

## 4 Step Trauma Transformation Practice

When you become aware of any emotional disturbance, startling news, imbalance or physical pain . . .

1

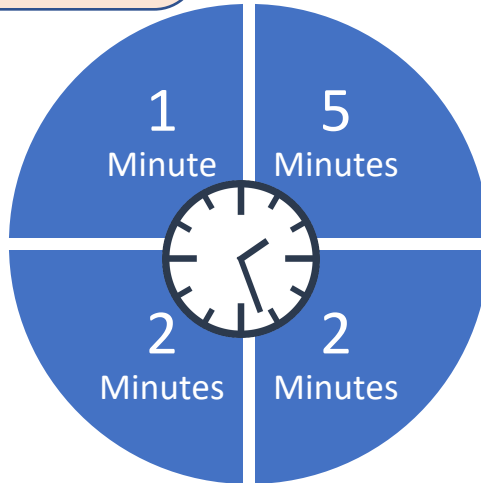
- Stop and breathe deeply
- Ask for spiritual help from any higher power that works for you
- Hold an accepting attitude

2

- Really feel your feelings without judgement
- Do nothing else
- Notice your feelings in your body

4

- Stand with hands on your hips, chest up, and legs slightly apart
- Smile, smile, smile
- Feel the empowerment hormones



3

- Shake your whole body – all the parts, even your tongue
- Increase the effectiveness with gratitude practice or laughing

	More Information	Resources and Enhancers
Step 1	Simply observe the disturbance within you without any judgment or story or assumptions .	<ul style="list-style-type: none"> <li>• <i>The mind can be a dangerous place, do not go there alone.</i> -Anonymous</li> <li>• <i>You cannot solve a problem from the same mind that created it.</i> -Einstein</li> </ul>
Step 2	The Blue Sky of your Soul is always there. Without the influence of any trauma or guilt or shame, you are simply witnessing a human weather system that is causing you disturbance. But the blue sky remains the same and is constantly available to you. After witnessing your feelings you can add this declaration: <i>"I forgive myself and all concerned for not knowing any better and for listening g to the voice of fear."</i>	<ul style="list-style-type: none"> <li>• <i>The New Earth</i> by Eckhart Tolle. C,hapters 5-7 explain beautifully where "pain and disturbances" come from.</li> <li>• Watch: Chapter five of <i>The New Earth with Oprah on Youtube</i>  <a href="https://www.youtube.com/watch?v=qXk6fmgoBtA">https://www.youtube.com/watch?v=qXk6fmgoBtA</a></li> </ul>
Step 3	Really folks, do the hokey poky and shake it all about!	<ul style="list-style-type: none"> <li>• The inspiration and proven science for this step is referenced in detail in the bestselling book <i>Waking the Tiger, Healing Trauma</i> by Peter A. Levine</li> </ul>
Step 4	Build a stronger bridge to your Higher Self, your TRUE self that has never been traumatized or sullied in any way, by practicing heartfelt gratitude. Remember to be grateful for the not-so-small-things such as being able to feed yourself, walk, and breathe without assistance of any kind.	<ul style="list-style-type: none"> <li>• To understand why this really works, watch an amazing 18-minute Ted Talk by Amy Cuddy on the power posture:  <a href="https://www.ted.com/speakers/amy_cuddy">https://www.ted.com/speakers/amy_cuddy</a></li> </ul>