

HEALING FROM TRAUMA

DEVELOPING A DAILY RESILIENCE PRACTICE

By Dr Adrian Hekel

Trauma is tough. Especially when it has happened a number of times, and especially if we are really young when it happens.

I am passionate about raising awareness for those affected by recurrent or complex trauma, which is beyond a shadow of a doubt one of the biggest health problems we face – both individually and as a community. It is extremely common, yet it is also deeply hidden and often unrecognised, even by health professionals.

The purpose of this booklet, then, is to offer a road map showing how we can heal from trauma and share some specific exercises which can help us develop a daily 'resilience practice'. True healing means knowing what we can do to help ourselves, rather than placing all our trust in a pill or some other kind of external support. The purpose of these exercises, then, is to empower us to heal ourselves.

If you are interested in learning more, there are some references that appear at the end, and links to online videos which demonstrate some of these techniques. Please note this booklet is not a substitute for personal medical advice or engagement with a trusted therapist.

THE THREE PHASES

Research in the trauma field has mapped out three clear phases which give us a road map as to how healing can take place - Safety & Stabilisation, Trauma Processing and Integration. A variety of methods or therapies can help us move through these three phases towards true and lasting healing.

1. Safety & Stabilisation

This means cultivating a skill set to manage our internal states. This will help us tolerate strong emotions and remain stable, grounded and safe throughout life's ups and downs. Then we can function better and live more in the present moment without being swamped by emotions such as fear, anger and despair, and the negative beliefs which go along with these overwhelming feelings. We can 'ride the surfboard of life' without getting sucked into the trauma vortex. It therefore means

knowing how to move into a calmer, safe state whenever we need to rather than being dominated by the impulse to fight, flee or freeze – we call this *self-regulation*. It can also mean getting some sense of what feels like to give and receive unconditional love, if this has been lacking. This first phase is the foundation for the following two phases, and can be revisited again and again if needed.

2. Trauma Processing

When we are 'stable', we have an incredible opportunity to work consciously with 'snapshots' of past traumas and resolve them, or let go once and for all of the habit of replaying them again and again. This is what we mean by Trauma Processing. We can call this 'bringing the wounded parts back home'. This does NOT mean talking about trauma in detail. Rather, we use special techniques such as eye movements, tapping, slow body movements or imagery to help us step back and let go of painful feelings and limiting beliefs. A key principle in the phase is to begin in a calm safe state and bring small snippets of trauma into awareness, and then returning to the calm state – known as *pendulation*.

3. Integration

The final and most exciting step is to integrate what we have learnt about ourselves back into life and consolidate the gains we have made, adjusting to 'life after trauma'. This means reconnecting with our life purpose or 'true calling', learning to flourish in our work and our relationships, and perhaps serve a deeper purpose which we realise our experience may have gifted us.

PRACTICES TO BUILD RESILIENCE

The following practices, if you do them every day, will allow you to gradually build a skill set to help you heal your trauma – however big it may initially appear. They are mainly designed to help in the stabilization phase – focussing on body awareness, grounding, calming and heart connection. The later exercises can also help with the processing and integration phases. I would recommend that you make a sincere effort to try all of these techniques and then choose 2 to 5 that you might like to combine in a daily practice. Devoting 10 - 15 minutes twice a day is a good starting point, and allows a new and beautiful habit of 'inner self-care' to gain real momentum. Note they can be much more powerful if you learn them with group or individual guidance.

GROUNDING

1. Big Toe Grounding

We store trauma in the body, and the tension it creates may cause headaches, dizziness, nausea and even dissociation (when we feel we are not ourselves), because it is simply too painful to be present with what is happening in our body. This grounding exercise is a great way to come back to our body and feel truly present.

Stand on your toes as much as you can comfortably, and look forward into the space in front of you with your eyes just above the horizon. Keep your hands over the centre of your chest, either in a prayer position or with your right hand on your chest and your left hand over your right hand, thumbs touching.

While spaciously looking forward with your eyes just above the horizon, put your attention in your big toes, feeling gravity pull you downwards into the earth. If thoughts, feelings or memories surface, simply put them in your toes and keep your focus there... fearlessly.

Stay standing on your toes for 20 seconds to 1 minute, then stand normally on your feet with hands by your sides, with eyes closed. Your eyes are now looking into the blackness, and your attention is still in your big toes just as before.

After another 30 seconds or so you can return to the first position standing on your toes, and alternate as many times as you like between these two positions. Another option is to walk on your toes instead of standing.

You can also alternate standing on your toes with the following exercise, *Shaking the Bones*.

2. Shaking the Bones

Trauma makes the body poised to fight, flee or freeze. Stressful triggers will therefore give us the urge to attack (with our arms), run (with our legs) or zone out and play dead. This exercise can help us fully feel and discharge the energy bound up in traumatic memories. This 'shaking out' is similar to what animals do after a stressful encounter with a predator.

Stand with your feet about shoulder width apart with your knees bent, and bounce rhythmically up and down. At the same time, shake your arms, wrists and hands, as vigorously as you want. At the same time, slowly roll your head side to side, with your chin coming in towards your neck as you pass through the midline. Eyes can be either closed or open. Continue the shaking for at least 2 minutes.

This magic combination of shaking and head movements make our body receptive to feeling the energy of emotions come and go, much like waves on the ocean. If this is too overwhelming, you can keep your head still, or you can visualise images which symbolise each emotion – such as a black cloud representing sadness or scorching fire symbolising rage. Simply notice how the image changes, as if you were watching a movie.

There is another more elaborate way to stimulate the body's 'shaking out' response, known as *Trauma Releasing Exercises* or *TRE* – you may like to refer to the book with the same name by David Bercelli.

3. Grounding March ('Morter March')

In this exercise we are holding a 'march' position, imagining we are making our next move fully grounded, leaving our struggles behind.

1. Stand comfortably erect, alert yet relaxed, with your feet hip-width apart.
2. Take an extended step with your right foot, keeping your back (left) foot firmly on the floor, lunging forward. Stretch just far enough forward with your right foot so that you can keep the heel of your back (left) foot on the floor. Let your awareness drop down into your body.
3. As you extend your right leg, raise your left arm to about a 45-degree angle. Your right arm will automatically move back to help you balance. Stretch your right arm downward behind you at about a 45-degree angle, thumb pointing down. Extend your fingers to enliven them.
4. Now, tilt and turn your head slightly toward the side of the extended left arm, close your right eye, look forward towards your left thumb, and stretch. While you are in your extended position, take a deep belly breath and hold both your breath and your position for 5-10 seconds.
5. Exhale and step back to centre with your feet parallel and hip width apart.
6. Repeat the exercise with the opposite leg and arm. Repeat the sequence 3 - 4 times.

We can do these three grounding exercises, especially the Morter March, with the intention of shifting a particular belief we are holding onto or pattern we are stuck in.

*Begin by acknowledging how you are feeling about a particular issue, and saying to yourself what you **now choose to believe about this issue**. For example, 'my body is healing', 'I am safe now', or 'I can forgive... and move on'*

Then ask yourself what emotions are interfering with believing this is true – fear, anger, lack of love, or judgment

As you hold the posture, repeat your statement twice, and then once again silently with eyes closed. Each time you can add at to that statement, 'and I forgive the (emotions) that are getting in the way.' At the end of the exercise, check in with how true the statement feels for you and notice any shift.

www.facebook.com/MorterHealth/videos/morter-march-monday-inaugural-video-training/355757101603757/

4. Anchoring into the Body

When we are stressed or 'out of balance', our energy can feel dispersed, ungrounded or disconnected.

When we are balanced and anchored, however, we have a clear sense of our own presence within our bodies, as well as what is going on around us. We may also have an awareness of a vertical line within our bodies, sometimes called the *central channel*, which touches the energy centres at the base of the spine, heart, throat and forehead.

While you are practicing the previous three exercises, or for that matter at any time, you can draw your awareness into the central channel by contracting the muscles around these energy centres and noticing the sensations flowing through these points, almost as if you were breathing into them.

1. Contract the muscles around the anus in the pelvic floor region, bringing your focus to the subtle sensations of this area as if drawing your energy downwards.
2. Squeeze the muscles around your chest, as if you were giving yourself a hug, so that you can feel the subtle sensations in this area.
3. Gently constrict your throat and tuck your chin in slightly – while keeping your head upright – tuning in to the subtle sensations of the throat area, as if breathing like Darth Vader.
4. Gently roll your eyes upwards and bring your focus to the area behind your eyes, again tuning into the subtle sensations here.

You may like to follow this with 'central channel breathing'. While holding awareness at these four points simultaneously, feel yourself breathing in from above your crown deep into your belly, and slowly breathing out through your feet into the ground. Then with the next inhalation imagine the breath rise up from the earth into the belly, and then out through the crown of your head as you breathe out. This will help you maintain awareness of the central channel and keep centred and grounded, which you can learn to do more and more throughout your daily routine.

drsuemorter.com/anchoring-code/

CALMING

1. Vagus Nerve Release

When trauma is triggered, this activates our sympathetic nervous system, which readies the body to fight or flee. It can also activate our 'dorsal vagus nerve', which makes us freeze – much like an animal playing dead. There is a third type of response, however, where we can remain calm in the face of stress and purposefully seek the help we need. This happens when we activate our 'ventral vagus nerve'. I like to call this the Vagus Nerve Release.

There is an effective exercise through which we can increase blood flow to the ventral vagal nerve and quickly find ourselves in a calm relaxed state. Do this exercise lying on your back the first few times you do it; later on you can also do it sitting on a chair or standing.

1. Lying comfortably on your back, weave the fingers of one hand together with the fingers of the other hand.
2. Put your hands behind the back of your head, with the weight of your head resting comfortably on your interwoven fingers. You should feel the hardness of your cranium with your fingers, and you should feel the bones of your fingers on the back of your head. If you have a stiff shoulder it is sufficient to use one hand, contacting both sides of the back of your head.
3. Keeping your head straight, look as far as you can to the right, comfortably. Just move your eyes.
4. After 15 seconds to a minute you may feel the urge to yawn, sigh or swallow. This is a sign that the nervous system is deeply relaxed.
5. Now look straight ahead and take a deep breath.
6. Leaving your hands in place, now look as far as you can to the left.
7. Hold your eyes there until you feel the urge to yawn, sigh or swallow.
8. Take another deep breath as you look straight ahead and feel the tension release from your body as it relaxes completely.

Once you get the hang of this exercise you can do a quick version sitting or standing as often as you can throughout the day. You can also do this practice to prepare yourself for any other calming exercise.

www.youtube.com/watch?v=cHkrwSUFydc

2. Hand Breathing

Begin sitting down with your hands on your knees, palms facing down, and push down on your knees to help you feel your feet and toes be grounded. As you breathe in, slide your hands towards your hips as far as they will comfortably go, and as you breathe out slide your hands back to your knees. Pause slightly at the end of the out breath, and then repeat the movement as you breathe in. After repeating this sequence a few times you can keep your hands on your knees or hips for a few breaths before resuming the movement. If thoughts or feelings arise, you can practice 'dual awareness' by saying the following to yourself:

Even though I am feeling.... and thinking.... And noticing

I am fully present with the sensations in my hands and feet, with my breathing and with the movement of my hands; and I know that whatever caused these feelings is not happening anymore.

3. Heart Breathing

The relaxation response is the opposite of the stress response, and one of the most powerful ways to access this is by focussing on your breathing at the centre of the chest whilst recalling positive feeling states. This is known as 'heart coherence'. It is an innate state of openness, vulnerability and healing that we all have access to, regardless of how much trauma we have endured.

Begin in a seated position with eyes closed and let the chair take your body's weight. Notice the sensations in your feet and hands, and look forward into the blackness. Place your right hand on your chest and your left hand over your right hand, thumbs touching, and soften around the heart. Gently notice the rise and fall of your chest and you slowly breathe in and out, pausing slightly at the end of each out breath. With each in breath, recollect to yourself one of the four attributes of the heart – compassion, innate harmony, healing presence and unconditional love. Keep repeating these words with each four-breath cycle, or just simply focus on any one of these feelings for as long as you like.

Don't lose heart if you find this exercise difficult – this may point to difficulties with early relationships which almost certainly can be repaired! It may also be calling us to have more love and compassion for ourselves, as we understand more deeply the struggles we are facing.

<https://www.youtube.com/watch?v=CBYFzEuDECS>

4. Resource Tapping

For those of us who find it easy to visualise, this is a powerful relaxation technique which we can learn to recreate as often as we need, helping us feel safe, peaceful, nurtured or protected, as well as engaged and positive. There are four powerful resources that we can use in this exercise – a safe or peaceful place, nurturing figures, protector figures and inner wisdom figures. You can simply use one or perhaps a combination of resources when you do this exercise.

Begin in a seated position with eyes closed and let the chair take your body's weight. Notice the sensations in your feet and hands, look forward into the blackness and soften around the heart area, breathing slowly and deeply.

Peaceful Place

Imagine a beautiful place where you feel peaceful, safe and comfortable, a place where you feel relaxed and at ease. It may be somewhere you have visited in the past such as a forest, ocean or mountain top, or it may simply be somewhere you imagine. Now bathe yourself in your senses - notice 3 things you can see, hear and touch, and also notice one thing you can smell. Notice how this feels within.

Identify a cue word that would go with this feeling, such as 'peaceful', and repeat this word 3 times while bring the image to mind. You can now anchor this experience by slowly tapping from side to side on your knees about 6 to 12 times, or you could gently move your eyes up and down or side to side – no more than 3 times – using your right hand to guide these movements.

Remember this is *your* peaceful place. You can contact it whenever you like. All you have to do is close your eyes and imagine your special place. You can repeat your cue word to yourself as you imagine this and tap to access and strengthen your connection to it.

Nurturing Figures

Think of a figure or figures from your present or past that you associate with being loved and nurtured unconditionally. This can be a person or animal, real or imagined, a spiritual figure, or even someone in a book or a movie. When you imagine the figure, feel the nurturing quality in your body.

Then enhance this image as strongly as you can. What do you see? What do you hear? What do you smell? What do you feel in your body?

When you have a strong sense of the nurturing quality of this figure, you can strengthen this with slow tapping. Tap on your knees or tap with your hands either side of your chest, as if you are hugging yourself, about 6 to 12 times.

Finally you can imagine yourself being held by the nurturing figure or figures, tapping again to strengthen and deepen this feeling. Remember you can contact this place of nurture whenever you like, simply by closing your eyes and imagining your special figure.

Protector Figures

Think of someone or something with a protective quality. It can be real or imaginary. It can be someone you know from the present or past, an animal, or even a figure from a movie, book or TV. It can be a spiritual figure who is protective, it can be your adult protective self, or it can be a combination of protective figures.

As you bring forth this image, feel the protective quality inside your body. What do you notice? Reinforce this feeling with bilateral tapping, about 6 to 12 times.

Then you can bring up the other protector figures, each time strengthening the felt sense of protection with the tapping. Finally you can visualise them all simultaneously, embracing you in a circle of protection.

Inner Wisdom Figures

This time you are inviting your inner advisor to join you in your special place. Just allow an image to form – a wise, kind, loving figure who knows you well. You can sense its caring for you and its wisdom. Invite it to be comfortable there with you and ask its name – accept what comes. Allow it to communicate in whatever way seems natural... continue the conversation until you feel you have learnt all you can at this time, allowing yourself to feel a sense of trust and confidence. Reinforce this feeling with bilateral tapping, about 6 to 12 times.

Realize that you can call another meeting whenever you feel the need for advice or support, as you thank your adviser dearly and say farewell for now.

www.youtube.com/watch?v=pPBxNLpOLNU

www.youtube.com/watch?v=z-ZQ-fBcSac

HEALING

1. Opening to Emotions

So often we think we need to 'feel good', yet we don't consider that it may be much more important to be 'good at feeling' – to be able to tolerate the highs and lows of life, the agony and the ecstasy, without getting bowled over or losing our centre.

This means *opening* or *expanding* - making room for difficult feelings, urges and sensations, thereby allowing them to 'flow through' us without a struggle and thereby allow healing to take place. We don't have to like or want these feelings - we just make room for them and allow them to be there even though they are unpleasant. Thoughts like "I can't stand feeling this way" or "It isn't right that I feel so bad" fuel these emotions and make them stick, yet with practice we can simply allow them to be there without reacting in this way. Once we learn this skill, if these feelings resurface we can rapidly make room for them and let them 'flow on by'.

- Close your eyes and focus on your breathing.
- Gently let your mind wander to a recent situation that was stressful for you. Replay the situation in your mind. Conjure up the emotions you were feeling at the time.
- Do a brief body scan. Where are you noticing sensations? Notice your body. Where in your body are you feeling the sensations? Is it a tension in your shoulders? A burning or hollowness in your stomach? Tightness in your forehead? Stay with whatever is there. Notice the sensation (maybe tension in an area of your body) and investigate it with curiosity, without judging. Just notice its rising and falling and shifting, making room, softening and expanding around these sensations. Know that no matter how distressing or big these sensations may be, they are simply coming, going and dancing in a vast space of openness.
- If you get lost in thought, come back to the breath and then again, rest your attention on the body sensations. See if you can ride out the sensations like you would a wave in the ocean. Keep awareness on the sensations until they subside or soften.
- You may like to add slow conscious movements to the exercise – turn your hands so palms face upwards, then ever so slowly raise them to the height of your chest. Then turn the palms to face each other and slowly expand your hands wide, wide open – feeling softness and spaciousness as you do so. Then bring your palms slowly together to finish in a prayer position.

<https://www.youtube.com/watch?v=Hw7rmdITCFs>

2. Getting Unstuck from Negative Thinking

Thinking in negative ways about trauma, or in fact about anything, can solidify and even magnify the discomfort we are feeling. If we skilfully question or step back from these thinking patterns, we can actually learn to shift the feelings or 'energetic burden' we are carrying around.

Below is a list of 15 questions for reflection. Regularly writing down or journaling your responses can be a powerful way to shift how you respond to trauma.

1. What would another person, or a wise adult, say about the situation we are struggling with?
2. Is (the stressful event) still happening now, or is it over?
3. Am I condemning myself on the basis of a single event?
4. Am I concentrating on my weakness and forgetting my strengths?
5. Am I blaming myself for something which is not really my fault?
6. Am I taking something personally which has little or nothing to do with me?
7. Am I expecting myself to be perfect?
8. Am I overestimating the chances of disaster?
9. Am I exaggerating the importance of what other people think about me?
10. Am I assuming I can do nothing to change my situation?
11. Am I predicting the future instead of being open to how things might change?
12. Am I fretting about the way things ought to be, instead of accepting and dealing with them as they are?
13. Am I only worthwhile if other people love me or approve of me?
14. Am I only worthwhile if I am perfect or achieve great things?
15. Am I forgetting that I was born and still am worthy and loveable just for who I am?

You can also this *defusion* exercise to help you step back from the thinking process:

Put your negative self-judgment into a short sentence of the form, 'I'm X.' For example, 'I'm stupid' or 'I'm unloveable'. Fuse with this thought for 10 seconds – get caught up in it, give it your full attention and believe it as much as you possibly can. Now silently replay the thought with this phrase in front of it: '*I'm having the thought that ...*' Next use the phrase: '*I notice I'm having the thought that ...*'

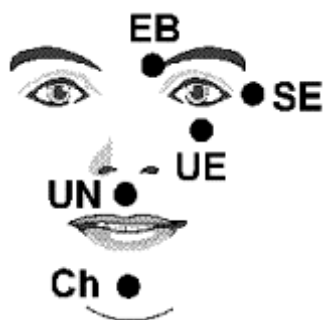
Notice how it feels when you step back from your thoughts. You may discover how they are not quite so solid as you thought they were, and how you can feel more *room* or *spaciousness* around them.

3. Tapping for Emotional Freedom (EFT)

Sometimes we feel so overwhelmed or wound up that positive self-talk, deep breathing or other relaxation practices just don't work. In this scenario EFT, a simple technique using tapping on particular body points, can often come to the rescue. In fact a study has shown that it is more effective than many other methods in reducing the levels of our stress hormone cortisol.

Simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations. This combination of tapping and voicing positive affirmation works to clear the "short-circuit" the emotional block. The tapping sequence can also be used silently or with gentle slow breathing.

The abbreviations for these points are summarized below in the same order as they are given - the order in which they should be tapped:



IH = Inside of Hand

TH = Top of Head

EB = Eye Brow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Collar Bone

UA = Under the Arm

WR = Wrists

This sequence is usually repeated at least 2 or 3 times, and then after the last repetition we take a deep breath and open out the arms downwards with the outbreath, as a gesture of letting go.

The traditional EFT phrase uses the following setup, which is repeated three times while tapping the first point on the inside of the hand, and then repeated briefly with each subsequent point:

"Even though I have this _____,

I deeply and completely accept myself."

The blank above is filled in with a brief description of the trauma, addiction, craving, negative emotion, headache, memory or other problem you want to address. It doesn't matter whether you believe the affirmation or not... just say it. It is better to say this with feeling and emphasis. It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath... or do it silently... then go ahead. It will still likely be effective.

If you do this while tapping the points described above, while tuning into the problem, the emotional charge you are carrying should gradually dissolve. If your problem or issue resolves completely, you are done with the tapping.

eft.mercola.com/

www.youtube.com/watch?v=1wG2FA4vfLQ

4. Freeze Frame

If we are thrown around by strong emotions like anger or overwhelm, one of the quickest ways to regain our balance is to develop a habit of taking time out and coming back to the calm state centred at the heart. Known as '*heart coherence*', we can all discover this power inside us which is stronger than our emotional beliefs, and can completely reorganize our reactions and responses to life. We can then move out of patterns that keep reigniting states of emotional conflict, learning to live more fully from the heart, and make our next move from a new place.

1. Take *time out* so you can temporarily disengage from your thoughts and feelings – 'freeze frame'
2. *Shift your focus* to the area around your heart. Now feel your breath coming in through your heart and out through your solar plexus, breathing a little slower and deeper than usual
3. Make a sincere effort to *activate* a positive feeling such as appreciation or care for someone or something in your life, or at least a neutral feeling
4. *Ask* yourself what would be a more efficient, effective attitude or action in this situation. For example: 'stay calm', 'go to neutral', 'don't judge before you know the facts', 'have more compassion'.
5. Quietly *sense* any change in perception or feeling. You can then gently and sincerely pretend to breathe the new attitude in through the heart, out through the solar plexus

In brief: *time out, shift focus, activate, ask, sense.*

With practice you can use this technique many times through the day. It can be especially useful to rehearse the steps first thing when you get up in the morning and hold this awareness as you move through your daily routine.

<https://www.youtube.com/watch?v=RlRfH3DtLhc>

5. Flash and Heal

One of the most important principles in healing trauma is *desensitization*. This means learning to confront brief snapshots of traumatic memories from the vantage point of a relaxed state, at first in very small doses, and then slowly 'increasing the dose' of this exposure. This allows us to dip our toes in the trauma vortex without getting sucked into it, so we are more able to leave the trauma behind us and move on with our lives!

First bring to mind any traumatic memory you are currently struggling with, noticing how distressed this makes you feel (on a scale of 1 to 10 if you like). Then imagine you are putting this memory into a book and then closing the cover of this book, so you can just see its title. Then allow yourself to shift to a safe, engaged positive state, using the calming technique that works best for you.

Then allow yourself to experience a brief flash of the book cover as you blink, so quick it's as if you are running your finger through a flame, returning immediately to your safe place. If you're able to do this, try blinking 3 times in quick succession and then returning to your safe place (if you like you can say to yourself 'flash' while you do this). If this is ok, do 5 sets of triple blinks, and then check in with how it feels now when you take a look at that book cover.

If you notice your distress levels getting less, keep on going with another 5 sets of triple blinks, before checking in again. You can keep repeating this process until your distress has completely vanished. Usually this will take about 20 or so repetitions.

If you have mastered this exercise so far, the next step is to peek inside the book at a direct image of the traumatic memory, or simply repeat the process with another memory. Note that we experience memories in networks or clusters, according to particular beliefs or emotions such as anger, fear and sadness. This exercise can therefore help us shift longstanding beliefs or emotional patterns, as the memories which fuel them will gradually subside.

Note that if you find the blinking difficult, you can simply visualise glancing at the front cover of the book, so quick it's as though you are running your finger through the flame of a candle.

6. Embrace and Let Go

Begin in a seated position with eyes closed and let the chair take your body's weight. Notice the sensations in your feet and hands, and look forward into the blackness. Soften around the heart area. Start with hands on knees, palms facing upwards. In your right hand is your deeper knowing, your core self who can simply witness whatever is happening with true compassion. In your left hand is any struggling you are facing.

Move your arms slowly up in a wide arc until palms join above the crown of your head. Pause there for a while and feel a sense of straightness, and then bring your hands down together in front of your body to the centre of your chest, opening and softening around your heart area. Then rotate hands forward and point to the earth between your legs and open them. Finish by bringing your hands together again in a prayer in front of your heart. You are fully embracing your struggle, bringing it to your heart, letting it go, then opening to new ground in your life. Allow your attention to flow with every micro-movement. The slower you move, the faster you feel yourself letting go into a deeper space of openness.

<https://vimeo.com/350554429>

7. Talking to your Parts

Some of us, especially if we are very young, find trauma so overwhelming that we *dissociate*. Quite literally, we may for a time lose awareness of who we are, or at least lose connection with our body. This happens because we are brave and it is the only way we knew how to cope when the trauma was happening. If we are aware that there are parts of us who come out when we are triggered – when we have that feeling that we are not ourselves today – here are five things ourselves and others can remember when we are speaking to these parts:

1. Speak directly to the troubled part
2. Orient to present circumstances
3. Appreciate their protective function
4. Express compassion for the burden
5. Offer to listen and help
6. Encourage the part to heal the underlying trauma

Where do these Practices Come From?

Big Toe Grounding

Dr Pee Tek Chan. *Sacred Surfer, Eternal Wave – A Path to Truth, Love and Freedom.*
www.peetekchan.com

Shaking The Bones

Dr Ann-Marie Chiasson. *Energy Healing – Essentials of Self Care.*
www.annmariechiassonmd.com

Morter March & Anchoring Into the Body

Dr Sue Morter. *The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life*
www.drsemorter.com

Vagus Nerve Release - 'Basic Exercise'

Stanley Rosenberg. *Accessing the Healing Power of the Vagus Nerve – Self-help Exercises for Anxiety, Depression, Trauma and Autism*

Hand Breathing

Teaching from Thai Buddhist monk Ven. Kusala

Heart Breathing

Dr Ann-Marie Chiasson. *Energy Healing – Essentials of Self Care.*
www.annmariechiassonmd.com

Resource Tapping

Laurel Parnell. *Attachment-Focused EMDR – Healing from Relational Trauma.*

Opening To Emotions

Dr Russ Harris. *The Happiness Trap – Stop Struggling, Start Living.*
www.actmindfully.com

Getting Unstuck from Negative Thinking

Dr David Burns. *Feeling Good – The New Mood Therapy.*

Tapping for Emotional Freedom

Gary Craig. *The EFT Manual.* www.emofree.com

Freeze Frame

Doc Childre & Horward Martin. *The Heartmath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence.*

www.heartmath.com

Flash and Heal

Sik-Lam Wong. *Flash Technique Group Protocol for Highly Dissociative Clients in a Homeless Shelter: A Clinical Report.* Journal of EMDR Practice and Research, Volume 13, Number 1, 2019

Embrace and Let Go

Dr Pee Tek Chan. www.peetekchan.com. 'CosmoForm' www.bprior.org

Talking to Your Parts

Dr Sandra Paulsen. *When There Are No Words: Repairing Early Trauma and Neglect From the Attachment Period With EMDR Therapy.*