

Understanding and Healing Trauma

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Understanding Trauma

The more we move in metaphysical-oriented, new-age circles, the more we're going to hear about trauma. We may hear about it so much, in fact, that we can begin to see everything through the lens of it, as if everything that's askew in a person or the world must have behind it some horrible, painful event that shaped things, the residues of which are clearly in the way now.

As a counseling astrologer, my focus is on providing clients insights into what blocks them from living the lives they want and need to live. I'm also sharing with them how to make changes in their attitudes and choices to move out of old patterns and into those desired lives. As a channel, I relay messages to clients from their spirit guides and other beings about the bigger picture, the bird's-eye view on what's happening and why so the clients can make empowered changes to their lives. As an energy worker, I'm looking for blocks, debris, and anything else that gets in the way of healthy energy and consciousness flow. In each of these roles, the reality of trauma figures prominently as I seek to guide others into living the lives they'd like to live.

If we consider that we are living through an important transition of Ages (we've been in the Piscean Age for about 2,100 years and are moving into the Aquarian Age), we can understand the major significance of the end of the Mayan Calendar a few years ago: *Our multidimensional selves are becoming more obvious, and what is unhealed and processed from many other lifetimes can be up for healing now.* What that looks like is reliving painful emotions and cycling through various fears, regrets, self-doubt, shame, guilt, and trauma whether from chronic stress or sudden events – anything that inspires us to block becoming the source of love for ourselves, what our souls have us on this planet to learn to do. The opportunities to heal are now greatly enhanced, which is fantastic. But the reality of previously buried other-life blocks, debris, guilt, etc. are that much louder and, often, in many people taking up much more space in minds and hearts, serve as apparent distractions to whatever they're intending to accomplish now. If we can see the opportunity in healing the past we can become stronger for it, but the fear of getting lost in intense emotions and shame, etc. can seduce us into doing all we can to hold them at bay, resulting in simply getting stuck in them and not healing.

What Happens with Trauma

Trauma obviously can result from sudden change and painful events that take us by surprise and harm us. However, it can also result from chronic stress and tension. These two paths are experienced by a person as different in real-time, but the effects can end up looking

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the same both in how they show up in a person's energy field and how they express in that person's life later.

It's common for a part of consciousness or self to separate, fragment, or hide during sudden events that create trauma or after a while of dealing with chronic stress. The part of self undoubtedly carries qualities and elements of personality that you need in order to be whole and healthy, but the terror or stress of what's going on inspires them to leave and stay away.

In some people, these fragments are – so to speak – in the other room: not that far away, easy to talk with or hear/feel. In others, they have fled and might seem to have gone very far away. In some others, the parts of self wall themselves off from the rest of the person. Whatever happens within a particular individual, the point is that the parts do what they can to leave or protect themselves to avoid having to continue experiencing what is/has been happening to him or her.

The vast majority of the time, parts that have left or are hiding are still energetically or emotionally experiencing what inspired them to leave or hide in the first place. It is when their fears are triggered that the person of whom they are part feels the trauma, or is reactivated as if back in the original moment that caused the split or hiding. This is important to understand because, when trauma resurfaces, the person may feel taken over and not able to do anything healing or productive about it. It can happen that the survival instinct in the traumatized part of self is what's really in charge in these moments (and perhaps hours, days, months, or years afterward), and the person may poor decisions that end up causing more harm than the trauma did on its own.

Those who have experienced trauma are walking around with certain triggers they may or may not know about. In some people, these parts are – so to speak – not far away and hold the fear of being traumatized pretty close to the surface of conscious personality. These people will feel fear and anxiety, and will worry about what might happen next even when it's obvious that nothing's wrong and that they are, in fact, safe. They might often or periodically feel on edge, unable to relax and be comfortable in their bodies, perhaps unable to let others get close to them and experience normal social relationships.

On the other hand, when you see someone who is flat and seemingly not present, it may be safe to guess that any parts that have split off are far away or buried somewhere within the sub- or unconscious, and the person as a result has access to less what we might call life force to live his or her life.

In either kind of trauma story, what is triggered at times when the traumatized part of self rushes to the surface is something that resonates with the past traumatizing event(s). Smells, certain turns of phrase or registers of voice, tastes, sounds, physical gestures or style

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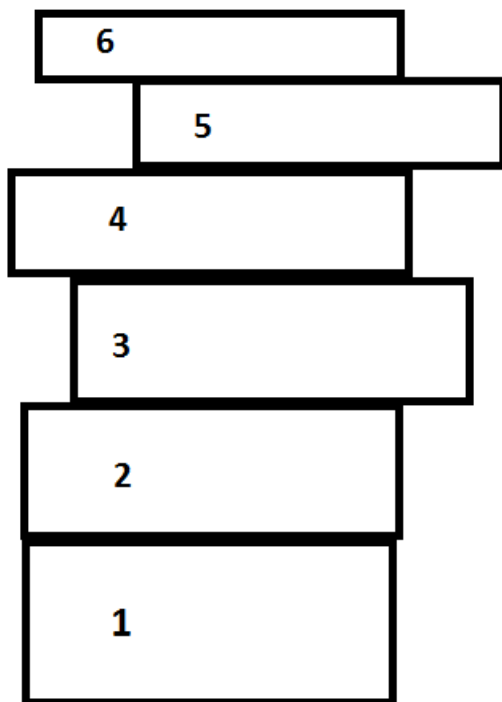
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of touch from others can be the triggers for a hurt and afraid part of the self to rush to the surface in a decidedly, “OH SHIT – NOT AGAIN!” kind of moment as if the past traumatizing event is repeating now.

What Trauma Looks Like in the Energy Field/Consciousness

As mentioned above, in my work as an energy worker I’m routinely scanning clients’ energy fields and various levels of consciousness for bumps, blocks, ruts, and other impediments to healthy flow of energy and consciousness.

One of the ways that trauma appears to me in a client is as if I’m looking at a stack of boxes that has one or more boxes noticeably out of line. Say there are 6 boxes in the stack and the 3rd and 5th (if the bottom is the 1st) are significantly sticking out or misaligned, as in the diagram below.



The person may be trying to function as if all the parts of self are aligned, but they simply are not. In the diagram you can see that I’ve made 1, 2, 4, and 6 roughly aligned together, and there are two notes to include about that. The first is that not everything in a person is or must be perfectly aligned 100% of the time in order to function in healthy ways. The second is that other parts of self might compensate for the misalignment in another part of the field, leading to a sort of pushing-pulling that creates even more tension. For now, just be aware that this misalignment affects more in the energy field than just the part that’s not well aligned.

Often the parts that are not aligned can be correlated to chakras, but there are times when it has more to do with physical injuries

from this life or other lives and the effects on the chakras are sort of secondary. Consider a person living in present-day 2017 who has a life elsewhere on the timeline that includes an amputation. Over time, the person’s other-life self might send signals (from the unconscious, where it exists) that something is wrong with that arm or leg. The person alive in 2017 could somehow manifest a problem with that limb even where is no overt physical cause, creating a misalignment in the energy field, one that’s based in other-life memory. This can be the

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same when any violence is done to a person in another life, including physical wounds that may precipitate death and emotional/energetic wounds that can result from difficult and painful interactions with other people.

When I address any kind of misalignment in a client, I ask spirit guides and the ascended master (and sometimes the archangel) for input on the source(s). I also call forward parts of self from other lives who might need to speak or who do hold the keys to the misalignment, and I work within the client's consciousness on these many levels to resolve tensions and traumas from many lifetimes. Progress is made from consulting with all of these sources, with ultimate success resting upon two things: The other-life part of self carrying the trauma being willing to come forward and the client processing that part's (that other-life self's) story and learning tools to ground, release, and resolve the old pain, belief, and fear carried by that other-life part.

One of these "boxes" pushed to the side could also be the result of attempting to compensate for or work around chronic stress, which would be about a part of the self holding itself to the side so it can avoid meeting the painful situation head-on. As a biological being, a human is inclined to avoid pain and seek peace or, at minimum, a state of neutrality. If someone has experienced a great deal of criticism from others, for example, the 2nd or 3rd chakras could be misaligned due to trying to avoid either listening to or hearing what others say to and about him or her (2nd chakra) or having to face what kind of self image results from taking in a great deal of others' criticism (3rd chakra). There are too many examples of overcompensation like this to list here, but just understand that tension not resolved and overcompensated for can also create misalignment in the consciousness/energy field.

What Healing Trauma Requires

There are several things to be done to heal traumas, whether from this life or others.

1. You must work on developing a grounding practice. It may be difficult as you begin to address parts of self who have been traumatized/who carry the signatures of trauma because they want to take over and you may be habituated to allowing them to do so. They likely will perceive that it is not safe to be in your body or to relax enough to connect to the Earth as the grounding process involves, so they must be coaxed into willingness gently as you decide to take over from them and learn to cease getting swept away by what they carry that you have, thus far, thought is who you are.

Elements of this process, some of which are expanded upon below:

- a. Cords into the Earth several times each day until it's habit.
- b. Doing the grounding meditation I offer as a free download from tdjacobs.com.

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- c. Energetically programmed lower-chakra stones (primarily tiger iron or hematite in the beginning, and others as described in the accompanying document).
 - d. A repeatedly stated commitment to be in the body and feel what's stored there.
 - e. A commitment to letting parts of self speak and be present without judgment or fear.
2. As you go, it is critical to refuse to judge what your parts of self feel. You must create a "safe place" for them so they begin to relax and let go of what they have carried/what you experienced in the past. This is about consistently being willing to feel the old, stored emotions and energies. Nothing can be resolved if you're not willing to feel the energies and emotions!
3. You must choose consistently over time to be in charge of your energy field, body, and emotions – without shaming the parts that carry the energetic signatures and emotions related to trauma. In other words, you must learn to compassionately take over from an increasingly grounded stance while you address their fears and other emotions.
4. When fear, panic, pain, or anything else stemming from trauma come up in your emotions/energy field, you must consistently choose to see that you are stronger than these parts of you because you can generate love. You must be willing to bring compassion and acceptance to all of the feelings that these parts of you carry.
5. Work with programmed crystals, as explained in the accompanying document. I have prepared a set of 8 crystals, 7 of which are energetically programmed, and instructions for working with them when it comes to different aspects of the results of trauma.
6. Get energy work to help clear blocks and realign your energy field. If you work with me, this can involve working with the parts of your self who carry the residues of trauma and helping them learn to trust you and that they can let go of what they've been carrying. Some of these parts of self may be locked into the moment of trauma – even if it happened in another life – and be particularly difficult for you to reach on your own.

Ultimately, you must realign all the parts of your energy field so that energy and emotion can flow. Part this is an ongoing process of establishing habits when it comes to being grounded, and part of it is always being willing to feel what you feel and being open to processing anything else that comes up from within you that needs attention, resolution, and healing.