

Spiritually Healing Trauma and Clearing Negative Karmic Patterns

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The purpose of this manual is to teach you powerful and effective spiritual techniques that you can use at home on your own, that will help you completely recover from trauma that resulted from this life or past lives. You will break all negative patterns and karmic cycles, and cure PTSD and all other symptoms that are caused by traumatic experiences.

So get ready to release the old and enter in the new! If you follow the instructions in this book, you will have great success and will release all old karmic residues, and you will be free to live a happy, joyous life.

Unresolved trauma in our past or even past lives can continue to affect us badly in the present, causing negative patterns and belief systems. If you were abused in this life or even murdered in a past life and that trauma was never resolved, it can carry over into this life, causing you to attract a never-ending cycle of abuse. It can cause post traumatic stress disorder (PTSD), low self-esteem, eating disorders, suicidal thoughts, depression, anxiety, intimacy problems, addictions, victim mentality and much more.

Sometimes trauma can be so bad that it will create negative karmic patterns. This book will show you how to stop and release those patterns and how to overcome all the problems associated with trauma and PTSD, from a spiritual viewpoint.

Introduction: The story behind my PTSD and How I Overcame It

I do not want to share every gory detail of my life story with you as I feel like doing so would be depressing, which is not my intention for this book, nor did I ever find it cathartic to dwell on traumatic past events.

I found that every time I would talk about my traumatic experiences in therapy, I was just reliving the experience over and over again, reopening those wounds without doing anything to heal them, and by the time I was done sharing, I had only succeeded in traumatizing myself more and I would feel completely disassociated and depressed. This is why traditional therapy never worked for me. Reliving my past experiences was only inducing PTSD flash backs and making it worse. It wasn't healthy for me to dwell on the past without doing something to actually work on it.

Having PTSD does not make you mentally ill. It does not mean you are crazy. It is a perfectly normal and understandable reaction to very painful and traumatic experiences. The symptoms that often come along with PTSD, such as anxiety, or addictions, are also not mental disorders - they are simply reactions and coping mechanisms in response to trauma.

Some of the most damaging labels that people who suffer from trauma are often labeled with are "mentally ill", "crazy", "sick", "disabled" or "disordered". Even the label "PTSD" is misleading because it makes people assume that completely normal reactions to traumatic experiences are a "disorder". PTSD is also often misdiagnosed or even grouped into dual diagnosis or personality disorders, because it can cause a lot of symptoms, like suicidal thoughts, eating disorders, anxiety, depression and addictions.

This is rather unfortunate, because traumatic experiences happen to anyone, not just mentally ill people. Abuse and trauma can happen to normal, positive, healthy people. The fight or flight response is a completely natural reaction to trauma. It is completely natural and understandable to be traumatized after a traumatic event. The fact that they have to treat the act of being traumatized as a mental illness, is unfortunate and is causing major misunderstandings in the public, which essentially, is misleading a lot of people who are traumatized into thinking that their "condition" can be treated like a typical mental disorder. It can't, and it shouldn't be. You're not "insane". You're traumatized. That's why traditional therapy often doesn't work for PTSD. Making people believe that their "condition" is unnatural or some kind of mental illness is not helpful.

Yes, PTSD can become completely debilitating, but reacting in fight or flight is a normal reaction to trauma. Even suicidal thoughts do not make someone "crazy" or "mentally ill". Anxiety, panic attacks; depression, anger problems, suicidal thoughts, eating disorders, self-medicating/addictions etc are all understandable, natural reactions to trauma.

I ditched regular therapy in search of something that would actually help, and found an amazing psychologist who specialized in Part Work Integration Hypnosis, which

is very similar to Past Life Regression Hypnosis. Both of those techniques are things I am going to teach you how to do on your own in this book.

My psychologist taught me this technique and encouraged me to use it on my own. By the time he retired I felt comfortable enough to take the reins and work on releasing my trauma by myself, which I did successfully.

While I definitely encourage you to seek a good psychologist who can help you through this technique, I also want to make this information available for people who are unable to afford hypnosis sessions, who are unable to find a psychologist who offers it, or who would rather do the work on their own. I believe that we are in incredible times of ascension, where all people are being urged to clear away what no longer serves them, including trauma and past life karmic residue. It is my belief that it is important to clear away all of this emotional baggage before you can ascend.

Along with Part Work Integration, there were some other alternative methods of healing that I utilized that helped me successfully clear out all of my emotional baggage, that I am also going to share with you in this book.

Like many other people who have PTSD, I suffered from, but have recovered from all of the below traumatic experiences in this life:

- Cancer
- Childhood surgeries
- Sexual Abuse
- Sexual Exploitation
- Physical Abuse
- Bullying

PTSD can manifest in many forms, and can cause many unhealthy patterns, belief systems and even mental disorders. Below is a list of all the things I suffered from due to my PTSD, but that I have recovered from successfully:

- Addiction
- Alcoholism
- Anorexia
- Anxiety
- Anger Problems
- Attention Seeking
- Bulimia
- Borderline Personality Disorder
- Body Image Problems
- Depression
- Disassociation
- Depersonalization
- Low Self Esteem

Panic Attacks
Psychosis
Self Pity
Self Seeking Behavior
Sex Addiction
Sexual Paraphilias
Social Phobia
Suicidal Thoughts
Victim Mentality

That's right. I recovered from ALL of these things successfully. And this book is going to show you how. As you can see from that extensive list, trauma really does have the potential to damage someone on a very *deep* level. Trauma is a critical issue that can cause severe damage. It just goes to show you how much trauma can truly hurt a person. Being hurt by someone in the past really can cause extensive damage to the body, mind and spirit. PTSD is often one of those things that can be misdiagnosed or can result in a dual diagnosis.

Like many people who have a vicious repeating cycle of trauma in their lives, I had many traumatic past lives. I had to uncover many past lives that were traumatic in order to go back to the first traumatic experience that ever happened to me.

By going back to the first traumatic experience that happened to me, I was able to see how it set off a chain reaction - a repeated cycle of abuse that basically set me up for failure in my following lives.

For example, the first traumatic experience that ever happened to me was in a past life, where I was murdered (I was drowned in a pond by a complete stranger). Even something as simple as seeing my distorted reflection in the water right before he drowned me, ended up causing me to be born with vision problems in this life that caused me to have to go through eye surgeries as a child, and body image issues due to low self worth, all because I died thinking, "Why did he kill me? He didn't even know me! Why did he disrespect my corpse and objectify me like I was worthless? It must be because I was ugly and worthless." That set the stage for lifetimes of low self worth, social phobia, anorexia, etc. All because I was not able to deal with releasing the trauma back then when it happened. It was left *unresolved*. Between lives, I had the chance to release that trauma but I was not able to back then. My spirit was not mature enough or ready enough to deal with it.

Not dealing with that trauma did set me up for failure in my following lives, where I ended up being murdered again, following with a series of lives where I commit suicide. I know this is a very sensitive topic, but the only reason I was frequently suicidal then and many times in this life, was because I subconsciously felt like my life wasn't worth living or like I deserved to die, all because of what that guy did to me back then. I truly felt like I wasn't good enough for life, and that subconscious pattern was so deeply ingrained into me that I would put myself in dangerous

situations to encourage people to murder me, or I would become suicidal every time life became scary or overwhelming, thinking premature death was the only answer, because that is what had happened in my traumatic lives before.

On some level I actually hoped that I could repeat the pattern of what happened to me back then. Deep down, I truly believed I was worthless and trauma really has a way of reliving itself over and over again.

Trauma creates cycles. And this is the lifetime where I finally broke that cycle!

We are in glorious times of ascension right now and all of humanity is being called to release their karmic residue. Do not fight the process of letting go! It may be unpleasant at first, but the transformation into a peaceful, joyous life is worth it. We are in great, exciting times, where we have been given the chance to undo lifetimes of pain, where we can free ourselves from suffering once and for all.

So how do you know if your cycle of trauma stems from a past life?

There are some obvious signs to look for if you were born with trauma, but you may have none or all of these signs:

- If you have any of the above symptoms of PTSD but nothing happened in this life to cause it
- If you have any of the above symptoms of PTSD and traumatic events did happen to you in this life, but you already had those symptoms before traumatic events happened to you in this life
- If you have noticed a reoccurring cycle of abuse and often wonder why it keeps happening to you
- If you were shy, scared and insecure as a child with no explanation as to why
- If you had fears of intimacy even as a child
- If you were born with "mental illness" or addictive personality
- If you were born with sexual paraphilias (for those who may have been sexually abused in past lives)
- If you were prone to excessive masturbation in childhood for no reason, or feeling afraid of sex or being addicted to sex at an early age (for those who may have been sexually abused in past lives)
- If you were born with physical problems that needed correcting (past life trauma can manifest in physical ways)
- If there were unexplainable childhood cancers or illnesses
- If you seemed to attract a lot of abuse in your childhood and now
- If you seemed to attract a lot of traumatic events in general

Regardless of whether or not your trauma stems from this life or a past life, this book will still help you overcome the trauma. Although this book is targeted towards those who are trying to mend their past life patterns, the process is still the

same in regards to healing from trauma in this life, and stopping any unhealthy patterns that could start at any time due to trauma.

Warning:

Remembering traumatizing memories can be painful, terrifying, depressing, disturbing and traumatizing. Sometimes we block out painful memories for good reason.

But the only way that you can heal from trauma is by uncovering the root of the problem and finally dealing with it.

This self work is not going to be easy, but I imagine the people reading this book, are those who are ready and willing to work on their problems and are already suspecting that there are painful, terrifying memories they might have to face in order to move on in life.

I imagine that you are already aware that dealing with trauma may not be pleasant.

That said you do not need supervision, or a therapist to help you through the process. It may make things easier, but it is not necessary, because if you follow the instructions in this book, you will learn how to do it safely, while keeping your emotions from overwhelming you during the process.

Part Work Integration Hypnosis

Part Work Integration Hypnosis is somewhat similar to Past Life Regression Hypnosis, which we will go over in Chapter 2. It is an excellent method for dealing with trauma, and I recommend becoming familiar with Part Work Integration before you get into Past Life Regression.

You use this method to heal trauma in this lifetime, or past lives by directly befriending parts of yourself that experienced those events and by helping those parts transform their patterns.

The purpose of it is to become in sync with your Higher Self and to detach from all the other parts of yourself that are hurting, and then to speak with and befriend these hurting parts of yourself, and to give them love, support and healing.

You have many parts of yourself that operate underneath your higher self. You may have parts that are scared, parts that are angry, parts that rely on humour when the going gets tough, parts that are anxious, and parts that are distrustful towards you or anyone else. These parts of you may not trust your Higher Self to take the role of Leadership.

All of your hurting parts have jobs. Your parts may have taken on the role of trying to protect you from harm or to help you cope with life. They have learned to be that way due to unfortunate things that happened to you in life. These parts do not think they are doing anything wrong by helping you cope. They may not even be aware that you are no longer in danger! Once you tell these parts that you are no longer in danger and wish to move forward, they may retaliate and say, "but that's impossible! What if something bad happens again?" And you will have to sit with them and talk to them about their concerns for as long as it takes to make them feel better about the idea of moving forward and trusting your higher self.

And you may even have a judgmental part of yourself who may dislike those parts of yourself or who may want those parts to change as soon as possible. You might have an impatient part, or an analytical part.

You always need to ask the judgmental part and the impatient part to sit aside, when talking to the other parts of yourself. Your parts need love and respect. They need to feel safe in order to share and grow. Remember that it may take awhile for these parts of you to learn to trust your Higher Self and to follow your lead. In time as you befriend them with ongoing sessions, you will give them new roles.

You cannot get rid of these parts. They are always going to be parts in you, but you can help them to change, to heal, to grow, and ultimately, they will take on new jobs. All of the darkness will transform to light! Your anxious part will no longer be anxious, and now you can use that part of yourself for something good that benefits you, for example, it's new job description could be helping to improve your confidence.

When you are operating as your Higher Self, you can show these parts that you can lead the way. You don't have to operate in your shadow parts for the rest of your life. They don't need to be afraid anymore. You can transform that fear, and instead ask them to help you with more positive, beneficial things that help you move forward in life.

Do not expect to make instant headway with the parts of yourself. I had sessions where my scared parts were more than happy to connect with my higher self right away, and they befriended me instantly. All they wanted was to be loved, and were more than glad to share their experiences with me, and to let me take the lead and show them where to go.

But I also had to deal with some more difficult parts that were rebellious, and it took multiple sessions for them to warm up to me. You have to be very patient and loving towards these rebellious parts and give them time to open up to you, because if you force them to share things with you before they are ready to, it may just push them away even more. Always be gentle and loving towards these parts of yourself throughout this process.

Part Work Integration Hypnosis:

Sit or lay down comfortably in a place you will be undisturbed for about an hour.

Begin by taking ten deep breaths.

Pay attention to how you are feeling emotionally and mentally. Are you feeling happy, nervous, depressed, foggy, etc? Take a few moments to check in with how you are feeling.

Once you are aware of your feelings, imagine that they have a physical appearance. Imagine them looking like anything you want them to look like. For example, I might imagine my feeling of depression to look like a blob of darkness, or I might imagine my feeling of fear to look like a little girl. I find that it is nice to imagine the parts as people, so that you can relate to them easier.

Ask your feelings, one by one, to please remove themselves from you and sit beside you. Explain to them that you are doing this process because you wish to talk to your traumatized self (or whatever part of yourself you wish to talk to). Ask them to please help you with the process by not interfering or overwhelming you with their emotions. Tell them to continue to sit beside you and that they are welcome to watch the process unfold. Imagine them sitting beside you.

Did they all agree to move outside of your body and sit beside you? Do you feel neutral? If not, continue to ask the parts to sit aside. If you have a particularly stubborn part that will not leave, then it's probably because it wishes to tell you something, so that is likely the part that you should start talking with today. If that's the case, tell it that you are glad to speak to it as long as it agrees to sit across from you and not overwhelm you with its emotions.

Once you have managed to get all of your parts to agree to remove themselves from you and they are sitting around the room with you, you should be feeling no feelings at all, just neutral. This is the state of your Higher Self. It is a calm, neutral state of being.

Ask the traumatized part (or whatever part you wish to speak to) to sit in front of you.

Pay attention to that part. What does it look like?

Begin communication with this part. You may ask it anything you want to know, while remembering to stay in your neutral state. If at any point, emotions or thoughts or the urge to analyze or judge comes up, please remind those parts to sit aside again until you again feel neutral.

You may ask this part of you to share the traumatic event with you. In the neutral state it should be easy for you to be receptive to its answers. It may tell you in words or it may show you in visions. Be open to whatever comes.

There may have been more than one event that traumatized this part, so be patient and let it tell you whatever it needs.

Continuously ask any intervening parts to step aside, and if you are getting unclear answers, ask for clarification until you understand what the part is trying to say.

At the end of your session, remember to thank your part for sharing, and thank your other parts for agreeing to sit aside.

You may find it helpful to write down your experience as you go along.

As long as you are persistent in asking your parts not to overwhelm you with emotions, then the process of dealing with your trauma will not be emotionally upsetting for you.

If at any point things do get overwhelming and upsetting for you, stop the process, take some deep breaths, ask the parts to stop overwhelming you with emotions and to sit aside. If it gets too much, go outside and walk barefoot in nature for awhile, as that is a good grounding activity.

Past Life Regression

The technique for Past Life Regression is going to follow the same exact steps as Part Work Integration Hypnosis written above. Relax and take deep breaths, pay attention to your body and feelings, and then ask all feelings and parts of you to separate from you until you are connected to your Higher Self, which is a calm, neutral state.

Once you are operating in your Higher Self, envision your traumatized part sitting in front of you.

Ask to be shown the life where your trauma originated. You may want to ask it a more general question, such as "Where did my cycle of trauma start?" or "Can you please show me the very first traumatic experience that ever happened to me?" Or maybe you can just ask it, "Did I have any traumatic experiences in my past lives?"

Whatever way you choose to ask it, pay attention to its response. It may speak to you in words, symbols, or it may send you visions. Like usual, be open to its answers. If at any point another part tries to intervene, such as a judgmental, analytical or impatient part, please ask them to sit aside again and to stop interfering with the process. Whenever you need more clarification, be sure to ask

for it. If you are not getting anything, be sure to ask the part to share with you in a way that you can understand.

The part may show you your past life memory through its eyes, or you might relive the experience from your own memory, or perhaps it will just tell you about its experience. No matter how the experience unfolds, just go with it and know that whatever comes up is coming up for a reason. So do not dismiss anything.

You should never try to analyze anything that comes up - rather, ask the part to explain what it means. You will have a truly deep and meaningful experience as long as you allow these parts of yourself to openly and freely share their experiences with you. And yes, you will have a part of you that remembers your past lives, if you have been holding onto past life trauma.

If at any point parts begin to overwhelm you with their emotions and it feels too much for you to deal with, ask them to sit aside!

Coming To Terms With What Happened

After you have remembered and relived the traumatic experience, it is time to *deal* with it and *heal* from it. It's time to finally face what happened. The ultimate goal is to eventually come to a place where you are ready to forgive and let it all go, but for now you might be insecure, scared, angry, upset, etc. It is important to let those emotions out. You can do this through Part Work Integration, but I also recommend sitting with your emotions throughout the day, instead of ignoring your emotions. The only way to heal from hurt is to let that hurt out and allow yourself to comfort yourself and lick your wounds.

This is a step many of us will be very uncomfortable doing, and this is often the step we put off in our recovery, and decide to turn to unhealthy coping mechanisms such as drinking or overeating or going on the computer instead, to escape the pain that comes from having to face what happened to us. We must face our fears. We must accept what happened to us. This is the step where we begin to process it all. This is the step where we essentially allow ourselves to express our emotions. Deal with all the emotions that come up. Don't stifle them.

It's only natural to be angry at our abusers. It's only natural to feel afraid of moving on after we've been hurt.

To do this step safely, you need to let yourself be the judge of how much emotion you want to feel. Trust in your Higher Self to correctly guide you through the experience. I don't recommend facing these overwhelming emotions while you are first remembering your traumatic memories, but after you have uncovered those painful memories, it is important to let the emotions out. It doesn't have to be all at once.

Sometimes, a good cry is necessary as a release. Sometimes, it is very healthy to express our anger. We need to let all those feelings out! That is the first step on the journey to letting go of what happened to us.

It may take you several days to get through this step. Be completely honest with yourself with where you are at.

Ask your traumatized part, what it needs during this step. What does it need in order to let go of the experience? What does it need to heal?

For example, my traumatized part told me that it needed comfort. During this period, I just wanted to curl up in my bed in the fetal position and stay away from everyone. That's exactly what I needed. There is nothing wrong with that! I had a lot of fears and emotions coming up and had a lot to process. My traumatized part asked me to comfort it and allow it to rest. It just wanted to feel safe. So I gave it what it needed and it was able to heal that way.

You will also need to give your traumatized part what it needs.

Another thing my traumatized past life part asked for was a funeral and a respectful eulogy. When I was murdered, I never had a proper, respectful burial and believe it or not, that was one thing my soul longed for. It really traumatized me that I died in such a disrespectful way! It bothered me that my body had been disrespected after death and it made me sad that no one had been able to say loving things about me after I died. And it's not like I would ever be able to find my actual resting spot, so instead I went to the store and bought some roses and some food and I went to a beautiful river to hold a mini ceremony. Since I had been drowned in water, I found it very healing to hold my little funeral beside the river even though it wasn't the same body of water. I recited a eulogy for my past life, and said some more things I felt I needed to say, and sprinkled the rose pedals into the water and then I ate a feast to celebrate my past life and my current life. It was a very moving and healing experience that truly did help me move on. In a way, I sort of rewrote my past and helped turn an ugly thing into a beautiful thing.

Your healing will be a very personal step, and you may find that your traumatized self will request different things that it needs. Your part will be unique.

I felt the need to disconnect from the whole world during my healing time. I did allow myself to distract myself a few times during the day with television when it got too much, but for the most part I spent the majority of my time focused on my emotions, really allowing myself to get through that process of dealing with what happened to me. I did a lot of journaling to sort through my emotions.

It is important to hash through all of your thoughts that come up, especially if you were abused, because it will be important for you to come to an understanding of how that experience has effected you in your every day life. For example, it was very

eye opening for me to realize that my body image issues and feelings of not being good enough were a result of my traumatic past life experience. It made me think such things as, "maybe he killed me because I was ugly, maybe because I was not good enough". From there I was able to understand the real root of my problem. It's not a body image problem, it truly stems from trauma - a deep soreness and confusion because I just didn't understand why else he wanted to kill me.

The problem with abuse and murder is that sometimes you will never know the answer to why they wanted to harm you, and so that leaves you feeling unresolved and always questioning what you did wrong to deserve it. It is very common for people who have been abused to feel like they must have done something to *deserve* it, and that's because you truly don't understand why it had to happen to you. You expect there to be a reason, when sometimes there really isn't a good reason. Sometimes these abusers just choose victims for no good reason. Sometimes people kill for no good reason. It is ultimately not going to help you to try and understand why a psychopath harms people. It is better to just accept it as it is, that you may never know why they did what they did.

You can always try to spiritually contact the spirit or higher self of your abuser to see if you can get an answer or apology, but do not expect any positive outcome. You may not ever get an apology or an answer, and they may even be hostile towards you in spirit. When I contacted the spirit of my murderer and asked him why he did it, his answer was simply, "I don't know, I just wanted to," and that did not make me feel any better.

I wrote a lot of poems, as poetry has always been something that has helped me cope with my feelings.

Stay on this step until you are finally ready to let go of everything. If you sit with your emotions long enough and honestly enough and truly allow them to run their course, you WILL get to a place where you are ready to let it all go. Everyone is different when it comes to the rate in which they can heal from an experience, but if you are honest and thorough with this step, it should not take too long.

Do whatever it takes to get to a place where you are ready to let go of your trauma. If you have been abused, you never have to agree with your abusers actions, and you may never understand why they hurt you either. But realize that holding onto them is only allowing them to continue to hurt you.

Another thing I found useful in getting to a point of letting go, was taking responsibility for my part in it. I know that we want to pity ourselves and feel victimized during this step, but it is quite helpful to take a step back and think about where we may have been at fault in allowing traumatic events to take shape.

For example, while being self aware and honest with myself, I was able to admit that it was stupid of me to trust a complete stranger. I should have listened to my gut instincts and recognized that something was off, but I did not. I was naive. I'm not at all saying I deserved to be murdered, but I can learn from that experience and take something away from it for sure. Now I know not to blindly trust complete strangers and not to be naive. Now I know to listen to my intuition.

Upon examining other traumatic experiences that happened in lives after that and in my current life, I realized I had a bad habit of putting myself in dangerous situations and attention seeking. I had learned in my life that it was easier to attract negative attention than it was to attract positive attention. I could now clearly see that I had major problems with setting healthy boundaries! All of these patterns were causing reoccurring abuse in my life, and I wasn't able to see this clearly, until doing this step and really taking a good look at myself.

Letting Go

Letting go of trauma is very simple but very powerful; in fact all it requires is the desire to forgive and let go. Finally releasing the past, and the hold that negative situation and/or person had on you, is a very freeing place to be in. You can't force this state of mind - you have to do the previous steps before you are able to truly feel empowered enough to want to completely let go of the past.

Once you make that desire and affirm that you are letting it go - it's in the past, and you can move on.

Unfortunately, trauma creates cyclical patterns that become so ingrained into your psyche. You've spent years with self-limiting beliefs and negative patterns. Well, all of these patterns are essentially just bad habits, and thankfully, bad habits can be broken.

It may take repetition until the habits are completely smashed, and a new healthy habit is formed.

Say these powerful mantra affirmations every day until you are cleared from everything:

I now release all trauma, all hurt, all sadness, all anger, all resentment, all fear, all anxiety, all distrust.

I release my past life karmic cycles. I break and release all the negative cyclical patterns and negative thoughts and beliefs that resulted from my past traumas in this life and my past lives.

I release all of my ancestral baggage and all the pain, hurts and cyclical patterns that resulted from the traumas that my ancestors lived through.

I release all unhealthy relationship ties and cut all unhealthy cord attachments. I clear myself of all negative attachments to all things and all people.

I cleanse my physical, ethereal, auric and spirit bodies of all negativity and I heal from all pain.

I release any situation or person that has taken away my power, and I strongly and confidently reclaim my inner and outer power.

I release all trauma, negative emotions and toxins that have been stored in my body.

I let go of all self doubt and limiting self-beliefs, and I clear away all negative labels and identities that no longer define me.

I let go of all my past hurts and resentments and wipe my slate clean.

I am releasing all of the old, and am letting in the new, releasing the old to pave the way into a bright new future

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I am now free to start anew, to begin a new chapter, with a clean slate.

I am opening my heart to love, abundance and new positive experiences in life.

I trust in my Higher Power and I trust myself and my strong intuition and inner guidance.

I am expanding and raising my consciousness!

I am easily able to adapt to positive, healthy routines, and positive thought processes that benefit me and help me move forward in life.

I am safe, loved, powerful, intuitive, strong, healthy, confident and beautiful and now choose to live my life in positivity, happiness, bliss and now only good, amazing things are coming to me.

*You may also smudge (burn sage) or take a bath while you recite the affirmations to help clear away your past baggage.

Trauma In The Body

After you've been abused or traumatized, your body, mind and spirit will be weakened.

Common problems that will manifest in the body will include weight gain, difficulty breathing, pelvic floor issues and other posture related problems. PTSD can cause the body to be in a permanent state of fear, which means you may not be breathing properly. This will affect your diaphragm and cause tight pelvic floor muscles. In general, PTSD can wreak emotional havoc on your sex life and give you intimacy problems, especially in cases of trauma that involve sexual abuse, but it can also cause very real physical problems and pain during sex, due to the fact that the pelvic floor muscles naturally tense up when you are in danger.

My top recommendations for helping your body recover from trauma are earthing (grounding meditations done out in nature while barefoot), working on full, proper belly breathing, and doing trigger point therapy, yoga and strengthening exercises to correct any muscle imbalances in the pelvic floor muscles. You can also see a pelvic floor physiotherapist.

Exercise, especially martial arts and self-defense are great for making you feel physically safe and confident.

Weight gain can happen as a result of trauma, from subconsciously feeling unsafe. Sometimes we gain fat to protect us - think of it as extra padding. The pounds will come off the more you begin to release your trauma. Speed up the process with this amazing weight loss hypnosis video that works really well to release trauma as well: <https://www.youtube.com/watch?v=UY-xuw0bEAM>

Reclaim Your Power

Self-Empowerment is an important step, after you've done all the other steps. After trauma and abuse, we want to reclaim our power, but we just don't know how. We aren't confident yet, and we suck at understanding healthy boundaries, and aren't sure how to be assertive! We also don't know how to be authentic to ourselves and may not understand the concept of loving ourselves.

On Loving Yourself and Being Authentic:

My first recommendation is to start with Carol Tuttle's free Dressing Your Truth course. This is her website link: https://shop.liveyourtruth.com/?gclid=EAlaIQobChMIImfD26PLE4QIVvCCtBh2kig-IEAAYASAAEgKx-fD_BwE You can download her books on amazon, and also watch all of her youtube videos for free.

Carol Tuttle developed an amazing energy profiling system that helps you to really discover who you are, and encourages you to embrace all of your personality traits and learn to live true to yourself and embrace your authentic nature, and learn to love all aspects of who you are, even things you once thought were character defects. It was literally life changing for me, and helped me to accept myself and truly love myself. It really helps you realize how others view you as well. Not only that, but it helped me learn how to love and accept others as well. Carol Tuttle's Dressing Your Truth is amazing for improving your relationships and learning self love. I love her program because it allows you to look at people and identify what their personality type is, just by looking at their facial features and body language.

Knowing who you are and getting to know who other people are is very important in truly understanding yourself and others. You can't love yourself until you really have a firm understanding of who you are. That is why I personally love personality typing.

Over the years I had lost my understanding of who I was, especially after recovering from addictions and PTSD. I had tried to build myself into something I wanted to be in my recovery, and had lost who I truly was. I had so many fake personas, and there were many things I hated about my true nature that I had tried to discard and change about myself. We all have things about ourselves that we've tried to change. For example, people always told me I was too opinionated, too serious, so I started to pretend I wasn't that way.

To really find myself, I needed personality typing to remind me who I was. I fully resonate with my Myers Briggs, star chart, my horoscope, and my personality type in Carol Tuttle's program. Then I was able to be more self aware of where I was being fake and not fully authentic to myself in my life.

However you decide to find out who you are, I think figuring that out is a crucial first step before you are able to truly love yourself, because you can't love and accept something you don't truly understand.

I recommend that you do some real soul searching and spend some time being vigorously honest with yourself about what parts of your personality are real and what parts are fake. What natural parts of your personality have you changed over the years? Are you truly interested in all of your interests and hobbies? Are you living your life authentically?

Being authentic is all about being courageous enough to ditch all things that no longer serve you, and starting to focus only on what resonates with you.

Letting Go of False Labels

We often carry a lot of false labels, limiting self-beliefs and fake identities. For example, when I was younger, elementary school teachers instilled a belief in me that I was stupid, which isn't true. I learned differently, but that didn't mean I was stupid. Other examples of labels we might carry with us are ugly, worthless, incapable etc. What negative things have you been led to believe about yourself? Make a list of all of them, and then release them.

Example:

I release my anger towards all the teachers, my parents and everyone else who ever made me believe that I was stupid. I forgive them.

I release my own belief that I am stupid. I am not stupid. I am smart. I forgive myself for letting myself believe that lie for so long.

I now release that label from me completely.

Assertiveness and Boundaries

My next recommendation is to work on establishing healthy boundaries, because this is often something we are lacking after a long history of trauma. To do this, take a look at where in your life your boundaries may be lacking. An honest eye is crucial. For example, I could honestly admit that I had a problem with being too flirtatious with friends, that I was putting myself in dangerous, risky situations, and that I wasn't speaking up for myself because I was afraid of being disliked.

Get to know yourself. Make a list of things that make you uncomfortable in social situations. For example, you might list drugs, partying, rudeness, disrespect, inappropriate sexual comments etc.

Once you have a good understanding of what you believe in, stick firmly to what you believe in. For example, if you don't want to hang around people who do drugs, then don't!

There are a lot of youtube videos, books and blogs about learning how to be more assertive, but they do not touch on the areas that people who have been abused may need to strengthen. People who have been abused will have different weaknesses than most people, in regards to overcoming hurdles in social interactions. This will greatly affect their ability to be assertive.

Assertiveness is voicing your wants and needs in a strong but non-aggressive way. It is rejecting someone politely, without feeling bad about it or like you owe him or her anything.

Those of us who have been abused struggle with assertiveness more than anyone else. We may have ended up in a passive habit of allowing people to walk all over us, or we may even have outbursts of aggression where we feel a burning desire to stand up for ourselves because we are so tired of being walked all over!

We may tend to feel very empathetic and caring towards other people's needs. We most certainly do not want to come off as mean spirited because we know what it is like to be used, manipulated and harmed. We often shy away from confrontation. We do not like loud, aggressive people. We can barely imagine ourselves as being someone who is strong and able to voice an opinion. If you relate to that, then the first thing you need to do is change your perception.

Your needs are more important than anyone else's, and it is not selfish or mean spirited to say no, to disagree, to reject or to excuse yourself from people or situations that make you feel uncomfortable or that you do not agree with. You matter.

If your main concern is hurting someone's feelings, then be assured that learning how to be assertive does not mean that you have to hurt people. You can reject someone in polite, kind ways. Let them down gently. You can also offer an alternative solution if you wish to be helpful to that person.

Here is an example scenario:

A old woman comes up to you and asks if you can drive her a really long distance, right now, and says she'll pay for gas money.

The first step is being aware of how you feel about the situation. It's easy for people who have been abused to freeze up, get a little anxious and not think clearly.

You need to first practice cultivating awareness during social interactions. Give yourself time to breathe, relax and think things through, and to tune into how you are really feeling.

For example, this situation really did happen to me in real life. I thought to myself, "It's kind of odd that she's demanding to go right away. I need some time to think about it. I don't feel comfortable doing things on an impulse. She seems nice, but I don't even know this person. That's a really long distance. I don't even know if the amount she's offering me will cover the gas. I need to look into that. I have the time and I do like to help people out, but I don't know if this is something I want to do just yet."

The woman was expecting an immediate answer, so what I did was say, "I need some time to think about it, so can you call me in an hour or so?"

There is nothing wrong with needing more time to think about things, if you can't make a decision right away. She agreed. It gave me time to think about what I wanted, and in the end I decided I did not feel comfortable with driving her all that distance.

But when she called, I failed at being assertive! I made the mistake of making an excuse because I did not want to hurt her feelings. I said, "Oh, I can't today, something came up." It backfired on me because the next time I ran into her, she again asked me if I could drive her a long distance. I had basically dug myself into a hole now, so now my response was. "Oh.... I guess so..."

There is nothing wrong with saying, "No, I do not want to drive all that way." You do not owe her anything. But you also don't have to come off as mean spirited when you are rejecting someone. You can word it in a nicer way, or give them an alternative solution.

For example you could reject someone who is asking for a ride by saying, "No sorry, I do not feel like driving you that far, but I wish you luck in finding a ride! You should check the local buses or the rideshare programs on craigslist."

Notice that saying, "I do not feel like doing this" is laying down the boundary in a firm way that does not allow the person to mistake its connotation.

If you had used an excuse like "I just don't feel like it today" then the person would come back with, "Ok, how about tomorrow?" If you had used an excuse like, "I have plans today," then she might reply, "Doing what? Can't you do it after?" If you said an excuse like, "I can't do it", she might ask, "Why not? What's stopping you?" But as soon as you lay it down like, "I don't want to do this," or "I do not feel like doing this" there is no way she can bulldoze over that.

It is important to tell people what you want. You don't have to do it in a way that hurts them. You could always say, "No, I'm sorry dear, I do not want to do that, but I'm sure you will find someone who will," in a nice, friendly way and it still lays down that firm boundary *I do not want to do it*.

The most important part of being assertive is being aware of how you are feeling in social situations. It is too easy for those of us who have been abused, to feel anxious or to disassociate in social situations.

When we aren't aware of how we are feeling, we may completely ignore any red flags, we won't notice our intuition, we won't notice that we are absent mindedly allowing someone to walk all over us. We may even agree to situations that are unhealthy to us, just because we aren't thinking clearly in the moment.

The other important thing is realizing when we are failing to stand up for ourselves and what we believe in. For example, there were times where I put my needs on the backburner, just because I thought I should help or be nice to someone else.

When it comes to changing your perception and breaking old habits, affirmations and mantras are the best. Recite them often and you will be on your way to golden.

You're new mantras:

I am aware of how I feel during social situations
I respect myself and express my needs and desires
I am caring towards others but I put my needs first
I am the dictator and authority of my own life and decisions
I speak my truth without any fear of being judged or criticized
I am authentic to myself and speak my truths
I am letting go of all people who aren't respectful of my time and energy
I am able to reject people when I have to, in a nice, polite, respectful, professional, diplomatic way
I am a strong and confident communicator
I easily stand up for others, for myself and for what I believe in
I am worthy and deserving of respect
I confidently express my thoughts, opinions and desires
I feel safe and secure about asking for what I want and need
I am important, my views are important, and my life is important
I trust and believe in myself
I am comfortable in tense and difficult social situations

I don't let people and outside influences destabilize me
I am strong and powerful
I am not afraid to be who I am