

# **TRAUMA TO DO's and DON'TS**

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**Patience – going slow**

**Catharsis is not Healing- simply because you feel an emotion does not necessarily heal the emotion.**

**You must have a sense of your deeper true self and look at the trauma and the emotional pain as energy moving through you and not the truth of you.**

**Don't Over Identify with the Trauma. Be the Light you are and anchor into your true self.**

**If you connect to trauma with dense consciousness/energy – you get more trauma.**

**Access – don't charge trauma. Bring in higher vibrational energy, positive belief systems, and good sensations in the body.**

**You must have an empowered witness or observer in order to re-pattern verses re-experience trauma.**

**Strongly Positively Resource a Client or Yourself Before going into Trauma**

**You heal trauma by bringing in the positive belief system and true sense of self.**

**If you don't feel positive sensations in the body afterward, chances are you have re-traumatized and/or disassociated**

**Deep trauma work necessitates the ability to hold two places at one time. One place in the trauma and one place connected to your core, divine truth.**

**Replaying trauma tends to rewind and re-traumatize so if you replay it, make sure there is a positive shift toward re-scripting the past. Let your mind, energy, body (ME-B) systems find a positive outcome and let your body move in a manner that mirrors that positive outcome.**

**If you or your client thinks they are the pain, then they create a deeper groove in the unhealthy "train track" instead of creating a bridge to a healthy "train track" -- subsequent healing becomes more difficult because the body is programmed to respond in a misaligned manner to the external world- Hyper or Hypo sensitivity. Lower brain functions take over and cognitive choice is removed.**

**Trauma is in the ME-B systems – the physiology of the body, brain chemistry, nervous and energy must re-patterned for optimum healing to take place. Learn how to do this in all ME-B systems.**

**Less is usually more – because trauma happens in accelerated time, you must let each part integrate before you do more. I call it accessing the trauma, NOT charging it. This way you can reprogram the ME-B system.**

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