

Dynamic Spin Release and the Energy of Your Mind



By Kris Hallbom

My husband Tim and I have found that most of our thoughts, feelings and emotions have a certain unconscious spin to them, in which they either turn clockwise or counter clockwise.

Over time, we have noticed that most problem states or negative emotions seem to be spinning in one direction, while positive states and emotions spin in another direction. If you take a negative emotion, and reverse the direction of the spin, the negativity of the emotion will disappear. If you take a positive feeling and spin it faster and faster in the same direction, it will intensify the positive nature of the feeling.

It makes sense from a quantum perspective that spin is so deeply woven into our consciousness and culture. According to quantum mechanics, the entire nature of our universe is based on spin. Hence, spin is an intrinsic property of all elementary particles such as quarks, leptons and bosons – which are the basic building blocks of our universe.¹

Just as the earth rotates around the sun, and the moon circles around the earth, our thoughts, feelings and actions have a certain spin quality to them as well. The idea of 'spin' or 'circular movement' is deeply rooted in our consciousness and the way we process information. For example, you can hear how people represent spin in their language patterns. How many times have you heard someone say...

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- I have this idea that has been going round and round in my head.
- I keep talking in circles about this problem.
- Let's put a new spin on that idea.
- I keep looping around on what I should do next.
- I'm all wound up.
- I keep spinning this idea in my head.
- I need to go unwind and have a glass of wine.
- This is a terrible cycle that we've been in.
- The economy is spiralling downward.

Not only can you hear spin metaphors in people's language patterns, you can also see the 'spin' in their non-verbal behaviour and gestures. All you have to do is watch someone for a while, and you'll begin to notice how often they make circular movements with their hands and fingers while they are talking. You will also see them making micro-circular movements with their heads, eyes and bodies.



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Our fascination with spin began...

... in the spring of 2008. It all started with a simple little headache. It was a sunny morning, and I had a headache on the right side of my head. I asked Tim if he could do something to make it better. So Tim reached over to the right side of my head and mimicked the motion of pulling the headache from the outside of my head. He then asked me to represent the headache in a holographical 3-dimensional image about two feet away from me, and to explain what it looked like.

The very first thing I noticed was that it looked like a light reddish-pinkish brain, and it was turning clockwise in a sideways motion. So Tim casually said to me, "Why don't you just spin the headache counter clockwise until it disappears!"

It was kind of funny because he twirled his fingers around in circles as he was saying this. And then he disappeared into the other room. I think he must have gone to check email or something like that.

Anyway, I went ahead and did what he said and spun the image counter clockwise, and my headache disappeared. I must admit, I was pretty surprised at how quickly it went away. So I immediately began doing this process with all my clients and got some incredible results. Tim started doing it with all his clients, and he was also getting great results too. It seemed that the more we did this with our clients, the more we were able to fine-tune the process. And before I knew it, we had developed several different techniques involving the psychology of metaphors, submodality shifts in awareness, holographic consciousness and the energy of our mind.

When working with someone, one of the several techniques

that we have been doing is to have the client identify an unpleasant feeling, image or voice and place it several feet outside of them in the form of a 3-dimensional holographic image. We then ask the client which way the image is turning. Whenever we ask someone this, they almost always say clockwise or counter clockwise. Rarely does anyone say that the image has 'no spin' to it at all.

We then ask the client to spin the image in the opposite direction to how they originally saw it, and to spin the image so fast and hard that it explodes and disappears back into the universe. It's as if a giant vacuum comes in and sucks it up. And then a special metaphorical 'gift' will appear inside the newly created space. The gift often serves as a powerful healing resource for the client and has profound meaning for them. Once the client gets the gift, we then have them bring the healing essence of it back into their heart, or somewhere else in their body.

Over time, we have noticed a pattern to the types of metaphorical gifts the clients receive, the colour of the gifts, the shape of the gifts and the overall quality of the gifts. Usually the gift appears to be some kind of archetypal metaphor that has special meaning to the client, such as a diamond, a treasure box or a rose.

What are these gifts...

... and where do they come from? In psychological terms the gifts might be understood as coming from the unconscious mind of the client, and they often serve as a positive resource for the person. So now we ask people to look for these metaphorical archetypes



Dynamic Spin Release™ seems to be a good thing too.



▶ as an intrinsic part of the Dynamic Spin Release™ process.

We have developed several new techniques and / or variations of the aforementioned process. We've been having a lot of fun with this, and our clients seem to love doing it. Just yesterday, I had a client ask me if it was all right to spin a bad feeling that she was having "counter clockwise".

My 'inner scientist' became curious about why this process works so well, so I started reading about quantum spin and the biophysics of the brain. Through my research, I discovered there are some well-published scientists (Hameroff and Penrose, 1996) who believe that every thought, feeling and emotion we have consists of different quantum states that are mediated through quantum spin and space time geometry.^{2,3}

I became excited when I read this because it offers an explanation from a theoretical physics perspective for why we've been getting such positive results with the Dynamic Spin Release™ process. Whether or not these theories are 100% accurate, they support the fact that DSR is a practical way of 'releasing' one's negative energy, feelings, emotions and beliefs. It is also a nice and easy way to work with the energy of the mind, and the holographic nature of our consciousness (Germine, 2008).⁴

An ancient technique

The whole idea of spinning one's problems away is an ancient one. It dates back to the 12th century Sufi tradition of Sufi Spinning, which is a trance-like dance ritual that is still practised today by the whirling dervishes. The whirling dervish is a mystical dancer who twirls and spins in a precise rhythm, which is representative of the earth revolving on its axis while orbiting the sun.

The purpose of the spinning dance ritual is for the dervish to be emptied of all negative thoughts, and to move into spiritual ecstasy through this sacred form of spinning. Interestingly, the word *dervish* is Persian and literally means 'one who opens the doors'.⁵

Throughout history, dervishes have been known as sources of wisdom, medicine, poetry and enlightenment. The great poet Rumi practised the tradition of Sufi Spinning, and most of his poetry was inspired through this mystical form of dancing.

In essence, I guess you could say that spin has been around for a long time and is probably here to stay... given how electrons spin around the nucleus of an atom, the planets in our solar system revolve around the sun, the earth twirls on its axis, and the dervishes spin in ecstasy. Dynamic Spin Release™ seems to be a good thing too. ■

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References

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- 2 Conscious Events as Orchestrated Space-Time Selections by Stuart Hameroff and Roger Penrose (Journal of Consciousness Studies, 3:36-53, published in 1996)
- 3 Consciousness, the Brain, and Spacetime Geometry by Stuart Hameroff (Annals of the New York Academy of Sciences, 929:74-104, published in 2001)
- 4 The Holographic Principle Theory of Mind by Mark Germine (World Futures – Journal of General Evolution, Volume 64, Issue 3 April 2008, pages 151 - 178)
- 5 What's a Whirling Dervish? (<https://historydaily.org/whats-a-whirling-dervish>)