

BRENT BAUM

*Neuroscience research shows that the only way we can change the way we feel is by becoming aware of our inner experience and learning to befriend what is going on inside ourselves.*

Bessel Van Der Kolk  
[www.besselvanderkolk.com](http://www.besselvanderkolk.com)

# CHAPTER FIVE

## Releasing Trauma with HMR

# HMR LEVERAGES HOLOGRAPHIC MEMORY

One of the key principles that HMR utilizes is the holographic nature of memory and trauma imprinting. This allows traumatic memory networks to be gently accessed and cleared through introducing small, tolerable fragments.

We now understand that when overwhelming experiences occur, they get encoded into our nervous system and tissues as a holographic snapshot. Like a hologram, every fragment of the traumatic memory contains a reflection and imprint of the whole trauma sequence.

HMR leverages this phenomenon to carefully introduce small slivers and glimpses of the traumatic memory. Even just a tiny fragment naturally activates and brings forward the entire trauma sequence encapsulated in the body-mind's container.

This allows the full associated network to arise for clearing in a holistic way, without having to overwhelm the psyche all at once by introducing the entire traumatic memory. Just a small tolerated part unlocks and accesses the whole when working with holographic memory.

# THE BODY-MIND TRAUMA PROCESSING

Another key principle of HMR is relying on the innate wisdom and intelligence of the body-mind to determine the optimal pacing and unfolding of traumatic memory release.

Through tuning into very subtle body cues during the process - such as sensations, emotions, imagery, areas of tension - the body reveals where traumatic imprints are being held and how much is ready to be released from the container at any given time.

Carefully tracking these real-time bodily indicators allows just the right amount of memory material to surface for integration according to the body-mind's guidance.

If sensations or intensity levels start to become too high, the body naturally re-seals the container to prevent overwhelm. HMR helps guide the individual to work very gently within these natural rhythms and patterns guided by the body itself.

This makes HMR an empowering, client-centered approach. The body-mind is able to steer and moderate the pace of its own trauma processing and release. This ensures the person is not re-traumatized by releasing more than the nervous system can handle at one time.

# FOLLOWING THE BODY'S INTELLIGENCE

As pockets of trauma are slowly brought forward and cleared through this process of introducing small memory fragments and allowing the body-mind to titrate the release, it naturally creates a domino effect. Each clearing assists in unlocking and providing safe access to more and more layers of associated imprints and material sealed in the various containers.

This leads to a gradual unraveling and potential clearing of the trauma networks in a holistic way, beyond just symptom relief or management. The body-mind itself knows best how to systematically unravel and unwind its own multi-layered trauma patterning that has accumulated over time.

Rather than imposing any external structure, agenda or protocol onto the processing of trauma, HMR helps create optimal conditions so the body's innate wisdom can liberate its own traumatic residues trapped within its cells, tissues and energy fields. This enables the mapping and “unwinding” of complex trauma patterns intricately coded within each individual's unique history.

This provides a gentle, empowering pathway to rediscover wholeness and new levels of thriving, as decades-old trauma imprints are discharged from the places they have silently resided within the body.

*Beneath the surface of the protective parts of trauma survivors there exists an undamaged essence, a Self that is confident, curious, and calm, a Self that has been sheltered from destruction by the various protectors that have emerged in their efforts to ensure survival. Once those protectors trust that it is safe to separate, the Self will spontaneously emerge, and the parts can be enlisted in the healing process.*

Bessel Van Der Kolk  
The Body Keeps the Score

# CONCLUSION

# CONCLUSION

Trauma imprints sealed in the body-mind continue exerting their influence beneath the surface until they are finally released and integrated. However, with the right understanding and tools, innate healing is possible.

As we've explored, the human system has an amazing capacity to process, integrate and oftentimes clear even decades-old traumatic memories and their lingering emotional charges through natural rhythms of discharge and titration.

The key is accessing this innate trauma processing capacity gently, working with rather than against the wisdom of the body. Attempting to force open the trauma container all at once often backfires, causing retraumatization rather than healing.

HMR offers a powerful yet gentle approach to help unlock the body-mind's natural self-healing abilities around trauma. Through following the body's lead, and leveraging the holographic nature of memory, true transformation can unfold.

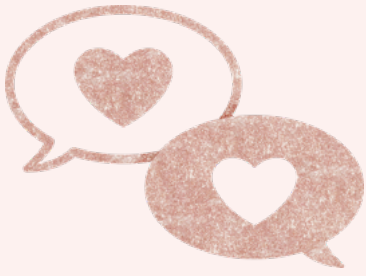
As pockets of old trauma imprints are discharged from the nervous system, symptoms such as anxiety, depression, PTSD, addiction and chronic pain often diminish significantly. A sense of wholeness, inner peace and emotional stability emerges.

# CONCLUSION

While the journey of healing trauma is a progressive process, many find liberation from clearing the emotional attachments that bound them so intimately to their traumatic memories – keeping them stuck for decades and negatively shaping their self-image and quality of life.

True healing works from the inside out, catalyzed by the right conditions. The powerful techniques of HMR offer one avenue to create these conditions so your inner physician can do its work, unencumbered.

We hope this ebook has illuminated some of the immense innate capacity for trauma healing we all hold within and how practices like HMR can help activate it - transforming suffering into newfound freedom and full thriving.



# Q AND A

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## **Q** How does HMR work?

HMR is a gentle, body-centered technique that helps release the physical and emotional attachments to trauma imprinted in the body and nervous system. It utilizes the holographic nature of memory to introduce small fragments that activate the full memory network for holistic clearing. The body's innate intelligence guides the pacing so just what is tolerable emerges from the trauma container at one time. This allows the pain attachments of traumatic memories to discharge and finally integrate.

## **Q** What happens in a typical HMR session?

While HMR does involve accessing a relaxed, inward-focused state similar to hypnosis, the key difference is the client remains fully present as their own guide. The client learns to send their imagery and emotions through the body to discharge old trauma imprints. This makes it a deeply empowering process.

## **Q** Is HMR like Hypnosis?

While HMR does involve accessing a relaxed, inward-focused state similar to hypnosis, the key difference is the client remains fully present as their own guide. Rather than relying on the hypnotist's suggestions, the client learns to send their own energies, imagery and emotions through the body to discharge old trauma imprints.

## **Q** Are results from HMR permanent?

For many people, a single HMR session can lead to profound and permanent improvement as key traumatic memories are reframed. For those with more extensive trauma, multiple sessions allow layers to steadily peel away as the body reveals what it is ready to release. Skills are provided to continue clearing trauma between sessions. Over time, true holistic healing unfolds.



## **Q** How is HMR different from therapy ?

HMR directly accesses the body's stored memories and felt sense using holographic memory principles, rather than relying solely on cognition and discussion. Many find that talking alone cannot fully reach and resolve old trauma imprints held in the cells and meridians of the body-mind. By utilizing our own brainwave signals as color, HMR helps to prove safety and address the precise moment of the trauma's inception, addressing pain at a core level. Talking alone focuses more on conscious understanding and coping skills. HMR clears trauma somatically. The two can powerfully complement each other.



# Q AND A

## **Q Who can benefit from HMR?**

HMR can generally assist anyone who has unresolved memories, trauma, pain, anxiety, limiting beliefs, or other issues tied to difficult past experiences. It is suitable for both recent and long-ago events.

## **Q How do I know if a traumatic memory is affecting me?**

Signs can extend from emotional distress to vivid flashbacks, upsetting dreams, heightened reactions to triggers, unexplained anxiety or depression, and physical tension or pain linked to the event.

## **Q What happens in an HMR session?**

While gently identifying and accessing your emotional triggers, you are encouraged to re-visualize the trauma event with a peaceful new encoding or outcome using breathwork and personal imagery to transmit safety to the relevant pain sites to achieve discharge.

## **Q Can HMR help if I don't remember the original trauma?**

Yes, HMR can help release stored tension and emotions from implicitly held trauma, even without conscious memories. Your body recalls.

## **Q Is HMR suitable for grief and loss?**

Absolutely, HMR provides a process to address complicated bereavement, assist in achieving closure and in releasing painful imagery.

## **Q What types of trauma can HMR help resolve?**

HMR has proven effective for reducing the impact of most forms of memory-based pain, including grief, accidents, natural disasters, emotional abuse, physical trauma, chronic stressors, and major life changes. The technique focuses on resolving the emotional charge which binds us to such events.

## **Q Can HMR fully eliminate my traumatic memories?**

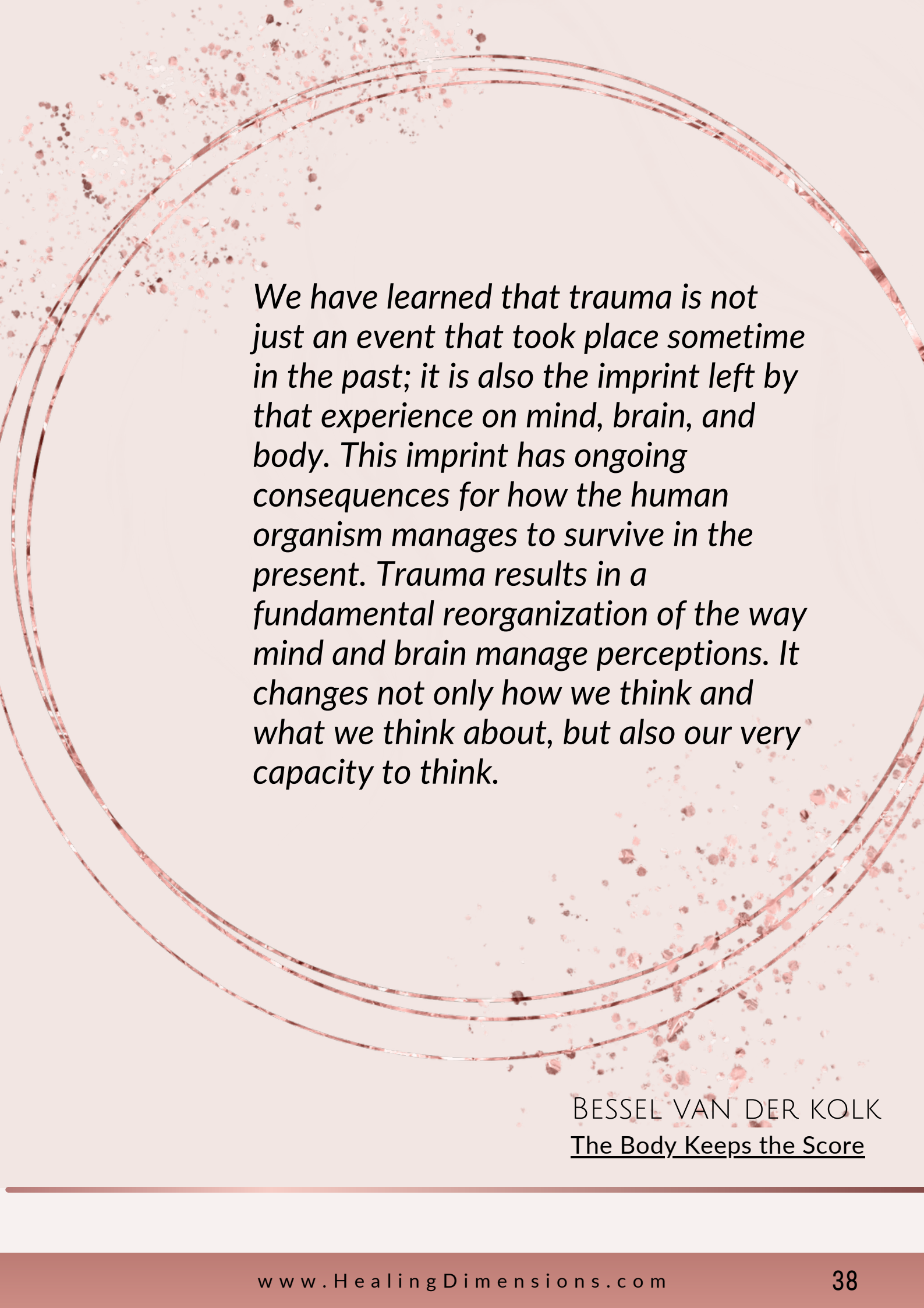
No, HMR does not erase or alter your actual historical memories. It just defuses the visceral charge and reduces the emotional attachment, so the memories no longer impact you adversely.

## **Q How does HMR work compared to talk therapy?**

Unlike talk therapy's cognitive approach, HMR uses body-centered focusing and energy psychology, particularly the use of color as personal brainwave frequency, to access and transform the subconscious sensory encoding of trauma.

## **Q Does HMR require reliving or re-traumatizing the event?**

No, HMR specifically avoids reliving the memory. It allows resolution by safely reframing the key emotions and perceptions.



*We have learned that trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain, and body. This imprint has ongoing consequences for how the human organism manages to survive in the present. Trauma results in a fundamental reorganization of the way mind and brain manage perceptions. It changes not only how we think and what we think about, but also our very capacity to think.*

BESSEL VAN DER KOLK  
The Body Keeps the Score

About the Author:

# Lenora Edwards



Lenora Edwards is a passionate communication coach, Speech Language Pathologist, and Certified Holographic Memory Resolution® Practitioner. With over 15 years studying revolutionary teachings, she integrates her knowledge into her work to help clients resolve deep emotional and physical pain.

Lenora is committed to guiding people to realize their highest potential by breaking free from fear, unlocking desired changes, and living with purpose, confidence and joy.

As someone who has overcome her own struggles with anxiety, disordered eating and limiting beliefs, Lenora knows firsthand that transformative positive change is possible. Her journey has shown her that helping yourself is one of the best things you can do.

Lenora has cultivated tools and practices to handle challenges with resilience and optimism. She no longer buys into critical inner voices or false beliefs about her self-worth. Her mission now is to pass on what she's learned to help others break free too.

Lenora believes that with an open mind and heart, incredible transformation awaits. Your renewed life starts from within.

Visit [DTBHorizons.com](http://DTBHorizons.com) for more information!

*Lenora Edwards,*

*M.S. CCC-SLP, CHMRP, WLP*

About the Author:

# Brent Baum



Brent Baum is the developer of Holographic Memory Resolution® (HMR), an innovative approach to resolving trauma and memory-based pain. Originally created as a relapse prevention strategy for addiction treatment, HMR integrates somatic, energy, and color psychology to safely access and reframe overwhelming memories.

Baum served as Clinical Director of Cottonwood Treatment Centers in New Mexico and Arizona, where his technique drew the attention of integrative medicine pioneer Dr. Andrew Weil. He maintains a private practice in Tucson, AZ and has worked for over 20 years with the Integrative Wellness Program at Miraval Resort in Northwest Tucson.

An interdisciplinary specialist in trauma, spirituality, and addiction, Baum provides HMR training and education internationally. He has introduced his trauma resolution approach across the U.S. and in countries like Japan.

Baum is a licensed addictions counselor, clinical hypnotherapist, and former Catholic priest with advanced education in Rome, Italy. He founded the nonprofit Michael's Gift to make trauma resolution accessible to diverse affected populations.

Baum is the author of three books on trauma, healing, and higher consciousness: Surviving Trauma School Earth, Living as Light, and The Healing Dimensions. He empowers clients to access their own "inner healer" to resolve overwhelming memories, emotions, and pain.

*Brent M. Baum,*

*STB, SSL, LISAC, CADC, CCH*

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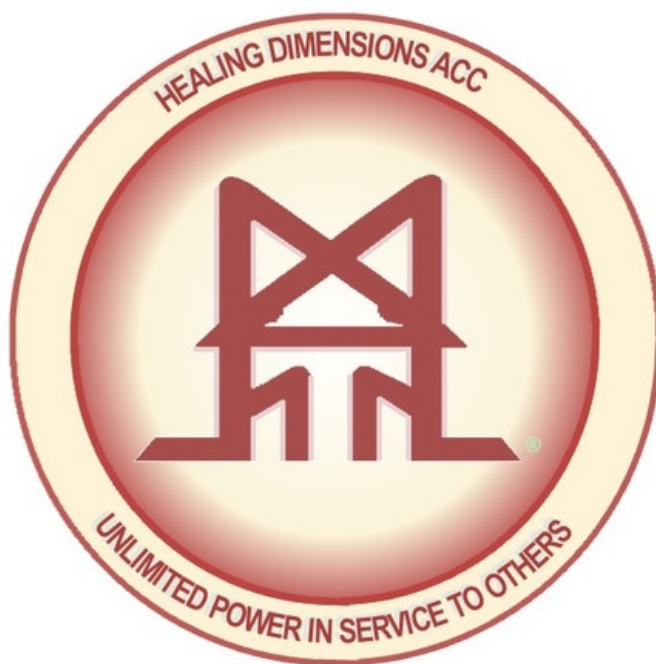
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# RESOURCES

01

Brent M. Baum

Developer of Holographic Memory Resolution. Website:  
[www.healingdimensions.com](http://www.healingdimensions.com)  
[www.hmrtraining.com](http://www.hmrtraining.com)

02

Brent M. Baum

The Use of Holographic Memory Resolution® to Improve the Physical and Biopsychosocial Symptoms of Chronic Pain: A Feasibility, Mixed Methods Study:  
<https://prcp.psychiatryonline.org/doi/10.1176/appi.prcp.20230028>

03

Peter Levine

Expert in treating trauma using somatic experiencing. Books: [Waking the Tiger](#), [In an Unspoken Voice](#).

04

Babette Rothschild

Psychotherapist and author focused on trauma treatment. Book: [The Body Remembers](#), [8 Keys to Safe Trauma Recovery](#).

05

Sensorimotor  
Psychotherapy  
Institute

Trains therapists in somatic and body-based methods for healing trauma. Website:  
[www.sensorimotorpsychotherapy.org](http://www.sensorimotorpsychotherapy.org)

06

Bessel van der Kolk

Pioneer in trauma research and treatment. Book: [The Body Keeps the Score](#).



# Thank You

Disclaimer: Although these services provide valuable benefit and assistance to one's well-being, personal care and progress, they are not a substitute for psychological services, or medical treatment and care. Please consult with your therapist and/or physician before proceeding with these services. I support the coordination of services for a client that is under the supervision of a therapist and/or physician.