



FAST ACTION BUNDLE FOR

# ENERGETIC HEALING

OF PERSONAL AND  
GENERATIONAL TRAUMA



The root causes of all health issues are childhood and adult trauma (TRAUMA and trauma), genetics, toxins, and leaky gut.

I call childhood trauma the missing piece of the health puzzle. In my practice, I see time and again that supplements and diets are not ending chronic low vitality issues. On a daily basis, I see angry women and men who follow protocols prescribed by their doctors, believe they are "doing

everything right" with their diets, take the supplements they have been ordered, and yet feel that the ice they are standing on is melting as their diets get more and more restricted and good health eludes them.

Naturally, when we talk about leaky gut, genetics, and environmental toxins, we talk about stress. This is borne out by the ACE (Adverse Childhood Experiences) study.

## The ACE Study

The Adverse Childhood Experiences Study (ACE Study) was conducted by the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente between 1995 and 1997 with over 17,000 volunteers. The participants were asked about distressing childhood experiences, including abuse and neglect.

If one of the 10 items applied to a participant, it counted as a "1," or an ACE score of "1." If a participant reported 2 adverse events, she had an ACE score of "2," and so on.

## The 10 items that were covered

were:



Physical abuse



Sexual abuse



Emotional abuse



Physical neglect



Emotional neglect

Mother was treated violently



Household substance abuse

Household mental illness



Parental separation or divorce

Incarcerated household member



## ACE Study Findings

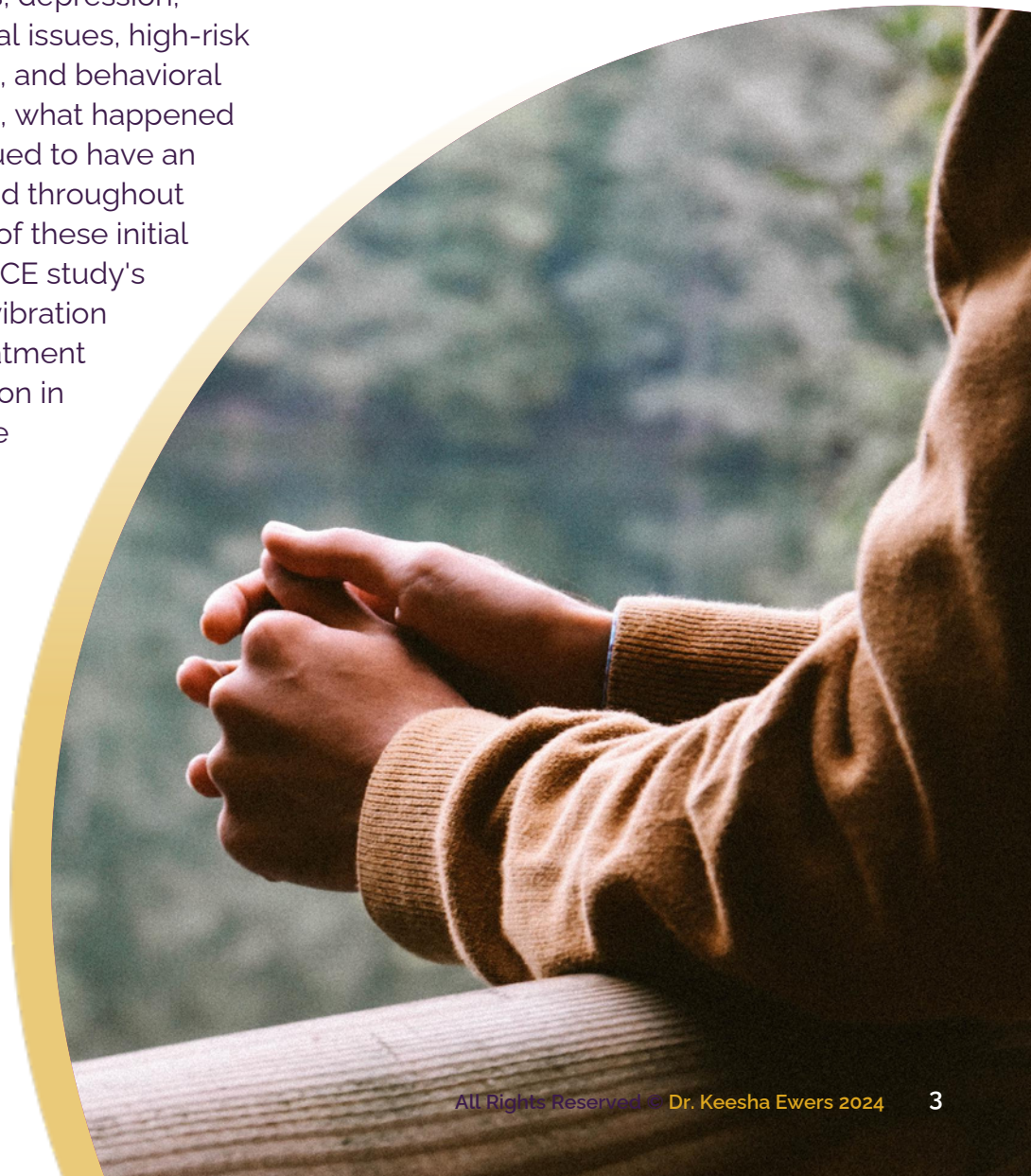
Over 2/3 of the study participants reported an ACE score of one or more. Compared to an ACE score of zero, having four or more ACEs creates a seven-fold increase in alcoholism, doubles the risk of cancer, and quadruples the incidence of emphysema. An ACE score over six creates a 30-fold increase in attempted suicide.

The study found that the higher the ACE score, the higher the risk for developing chronic disease and other health-related issues: autoimmune disease, heart disease, cancer, diabetes, depression, addiction(s), suicide, social issues, high-risk health behaviors, obesity, and behavioral problems. In other words, what happened in their childhood continued to have an impact into adulthood and throughout the shortened life spans of these initial volunteers. Indeed, the ACE study's results indicate that the vibration and frequency of mistreatment and household dysfunction in the early years contribute to the most common causes of death and disability decades later.

## The ACE Quiz



An ACE score is the total of 10 different types of abuse, neglect, and household dysfunction. The ACE quiz is by no means exhaustive, with the glaring absence of death and loss. However, it does correlate early distressing events from childhood with adult chronic illness like autoimmune disease. According to the Adverse Childhood Experiences study, the tougher your childhood, the higher your score is likely to be, and the higher your risk for later chronic disease and even a shortened life span.



## Take the ACEs Quiz for Yourself

1. Before your 18th birthday, did a parent or other adult in the household often or very often... swear at you, insult you, put you down, or humiliate you? or act in a way that made you afraid that you might be physically hurt?

YES

NO

2. Before your 18th birthday, did a parent or other adult in the household often or very often... push, grab, slap, or throw something at you? or ever hit/spank you so hard that you had marks or were injured?

YES

NO

3. Before your 18th birthday, did an adult or person at least five years older than you ever...touch or fondle you or have you touch their body in a sexual way? or attempt or actually have oral, anal, or vaginal intercourse with you?

YES

NO

4. Before your eighteenth birthday, did you often or very often feel that... no one in your family loved you or thought you were important or special? or your family didn't look out for each other, feel close to each other, or support each other?

YES

NO

5. Before your 18th birthday, did you often or very often feel that... you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

YES

NO

6. Before your 18th birthday, was a biological parent ever lost to you through divorce, abandonment, or other reason?

YES

NO



## Take the ACEs Quiz for Yourself

7. Before your 18th birthday, was your mother or stepmother: often or very often pushed, grabbed, slapped, or had something thrown at her? or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

YES

NO

8. Before your 18th birthday, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

YES

NO

9. Before your 18th birthday, was a household member depressed or mentally ill, or did a household member attempt suicide?

YES

NO

10. Before your 18th birthday, did a household member go to prison?

YES

NO

### The ACE Study

First of all, the ACE score is meant to be helpful, not to freak you out. Secondly, early childhood distress is one of several pieces to your health puzzle. It snaps in as a corner piece and joins your genetics, toxic exposure, and leaky gut. Your ACE score does not set your future in stone, any more than your DNA does.

Let's explore some ways the frequencies of trauma patterns that were set up in your childhood nervous system due to attachment disorders and traumatic events impact your energy body...and then let's heal them!

## Your Energy Body

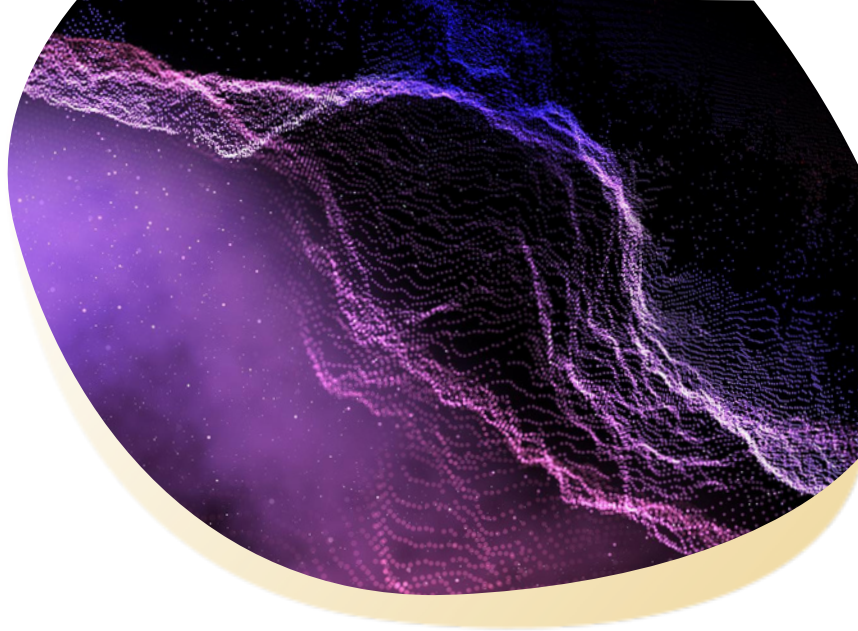
The energy body, or aura, or chi, or prana, or electromagnetic energy field, is the second layer of your body. It is located approximately ½" from your physical body. It is made of a web of energy that vibrates at a rate controlled by the state of your physical, emotional, mental and spiritual health. Your energy body, along with the other 4 layers of your body, is also connected to your chakra

system and marma points. Think of the spinal column as the "thread of life" that connects you to the cosmos through your crown and to the earth through your feet or root chakra (depending on if you are sitting or standing). You are further connected to the Universal source of life through the "grid" of energy that is seen as light (not by the naked eye). Everything is connected in this way.





You can think of the body field as the scaffolding around a building. We have a collection of fields and we are made of energy. If we could look at ourselves and each other through quantum goggles, what we would see are just waves and geometric patterns of energy emanating from the vacuum of space, condensing to form the manifestation of our physical appearance. Think of your energy fields as very highly structured scaffolding around which your matter forms and your minds forms. The body-mind-heart-spirit complex can't be separated, it's all a holistic entity. What's important about that is when the energy fields are out of balance, and that scaffolding becomes a little out of balance, ultimately that manifests as dis-ease at the physical level.



Contrary to the western medical paradigm and even the functional medicine model, we are not just bodies that are governed by enzymes, hormones, and our nutrition. There are very intricate relationships between the energy fields that emanate from our cells, organs, tissues, emotional states, and how the body actually fits together in the presence of those energy fields.

When you make corrections energetically, it provides an opportunity for re-alignment of your structure. We are always moving towards our potential, to our highest growth. That's what the following tools in the Fast Action Bundle are meant to do, they help you move into your highest potential.

You can think of information traveling in your body along energy channels. Ayurvedic and Chinese medicine both have a deep understanding of these information highways. They call them marma points or meridians. When these channels are blocked, the information doesn't get to the cells and organs properly and the body, mind, and emotions all suffer.



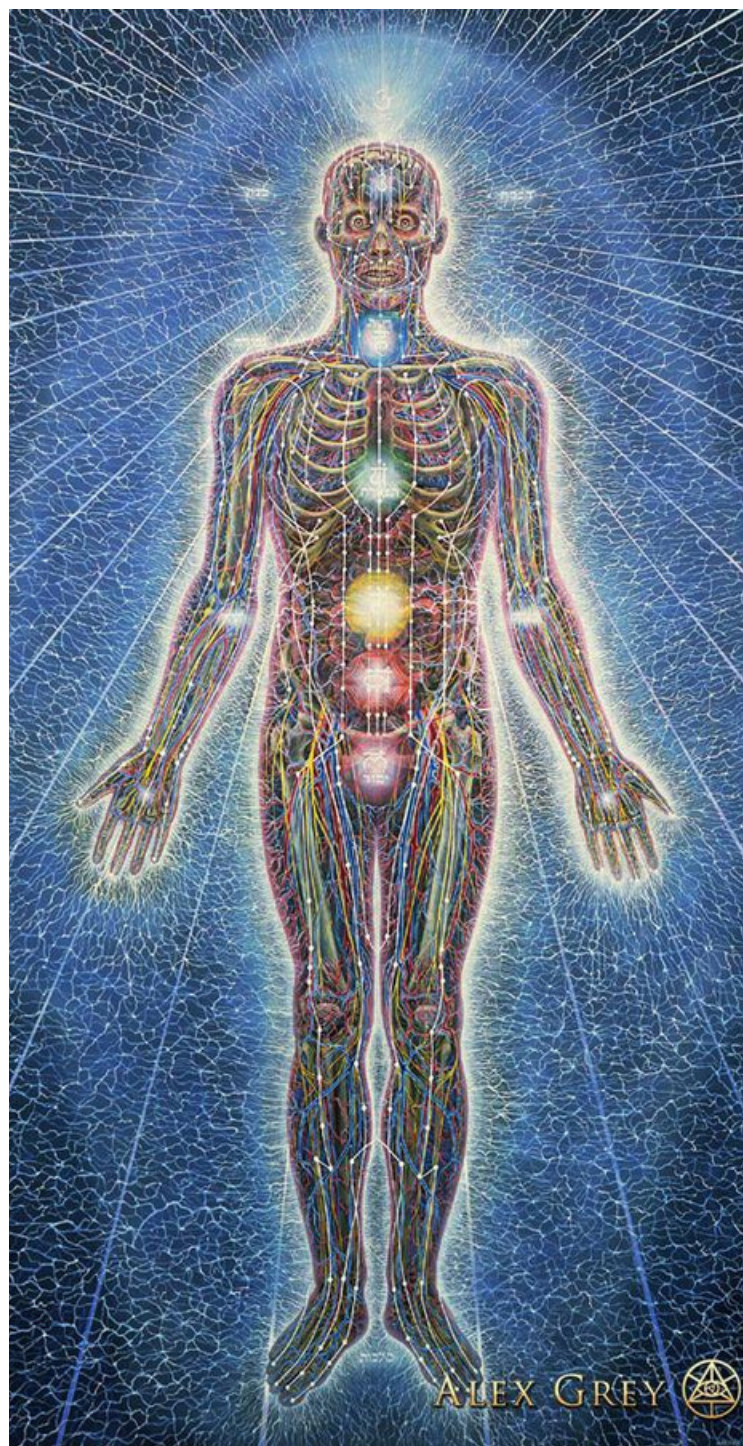




You can think of this like your daily commute to work or taking the kids to school or sport practices. You go to work same way every day. You get to work at the same time, and everything is fine, you have breakfast at the same time of day. And then one day you leave your house and you get down to your stop sign and you realize that there is a detour. There is road construction. And you have to go somewhere you've never gone before. It takes you two hours longer, you lose a hub cap, you might have a flat on the way. You still get to work, but you've suffered some damage. Our bodies' energy systems work the same way.

When the energy is blocked or not flowing correctly. Then you end up with places where information is not getting through in the best way, it might be scrambled. The tools included in this Fast Action Bundle work with the body fields' innate intelligence. We are incredibly intelligent beings. We are self-regulating, we are self-healing, we are self-regenerating. We just need energy and information to make sure it's all happening in the right order at the right time.

***Let's start with listening to the wisdom of your beautiful body...***





# Somatic Therapy for Healing Trauma

When you have experienced trauma, and everyone has experienced some kind of trauma, your symptoms can come and go. You might feel fine until someone or something “pushes your reactivity button”. We call this being triggered when you become reactive, irritable, sad, afraid, etc.

Triggers bring back strong memories. You may feel like you’re living through a breakup, a betrayal, a loss, a terrifying

experience all over again. Triggers can include sights, sounds, smells, or thoughts that remind you of the traumatic event in some way.



## How Your Trigger Buttons are Formed

When faced with a traumatic experience, your body gets ready to fight, flee, faint, or freeze. Your heart beats faster. Your senses go on high alert. Your brain stops some of its normal functions to deal with the threat. This includes your short-term memory, your hormonal regulation and your digestive process.

The brain narrows in its focus in order to help you survive and attaches details, like sights or smells, to that memory. These become triggers. They act like buttons that turn on your body's alarm system. When one of them is pushed, your perceptual field sends danger signals to your adrenals, and you are off to the races.





## PEOPLE

Characteristics of different people might remind you of someone you have been hurt by.



## THOUGHTS AND EMOTIONS

The feelings you get and the emotions you experience can activate your harm and alarm system unconsciously as these feelings are the signal to the brain for what to do next in an emergency.



## SYMBOLS

Seeing an object that reminds you of the trauma can cue an emotional cascade.



## SCENTS

Smells are strongly tied to memories. A perfume, shampoo, deodorant, aftershave, the smell of a particular food, the odors linked to life can all activate the brain's memory and relay system.



## PLACES

Returning to the scene of a trauma is often a trigger. Or a type of place, like a dark hallway, may be enough to bring on a reaction.



## TV SHOWS, NEWS REPORTS, AND MOVIES

Seeing a similar trauma often sets off symptoms. This includes scenes from a television show or movie, or a news report.



## FEELINGS

Some sensations, such as pain, are triggers. For survivors of assault, a touch on a certain body part may lead to a flashback.







### **SOUNDS**

Hearing specific noises, songs, or voices may bring back memories of the trauma.



### **TASTES**

The taste of something, like alcohol, may remind you of a traumatic event.



### **EXPERIENCES**

The experience of being trapped in an elevator, being in a burning building, or the danger of drowning can all be activated by mundane experiences that involve fire, water, and closed spaces.



### **ANNIVERSARIES**

Birthdays, holidays, death dates, catastrophe anniversaries are all marked by the passage of time and can bring feelings rushing back.



### **WORDS**

Reading or hearing certain words can be triggering.



## How to Use the Wisdom of Your Body to Unhook from Your Triggers

One of the ways to work with triggers is to ground yourself and orient to the room around you.

### Orienting to Your Body

*What does your posture feel like? are you slumped, rigid, or have a flexibility to your stance?*

*What's your natural heart rate? Quick, slow?*

*Where do you carry tension?*

*Does it present as a knot in your stomach, neck/back pain, a headache, a tingling in your fingers or twitching of your eye?*

*What external or internal elements offer a sense of calm? A favorite sweater, drink, place (beach, sofa), or experience with a loved one?*

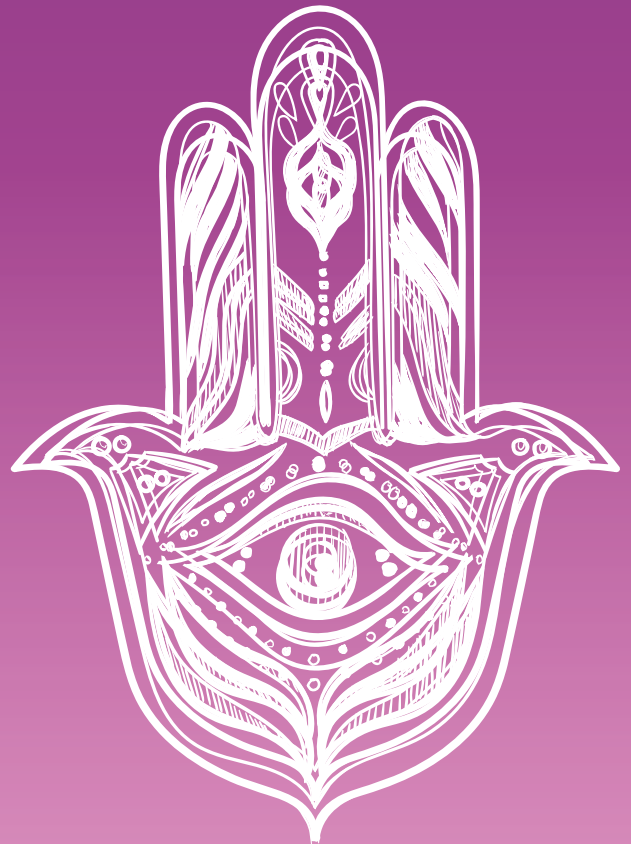
*What external stimuli often trigger you? loud sounds, dark at night, social interactions?*

Begin asking yourself these questions to increase your somatic, mind-body awareness.

When you're healing from anxiety, trauma or are experiencing emotional triggers, it can be difficult to feel supported by your body or even feel yourself in your body.

Inviting the wisdom of the body to play a part in your healing brings you into a collaborative relationship with yourself. This is an important step in healing trauma.

Everything you experience and all the sensations felt on and in the body are forms of communication needing to be expressed. Think of your triggers as a road map to knowing what is happening on the inside.





## Following are six steps you can learn to unclip the wiring from **your trigger buttons**.

### **Notice** \_\_\_\_\_ 1

Inhale and exhale. Notice what you feel on, in and around your body. Speed of breath, heart rate and body temperature.

### **Think back to safety** \_\_\_\_\_ 2

Think back to at a recent moment you felt most calm, safe and most like your "self".

### **Identify** \_\_\_\_\_ 3

Identify at what point in time and/or which part of your body began experiencing disturbance or stress.

### **Replay** \_\_\_\_\_ 4

Replay the scenario from calm state to stressed state, in slow motion (as if watching a slow movie). Identify people, conversations, objects or behaviors that may have made you stressed, uncomfortable or that stand out to you as you're replaying the recent event(s).

### **Tune in** \_\_\_\_\_ 5

Tune in to your body sensations as you recall the event(s) and slow down and notice if there is any shift in your body, a sensation of tingling, tensing, warming, numbing, or cooling in your chest, arms, legs, face or an overall change in body temperature.

### **Healing hands** \_\_\_\_\_ 6

Place your hand on the area that has experienced a shift or change, and breathe deeply. If it's an overall feeling, you can simply place your hands on your heart.

Doing this allows the body to process the somatic experience and creates a passageway to release the tension.

Notice if something comes up, an image, sensation, awareness or understanding that offers clarity to the situation. If nothing comes up, that's ok. Simply slowing down, pacing your breath, and raising awareness is progress and helpful in itself.

I encourage you to practice this after an upsetting experience, to allow your body to process the emotions and communications of your body. You may also choose to practice this before a stressful situation so that you can identify potential triggers and plan ahead ways to support yourself.

As you go about your day, I encourage you to tune in to your body.

## FAST ACTION BUNDLE FOR ENERGETIC HEALING OF PERSONAL AND GENERATIONAL TRAUMA

It is important to note that this exercise is not in place of trauma therapy, rather it is a skill you can practice on your own in collaboration with good therapy work. If you are in therapy and notice something new while doing this exercise, jot it down and bring it to your therapist for deeper and continued work. If you are not in therapy and realize that a lot has come up for you, I encourage you to begin your healing today.

Counseling can help you release the tension and somatic stress carried in your body.

If you have been experiencing tension, anxiety, or trauma symptoms that express themselves in the body, due to something from the past, or specific to something that's come up I encourage you to reach out to make an appointment

for 1:1 therapy with me\*, come to a deep immersion trauma healing retreat, or engage in the online healing program called [Transform Your Trauma in 7 Steps](#).

I have provided two tools for you to see where wounding in your growth and developmental stages can create adult dis-ease and relationship dysfunction.

The chakra system is simply used as a map so you can track where and how hurt gets layered into your nervous system, organ and cellular health, and genetic expression. These two tools are the [Triaging Trauma Using the Seven Wheels of Wellness](#) and the [Chakra System Guidebook](#).



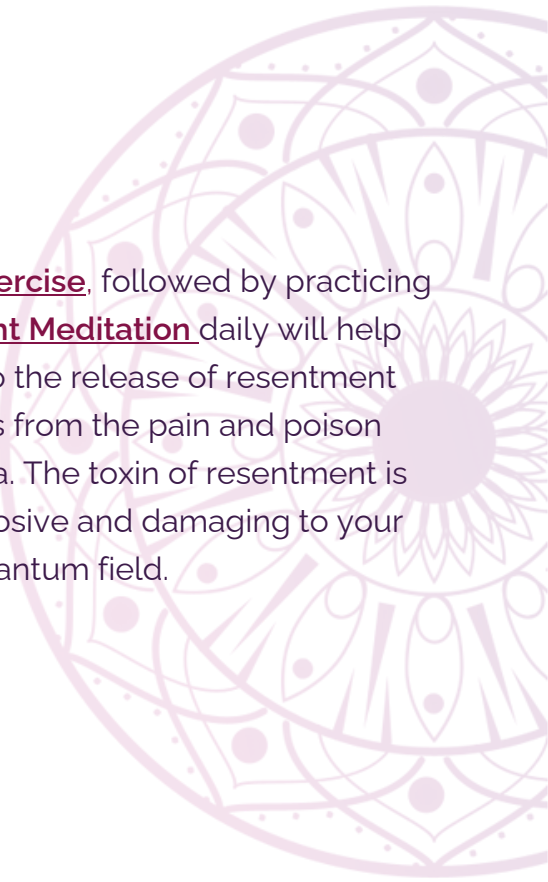
**Daily Meditation Schedule** 🧘🏻🌸

**On morning and evening before meditation**

- 10 Minute Shadow Breathing** | Begin with 10 rounds, advancing weekly by 10s to 120.
- 20 Minute Shadow Breathing** | Begin with 1 round between each set of 10 Shadow Breaths.
- Fast 200 Counting Breath** | Begin with 10 rounds, advancing by 10 to 100.
- Andean (Horn) Shadow Breath Breathing** | Begin with 10 rounds, advancing by 10 to 100.
- Spikes Breath of Fire** | Begin with 10 rounds, advancing by 10 to 100.
- Pranayama Shadow Breathing** | Begin with 10 rounds, advancing to 120.
- Ujjayi (Ocean) Shadow Breathing** | Begin with 7, advancing by 7 to 120.
- Ujjayi One** | Begin with 10 rounds, advancing by 10 and you reach 100.
- Shiva (Vedic) Shadow Breathing** | Begin with 10 rounds, advancing by 10 and you reach 100.
- Shiva (Vedic) Shadow Breathing** | Begin with 10 rounds, advancing by 10 and you reach 100.

**Free to download**

The app is a free download. It is not a subscription. It is not a donation. It is not a charity. It is not a business. It is not a product. It is not a service. It is not a company. It is not a person. It is not a thing. It is not a place. It is not a time. It is not a space. It is not a person. It is not a thing. It is not a place. It is not a time. It is not a space.

[illegible]

Dr. Keesha  
HEALING FROM THE INSIDE OUT

www.DrKeesha.com

All Rights Reserved © Dr. Keesha Ewers 2024

15



The **Connecting to Your Spirit Guides** is a guided meditation I did for you so you can access your Source Team. Every person has helpers that are in different planes of existence...often called guardian angels, archangels, ascended masters, etc. If this does not resonate with you then do not feel the need to access it.



And finally...generational trauma is addressed through the Ayurvedic practice of relationship healing called **Tarpana**. Make sure you create space in your life to do this ceremony at least yearly. It's a beautiful way to release pain and hurt from past generations and to heal your "future timeline"!



## ✿ About Dr. Keesha Ewers

**Dr. Keesha Ewers** is board certified in functional medicine and Ayurvedic medicine, a Doctor of Sexology, trauma informed psychotherapist, family practice advanced registered nurse practitioner with a specialty in integrative medicine, a conscious dying doula, and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program. ***She also reversed her own autoimmune disease (rheumatoid arthritis) over 25 years ago.*** Keesha has been in the medical field for over 30 years. After conducting the ***HURT Study in 2013*** (Healing Un-Resolved Trauma), she developed the HURT Model for understanding how past childhood trauma impacts adult health. This led to the creation of the ***Transform Your Trauma in 7 Steps*** in online program and the ***You Unbroken*** online program for patients to heal their own trauma and the Mystic Medicine deep immersion healing retreats she leads at her home on San Juan Island, WA.

Dr. Ewers is a popular speaker, including at Harvard and from the TEDx stage, and the best-selling author of ***Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health***, ***The Quick and Easy Autoimmune Paleo Cookbook: Anti-Inflammatory Recipes with 7 Ingredients or Less for Busy People***, and ***Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire.***



## OF FAST ACTION BUNDLE FOR ENERGETIC HEALING OF PERSONAL AND GENERATIONAL TRAUMA

\*Therapies offered in packages in our practice include EMDR therapy, Brain Spotting, Somatic therapy, Attachment-Informed methods, Cognitive therapy, Internal Family Systems/Parts work, the Enneagram, MDMA Assisted psychotherapy, and Expressive methods to help you experience relief. Alternatively, you can begin by engaging in the online healing program called ***Transform Your Trauma in 7 Steps***

All Rights Reserved © Dr. Keesha Ewers 2024,  
Keesha Ewers, PhD, ARNP, IFM-C, AAP

[www.DrKeesha.com](http://www.DrKeesha.com)