

Inner Alignment for Healing Childhood Trauma

Healing the past vibrations in the body;

Rewiring the brain and body to sustain the healing; and

Experiencing a Community of Divine Love to support healing.

When we have childhood trauma, we are taught to learn how to cope. Put a band-aid on the trauma, learn to live around the issues, and limp through life in a way that allows us to be survivors. *That's the way, right?* There's no way for us to really recover. We just talk about it in therapy, do a lot of yoga or meditation to calm the leftover vibrations that reverberate through us, and hope to feel a temporary moment or two of relief from the consistent fight/flight reaction that send us into what seems to be a permanent state of anxiety or depression. Having a happy, joyful, abundant, blissful life is not an option. We are doomed for a life of swimming upstream, because we are damaged. We are broken.

Sound familiar?

That's where we adjust to, because there have never been modalities available to us to be able to overcome our childhood trauma. Molestation, abuse, beatings, shaming, parental instability, moving 500 times, rape, a narcissistic parent who is always right. It doesn't really matter whether you have trauma with a big T or a little t, a big trauma or a little trauma. Either way, you have trauma stored in your body that reverberates through your being and speaks to you every day of your life. You have trauma in your body that dictates how you feel in every moment. You have trauma in your body that determines how you react at work, with your partner, to your family. Life feels like one big reaction to people and issues.

This trauma that lives in your body sits there and waits to rear its ugly head, and throw up a negative thought or a negative emotion or a negative body vibration. And over time, we think we are stuck with these negative feelings. We think we are stuck with the patterns of attracting the same trauma through every relationship. You see, that's how it works. As soon as that trauma gets into the body, it stays as our base vibratory experience of life, and those patterns, those well-worn pathways that are in our body, in our emotions, in our mind, and in our thinking, determine pretty much everything we attract from that point forward. And so, we begin to feel STUCK because we haven't been able to get out of the trauma cycle and into a new way of being.

But the reality is that we're not stuck. There's just some trauma trapped in the six layers of the body that has gotten deeply patterned into our lives.

So the question is, how the hell do we stop the pattern? How the hell do we stop the stuck-ness?

Nowadays, the mental health industry is starting to learn that talking about the trauma does nothing but cement in the pattern. So that's good. They realize they're not helping, but actually hurting those who are practicing the story of their pain. But most therapists have no clue how to root the trauma out of the six layers of the body so that the tangled ball of yarn can get untangled to allow clients to weave themselves a beautiful new existence.

How do we access the trauma and build a new experience of life? How do we shift it?
There are three aspects of healing trauma. All of them actually happen at the same time:

1-Heal the Trauma in the Body by accessing the Past

2-Rewire the Six Layers of the Body to Sustain the new healed vibrations.

3-Hold Clients in a Container of Love.

Aspect 1: Heal the Trauma in the Body by Accessing the Past

The first step is to root out that trauma that lives in the six layers of the body.

Most of us have some form of trauma. Little t trauma are “normal” life events—such as moving during teenage years; being made fun of; having two overworked, stressed-out parents. Big T Trauma life issues are abuse, accidents, neglect, rape.

When you’re a child, most experiences come straight in through your body. Your body has a vibrational and physical experience of the situation. It immediately soaks in the experience, before emotions or thoughts are applied. Think about how children experience life. They explore experiences with big eyes, an open heart and full receptivity. They put the stick in their mouths, run for a hug without reservation, or throw the ball through the window with amazement. There’s not a lot of rational thought before doing things and experiencing of life. They are taking it all in. And when they do, they are building neural pathways in their brains, super fast, millions of new neural pathways. They are building their construct of how the world works. They aren’t guarded and shut down like adults—thinking about an experience before actually experiencing it. Their brains and bodies go ALL-IN to every experience in life.

So, when children face a traumatic event, the same thing happens. They experience it through the body. Fully. They take it ALL in. **The impact of the trauma will go straight into the six layers of the body.**

And like gum in fabric, once the trauma is in there, it’s not possible to just pluck it out.

You can’t pluck it out for a few reasons. First, children don’t have a mature, rational brain to process the trauma. (In fact, a healthy child’s brain doesn’t mature until their early 20s.) So the trauma stays deep within, frozen within the body for 20-40 years, wreaking all kinds of havoc on all six layers of the body, until the adult starts their trauma-healing journey. Second, they don’t have the skills, self-awareness or maturity to process the trauma out of each layer of the body. It’s like shattered glass has been smashed into their system. It’s impossible to extract the shards of glass until you find the right tools to do so.

Because children don’t have the cognitive ability (fully-formed prefrontal cortex) to process the trauma at a mental level, and they lack the self-awareness to process it at the emotional, spiritual, energetic and physical levels, the trauma gets frozen in the body. When the trauma freezes, it gets stored in a space in the body specific to the trauma. For example, if it is a safety issue, it’s stored in the base of the torso or the legs. If it has to do with being loved, it’s stored in the chest. If they were never able to speak their truth, it’s stored in the neck. These frozen packets of trauma, *trauma packets*, will stay in that space FOR EVER.

The trauma packets are frozen at the age of the trauma. If the trauma occurred when the child was seven-years-old, then the the trauma packet is filled with seven-year-old thoughts, seven-year-old emotions, seven-year-old confusion and overwhelm. And in that packet lives a little seven-year-old girl, that separated from the wholeness of her Soul, and has been curled up in the corner of her bedroom since the moment of the trauma. This is NOT a metaphor. The entire trauma situation lives, unresolved, in the body and continues to give the six layers signals

that the trauma is still happening. Since the seven-year-old fragmented girl is frozen in the body, she remains scared, playing the scenario over and over like a broken record, because her seven-year-old consciousness can't get to the other side of the trauma. The reality is that the trauma actually IS still happening in the body. Because it's still happening to the seven-year-old, in the adult body, the adult's thoughts are filled with seven-year-old thoughts, emotions, vibrations, and experiences. There is a full-on fight/flight experience being kicked up to the adult's nervous system. The adult feels like she is under attack and is going to die...still...after 30 years.

You may be wondering ... how do we heal this trauma in the body?

We access the trauma packet and facilitate healing for that seven-year-old, until that child:

- feels safe,
- has a deeper understanding of the situation,
- reconnects with the Divine and remembers her wholeness,
- feels more positive emotion,
- is empowered to handle these situations in the future, and
- is connected to her adult self in a way that she feels protected from that point forward.

Even though this trauma packet lives in the past, it exists in the body in the present moment, so it's possible to access the past vibrations, thoughts, memories, emotions where the trauma exists.

Since these vibrations live in the body, it cannot not be healed by the person's mind. This trauma needs to be healed where it started, where it is stored, in the body. Any attempt to work at it from the mental layer of the body—by analyzing it, role-playing it, hypothesizing the effect of it—is a moot point. Even if it provides momentary relief, it doesn't stick. The healing has to happen where the trauma lives. You can't pick up leaves from the top of a skyscraper. And you can't heal trauma through new thoughts in the mind.

Aspect 2: Rewire the Six-layered Body to Sustain Healing

When trauma gets stored within us, it permeates through our being...throughout the six layers of the body.

Trauma gets wired into the brain, usually based in some form of unworthiness such as *not good enough, unlovable, not worthy of being heard*). The brain builds the neurosynaptic patterns created by the trauma packet. These brain synapses give off corresponding hormones and chemistry to support this wiring and signal the unworthiness feeling into the cells. The neurotransmitter receptors in the cells get organized to support the synapses in the brain so that this feeling can permeate through all systems of the body. So the brain, body chemistry and cells are all wired up in a way to support the brain wiring of trauma.

Now, if the brain was wired up with love and beauty as the basis, we'd be in good shape! We'd be conditioned to feel love, to see beauty and to attract beautiful love experiences from the Universe. But since many of us have some form of trauma that set up some flavor of unworthiness within us, our wiring is conditioned to feel "depression" or "anxiety" which are generic labels on negative vibrations of childhood trauma. Whether you feel depression or anxiety depends on how your six layers weaved the trauma into your body.

Trauma can show up in the six layers of the body as:

Emotions (anger, sadness, anxiety)

Thoughts (I am bad, not good enough, unworthy)

Energetics (unhooked / unsafe, heavy / inertia, fiery)

Awareness-disconnection (there's nothing greater than this dismal moment; I am my negativity)

Spiritual-disconnection (nothing and nobody has my back; there's no support from the Universe)

Physical (pain, isolation)

The trauma is a complex web of these thoughts, emotions, energetics, neurosynaptic wiring and chemistry, and spiritual disconnects that reverberate through the physical body. That's why modalities that target one or two layers of the body don't get to the root of the trauma. The root of the trauma is in the past, where all these layers intersect.

Our well-worn neural pathways in our brain set off a set of chemical reactions in the body that dictate how our bodies experience our life. For those of us with trauma, our brains and bodies are wired up to support the continuous repetition of the trauma packet that we stored many years ago. Since our body is built based on the trauma, or set of traumas, that we experienced in those early years of life, this is our operating system until we rewire the system.

Our stored trauma packets—which happened in the past, but live actively in the present through our body memory—act as the gift that keeps on giving, because it continues to give off those same vibrations every single day. The old vibrations speak loudly to our nervous system, and our nervous system continues to respond to the well-wired-in trauma experience.

For example:

It's unsafe in my childhood home, so my brain wired in a deep feeling of unsafe. I think thoughts about how nobody is here to support me. I say there is no God or Universe to provide for me. I feel a constant state of anxiety. And I spend the rest of my life trying to create safety externally, through my job or my marriage. Yet, I continuously feel like my life will fall apart at any moment, just like I felt when I was little. Because I feel this way, through Law of Attraction, I continue to attract situations where I feel unsafe.

Or I don't feel loved growing up. I wired in thoughts about how nobody has or will ever love me. God doesn't love me. I can't see myself beyond this unlovableness. So I spend my entire life scanning the world for who loves me, who doesn't love me, and then acting in a way to try and get the love that I need, so I don't die. But the very act of doing so keeps love at bay (because through Law of Attraction, I can't sustain love and keep it in my life). So I end up feeling perpetually alone with deep grief and anxiety.

These trauma patterns, these neural pathways, these thoughts and emotions and vibrations, and the chemistry of our body, are all set up from a very early age and reinforced every day of our lives. So once you get into those trauma packets, and begin to rework them for that seven-year-old (Aspect #1), you give that part of you (that feels unsafe) the safety she always needed in the past. You give the seven-year-old the higher perspective. Since the Divine showed up for the healing, she begins to feel that the Divine has been with her all along. She feels more empowered to handle life. She feels connected to her adult self. She feels SAFE again. And this reverberates through her being.

BUT...If this person doesn't practice these new vibrations of SAFETY consistently over the next two months, her body won't be able to sustain this feeling of safety even if she has healed it in the past. Why? Because she didn't wire it into her brain, body chemistry, neurotransmitter receptors, emotions, thoughts....

You can learn something new, building new neural pathways in the brain, and feel really good after an AHA moment or healing experience. But, after three days, if these new pathways are not fortified, and practiced consistently, the new neural pathways will truncate and you will feel the same way you always have. We need to rewire all six layers of the body consistently over two months if we want to FEEL HEALED.

So once a few trauma packets are healed, a few layers of the onion are peeled away and cleaned up, the person needs to hold this new vibration for at least 2 months. Consistently. So it can get wired in. This leads us to the next very important aspect of healing: a supportive community that can hold the vibrations of love, safety, accountability, Divine connection.

Aspect 3: Hold a Consistent Container of LOVE

Once she has healed the past (her seven-year-old), her rewiring needs to be supported by a ridiculously supportive and loving community.

She needs to be held in a container of love, where this reality of that Safety actually exists. If she is trying to rewire herself to: "I'm safe and I'm loved, and I can screw up, and my failure doesn't mean the death of me in a community," then you need a community where she can feel safe, where she can get support; where the egos don't run the show, and the soul and the heart and love are the basis for all interactions. The only way to be aligned with the soul is to live in a vibration that's aligned with the soul.

She needs a team of loving people to check in with. Who can see her soul even when she can't. Who will forgive her if she screws up. Who will be messy humans with her, and laugh about it. Who will remind her of the Divine Plan when she's stuck in negativity.

Most of us are not wired up that way. Most of us are wired up so that the ego, the mind, determines everything. Once that gets shifted, then living in the heart, and having a supportive community of the heart, is critical. Not a community where everybody's trying to one-up each other. Not a community where you're getting judged because you say something stupid. Not a community where how you look or present yourself is important. Not a community where your success determines how important you are. We are talking about a community where the soul runs paramount, where the soul determines love, where love is just a given. It's the basis.

Most of us with childhood trauma grew up in some level of a disjointed parental environment, or a disjointed school environment. Parents who aren't capable of love or support or really providing the foundation of safety exist everywhere. It exists somewhere in our history, which made our foundation super shaky. So let's say we clean up all that trauma, and we start thinking and having emotions that are based in a more positive space. If we don't have an environment that supports that space, it's going to be really hard to ground that new wiring into our reality, right? If we are surrounded by lots of egos and separation, it's going to be really hard to exist in the world feeling safe and loved, and being able to emanate that safety and love. It'll be impossible to sustain, really.

An ongoing loving, supportive environment is critical, so that we can know that that exists, so that we can operate with love as our anchor, as our basis. Because, chances are, when we get all this cleaned up, we still have to operate in a world ruled by the ego, in a world ruled by a lot of other broken people, in a world where things don't really make sense to the soul.

We must provide a Container of Love for those who are healing so they can rebuild every layer of the body with safety, worthiness, kindness, love, truth, beauty.

Here's what it means to hold the container of Love:

First, you must heal much of your own childhood trauma before helping others heal. You can't see the issues if you have the same blind spots of disempowerment, fear, unworthiness, etc.

Clean up your own attachments to scarcity, victimization; the Ego need for safety, outer love, sex, power; the need for others to give you your value or worthiness. Otherwise, you will create a community that mirrors your unmet issues and needs.

See the potential of others' Soul even when they are playing out their ego's shadow with you. Meet them in love / 5 D when they can only play in fear / 3D.

Encourage others with fire and motivation and inspiration without expectation, frustration, judgement.

Celebrate who they are, their micro-shifts. Mirror their Soul qualities.

Show up in unexpected ways that demonstrate authentic, heartfelt love. Non-sterile, non-mechanical acts of love.

Be responsive so they know you care.

Reparent them so they can feel what it's like to receive the teaching, love and growth they never got. Role model love with boundaries, to separate boundaries from the withholding of love. As you reparent them with love, they learn to self-parent using the way you treated them. Show up the way their parents never did, but do so bringing God's love, not your own personal ego-love that's based in ego attachment and can create confusion.

Be humble. Model cleaning up failures when you lose love and dip into 3D. Demonstrate how to be imperfect. Acknowledge your own work on the path. Apologize when you mess up. Honor and teach from your own failures so they learn that they can fail and clean it up too. Fall on your face and clean it up. There is not enough of this in the spiritual world. People will learn more from your processed failures than they will from your telling them how to do life.

Teach inductively, like a patient parent rooting for them to get the understanding themselves. If they do, it will be more meaningful. Give them the time they need and the nuggets they need to put it together on their own so they can have the AHA they need for it to stick forever.

Show them how deeply you can forgive them. And as a team, you forgive each other, not because you spiritually bypass, but because you know that there was a soul underneath the ego that made the error.

Put into practice that only love is real. The rest is a play, a lesson game. It's not as serious as it looks. If it doesn't feel good, it's fear. If it feels like love, follow that. The rest is the wayward ego searching for temporary satisfaction.

Teach them how to deal with interference energy so they don't get caught up in energetic waves based in illusion.

Uphold value. The value of your time. Their time. Money.

Be brave enough to hold the group sessions in love and safety. Redirect a client when they start to dump emotions so that others know that this is a no-dumping zone. Ask for them

to process before bringing to a group. Be willing to talk about hard things and struggles. Teach others in the group to send God to the rescue...not carry the burden.

Do spiritual practices and visioning together. Hold space for each other with the Divine Consciousness as the Center (vs ego and personalities).

Program: Inner Alignment for Healing Childhood Trauma — 8-week Intensive Program

1. Weekly 2-hour Trauma Healing with Soul Retrieval Healer (Aspect #1)

These are deep dives into the past trauma that are guided by the client's body and soul, and Divine.

2. Weekly Videos (Aspect #2)

Each week of curriculum addresses a different layer of the body and keeps client's mind focused on their healing.

3. Daily Rewiring Practices (Aspect #2)

Clients do 10-20 minutes of daily practices to rewire their brain and body to their healing. This establishes self-care and commitment (willpower) to create a new existence in their inner being.

4. Weekly Rewiring Coach Sessions (Aspect #2)

Clients meet with a Rewiring Coach each week to practice together. The Coach answers questions and serves as a mental processing point post-healing session.

5. Weekly Group Video Conference (Aspect #3)

Most clients have never been held safely and lovingly in a group. They've never been seen as a soul with beauty, and through law of attraction have never had a community that sticks around through the negative. This two-month group rebuilds the feeling of safety and authenticity in groups.

6. Daily texting with Healing Team (Aspect #3)

Daily texting with Healing Team to receive support, suggestions, and direction toward practices when vibration drops. This allows the client to learn how to express themselves, receive support and love, and keep working on themselves daily so they learn to live an introspective life of awareness. It teaches them how to ask for help and how to maintain a loving connection with another human being.

www.KimberlyBeekman.com

Kimbeekman@yahoo.com