



# Mind Energy Body *School of Transformation*

## MIND ENERGY BODY SCHOOL OF TRANSFORMATION ENERGY TRANSFORMATION TIPS AND TRAUMA DO's and DON'TS

### **Basic Energy Transformation Tips**

The following are **Energy Transformation Tips** to consider when you are doing healings. The most important ones I follow are outlined below.

- **The level of skill you have in feeling/connecting to the negative energy in your body while sending yourself love is directly proportional to your ability to consciously shape your best life.**

As you master the ability to love yourself - at the same time as you are naming, owning and claiming your negative emotions, false self or **Core Distortions** (see definition below) - **you embody the most critical skill** for personal transformation.

I call it **learning to be kind to your human!**

**For you are wholeness, helping the human vehicle (the other you) to transcend and awaken** to more of the brilliance and wisdom of your Core Being higher self.

If you are mean to your beloved human when you make mistakes, have imperfections or sometimes act like a human - then you hold yourself back.

(Copy this blog link to see video on being kind to your human! <http://mindenergybody.org/happy-valentines-day-10-skills-for-self-love/>)

Yet, if you can name, own, and claim what parts within you are asking for support, awakening and transformation - then you will slowly, yet beautifully awaken more and more to the truth of who you really are!

- **The second most important skill to master is - the ability to feel both the emotion in your mind and the sensation in your body of your Core Being.**

For example, my Core Being feels like tingles and flows of energy throughout my belly area, it fills my chest, back and my arms and legs. And, emotionally, it feels like bliss. In particular, it reminds me how I felt after my son was born and I was filled with the bonding hormone oxytocin.

If you can feel both the emotion in your mind and the sensation in your body of your Core Being then **you can use that higher vibrational energy to melt away any negative energy blocks in your mind/body.**

- **Learn to transform the Core Distortions that block you from success** or bring you out of balance throughout your day . (Again, I teach the 5 Steps/Skills and Universal Laws to help you.)

So what are Core Distortions? They are **the energetic and consciousness blocks that keep you stuck in your false self** and prevent you from manifesting that great relationship, health, job or life you really want!

Basically a Core Distortion is anything that causes you to lose your connection with your spiritual wholeness - Core Being - and dramatically impinges upon your ability to be present and connected to your best self. It is located in the lower levels of the Auric Energy Field.

The external situations of trauma, genetics, developmental wounding, relational attachment issues — and even everyday life — create your Core Distortions. Core Distortions also include your reactive feelings of anger, fear, pain, hurt, depression, anxiety, and confusion.

Fundamentally, a Core Distortion keeps you trapped in the Newtonian solid world of false self, emotional pain and false beliefs. A Core Distortion limits your ability to live from the magical quantum reality where you are the transformer using your life challenges to help you incarnate more wholeness into your physical body and return back to your wholeness.

### **TRAUMA TRANSFORMATION TIPS!**



- **Patience – go slow!** Because energetically, **what you focus on grows**, be sure not to charge the negative energy. Also, because energy is consciousness that connects the mind with the body, be aware and explore to discover if what you are doing with a client is spreading the negative emotion or transforming it. This means that it is important to practice, get support, and deepen your energy tracking skills so you know if you are charging the negative consciousness or awakening wholeness. **As your energy tracking skills grow, you can track the energy field to determine if the energy transforms or just replays.** When you connect to an energy block, don't “run energy.” No pushing or pulling in this system. In this training, you are learning how to **awaken wholeness** instead.

# TIPS ABOUT THE BRAIN SCIENCE AND PHYSIOLOGY OF TRAUMA

- **Less is usually more** - because trauma happens in accelerated time, you must make space for integration before you go too deep. This means accessing the trauma, not charging it and go slow! Do one bit at a time, then pause to integrate, then move to the next piece.
- The **higher brain can over-ride the legitimacy** of the emotion that is trapped in the body and make it difficult for that emotion to be felt, connected to, and transformed.

When this happens, I call it **Higher Brain Over-Ride**. Usually, this is when you client says something like, "It wasn't that bad." Or they may say, "I shouldn't complain."

In essence, their higher brain (pre-frontal cortex) minimizes their mid-brain and nervous system's response to an event. When this happens, your job is to ask them to move out of the mind, and into their body to prevent the over-ride of the higher brain. And then, invite them to listen and respect that the body/nervous system is still holding onto some of the false self and emotional pain.

- **The trauma brain doesn't know the past is not happening in the present.** Simply re-experiencing the trauma can be re-wounding because of how trauma is experienced in your brain and body systems. When your client's trauma gets triggered, **help them to realize that right now they are safe**. And, help them connect to the trauma in the body with a higher consciousness mind so that they are differentiated from the pain, detached and individualized. In other words, help them feel the emotional pain with a higher energetic frequency **so the trauma transforms and is not just replayed and re-experienced. Get support on how to best to do this so your skills advance.** Another way of looking at this is an old quote from Einstein - that you can't solve the problem with the same consciousness that created the problem.
- Breathe through the lower belly to promote parasympathetic (non-trauma) breathing and not the upper chest.
- **Catharsis in not Healing**- simply because you feel an emotion does not necessarily mean you heal the emotion! If you feel it too deeply, you actually deepen the trauma in the brain and body systems. Again, track the field and assess the **3 Mind Keys** discussed earlier: differentiation, detachment and individualization.
- **Polyvagal theory** - outlines how trauma influences your mind/body connection and thus your ability to connect and feel safe with others. It also explains the term "**high dorsal tone**".

This is something that happens to the vagus nerve when triggered by trauma. When you work with a client, and trauma is activated, you want to heal any high dorsal tone and **foster high vagal tone**. High dorsal tone can make you feel depressed and can even foster physical complications such as digestive problems.

If you don't know about Polyvagal theory and you do trauma work with clients, my book [Explorer's Mind-A Map to Freedom](#) and many of the books on the [suggested reading resource list](#) can support you. Also, feel free to reach out to me for more information.

- **Neuroplasticity** - This term holds both good and bad news. It means the brain can change and you can influence the change. Yet, it also means that you can re-enforce negative patterns. Because negative patterns can be re-enforced when you do trauma work with clients, keep advancing your skills so you can energetically

track when they feel emotions in a manner that support transformation instead of simply replaying the old negative neuro-pathways.

- **Build new neuro-networks and healthier pathways with clients.** When you, or your client, feels negative emotions - keep advancing your skills so you don't simply re-experience the emotional pain.

For you to re-wire and re-build your biological consciousness container, you must create new neuro-networks in the brain to support higher consciousness. If you are simply reinforcing their old false self and unsupportive reactive limbic (mid-brain) reactivity patterns - that can be re-wounding.

*Discover how to better support them to build bridges and create new supportive emotional reactive patterns.*

- **Have a sense of your deeper Core Being** and look at the trauma and the emotional pain as an energetic template that can be transformed and that can move through you like the water in your shower.

Or as I like to say, when you let the bath water go – and the dirt goes down the drain, you don't say – there goes my sense of self! The same can be true of the subtle energy of emotions, false self and beliefs. As you keep awakening to the quantum reality and move out of the fixed and solid Newtonian perspective - you can better connect to them at the quantum level and transform them instead of "process" them to death.

When you touch someone in this manner, negative feelings, emotions, and events don't define your value – they are just energy you can transform. **Practice so that your hands, mind and body resonate at the Core Being frequency!**

Eventually, with practice you can learn to use the negative emotion as an energetic portal to return you (your client) back to wholeness.

Again, remember to move out of the Newtonian view where everything is experienced as solid. As you align to move into the quantum reality – you can then experience everything as particles of energy that are malleable and can transform! Even your emotions, false self and bitter challenges become particles of energy that can transform.

## **MORE TRAUMA TIPS!**

- **Experience that the trauma is not the truth of you.** In essence, you are not a victim because of what happened to you or because of what you feel. Shame/victim consciousness also have no place within you - that is - when you know you are not defined by your inner pain.
- **Don't over-identify** with the trauma. Remember the **3 mind keys** discussed in the webinar taught in Module 1: differentiation, detachment and individualization! Ideally, keep these in mind throughout your day!

This means, **awaken the light you are** into the trauma/emotion – and then melt away and transform the LVC of the trauma because you have anchored into the HVC of your Core Being.

- If you **believe you are the trauma, you get more trauma.** For instance, if your mind connects to trauma with dense LVC – you get more trauma/LVC. This is because of the energy law I teach – **where awareness goes, energy flows!**
- **Access – don't charge trauma.** Be in contact with it yet don't "be" it. Awaken HVC, positive belief systems, and good sensations in the body.
- **Master the Skill of the Enlightened Observer** in order to help re-pattern verses re-experience trauma. An Enlightened Observer is NOT the witness or Objective Observer. As discussed earlier, the Enlightened

Observer instead holds good enough spiritual mom energy and knows your spiritual wholeness deeply and profoundly. It brings high vibrational consciousness into the mind AND the body.

As demonstrated in the video – it fosters transformation of metaphorical “black paint” to “white paint”! Or, as I like to say – **pain to power and positive manifestation.**

- **Strongly, positively, resource a client** and/or yourself before going into trauma so they can feel their Core Being as both a sensation and emotion in their body. Resourcing is a clinical term in the mental health field that every energy healer, coach and helper can benefit from understanding.

**You don't bring someone into emotional pain if they are energetically merged and identified as the pain.** So you support them, resource them to keep their vibration higher than the pain! This way they will have enough HVC so they don't rewind.

- A skillful technique to **heal trauma is to awaken the energy of the positive belief and your Core Being to come into the area of the body that is holding the trauma.** Notice how the HVC of the positive, almost all the time will melt away and transform the LVC of the trauma. This is the resourcing Core Distortion Intervention you learned in the last module.
- **If you don't feel positive sensations in the body afterward,** chances are you have not fully transformed the trauma. (There are some exceptions to this rule but few!)
- **Deep trauma work necessitates the ability to hold two places at one time.** One place in the trauma and one place connected to your core, divine true wholeness.
- **Replaying trauma too often can re-wound and re-traumatize.** If you replay it, make sure your Enlightened Observer is strong, and you are anchored into Core Being. As discussed in the video webinar, I teach a skill called the Enlightened Observer (Divine Mind) so you can transform the event and not just re-experience or process it. You see, there is a positive way to shift toward re-scripting the past, and living from a more whole present.
- **If you replay the trauma in your mind and your mind** is not at a high enough vibration – you can re-wound. Consider that “processing” the event is not always transforming it and re-patterning it completely.
- It is important to let your mind, energy, and body (ME-B) systems find a positive outcome and let your body/energy system move in a manner that mirrors that positive outcome.
- **If you are the pain, then you create more pain...**a deeper groove in the unhealthy brain plasticity/nervous system. For instance, if a car, drives on the same spot of a dirt road over and over again – it will eventually create a groove in the road. So if you keep following the same pathway you are “driving on” and don't find the bridge to change to a better road, your life won't change either and neither will the trauma. This is because you can't change, unless you change your brain! You must rewire your brain to higher consciousness and change your biological consciousness container! Lower brain functions take over and cognitive choice is removed.
- **Trauma (emotional challenge) is in all 3 mind, energy and body systems** – the physiology of the body, brain, chemistry, nervous system and energetically. So trauma must also be re-patterned so the LVC is replaced

by HVC for optimum healing to take place. In essence, as explained in the video - the metaphorical white paint (wholeness, wisdom and positive action) replaces the black paint (LVC) of trauma.

### ***MORE TRANSFORMATION TIPS!***



- **What you focus on Grows!** Look at what you can do and build upon what is working in your life so you get more of what is working!
- Your **Sense of Self is defined by your brain's neuro-network** and your body's biological programming. You must **change your brain and your biology** in order to achieve higher consciousness. Rewire your brain, it changes your DNA and creates a stronger and more positive sense of self!
- It is your sense of self that creates your reality. **Develop a higher vibrational sense of self and it will create a more joyful and positive reality.**
- **Your current emotions and thoughts do not represent the deeper truth.** They are just energetic frequencies that come and go just as the rain comes and goes. Notice your thoughts and emotions but **DO NOT** believe them as necessarily being true or valid. Challenge their validity and look for the deeper truth.
- Everything is made out of particles of energy. **With the right skill set, all energy that holds Low Vibrational Consciousness can be transformed to High Vibrational Consciousness!**

- Energy is the building block for everything. Our emotions, thoughts, beliefs and sense of self are defined by the energy running through you. **You can shift the negative energetic frequency of the pain and challenge in your life.** It doesn't take talent, just skill development.
- **Energy is the medium that connects your mind with your body.** As you learn to shift the energy in both your mind AND your body, you raise your consciousness. To do this, you must learn to feel both the emotion and sensation of the low vibrational energy.
- As you learn to feel the somatic (sensation) of the negative energy held in your body, **you can melt the negative energy away just like butter melts on the grill.** You can surrender to allow and receive HVC and melt away the lower negative feelings, sensations, beliefs and emotions. Watch it come in and align to let it flow by getting out of the way. Don't "run" the energy.
- **Detached connection (not disassociation) transforms negative energy** into higher consciousness, peace, abundance and wholeness. Merging with negative energy creates more negative energy.
- To **detach from negative energy - you must** be differentiated from your negative personality traits and anchored into your higher self.
- To detach from negative energy and shift negative patterns in your life, **you must be able to send self-love to your wounded parts** and overcome feelings of shame and victim conscious.
- **Trauma is usually energetically held in the Auric Field (Levels 2 and 4 in particular)** and in chakras, and the Intention Dimension (Brennan's Hara Dimension).
- **All negative energy can be shifted** to higher vibrational frequencies of wholeness if you have the right skills.
- When you begin awakening to higher consciousness, **you will typically first shift the negative energy in your heart (4<sup>th</sup> chakra)** This is when you shift the pain you encountered in relationships and begin to open to self-love.

**Then the next area you will find an energy block will most likely be your diaphragm.** The consciousness block there usually deals with **your in ability to feel secure and happy—when you have made a mistake or find yourself imperfect.**

As the negative energy in your diaphragm begins to resonate at higher consciousness, you will then find a block in your, 3<sup>rd</sup> chakra (solar plexus). As you shift the negative aspects of the 3<sup>rd</sup> chakra, you also shift the negative energy of your ego and negative sense of self.

Next you will typically shift negative energy in your 2<sup>nd</sup> Chakra (pelvis). This is when you can deeply claim your personal power.

Lastly you become your own authority on your life as you shift the negative energy in your 5<sup>th</sup> chakra (throat). Finally, after the 5<sup>th</sup> chakra shifts deeply into higher vibrational consciousness, you will typically begin to shift the negative energy in your 1<sup>st</sup> chakra. This is when you begin to advance toward implementing your life task! **You will repeat this cycle of chakra shifting many, many, many times in your life.**

- **If you can assess what is happening energetically in your chakras**-you empower yourself to then shift the negative energy blocks holding you back in your life.
- **Core Being energy rewires the negative aspects** of your DNA, nervous system, and biology.
- **Core Being energy heals cancer and chronic illnesses.**
- **Chronic illnesses are linked to a negative beliefs and subconscious negative energy.**
- Once you heal enough of your negative child consciousness patterns, you are ready to heal past life and negative ancestral/lineage patterns as well as negative archetypal energies. Some of the **deepest subconscious healing is done when you are ready to heal negative ancestral wiring and archetypal energies.**
- **Negative sexual energies create pain.** Sexual energy that holds high vibrational consciousness heals the pain in your life. It is important to have the skills to shift negative sexual energies to high vibrational sexual energies.
- **Self-mastery happens** when you develop the ability to shift the negative energy in your brain and body!
- **There are two energies that keep you stuck in negative patterns:** self-hate and shame. Heal these energies to overcome your negative patterns. Feeling you are a victim to your circumstances will also keep you stuck. Instead, adopt the energy skill where you adapt the Explorer's Mind. This is when you become the detective to discover why the negative feelings/event has shown up FOR you and not to you!
- **To heal any relationship challenge,** you must understand that you must take responsibility for your part of your internal pain and you must let go of **NEEDING** the other person to change in order for you to be happy. We can't control anyone but ourselves. As you embrace the belief that the healing must come from within, and to that extent, it is never about the other person...you can then see what you need to shift within yourself in order to shift the negative energy between you and your partner. As you do this, it will create a healthier relationship. Sometimes that means the relationship ends and sometimes it means you stay together.
- As you develop the energy transformation skills to transform lower consciousness into higher self, **you can create the life you have always wanted.** If so moved, sign up for our free energy transformation tips, events, books and receive personal support from Carolyn.
- Re-pattern – release and Replace (R3)

I wish you blessings and love on your journey to awaken deeper to your spiritual wholeness!

Sending love and kindness your way!

Carolyn



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