



Command-Z



The Esozone Codex

COMMAND Z: YOU HAVE IT ALL

Command Z provides fast, direct transformation for individuals facing the severe struggle of emptiness and loss of meaning in their lives.

We provide materials, services, coaching, workshops and courses for you to:

- feel and know the joy of your body in ways you haven't since childhood.
- get clarity about what you *really* want in your life.
- become aware of your hidden and unused capabilities.
- awaken a deep sense of awe and appreciation for your life.
- feel excited about your possibilities **now**.
- take charge of your own destiny.
- turn your hobbies, interests and passions into a business.
- start making freelance income doing what you love.
- relax deeply.
- alleviate anxiety and stress.
- find and follow your true calling, whatever it might be.
- stop living the life your parents and society made for you
- start living a life **you create**.

Visit [our website](#) to see all of our offerings, including skype and phone consultations, [spirit of the entrepreneur coaching](#), and a lot more.

Take your life to a whole new level. Enjoy what you have and who you are. Expand your life in every area you desire. Get more of what you want and enjoy the process.

Work with us: RadicalUndoing.com
Blog: <http://radicalundoing.com/blog>
Facebook: facebook.com/commandz
Twitter: twitter.com/radicalundoing

A Beginner's Guide to Overcoming Everything (an introduction)

I climbed the long, wooden staircase toward what looked like a giant tree fort built into the woods. I let the warm sun, rare for an Oregon October, soothe the frustration of realizing just how many times I had passed it while driving on the same winding roads, getting progressively less on time.

It wasn't exactly in my character. I had taken my one day off from a grinding schedule of teaching writing at a college in Portland to drive two hundred miles and attend an event put on by someone I hardly knew anything about, only that he had worked with the late, great Christopher S. Hyatt. But after two years of diligent work with undoing, I had begun to lose interest in things that were in my character. So I knocked on the door, and I waited. The door swung open, I was briefly welcomed, and then led to the living room, where, amidst a jungle of potted plants, framed by a cinematic window enclosing the dense forest outside, a group waited to be led through the series of undoing exercises presented in the document below.

Fast forward one year.

After dedicating countless hours of intense work to further developing the undoing current in the damp, fertile atmosphere of the Pacific Northwest, Garrett and I picked up the flag and carried it to Ojai, CA, a mixture of secluded Southern California paradise and Twilight Zone episode—a Mecca and laboratory for alternative healers, thinkers and weirdnicks of all conceivable kinds. We had tested the undoing work on our friends and ourselves; now it was time to test it within the rich and progressive culture of bodywork professionals.

We arrived with nothing but a carload of possessions each and a determination to share the work with as many people as possible. Since then, we've had the privilege of working one-on-one with massage therapists, yogis, cranial-sacral therapists, energy workers, reiki practitioners, shamans, hypnotists, occultists, martial artists, tai chi practitioners, personal trainers; we've taught local classes, worked with local clients, reached out to an international audience

with our first online course. We've tested undoing with peers and students from all backgrounds, and have received the same feedback consistently: *this work does something that nothing else quite does, and it does it every single time.*

Descriptions vary: it purifies the nervous system; it releases deep muscular tension; it breaks through energetic blocks; it drains the brain of fear; it heals splits in the psyche; it releases the kundalini; it resolves psychological conflicts; it rewires the brain; it deprograms the mind. Each of these metaphors reflects an aspect of undoing, but it is somehow more than any of them.

Regardless of what words we use, one thing has become clear: undoing is ready for a larger audience, and the world—or at least a good enough portion of it—is ready for undoing.

So in the spirit of carrying on the experiment, we invite you to peruse the document below and try the exercises for yourself. They are just a small beginner's sampling of the vast and deep undoing repertoire, some of the simpler and easier exercises to perform (think of them as the pushups and sit-ups of undoing); but don't let their simplicity fool you: they still *make things happen*. (Incidentally, this is the same series of exercises Garrett used for his famous [or infamous] seminar at Esozone in Portland, OR, which apparently generated an energy so thick that people from workshops in the neighboring rooms left to come see what was going on.)

If you do choose to perform these exercises earnestly, you'll likely find, as we each did years ago, that it's not long before you've crossed an invisible threshold—a first step on a “pathless path” through which fear transforms into power, anxiety into adventure, and the mundane into a mystery.

-Riley Holland, Ojai, CA, 2011



HOW TO USE THIS CODEX

1. Stand up. Shake out your body. Move your face. Make some noise. Get your physiology ready for this experience.

*Wait a minute.... Are you one of those people who is thinking right now that you'll just skip this part about standing up and getting ready? Maybe it's time to question that voice in your mind. What else does it **convince** you to skip over????*

2. Read through the entire document **AT LEAST** three times before doing the work you find within. It will lay the groundwork for the experiments and information uploads to follow.

3. Conduct the workshop for yourself.

4. Know that simply reading the material does give you a basis to work with, but you will achieve nothing without actually *doing* the exercises over and over.

Good luck, and be sure to check out the Advanced Ideas at the end of the codex.

If you have any questions at all, feel free to email me at garrett@radicalundoing.com

Keep in mind these key points while using the concepts and tools:

1. The point here is to share knowledge and experiment with yourself and others. Stay with yourself. If you do it with others, stay with the group. It is more important to stay with the flow of your experience than it is to be right or to compete. Physiology is primal. Ideas are secondary.

2. Real brain and life change will almost always be accompanied by and/or preceded by anxiety. You must deliberately leave your comfort zones to experience real change. Fear and excitement go hand and hand.

3. These are extremely powerful exercises. If you do this work with persistence and determination, you WILL get results. Your results are *your* results. The results of other people do not matter except for sharing and discussion. No matter how much you learn about the taste of fine wine, you will have experienced nothing until you taste it for yourself.

4. Do not approach this workshop with beliefs and preconceived ideas. Do not believe anything you read. Instead, do the experiments and get your results. Take what you get, and don't take what you don't get.

5. Supposedly Adam and Eve were expelled from the Garden of Delights and forced to toil in punishment for their confusion.

Imagine some of the ramifications of living your life under the Adam/Eve punishment myth.

Supposedly the Buddha simply wandered and had experiences, free of judgment and punishment.

Imagine the ramifications of living your life under the Buddha myth.

There are many more myths you can filter your reality through. How do your personal lenses color everything you see? Which myths guide your life? Do they influence your behavior? How?

Let's get started!
THE PEOPLE'S KEY



Enhanced 1 2 3 4 5 6 7 Diminished

Use this key all day long to evaluate every experience you have.

Eventually, it will help you unlock more enhancing people, places, situations, and opportunities.

You will learn a great deal about yourself along the way...more than you ever wanted to know.

Use these and other warm-ups you discover to wake up and get your life force moving before you dive into the workshop:

WARMUPS

1. Basic Grounding: The Grounding exercise is very simple but difficult to explain in words. [Here is a link](#) to a simple drawing and instructions straight from Alexander Lowen himself.

You can upgrade to the video course to view a demonstration of the grounding exercise.

Don't let the simplicity of this exercise fool you! I have used it to calm myself down so many times I don't remember them all. It also helps get rid of insomnia, shaking legs and anxiety. Do it every day!

Stop and notice the effects the exercise had on you.

2. Back Twist Grounding: This one is also simple. Don't do it all the time. Just do this one in preparation for the Esozone workshop that follows.

Stand with your legs more than shoulder width apart. Bend your knees until your thighs are almost parallel to the floor. Put your hands on your knees for support. Keep your back straight and head up.

Inhale.

As you exhale, rotate your body at the waist all the way to the left. Keep your back upright and your legs spread wide. Turn your head to the left with your body as far as you can. Inhale as you rotate slowly back to the center. Do it again to the right. Repeat this 4-5 times.

The video demonstration for this and the other exercises is very helpful.

Stop and notice the effects the exercise had on you.

3. Energizing Arm Swings: This one is difficult enough to do when you can see a live demonstration of it, let alone trying to read about it. I'll give it a shot. If you need more assistance, check the video demo.

The basic idea is to swing both of your arms in circles in opposite directions. Start by swinging one arm in a circle. If you do it correctly, you will feel the pull from your shoulder joint all the way through to your hand. You want to swing your arm, not muscle and force it around.

Once you get one arm going, swing the other arm in the opposite direction. It helps to keep your knees bent and your hips swinging in motion with you. Watch out for low ceilings!

Stop and notice the effects the exercise had on you.

4. Knee Slaps and Crossover: This exercise will give you noticeable energy when you need it. Again, the video will make it extremely easy.

Start marching in place. Lift your knees high enough so your thighs are parallel with the ground with each step. Use your left palm to slap the top of your left knee when you raise it. Let the hand drop and slap the right knee with the right palm. Let it drop and repeat on the left. Do this 25 or more times, alternating back and forth.

Next, raise your right knee up in front of the left side of your body and slap it with your left hand. Do the same with the left leg and the right hand. Repeat the crossover about 25 times.

Stop and notice the effects the exercise had on you.

5. Bodyweight Squats:

These are somewhat hard to describe, so I have provided a link to a youtube video of me demonstrating this exercise. Click [here](#) to watch the video. Make sure to do a powerful exhale on the way down, keep your back straight, and inhale when you bring your arms toward you.

Concept 0. Belches, Farts, and Yawns take precedence.

This concept comes directly from Dr. Christopher S. Hyatt, the purveyor and transmitter of the Radical Undoing bodywork. Command Z offers him our gratitude and appreciation for the work he accomplished and left behind for us to continue.

Before beginning a bodywork session or workshop, Hyatt would say, “Belches, Farts and Yawns take precedence.” Why do you think he always said that?

Before getting deeper into your own body, it is important to honor its basic expressions. Do you notice a tendency to put your hand in front of your mouth while yawning, to apologize and ask others to excuse you after belching and hiding or holding in farts?

This adds tension to your body and conflict to your mind. Your body is just doing what it does, processing gases, blowing off stress and taking in oxygen. There is nothing wrong with these expressions.

When most of us were children, our parents, teachers and other large babies decided they knew what was good for us and trained us to suppress our body’s natural expressions. Yeah, you can still be discrete about these things in public in situations where it benefits you, but stop doing it compulsively.

Do you feel shame and guilt when you belch, fart or yawn? Once you get in touch with these basic expressions and the muscle tension that comes with repressing them, you are ready to feel and learn something new.

You are ready to learn how to learn... you might think you already know how to learn, but what you really know how to do is follow other people who tell you what to do. All that is about to change. Read on.

Tool 0. Learning How to Learn:

Learning how to learn means knowing always that you are enough and you have enough wits about you to figure out what you need as you go.

You can never be fully prepared for new situations. Adventures all have uncertainty as a major component. The more willingness, persistence and determination you have to get what you want, the easier it will be for you to get it.

Learning how to learn has 4 different components:

1. Awareness.

Pay attention to how you feel during different times of the day and during different types of experiences.

2. Recognition.

This means the ability to notice how a new piece of information might apply to you and your situation. If you can't tell the difference between the gems you need and the dross surrounding them, you can spend years searching through dross, forgetting what you're looking for.

3. Evaluation.

Next, you evaluate what you want and what you need to do to make it happen.

4. Action.

Take action based on what you've learned. This way, the information transforms into real life experience. Now you've actually learned something. Repeat ad-infinitum.

Concept 1. What the Hell is Going on Here?

This question alone can guide you to a whole new way of life. Spend some time with it. Say it every morning when you wake up and every night before you go to bed.

Say it to yourself in every new social situation you find yourself in. You'll be amazed at how much more perceptive and receptive you'll feel over time.

Tool 1. A Simple Twist of Face.

We have repeated this exercise numerous times in almost all the material we release to the public. It is very simple, but equally profound in the benefits it delivers.

Simply stretch every muscle of your face in different directions.

Include:

- Forehead
- Brow
- Eyes
- Nose
- Cheeks
- Tongue
- Lips
- Jaw
- Ears

Move your face from state to state **extremely slowly**. Continue breathing while you move your face. Do this exercise for a full 5 minutes. It will seem like an eternity, which is another beautiful side effect of doing it:::slowing down time.

Once the 5 minutes is up, close your eyes and sense and feel what's going on in your face and the rest of your body.

Concept 2. It's ok when things don't go well.

This concept will free you from a deep fear of failure. Most of life consists of doing experiments and getting results. Unfortunately, people shy away from doing anything outside of their comfort zones due to fear of failure.

If you understand deeply that it's ok when things don't go well, you won't feel so scared to try new things and take risks to get what you want. If you fail, just gather your results and try again.

Explore this concept in as much depth as possible, and come up with examples of how you can apply it in your own life. If you are conducting this workshop for others, have a discussion about how each of you might apply it to your life.

Once you fully understand the concept, it's time to shrug off your fears and worries, just like Atlas should have done...



Tool 2. Atlas Shrugged.

Pull your shoulders up toward your ears. Hold them there in as much tension and pressure as you can handle. Be careful if you've had a dislocation or shoulder injury to not reinjure yourself. Stop if you feel any pain.

Hold the shoulders up near your ears for at least 1 full minute. Extend to 2 or 3 minutes, or do 2-3 repetitions of 1 minute each. At the end of the time, take a deep breath in, say "AH," and shrug your shoulders down.

Close your eyes and take a moment to sense and feel what's going on in your shoulders and the rest of your body.

Concept 3. You are the most important person in your life.

Say out loud to yourself, "I am the most important person in my life."

This remains true even when you have family and friends relying on you. If you do not take care of yourself and manage your life to your own best interest, you are doing everyone, especially yourself, a great disservice.

This concept will help you to say no to other people when their demands are not in line with achieving your goals and aims. It will also help you to prioritize what you need to do to create the life you really want, instead of the life other people want you to live.

Tool 3. Ok to say, "No."

Now that you know you're the most important person in your life, you can start to feel ok when you say no to other people's demands.

For this exercise, sit up straight or stand up. Turn your neck from side to side, as far as it will turn. The key is to turn your neck and head **as slowly as possible**. This might feel a bit strange when you first get going, but over time, it will put an end to your wandering mind and

give you a deep experience of timelessness, mental clarity and freedom.

Remember to keep breathing while you turn your head SLOWLY from side to side. If you think you're going slow enough, you can slow down even further. Do this for 3-4 complete turns, which can take anywhere from 5-7 minutes.

Concept 4. Cognitive Endgame.

Use this when there is no time for bodywork.

END GAME:

Step 1. Recognize your reaction or experience as a repeat of something you have done before.

Step 2. Ask yourself, "How many times have I done this before in similar situations?"

Step 3. Use the cognitive brain to END the game NOW by making a solid decision to end the game when it is wasting time and energy.

Step 4. Let it go for real this time.

Step 5. Proceed in authenticity. Do what you really want, accept your results, repeat.

Decide to only play games you want to play. Play them deliberately and not by default. Know when you are playing games and when they are being played around and with you. Now, I do not necessarily mean board or video games here. I mean real life Role Playing Games.

Tool 4. Trusting Gravity: The Flop.

The Flop is an exercise in letting go. Once you get the experience of what it feels like to let go in your body, it will be much easier to let go of things that are bothering you in your mind. You will understand the mental and emotional counterparts of a tangible physical experience, which will ground them in reality and make them useful to you.

Stand with your feet about shoulder width apart. Bend your knees just slightly. Take a complete breath in. Say, “Ah” and let your body flop over at the waist. Exhale fully while you flop over and hang over at the waist.

Inhale slowly as you raise your body back up to standing. When you get to the top, say, “Ah” and flop over again. Do this about 10-12 times.

Often, people have trouble truly trusting gravity to take their torso down. Instead, they either hesitate or add force to the movement. The way a person approaches the Flop will often give hints into the ways that person approaches other situations in his or her life.

If you notice yourself or others having trouble with it, have them first hesitate the movement on purpose, then have them force it. Finally, tell them to let go, and find a middle ground between hesitating and forcing.

This exercise takes many repetitions until you get a deeper sense of free fall and letting go.

Concept 5. Either all communication is hypnosis, or none of it is.

Think about this. Everything people say has some motivation behind it, whether conscious or unconscious. When you look for the motivation, you will understand the person talking to you and what they have in store for you.

Every sentence we use has a particular effect on the people who hear it. We start processing and interpreting the words immediately. When someone asks you a question, your mind’s initial response is to start generating an answer.

Start paying attention to all communication in your life. Notice what you are about to say **before** you say it, and trace it back to **why** you are about to say it.

Next, ask yourself if what you want to say will serve your conscious aims. If so, say it. If not, try something else.

Discuss this concept of communication as hypnosis with the workshop group you assemble, or write about it in your journal.

Tool 5. Dehypnotizing Breath.

This deliberate breath will help you to shake off the trance we fall into when listening to other people, or doing habitual activities.

Tell yourself you're about to dehypnotize yourself and come out of trance.

Inhale fully and exhale deeply with a sigh or even the "Ah" sound if you're alone.

Repeat this exercise 2-3 times, and whenever you feel the need for clarity throughout your day.

Concept 6. Ambience Administrator:

Just as a network administrator administers networks for businesses, an ambience administrator administers the moods and emotional landscapes of the places he or she inhabits.

Happiness and Sadness are contagious states of the brain. This has been demonstrated in a handful of brain studies that explored how moods can pass from person to person in the form of brain chemicals.

This has radical implications for people who want to take charge of their lives.

When you feel stuck in a bad mood, you have a choice to get help from other people, without them even knowing what you're doing. Instead of spreading your bad mood, act uplifted, joyous and excited about life, even if it seems difficult.

This will inspire the other people around you to feel joyous and excited as well, which will create an ambience of excitement in the environment around you. Your brain will begin to adopt the new mood, and as long as you don't resist it by holding on to the old mood, you will feel different and better.

Think of other ways you can use the ambience administrator technique to create different moods for different purposes with other people you interact with.

The more aware you are, the more you get to take charge of the spaces you find yourself in.

Tool 6. Laugh at everything, even when you're not feeling it (yet).

One way to forge a path between bad moods and better ones is to deliberately laugh, even when you're not feeling like laughing. Sitting around in a bad mood is pretty silly anyway, so why not laugh it off?

Dr. Christopher S. Hyatt, my former teacher, used to teach a technique called the Laughing Breath. Do it whenever you get a few moments to yourself, especially when having bad moods.

First, inhale completely, then say, "ha ha ha ha ha" until you have completely exhaled. Try to bring your whole body and face into saying "Ha!" each time. Repeat this for 5 full breaths.

Do the same with, "hee hee hee hee hee hee hee..." for 5 full breaths.

Finally, do five full breaths of maniacal laughter, as fully and loudly as you can.

Doing this with a group will often lead to spontaneous organic laughter before you finish with the programmed laughing. This is fine. Whenever laughter organically erupts, let loose and flow with it.

Concept 7. Always Ask For What You Want:

This very simple concept has the power to bring you some of the greatest benefits you can imagine in your life, in record time. It is one of the great secrets of the best salespeople in the world.

Through this concept, I have gotten in touch with the authors of my favorite books, gotten endorsements and partnerships with people you might think are extremely difficult to get in touch with, and accomplished some of the most beautiful experiences in my life.

If you are doing this workshop alone, write a list of things you are going to ask for. It could be a raise at work, help from a friend, or advice from someone who is successful at something you want to learn. The possibilities are limitless...

If you do this in a group, brainstorm together some of the ways you can apply this concept to gain power and joy in your lives.

Tool 7. Explosion of a Star:

Again, body posture has a lot to do with how you feel. This exercise can change your mood and tap into a hidden spring of inspiration when you need it.

Crouch down and hug your knees. Squeeze tight around them and flex all the muscles in your body as much as you can. Hold this for at least 1 minute.

After the minute is up, inhale fully, then stand up straight and throw your arms upward and outward, as if you are about to hug a giant. Curl your back slightly and push up and outward with your chest.

Do all of that in one single sweeping movement and say, "AH!" when you do it.

Tool 8. Paradoxical Breathing:

This final technique is meant to deliberately overemphasize unnatural breathing up into your chest. By doing it deliberately, you bring the process into conscious awareness, thus enabling you to notice when it is happening and deepen your breathing to get out of panic mode.

Stand, sit or lie down. Make a croaking or wheezing sound in your throat to create a vacuum in your belly and chest. Inhale and pull your belly up into your chest as far and as tightly as you can.

Hold this position for a second or 2. Say, “Ah,” and let your belly drop and exhale completely. Take a second or two to rest before beginning the next inhale.

Do this exercise 10-12 times.

Concept 8. Command-Z Advanced Work:

1. Radical Undoing Sessions.

Radical Undoing sessions take place in person and over Skype. We have achieved remarkable and consistent results giving guided sessions over Skype. Clients have told us repeatedly that the sessions are the most profound they have ever experienced. We hear this even from seasoned practitioners who have been engaged in solo undoing work for years.

2. Dredging the Shadow Sessions.

These sessions build on the Radical Undoing sessions and offer you the ability to recover old memories locked up in your muscle tensions. They are often influencing and guiding your behavior in unconscious ways. These sessions will help you bring them to awareness and put an end to their influence over you.

3. Customized Training Programs and Consultations.

Register on our website to get in touch about individualized training programs. Some clients do two sessions per month; others do 4 plus weekly consultations over Skype. We work with you to develop a training program perfect for your needs.

4. Spirit of the Entrepreneur Sessions

These sessions are designed to help you move into becoming a freelancer doing something you enjoy to help others and make money on the side. They work especially well in conjunction with the Esozone Codex as your first experiment in making money teaching the techniques in a workshop setting.

All of our clients have hobbies, interests and passions, and many of them have great potential to make a living doing something they love. In just 1.5 hours, you will get over the fear of starting your own business and feel empowered to seek out your first client.

5. Weekend Retreats in Ojai, CA or in your city or town.

Weekend retreats take place in Ojai for up to 6 people per weekend. Get in touch with us via email to inquire about a weekend retreat. Riley and Garrett are sometimes available to come to your town to conduct retreats and work with you directly.

6. Organic Initiation

We can't say too much about this yet, except that it will be open to only 10 clients per year.

Email info@radicalundoing.com and visit <http://radicalundoing.com> to find out more about all of our products, services and offerings. We look forward to working with each of you.

The following Tools and Concepts are an addendum due to their taboo nature in some circles. Enjoy, and beware who you share them with.

Taboo Tool 1. The Gag Reflex.

We all know about the gag reflex, but the vast power of release and liberation it holds is unknown to almost everyone. Try it yourself to witness the power it unleashes. You will feel a jolt through your pelvis, belly, diaphragm, chest, neck and even into your eyes.

The goal here is not to throw up, although throwing up is just fine. The task is simply to elicit the gag reflex with your fingers in your mouth. Do this 4 or 5 times every morning, and anytime you feel panic, deep anxiety, or serious tension in your belly.

Make sure to drink a small glass of water beforehand, and don't do it right after eating.

Taboo Tool 2: Screaming/ Yelling:

Yell or scream as loud as you can, out loud if you dare, or into a pillow if you must.

This exercise is great for groups in a warehouse, private home, or outdoor setting. It feels exhilarating to let out repressed and pent-up yells and screams.

Taboo Concept 1. Words are more real than reality:

Learn to walk through walls by identifying how people believe and live inside labels.

Taboo Concept 2. Escape from false ideas about yourself:

They're all false. Leave your self worth at 100% all the time.

Taboo Concept 3: Enjoy Everything: There are no troubles.

Advanced Ideas:

One of the missions of Command Z is to inspire and ignite the innate power of every individual client. One way this manifests is in the spirit of entrepreneurialism. Doing your own business and freelance work puts you in charge of your time and creative expression.

The basis of the entrepreneurial spirit is to share value with other people in exchange for appreciation in the form of money, goods or services.

Give yourself some experience with your own entrepreneurial spirit by using this codex. Do the exercises and study the concepts until you feel ready to share them with other people. Gather a group of friends to share with.

Create a Facebook event or send a message out by email to plan the workshop. Turn it into a potluck or creative evening.

Try it out before doing music, art, or other creative group projects. Pay attention to the conversation and dynamics that ensue when you do this work with others.

If you would like to schedule a Command-Z consultation with Garrett and/or Riley, see the contact information and options at the beginning of this codex and <http://radicalundoing.com>