Healing Trauma Through the Chakra System

Module 4: Reclaiming Power

Dr. Keesha Ewers
The Academy for Integrative Medicine
Learning Objectives

• Understand the four corners for solving the autoimmune puzzle: addressing genetics, gut health, toxic burden and trauma.

• Discover why underlying trauma must be addressed to allow adrenal, hormonal and gut imbalances to heal.

• Learn how to track emotional trauma, and tools for reversing it.

• Gain an understanding of why the emphasis on vagal nerve stimulation does not address the root cause of sympathetic arousal, and what to do instead to improve your client outcomes.

• Discover how functional medicine fails clients and creates orthorexia by addressing supplements and food only.

• Learn to address your client’s whole system simultaneously to achieve reversal of chronic disease.

• Uncover how human perception can cripple the healing process and learn strategies to help your clients (and yourself) overcome the autoimmune mindset (or any other chronic issues).
What We’ve Done So Far...

• Created a calm safe place within that can be accessed any time.
• Linked your triggers to a felt sense within the body.
• Discovered that there are various ages of your younger self feeling these.
• Learned to access healing self to self, self to other, and self to Divine.
• Practiced bringing in power when you don’t feel access to it yourself.
• Created a dialogue with your younger and older selves.
• Learned to ask for directions from all of these guides.
The Third Chakra: Manipura or Solar Plexus Chakra
• The solar plexus chakra represents self-empowerment or power.

• When there is wounding between 18 and 36 months of age, the trauma patterns will involve blame, persecution, and rescuing.

• The parts of the body that responds to the perception of being blamed or the need to rescue another in order to feel self-worth are the pancreas, liver, and gall bladder.

• Over time, the feeling that others are to blame for dissatisfaction in life creates a trauma pattern that can lead to blood sugar imbalances and liver issues such as non-alcoholic fatty liver disease.
Each Module in Thirds

• The What- the theory or problem
• The Why- the science or wisdom
• The How- the method or skill

• Then there is YOU and your practice...the most important part!
• Practice and only practice creates evolution from one level of skill (or lack of skill) to the next level and all the way to self-mastery.

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The What: When there is wounding between 18-36 months old there can be fractalized powerlessness

- The What: the theory or problem
- The Why: the science or wisdom
- The How: the method or skill

Then there is YOU and your practice...the most important part!

Practice and only practice creates evolution from one level of skill (or lack of skill) to the next level and all the way to self-mastery.
Fractal Healing®
The Fractalized Patterns from early trauma or wounding
The HURT Model: Healing Un-Resolved Trauma

Initial Hurt

Stored in body, mind, heart, and story

Creates a button that can be triggered again

Emotion Felt

Behavior Adopted

Emotional Hurt Loop

Flight, Flight or Freeze

Belief in Place

Maladaptive Memory Processing

Avoidance and negative emotions

Rumination on automatic negative thoughts (ANTS)

Discontentment, Dis-ease

Judgement and re-looping

Agitation, attachment to story

Ego self-preservation and mental rigidity

Unable to Self-Confront and Set Boundaries

Stuck in pattern and dis-ease

Change one thing and pattern disrupted

Freedom and vitality

Meaning Created

Willingness to retrain mind and nervous system patterns

Observe and question own thoughts, expectations, and perceptions

Increase gratitude, compassion and self-awareness

Mirror Exercise

Able to Self-Confront and Set Boundaries

Increased emotional, mental, spiritual, and physical resilience

Forgiveness of other and self, leading to positive emotions

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The Chakra System

- An ancient map. There is no one right map.
- The colors have been solidified through yoga lineages brought to the west. They are arbitrary.
- Places where energy intersect.
- Over 72,000 chakras. Used in Ayurveda, yoga, acupuncture, energy healing, and more.
- Constantly changing in response to:
  - Your perceptions,
  - Your thoughts and beliefs,
  - Your emotions and feelings,
  - Your dharma and karma,
  - The environment
  - Your life-style habits:
    - Sleep
    - Hydration
    - Food
    - Supplements
    - Sex
    - Relationships

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The Why: Powerlessness-Third Chakra Wounds between 18 and 36 months of Age.

- The What: the theory or problem
- The Why: the science or wisdom
- The How: the method or skill

Then there is YOU and your practice...the most important part!
- Practice and only practice creates evolution from one level of skill (or lack of skill) to the next level and all the way to self-mastery.
The Third Chakra

- The solar plexus chakra represents self-empowerment or power.
- When there is wounding between 18 and 36 months of age, the trauma patterns will involve blame, persecution, and rescuing.
- The parts of the body that responds to the perception of being blamed or the need to rescue another in order to feel self-worth are the pancreas, liver, and gall bladder.
- Over time, the feeling that others are to blame for dissatisfaction in life creates a trauma pattern that can lead to blood sugar imbalances and liver issues such as non-alcoholic fatty liver disease.
Poor or No Boundaries

The Drama Triangle

“"I’m ok and you’re not ok"”

“"I’m not ok and you are ok"”

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Good Boundaries

“"I’m ok and you’re ok”"
Your Genogram can lead you to your own subconscious beliefs.
Do this for yourself as step 4 in your own process.
Print and frame a photo of your younger self
Healing Happens in 3 Directions:

- **Self to self** (the child parts of your ego)
- **Self to other**
- **Self to Divine**
Spiritual Bypass

- Spiritual bypassing is a "tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues, psychological wounds, and unfinished developmental tasks".
- The term was introduced in the early 1980s by John Welwood, a Buddhist teacher and psychotherapist.
The Garbage is Still There
Organize Your Garbage and Make Your Inner World Beautiful
Empaths Need to Stay Tethered
The HURT Model:
Healing Un-Resolved Trauma

Past: Initial Hurt
Present: Stored in body, mind, heart, and story
Future: Creates a button that can be triggered again

Emotion Felt
Behavior Adopted
Flight, Flight or Freeze
Emotional Hurt Loop
Belief in Place
Meaning Created
Maladaptive Memory Processing

Unable to Self-Confront and Set Boundaries
Avoidance and negative emotions
Rumination on automatic negative thoughts (ANTS)
Discontentment, Dis-ease
Judgement and re-looping
Agitation, attachment to story
Ego self-preservation and mental rigidity

Stuck in pattern and dis-ease
Change one thing and pattern disrupted
Freedom and vitality

Willingness to retrain mind and nervous system patterns
Observe and question own thoughts, expectations, and perceptions
Increased emotional, mental, spiritual, and physical resilience
Forgiveness of other and self, leading to positive emotions
Increase gratitude, compassion and self-awareness

Adaptive Memory Processing

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Compassion Collapse

• When the numbers of people affected by tragedy increase, empathy decreases.

• The death of a person we know impacts us on a far greater scale than the death of many that we don’t know.

• Empaths tend to collapse inward when there is too much to feel.

• This can lead to psychic numbing.
How to Have Compassion Without Overwhelm

• Witness and acknowledge your feelings.
• Do something to help.
• Limit your intake of the news.
• Practice gratitude.
Empathy

• A willingness to offer curiosity and compassionate presence of another person’s experience without trying to fix them or insert your own agenda.
NOT EMPATHY... “Fixing it”

- Sympathy
- Analyzing or explaining
- Consoling
- Pushing away feelings
- Evaluating
- One-up
- Demanding
- Nodding and smiling
- Silver lining

- Advice
- Correcting
- Telling a story (“me too”)
- Investigating or interrogating
- Educating
- Diagnosing
- Denial of choice
- Collusion
- Cheerleading
Mindful Compassion Allows Us To Evolve

- Appreciation
- Empathy
- Honest expression
- Self-empathy
- Recognizing reactivity
- Managing our reactivity

- Needs based negotiation
- Life-serving boundaries
- Thriving and resilience
- Relationship repair
- Emotional security
- Healthy differentiation
When Trauma is Transcended

<table>
<thead>
<tr>
<th>Developmental Stage</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unitive</td>
<td>We are ego-aware and see ourselves as creative participants in the ongoing evolutionary journey of humanity. We cherish all beings and are free of judgement... including politically, medically, spiritually.</td>
</tr>
<tr>
<td>Alchemist</td>
<td>We see ourselves as part of a global reality. We are starting to understand that we are not separate from life and the people we share our planet with. We experience ourselves as part of an entire universe...in this stage we can look at illness as a gift to learn from.</td>
</tr>
<tr>
<td>Strategist</td>
<td>We are more autonomous and more complex. We are beginning to focus more on being the best we can be and have a larger picture of life.</td>
</tr>
<tr>
<td>Achiever</td>
<td>We are what our culture views as a mature adult. We are success- and achievement-oriented and operate within our cultural norms.</td>
</tr>
<tr>
<td>Expert</td>
<td>We are efficient and dogmatic and look for recognition for our expertise and uniqueness.</td>
</tr>
<tr>
<td>Conformist</td>
<td>We are seeking acceptance by conforming to the demands of the culture, religion, or group we identify with.</td>
</tr>
<tr>
<td>Impulsive</td>
<td>Personal safety, security, and learning how to define physical self and rules that govern life in the environment.</td>
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## Triaging Trauma from an Integrative Perspective using the 7 Wheels of Wellness

<table>
<thead>
<tr>
<th>Wheel</th>
<th>One (Survival)</th>
<th>Two (Creativity)</th>
<th>Three (Power)</th>
<th>Four (Love)</th>
<th>Five (Communication)</th>
<th>Six (Vision)</th>
<th>Seven (Actualization)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td>Conception - 6 Months</td>
<td>6-18 Months</td>
<td>18-36 Months</td>
<td>3-7 Years</td>
<td>7-12 Years</td>
<td>12-18 Years</td>
<td>Adulthood</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Base</td>
<td>Pelvis</td>
<td>Solar plexus</td>
<td>Heart center</td>
<td>Throat</td>
<td>Forehead</td>
<td>Crown</td>
</tr>
<tr>
<td><strong>Hormone System</strong></td>
<td>Adrenal glands</td>
<td>Ovaries and Testes</td>
<td>Pancreas</td>
<td>Thymus</td>
<td>Thyroid</td>
<td>Pituitary</td>
<td>Pineal gland</td>
</tr>
<tr>
<td><strong>Digestive System</strong></td>
<td>Anus/rectum</td>
<td>Large/Small Intestines/Colon</td>
<td>Liver/Gall Bladder</td>
<td>Stomach</td>
<td>Esophagus</td>
<td>Mouth</td>
<td>Eyes</td>
</tr>
<tr>
<td><strong>Trauma</strong></td>
<td>Attachment</td>
<td>Sexual abuse</td>
<td>Shame</td>
<td>Loss</td>
<td>Verbal abuse</td>
<td>Invalidation</td>
<td>Spiritual abuse</td>
</tr>
</tbody>
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Testing: Therapy won’t “stick” if the pancreas is out of balance...

• Pancreatic testing: https://www.drkeesha.com/shop/diabetic-panel/
Your Practice for Self-Mastery:

- Do your own Genogram
- Print out and frame a photo of your little version of self (if you haven’t already).
- Journaling Prompt:
  - What are some of the beliefs you have about yourself that have persisted since childhood?
  - What creates drama in your family of origin and current life?
  - What are your favorite corners of the triangle to hang out on?
  - What skill are you committed to practicing?
  - What are your favorite “Not Empathy” strategies in relationships?
- Share in the RADI private FB group: https://www.facebook.com/groups/reverseautoimmunesummit

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Circling Back…

- Understand the four corners for solving the autoimmune puzzle: addressing genetics, gut health, toxic burden, and trauma.
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The Fourth Chakra

- The heart chakra represents love, both given and received.
- When there is wounding between 3 and 7 years of age, the trauma patterns will involve fear of loss and numbing to prevent the overwhelming sadness and grief that accompanies great loss.
- The parts of the body that respond to the perception of loss, loneliness, abandonment are the thymus and stomach.
- Over time, the continual fear of loss and abandonment can lead to codependent relationships, creating a trauma pattern that can lead to attracting and staying in abusive relationships and resentment.