

The Boston Marathon

Rachel Hansen, Runner, and Tawni K. Lawrence, CLP, LMT, MNRI® Core Specialist and Instructor, Salt Lake City, UT, USA



Rachel Hansen's account of her experience:

I had the opportunity to run the Boston Marathon in April 2013. The race began and I could tell this was a different day! During the entire race I could feel God's love so strongly. The race itself was fabulous. I finished strong and was feeling so overcome that I just kept crying because I felt so happy! But, as soon as I crossed the finish line I had a strong feeling to "get out now". I thought it was because there were so many people around me. I was feeling so claustrophobic and I thought it was just me, but then the message came again so loud, "Get Out"!

I tried to get out as fast as my legs would take me after running a marathon! I met up with my husband, we celebrated for a quick minute, and then we went up to shower in our friend's hotel on Boylston Street. I went back down with my husband and friends to wait for another friend to finish. I was standing by her and her father while my husband was standing further down the road with another friend.

The first explosion went off and it was far enough away that I couldn't tell what it was or what was happening. It smelled like fireworks and then, seconds later, the second explosion went off across the street 100 yards away from us. Instantly, I ran! I knew something was wrong and so did everyone on that street. As I ran to find shelter, I had no idea if it had been a gunman, an explosion, or just what it was. It was complete mayhem – I was tripping over people as they curled down into a ball for protection. I just kept running to get to protection. I ran to a hotel and hid by the elevators. It wasn't until that moment that I realized I had lost my entire group and, more importantly, my husband!

With shock creeping in, I went back outside to find my him. People were screaming, crying, yelling, and saying things like, "That man lost his leg". Once outside, I saw my friends but not my husband. My friend, who is an ICU nurse, could tell I was slipping into shock. She grabbed my shoulders and said, "Listen, I've seen your husband, he is safe and so are you!" As I went to look for him, I saw a man running down the street with ripped jeans and blood everywhere. I remember thinking and praying, "God, please bless all these people!" I looked again towards the finish line and there saw my husband and he saw me. We reconnected, met up with our party, and went to our hotel that was away from the mayhem.

We turned on the news and pictures of the bombing starting pouring in. . . people had lost their lives and



Tawni Lawrence



Rachel Hansen

there were so many other serious injuries – my heart hurt. I kept praying, “Please, God, help them”.

As soon as we got back home, I knew I needed to talk to someone. I didn’t want to go anywhere – I was so afraid of everything! It was difficult to even let my kids go to school. For 8 months after the bombs my kids slept in our bedroom because I wanted them close to us. I started seeing a psychologist a few days after getting home to help calm the pure anxiety I was feeling. I had huge fears of big crowds and public areas in general. I went to a few different psychologists throughout the year and started doing a little better when being in big crowds and letting my kids be away from me.

A year after the bombing, my husband and I moved back to our hometown. Shortly thereafter, I slipped into a horrible state of fear. . . fear of everything. I was becoming non-functional. I received a prescription for anxiety medication which helped, and I kept going to a counselor to talk through things. My parents felt I should go to an energy/alternative therapist but, for some reason, I resisted. I prayed so hard to know what God would have me do to help myself heal, so I could be able to live a full life of happiness again and be able to function as a wife, a mom, a friend, a sister, and daughter of God.

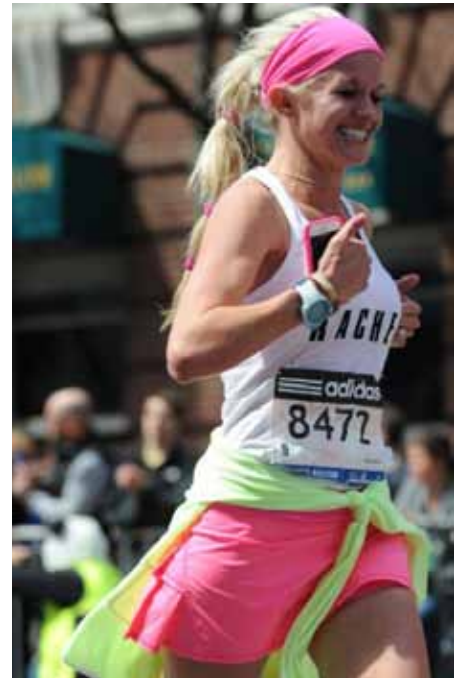
I was then referred to MNRI® Core Specialist Tawni Lawrence – she worked with me using the MNRI® PTSD protocol addressing my reflex patterns. I remember going to her the first time so full of fear that I could barely talk. She knew exactly what was going on. She helped me to understand how talk therapy did help but that my body was also still holding on to trauma from the event as evidenced by my responses and behaviors. She helped me understand how my body was still responding as though it was reliving the Boston Marathon over and over again every-day! The tears rolled down my face as she said this to me. I remember quietly thanking God for placing me into Tawni’s care where she could help me to heal and help my body and brain to connect again.

Shortly after the first session with Tawni, I was at an event with my family. I remember thinking, “Wow, there are so many people here – it’s so awesome.” Then I seriously stopped in the middle of this huge crowd and listened to my own thought for a minute, “There are so many people here – it is awesome!” At that moment I realized my mind and body were connecting again! After just one session I was able to function again, go into huge crowds, and not even think twice about it – and I was not in fear!

Trauma can happen to each person when it is too intense and unbearable, on so many different levels and, as I have learned, there is a way to connect body and mind to be able to heal from these sorts of things and be able to function again! I can’t thank a loving God enough for guiding me to healing. Even though this experience was a trauma, I thank God that I was in Boston that day. This experience helped me to become an even stronger person today. I’m so grateful for the ways in which our bodies can heal so we can live a full life again!

Comments from Tawni:

Rachel was delightful to work with, however, she is speaking the truth. She could hardly articulate her thoughts when she came in. Her body was tense, she was breathing erratically, she couldn’t control her emotions – tears flowed easily, she was nervous about



Rachel Hansen running during the race.



Rachel Hansen after finishing the Boston Marathon.

REFLEXES OF THE BRAIN

being in my office, and the new space. She felt hopeless and was upset about the direction her life was taking. She was especially sad because she “used to be so full of life and fun.” Now, she didn’t want to go anywhere and didn’t even enjoy running any more. Rachel had hyperactive Fear Paralysis, Moro, and Core Tendon Guard Reflexes – all those that serve for protection and, evidently, their permanent activity led her to a state of emotional instability, fears, and post-traumatic crisis. Also her ATNR was affected as she was sensitive to unexpected sounds and views of crowds which was activating her peripheral vision and thus anchored stress and ‘territorial’ and self-preservation responses.

I utilized different techniques but the core of the first session was the PTSD protocol. It’s so powerful. Rachel left my office feeling relaxed, calm, breathing, and felt hope after the session. I must admit, I was not anticipating such a dramatic change in her after just one session. I knew there would be change but she came back into my office with joy, exuberance, and peace radiating from her as she told me of all the fun things she had been participating in after relieving the traumatic stress. Her comment was, “I’m back.” She even showed me a picture of her and her husband out water skiing together – something she didn’t believe she could do again.

I am a Core Specialist and Instructor for the Masgutova Method®. While I am trained in many other fields, I have found Dr. Masgutova’s PTSD protocol to be invaluable in correcting and minimizing post-traumatic symptoms. I also experienced this to be the case while working with the children from Sandy Hook Elementary in Newtown, CT. Thank you, Svetlana, for healing your own PTSD and turning your pain into a blessing for thousands. You are a gift to the world!

I love the work of Dr. Masgutova – it constantly blesses lives. Thank you, Svetlana!



Thank you, Rachel, for trusting yourself, your body, and me. You’re an amazing soul with a passion for life. Your strength and courage bless my life. It’s a beautiful reminder that our bodies/spirits want to thrive and have the right to thrive. There is always hope. I’m thrilled beyond words that you have your life back. I, too, truly thank God for sending you my way. Blessings. – Tawni Lawrence