



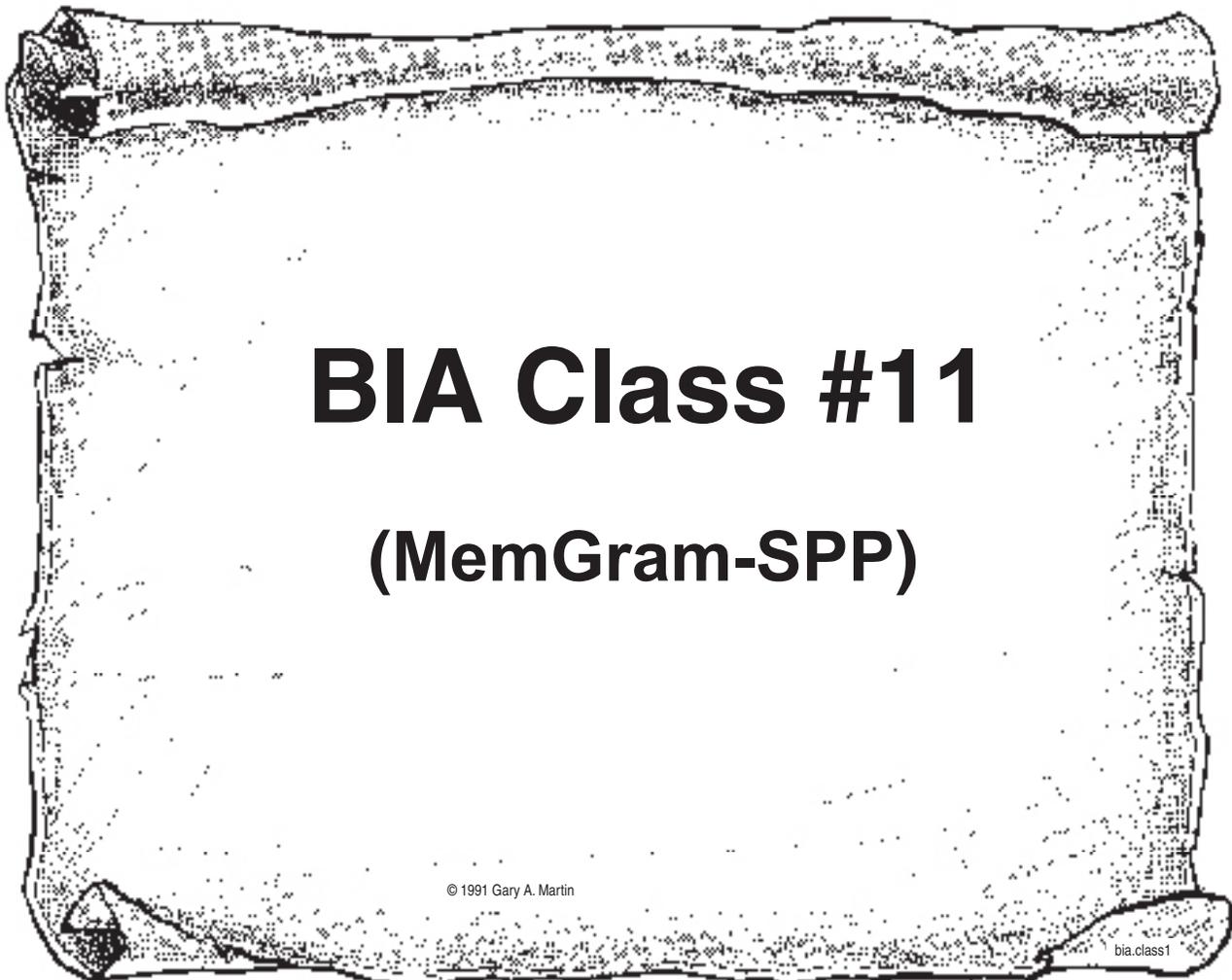
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# **BIA Class #11**

## **(MemGram-SPP)**

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# Class #11: Stress Pattern Chart

Turn to your Stress Pattern Chart:

## STRESS PATTERN CHART

Client: \_\_\_\_\_ Date: \_\_\_\_\_ Test #: \_\_\_\_\_

**Organ Trauma Sequence**

<i>Organ..... Function/Condition ..... Emotion</i>	<i>Organ ..... Function/Condition ... Emotion</i>
1. Thymus ..... Protection ..... Aggression	13. Adrenals ..... Capacitance ..... Courage
2. Heart ..... Synchronization ..... Love	14. Mind ..... Analyzation ..... Wonder
3. Colon ..... Detoxify ..... Hate	15. Hypothalamus ..... Evaluation ..... Attention
4. Stomach ..... Digestion ..... Happy	16. Kidneys/Bladder ..... Filtration ..... Fear
5. Anterior Pituitary... Coordination ..... Observant	17/18. Endocrine System.. Equalize ..... Conservative
6. Liver ..... Transmutation ..... Sadness	19. Skin ..... Demarcation ..... Boredom
7. Lungs ..... Vaporization ..... Monotony	20. Pancreas/ ..... Location ..... Laughter
8. Sex Organ ..... Reproduction ..... Apathy	Solar Plexus
9. Bones/Muscles ..... Locomotion ..... Pain	21. Posterior Pituitary... Liquefaction ..... Grief
10. Thyroid ..... Metabolization ..... Anxiety	22. Parathyroid ..... Experience ..... Anger
11. Arteries/Veins ..... Circulation ..... Resentment	23. Spleen ..... Rejection ..... Antagonism
12. Brain ..... Electrification ..... Nervousness	24. Lymph System ..... Acceptance ..... Enthusiasm

Cause:  Core:  Effect:

**Trauma Descriptions**

# Traumas:  Stress Efficiency:  % Zone: \_\_\_\_\_

Age	Cause	Core	Effect
		<div style="text-align: center;">↑</div> <div style="text-align: center;">1</div>	

↑

3

↑

1

4 →

2 →

↑

3

↑

1

1. In the lower right center (#1) you will notice a block that says **STRESS EFFICIENCY**.

Just like we are able to measure your **METABOLISM EFFICIENCY**, which is our measurement of your physical metabolism, we are also able to measure your **STRESS PATTERN EFFICIENCY**, which is our measurement of how much of the REAL YOU you are able to tap and manifest into the physical world.

2. Your **STRESS PATTERN EFFICIENCY** shows how much you are in touch with the real you. This would also mean that the remainder of the real you is being suppressed, which may cause you real problems as time goes on.

Turn the Stress Zone Chart over and you will notice in what zone this rating places you.

3. Your **Stress Pattern** represents the resistance you meet trying to be yourself. It is the genetic focus of the physical and emotional characteristics of your heritage that comes together to make YOU. You bring this Pattern into this life with you at the point of conception. Your **PROGRAMMING** then begins by others who attempt to program you according to their belief system.

The problem is that the *real you* is always at the mercy of your Stress Pattern. It acts like a filter. If you are fortunate, your programming is in sync with the real you, but in most cases it is not.

4. Because the real you is always trying to get out, the suppression caused by your Stress Pattern creates a backpressure which we call **Conflict Energy**. This pressure needs to be released somehow. This release is accomplished through **TRAUMAS**.

The suppression of the real you builds up emotional pressure inside of you. The pressure is released by creating a trauma as a relief valve; however, eventually life gets back to normal and the process starts all over again leading to another Trauma. Just like a hen laying eggs, life becomes a series of these Traumas.

5. Look in the lower left center (#2) at the block that says # **TRAUMAS**. That is the number of **TRAUMAS** you have had.

The positive aspect of these Traumas is that you have had several opportunities to release the emotional pressure caused by the suppression of your true self. The negative aspect is that the remaining residue from these Traumas are like **toxic waste dumps**. They continue to radiate you, stealing your energy, causing stress in your life and depleting your immune system. The radiation coming from these traumas needs to be



neutralized. Your Traumas tend to multiply and become an energy entity which we lovingly refer to as your **DRAGON**, the plan against your life.

6. Everyone has a **DRAGON**. He is symbolic. He represents the resistance you meet as you attempt to express yourself in this life. He represents the belief patterns that are programmed into you. His job is to make you dirt; to take your strengths and turn them into weaknesses. He will thwart

your every move, hoping that you will become stressed out, burnt out, frustrated, depressed, resentful and guilty over not being able to be successful in manifesting the REAL YOU.

7. At the lower left-hand corner of the Stress Pattern Chart (#3) you will see various ages listed vertically. These are the approximate ages at which your Traumas occurred. If you look at the time zones involved you may be able to recall Traumas that happened during this time in your life.

8. At the top of the Stress Pattern Chart (#4) are some computer-generated numbers.

Think of these numbers as dominoes. The LEFT number is the first domino. The RIGHT number is the last domino. In other words, the LEFT number represents the organ/emotion that was the FIRST to be affected. It, in turn, caused the downfall of the next number to the right, and so forth, all the way to the RIGHT end of the TRAUMA SEQUENCE. This line of dominoes is referred to as THE TRAUMA SEQUENCE.

9. The Trauma Sequence consists of organs. Look below your Trauma Sequence and you will see a list of numbers 1-24. Notice that each number has a corresponding organ. Organs are represented by numbers. The numbers making up the Trauma Sequence represent the corresponding organs in this list.

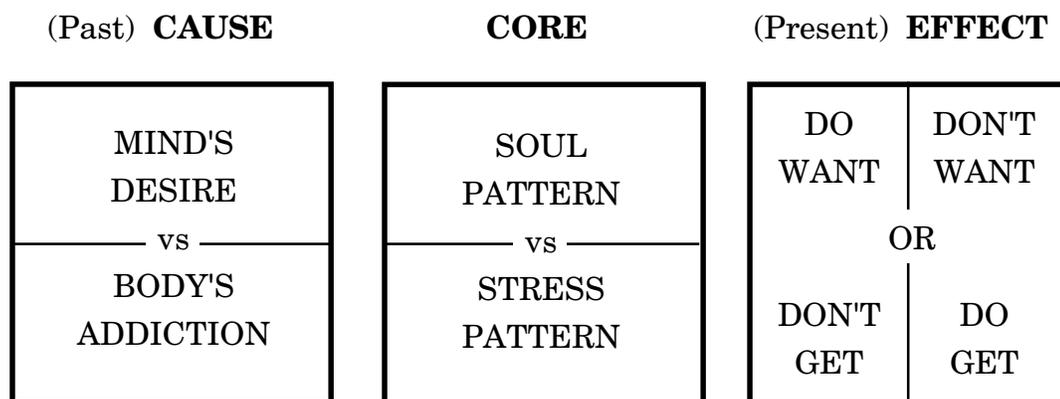
10. The organs are listed 1-24 because this is the order in which the body can be expected to degenerate when exposed to radiation. It just so happens that the body responds to STRESS the same way it does to radiation. It just takes LONGER. In other words, the THYMUS (1) is the weakest and the LYMPH (24) is the strongest in the face of stress or radiation.

11. Notice that each organ has a corresponding CONDITION. This is the function for which the organ is responsible in the body. Most people have some idea of each organ's function.

12. Notice that each organ also has a corresponding EMOTION. Energy desires to stay in MOTION. When an organ is properly performing its function the corresponding CONDITION is stable. However, when an organ is STRESSED because of an overload due to physical, mental or emotional STRESS, there is a BLOCKAGE of energy flow. The organ has a higher resistance to energy flow. This energy has to go somewhere. It must be released. So, it is released in the form of an EMOTION. An E-MOTION is a substitute for E-nergy in MOTION.
13. Therefore, if we can get an idea of what organs are stressed and in what order, we can also get a picture of the kind of emotions you have experienced, and vice versa.
14. Three important positions are highlighted on your Trauma Sequence. The LEFT position, the CENTER position and the RIGHT position.
15. These three positions are the most important in your Trauma Sequence. The LEFT position is your PAST CAUSE. The CENTER position is your CORE. The RIGHT position is your PRESENT EFFECT.
16. The CORE is where your Dragon lives. The CORE is what you are and what you need. It also represents your weakness. Because of this, the Dragon finds it easy to attack you using this subject matter. This will become more clear as we progress through your Traumas.
17. The CORE is where the Dragon lives. It describes the type of Dragon you have. It represents your Stress Pattern. Your Stress Pattern is actually made up of the people, places, circumstances and events (PPCE) that the Dragon attracts to you because of HIS electromagnetic pattern, not yours.
18. The reason he picked you is because, at the Soul level, you have the opposite electromagnetic pattern. This means that he stands a good chance of evoking an emotional response out of you as he draws the PPCE to you because of his Stress Pattern. Dragons don't like to work. They like to sleep 24 hours a day. This means they have to be fed by I.V. What fills the I.V. bottles is your continued emotional discharges. More about this later.

19. So, on the one hand your CORE describes your Stress Pattern (the dragon) and on the other it describes your Soul Pattern (who you really are). Of course, this dichotomy is why you have stress in your life.
20. Generally speaking, what is there about the CORE Organ-Condition-Emotion that has something to do with you?
21. What is there about this information that relates to a strength or weakness that you have?
22. What is there about this that makes it easy for people to "push your buttons" in this area?
23. The CAUSE represents the stress experience in your PAST that set this whole chain of events in motion. One aspect of it is what you desire. The opposite aspect of it is what you are addicted to.
24. How it works is like this. Once the Dragon has picked you to set up shop within, at a very young age he tricks the body into MISINTERPRETING an emotionally intense situation as being good and as something you want to continue to experience. It then spends the rest of your life attracting PPCE to you that represents stress in your life. You respond exactly as predicted, thereby affirming to the body that you enjoy it (it thinks) and desire more of the same type of experience.
25. Meanwhile, the Dragon is able to sleep on as you continue to fill and refill the I.V. bottles by your continued emotional discharges. He has you right where he wants you. The war between your Mind's desire(s) and your Body's addiction continues to provide his daily nutrition requirements while he sleeps.
26. Generally speaking, what is there about the condition and emotion associated with your CAUSE that represents something you desire, or don't want, from life?
27. Now, we can expect that, because of that desire, some past experience occurred that challenged this desire. The mind met with such resistance that the body became addicted to the resulting emotional charge.

28. Keep in mind that the body (subconsciousness) measures good and bad quantitatively (how much) and the conscious mind measures good and bad qualitatively (what kind).
29. Therefore, it is easy to see how the body may erroneously feel that a traumatic situation is a *good* experience, become addicted to it, and spend the rest of your life attempting to recreate it as often as possible due to the emotional response of your conscious mind during the experience.
30. The EFFECT represents the stress in your PRESENT that you are experiencing. It is what you think is your problem. It is what you experience because of your body's addiction in the Cause position.
31. This stress effect will be either a DO-WANT/DON'T-GET situation or a DON'T-WANT/DO-GET situation. Which is it for you?



32. As you travel LEFT of CORE you move into your COLD DARK PAST. As you travel RIGHT of CORE you move into your HOT BRIGHT PRESENT. As you move LEFT from any position on your Trauma Sequence you move into your PAST. As you move RIGHT from any position on the Trauma Sequence you move into your PRESENT.

33. Now you are ready to begin to unravel your knot of Traumas that are responsible for much of your misery. You will notice three sets of words written in the bottom of your Stress Pattern Chart. The upper case words are concept words which future classes will explain later. The lower case words are linked to a description of the stressful experience which you should be able to recall that happened near the age listed.
34. Look up the definitions of each of the lower case words. Write down the definition of each word with which you most identify. What trauma comes to mind as you studied these words?
35. Class #12 will continue this process.

# **BIA Class #11 Exam**

## **(Stress Pattern Chart)**

1. What does the Stress Pattern Efficiency show you?
2. What does the Stress Pattern represent?
3. What is Conflict Energy?
4. How does Conflict Energy get released?
5. What is positive about the Traumas?
6. What is negative about the Traumas?
7. What is the Dragon?
8. What does the Dragon represent?
9. What is the vertical list of ages on the Stress Pattern Chart?
10. What is the Trauma Sequence?
11. List the 24 organs and their corresponding conditions and emotions.
12. What are the three positions highlighted on your Trauma Sequence?
13. What is the Core?
14. Why does a Dragon pick a particular person?
15. What is the Cause?
16. How does the addiction start and continue to work?
17. How does the body and the conscious mind measure good and bad?
18. What is the Effect?
19. What is the PPCE?
20. What does DO-WANT/DON'T GET or DON'T-WANT/DO GET mean?
21. What happens as you travel left of the Core?
22. What happens as you travel right of the Core?
23. How do you unravel the knots in your Trauma Sequence?