The HAL Academy By Randi Green

New Therapy via Subtones, Breath and Yawn

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Using Sound and Yawn to Unlock Your Body's Hidden Energy Patterns

Have you ever felt stuck in your own body or mind? Maybe you have old stress, tension, or patterns that keep replaying in your life, and no matter what you do, they just seem to hang on. What if there was a way to use your body's own energy to release those patterns—and even reboot your system?

I want to share a new approach I have been exploring, which I call *Sound-Yawn Pattern Release Therapy* (SYPRT), with breath and a twist called the Yawn-Tone Loop. It is a simple idea, but it works in real time on deep, energetic levels of our energy system. You can also read the theoretical part on page 6 and onward. Here we go into the practical aspect of it.

The Idea in Simple Terms

Our bodies store energy in patterns. Some of these patterns are helpful, that is, help us to navigate the everyday without thinking too much about it, but others are outdated defense mechanisms—ways the subconscious architecture of our body protects us in situations where we feel unsafe or on unknown ground. Over time, these patterns can get "*crystallized*" as rigid patterns of energy in our body.

To put it another way: The human body and mind operate as an integrated system that stores information not only as conscious memory but also as *energetic and physiological patterns*.

Helpful patterns, such as habits or automatic responses, allow us to navigate daily life efficiently without conscious effort. *Outdated defense mechanisms*, on the other hand, are stored patterns formed in response to past stress, fear, or uncertainty. These patterns once served a protective function—keeping us safe in threatening or unfamiliar situations—but may no longer be useful. They remain as rigid energy in the body and psyche, influencing behavior, emotions, and physical tension long after the original threat has passed.

Therefore, crystallized energetic patterns—such as unresolved defense mechanisms—act as rigid frozen energy in the body's energetic system. Because they are inflexible and emotionally charged, they distort the natural flow of energy within the body and between individuals. This distortion makes *it harder to enter a state of harmonious resonance*, where our own energy can

align smoothly with others or with larger environmental and social rhythms. Essentially, these crystallized energies create friction, because they filter, dampen, or misalign incoming and outgoing energy signals, reducing empathy, clarity, and synchrony with people and the surrounding reality. By destabilizing or releasing these patterns—through methods like SFPRT—the body and psyche regain flexibility, allowing energy to circulate freely and let resonance emerge naturally within the energetic coherence fields.

I am introducing a new layer to traditional psychotherapy via the Sound-Yawn Pattern Release Therapy (SYPRT). However, SYPRT cannot stand alone. Simply breaking the frozen energy patterns with sound is not enough.

The critical next step is awareness and understanding of what is being released because each energetic pattern carries information—emotional, psychological, and even somatic—about past experiences, fears, or unresolved trauma. If the practitioner does not consciously recognize and process this information, the energy is released without proper integration, leading to partial or incomplete healing.

By combining SYPRT with reflective awareness, the released energy can be reintegrated as coherent, adaptable energy. In other words, knowledge of the pattern's origin and meaning is part of the therapy itself, since it transforms raw, previously bottled-up energy into vitality that supports mental clarity, emotional balance, and physiological resilience. It allows for renewed circulatory energy engineering.

Reflective awareness in SYPRT therefore is *the conscious recognition and understanding of the emotional or energetic pattern being released*. When combined with the sound-based release, this awareness allows the freed energy to be reintegrated in a coherent and adaptable way, rather than dissipating aimlessly. By knowing the origin, function, and meaning of the pattern, the body and mind can transform previously "bottled-up" energy into usable vitality. This process can be called *renewed circulatory energy engineering*, that is the restoration of smooth, dynamic energy flow throughout the body and biofield.

Renewed circulatory energy engineering refers to the process of restoring the natural flow of energy within the body and the surrounding biofield. Just as blood circulates to deliver nutrients and remove waste, energy circulates to support physical vitality, emotional balance, and mental clarity. When emotional or defense-pattern energy becomes "crystallized" or stuck, it blocks these natural flows, creating tension, fatigue, or repetitive emotional loops. By releasing and reintegrating this energy through SYPRT, the system effectively reprograms and reorganizes the pathways through which energy moves.

The previously trapped energy is no longer stagnant—it can flow dynamically, harmonizing with both internal bodily systems and the external energetic environment. This is why it is called "*engineering*": it is an active process of reshaping, optimizing, and restoring coherent energetic circulation, allowing the individual to operate with greater adaptability, resilience, and alignment with themselves and their surroundings.

Therefore, *without fully conscious integration*, the body just releases the energy and any higher order insights and adaptive potentials encoded in those patterns are lost. *In this way, the de-crystallization is only half the work*; the conscious recognition and reintegration complete the transformation, making SYPRT a powerful complement to psychotherapy rather than a standalone solution.

How the Yawn Becomes a Superpower

You probably think of yawning as just something your body does when you are tired. But it is much more than that. *Yawning switches your nervous system into a calm, parasympathetic state*. It is like hitting the reset button on your body's energy. It naturally occurs during periods of drowsiness or when your body is transitioning toward rest, often coinciding with the rise in melatonin that signals your body to prepare for sleep.

But yawning can also appear when we are interacting with subconscious psychological patterns, such as defence mechanisms. Here *the yawn is activated by the defense mechanism to shift our focus away from the emotional pattern*, *acting as an inbuilt self-protective strategy that the body has developed over time*. This yawn can appear when we are working with an emotional pattern, via psychic-energetic methods, and we are getting to the root of it.

Getting to the root means that we know the emotional pattern, how it expresses itself and how it forces our reaction to inner or outer events into a repetitive loop of regressed dynamics or emotional triggers. Thus, when we get to the root of a pattern—where we recognize how it manifests, how it shapes our reactions to both inner experiences and external events, and how it traps us in repetitive cycles of emotional triggers—it can happen that we yawn out of nowhere, and we suddenly get tied.

In classical physiology, yawning helps regulate arousal by shifting from sympathetic (fight/flight) toward parasympathetic (rest/digest) dominance. But within the psychic-energetic framework, the yawn acts as a defensive cloaking device—a way the crystallized energy pattern and *its node of self-referentical systems* (often perceived as an elemental by the psychic-energetic therapist) pull the system back into its limited configuration of frozen patterns, when its dissolution is imminent. In both models, the function is conservation.

The body–psyche complex senses danger and chooses regulation over transformation.

A self-referential system is a system that refers back to itself in its structure or behavior. In other words, it maintains, monitors, and regulates itself based on its own internal rules rather than solely external input. In the context of crystallized energy patterns or defense mechanisms, a self-referential system means that the energy pattern has a kind of internal organization that keeps it stable and self-sustaining. It reacts to perceived threats, reinforces its own structure, and maintains its influence over our thoughts, emotions, and reactions like an autonomous mini-system within our psyche.

When we perceive this as an "elemental," it is because the self-referential system has a cohesive, identifiable energy signature that our minds perceive as an entity. It behaves as if it has its own will, protecting itself and maintaining the pattern, even if it is part of the larger emotional or energetic system. Thus: *a self-referential system is an energy pattern that runs on feedback from itself, making it resilient, sometimes rigid, and capable of persisting until it is consciously observed, engaged with, or de-crystallized.*

In the Sound-Yawn Pattern Release Therapy we recognize that protective reflex in real time. That awareness gives us leverage. We can stay present with the yawning, breathe in while we yawn, and rather than letting it sedate us, we continue the in breath into a low-frequency tone without collapsing into fatigue. *Essentially, we are here teaching our nervous system that safety can coexist with expansion.*

The brilliance of this process lies in harnessing the energy of the defense mechanism itself. Emotional patterns are sustained by energy that has been stored over time; the defense mechanism converts this energy into rigidity, keeping us stuck in habitual loops. When this energy transforms into a yawn, it provides a natural portal, where we can take a deep, resonant in-breath that engages the parasympathetic nervous system and simultaneously begins to release the previously trapped emotional energy. *We literally link-up to the bottled up energy via the yawn mechanism.*

By turning the yawn into a sustained, intentional sound, we create a feedback loop where the energy of the defense mechanism is both destabilized and redirected. The sound carries the energy through the body, breaking apart the rigid pattern from within. This allows the previously frozen energy to flow freely, restoring coherence to the system. The result is profound: our nervous system and biofield begin to reboot, a tingling buzzing sensation flows through us, we experience clarity and vibrancy, and the emotional patterns that once held us captive start to dissolve in a natural, self-organizing way.

In essence, this method transforms a protective mechanism into a therapeutic friend, using its own energy to liberate and reintegrate itself—turning what once constrained us into a source of vitality and renewed alignment. We use the energy of the defense mechanism, that is, the amount of stored emotional energy in the defense mechanism, to transform this stored energy through the spontaneous protective yawn and in doing so, we use the generative energy of the parasympathetic system.

By turning the yawn into a sustained sound, we use the energy of the defense mechanism itself to break it apart. The yawn gives us a deep, powerful in-breath, and the sound carries that energy through our body. The result? The energy that was keeping us stuck now flows freely—and our system starts to buzz, reboot, and feel clear in a way we have not experienced in a long time.

Step-by-Step: How to Try It Yourself

1. *Get comfortable*
    - Sit or lie down somewhere quiet.
    - Place a hand on your solar plexus (the area just below your chest). Amplify with energy.

2. *Start with a yawn*
    - Allow your body to yawn naturally. Do not force it—let it happen.

3. *Turn the yawn into a tone*
    - As you exhale from the yawn, make a steady, sustained sound from your mouth—like a long "mmmm" or "ahhh."
    - Hold it as long as you comfortably can.

4. *Tighten the Diaphragm Muscles*
    - Gently tighten the diaphragm as if performing a stomach pull-up, drawing energy inward and upward.[1] Use your breath to guide this movement, pulling the latent energy into the core of the body. This inward focus helps activate, mobilize, and concentrate the energy, preparing it to be released or transformed through sound in SFPRT. This inward and upward pull also *amplifies the sound* when used with vocal or tonal practices.

[1] *Uddiyana Bandha* is a yogic practice often called the "abdominal lock." It involves drawing the diaphragm and abdominal muscles inward and upward while holding the breath out (after exhalation), creating a vacuum-like contraction in the core. This movement stimulates internal energy flow, massages internal organs, and activates the body's subtle energy channels. In the context of SFPRT, a similar inward diaphragmatic engagement is used to mobilize latent emotional or energetic patterns, preparing them for release and reintegration.

- By creating a focused, pressurized space in the core, the breath and tone resonate more powerfully throughout the body, enhancing the energetic release and circulation in methods like SFPRT.

5. *Finish and ground yourself*
    - Let the tone fade, take a few deep breaths, stretch, or wiggle your fingers and toes.
    - Notice any changes in your body or mind.

What You Might Feel

- A tingling or buzzing in your chest or body
- Emotional release, like tension or sadness lifting
- Clarity in your thinking or sense of calm focus
- A feeling of energy flowing freely through your body

Why This Works

Think of the old patterns as a locked box of energy. Normally, it sits there, and we have to force it open. With this technique, the yawn is the key, and the tone is the tool that unlocks it from the inside.

Our body literally helps itself release what no longer serves us. This method is incredibly powerful. It combines sound, breath, yawning and awareness in a way that taps into our natural body intelligence. Even just a few minutes can help the body, mind, and energy feel lighter, clearer, and more in harmony.

If you try it, remember: this is about listening to your body, letting go gently, and allowing the energy to move naturally. No force, no struggle—just awareness, sound, and breath.

The Sciences of Sound-Yawn Pattern Release Therapy (SYPRT)

Sound-Yawn Pattern Release Therapy (SYPRT) is a psycho-energetic method designed to energetically decrystallize entrenched emotional and somatic defense patterns. By utilizing sustained tonal vibration, subtle modulation, and the Yawn-Tone Loop, this method transforms the energy of defensive mechanisms into coherent vibrational energies that recalibrate both bio-energetic and neurophysiological systems.

The therapy integrates multidimensional psychic-energetic principles with contemporary understanding of nervous system modulation, offering a novel framework for trauma resolution, cellular adaptation, and cognitive-somatic coherence.

Theoretical Framework

Crystallized defense mechanisms often manifest as rigid energetic matrices in the body, of which some are centered around *the solar plexus*.[2] These patterns constrain cognitive, emotional, and somatic flexibility. Current trauma resolution methods primarily focus on cognitive or somatic release, but they *do not fully integrate the inherent energy within the defensive structures themselves*.

Sound-Yawn Pattern Release Therapy (SYPRT) introduces a method whereby *the latent energy of these mechanisms is released and redirected through a sound, or tonal, pattern*, creating a closed-loop system that both destabilizes the energetic pattern, and re-integrates the renewed energy as a coherent field of biophotonic energy.[3]

When we talk about creating a closed-loop system within *Sound-Yawn Pattern Release Therapy (SYPRT)* , we are describing *a self-contained feedback cycle between the body's internal energetic states and the sound field produced by the practitioner*. The sound functions as both a probe and a regulator.

As the individual emits a continuous tone—often generated through the modified breath or yawning reflex—the sound wave interacts with the body's subtle vibrational field. Each tone acts like *a carrier wave that captures the oscillatory information of the blocked or crystallized pattern.* When the practitioner maintains the tone with conscious modulation, the chosen tone, or frequency, is reflected back through the resonance of the body itself.

This creates a feedback loop: *the directed sound, via conscious modulation, destabilizes the rigid energetic pattern by amplifying its own signature frequency until the pattern can no longer sustain its fixed state*. In this moment of destabilization, the previously bound emotional or defensive energy is released.

The closed-loop nature of SYPRT ensures that the liberated energy does not disperse but is immediately reabsorbed into the body's biofield as a harmonized, coherent wave. The result is a recalibrated internal field in which energy that once maintained defense or contraction is

[2] *The solar plexus*—also called the *celiac plexus*—is one of the largest and most complex networks of nerves in the body, located just behind the stomach and below the diaphragm. It serves as a key junction of the autonomic nervous system, linking the brain to the digestive organs, adrenal glands, and diaphragm. Because it regulates so many visceral functions and reacts strongly to emotional stimuli, it is often referred to as the "abdominal brain." Many somatic and energetic traditions associate the solar plexus with personal power, self-regulation, and the processing of emotional energy, which aligns with its physiological role in balancing sympathetic and parasympathetic activity.

[3] *Biophotonic energy* refers to the ultra-weak light emissions produced by cells and biological systems. These photons, often in the visible or near-visible spectrum, are thought to play a role in cellular communication, signaling, and overall coherence within the body. In energetic and emerging scientific frameworks, biophotonic energy is considered a measure of a cell or organism's vitality and ability to maintain internal order and harmony.

reintegrated as available life force—experienced as clarity, warmth, or subtle inner vibration. *Over time, repeated SYPT practice may train the nervous system to recognize these self-regulating loops, gradually transforming habitual defense mechanisms into sources of adaptive coherence.*

The Yawn-Tone Loop

The Yawn-Tone Loop represents a key advancement in this methodology, leveraging the natural parasympathetic reflex of yawning to amplify and sustain the carrier frequency of the therapy, converting the energy of defense mechanisms into a self-dissolving, coherent vibration.

The Yawn-Tone Loop is a self-referential modulation process that converts the energetic payload of psychological defense mechanisms into coherent bio-resonant sound fields. The method bridges autonomic physiology, psycho-emotional integration, and vibrational field modulation.

Yawning is not only a physical or sleep-related behavior—it can also act as a subtle psychological regulator. When we encounter hidden or unresolved emotional patterns, especially ones linked to defense mechanisms, our nervous system can initiate a yawn as part of a protective reflex. These defense mechanisms—patterns the psyche has developed to protect the internal system, we call *sense of self*[4], from additional emotional or psychological "threats"from internal or external sources—can trigger a kind of energy shift. *The yawn functions as a way to divert attention and reduce immediate arousal. Essentially, it moves the body and mind into a calmer, parasympathetic state, lowering the intensity of emotional or cognitive stress.* This is why we might notice yawning at moments of emotional tension or introspection, not just when we are tired.

In this context:

- The yawn shifts focus away from the latent emotional pattern, giving the defense mechanism a chance to maintain equilibrium.
- It acts as a built-in self-survival tool, allowing the system to protect itself from being overwhelmed while still maintaining overall functionality.
- By recognizing this mechanism, we can use it consciously—as in SYPRT—to redirect and release the energy that was otherwise trapped in the defensive pattern.

[4] The *sense of self* refers to the internal experience of identity—the felt continuity of "I" across time, perception, and emotion. It is the psychological framework through which we interpret reality, make meaning of experiences, and differentiate what belongs to "me" from what belongs to "the world." In neuroscience, it involves distributed brain networks integrating interoception (awareness of the body's internal state), autobiographical memory, and emotional regulation. In therapeutic and contemplative traditions, a coherent sense of self provides stability, while a rigid or fragmented one can limit adaptability and personal growth.

So, yawning here is essentially the body's way of saying: "*I need to calm down, stabilize, and protect myself from this emotional intensity*." When applied deliberately, we turn that protective mechanism into a tool for energetic release and self-regulation. The Yawn-Tone Loop converts the parasympathetic energy of yawning into a sustained mono-tone.

- *Process*: The practitioner inhales via a conscious yawn, immediately converting this intake into a long, steady tone.
- *Effect*: This redirects the latent energy of the defense mechanism into vibrational flow, simultaneously releasing and stabilizing it.
- *Outcome*: The nervous system maintains balance between parasympathetic rest and sympathetic focus, producing a state of heightened lucidity and full-body resonance.

To Sum Up

Every defense mechanism contains a latent reservoir of energy locked in recursive inhibition loops. These loops are maintained through continuous low-grade sympathetic activation. When the psyche approaches their release threshold, the body often initiates yawning—a parasympathetic override designed to down-regulate arousal.

In SYPRT, the practitioner deliberately repurposes that very reflex. The yawn becomes not a sedative event but a vector of transformation. By entering the yawn consciously and sustaining it into a monotone vocalization, the system inverts its own pattern: the energy that once maintained contraction is now redirected as a coherent acoustic emission. The defense mechanism thus becomes both the fuel and the furnace of its own dissolution.

The Biophysical Dynamics

- *Autonomic Coupling*: The yawn induces full diaphragmatic expansion, stimulating vagal tone. The immediate conversion of this inhalation into vocal resonance re-engages mild sympathetic output. The oscillation between these two states (vagal expansion and controlled projection) generates a stable bi-autonomic coherence field.
- *Energetic Release*: The trapped charge of the defense mechanism, once expressed through the resonance of the monotone, disperses as low-frequency vibrational harmonics that can be sensed somatically as buzzing, tingling, or streaming sensations.
- *Neural Reset*: The combination of parasympathetic depth and sympathetic focus appears to reorganize limbic-cortical coupling, producing transient states of lucidity, calmness, and heightened perception—essentially a psycho-physiological reboot.

Practitioners report:

- A strong vibratory coherence across the solar plexus and cranial centers.
- A perceptible sense of energetic expansion or "field reboot."
- Enhanced cognitive clarity and emotional neutrality following the session.
- Dissolution of rigid emotional defense mechanisms.
- Increased clarity, somatic coherence, and energetic balance.
- Potential realignment of cellular biofield structures, supporting adaptive resilience.

3. Final Remarks

In this understanding, emotional and somatic patterns are conceptualized as *energetic lattices of vibrational incoherence, also seen energetically as crystallized energy*.[5] Entrenched defense mechanisms from childhood trauma or other similar emotional-cognitive-somatic events,[6] act as dense, self-reinforcing energetic structures (*energetic lattices or emotional patterns*) within the emotional and bio-energetic fields.

SYPRT introduces a mono-frequency carrier that interacts with these structures, creating resonance and micro-modulation that fractures and de-crystallizes the defensive structure.

The mono-frequency carrier is a sustained tone, generated vocally, and serves as a stabilizing carrier frequency. This tone synchronizes oscillatory patterns in the nervous system and biofield, providing a coherent reference against which rigid structures can be deconstructed. Subtle variations introduced through breath, minor pitch adjustments, or vibrational fluctuations create targeted perturbations within the lattice. These perturbations fracture crystallized energy while maintaining systemic coherence.

SYPRT, incorporating the Yawn-Tone Loop, represents a psycho-energetic methodology that leverages the energy of defense mechanisms for their own transformation. By combining conscious sound production, breath modulation, and energetic awareness, the method offers a framework for reboot, trauma resolution, and multidimensional biofield coherence. This proto-scientific approach bridges contemporary understanding of neurophysiology with emerging energetic and multidimensional paradigms.

[5] In Jungian psychology, these emotional patterns are described as a *complex* is a cluster of emotionally charged thoughts, memories, and patterns that form around a core theme—often related to past experiences or trauma. Complexes can influence behavior, emotions, and perception without conscious awareness. They act like "autonomous" sub-personalities within the psyche, sometimes blocking growth or creating repetitive patterns, but they can also be observed, understood, and integrated through awareness and reflective practices.

[6] Defense mechanisms correlate with entrenched neural circuits, involving limbic structures, vagal pathways, and the enteric nervous system. Sustained low-frequency sound modulates oscillatory patterns, while controlled micro-modulation prevents over-entrainment. The Yawn-Tone Loop recruits the vagus nerve via diaphragmatic engagement, producing a simultaneous balance between parasympathetic depth and sympathetic alertness.