

## Chapter 9 Magical formulas when triggers come up

### Introduction

I don't know about you, but triggers and reactions used to embarrass me and fill me with anxiety most days—especially with new friends. I was also overly sensitive to surrounding energies and moods. This left me feeling drained and on high alert most of the time, which eventually led me to mental fogging, exhaustion, and adrenal failure. Once I learned I have an energy body that is affected by the electromagnetics of Earth, my environment, and other people or objects however, I learned to manage it, which helped me to reclaim my energy and more easily spend it as I choose.

In the mainstream world talking about our energy body is becoming more common but it is not taught in school, so if you haven't been introduced to your energy body you are not alone. In school you are taught about your physical body, your mind and maybe about your emotions, however, you have a superpower within you that will help you transform your triggers faster than processing them mentally or feeling them completely, it is your spiritual or soul body. Your spiritual body is real and made up of an energy field that you embody. It has been validated through the science of Bioelectromagnetics. Also known as bioelectromagnetism, it is the study of the interaction between electromagnetic fields and biological entities. Areas of study include electromagnetic fields produced by living cells, tissues, or organisms; the effects of man-made sources of electromagnetic fields like mobile phones; and the application of electromagnetic radiation toward therapies for the treatment of various conditions.<sup>i</sup> Have you ever felt the surge of energy that happens when you are triggered, just before you react? That response is your energy body. When you learn to manage your personal energy field you can respond to your triggers with more awareness and compassion. Triggers can happen for many reasons and out of the blue. It is important to have discernment when working with your triggers with other people. It is common for a symptom of abuse to be attracting unhealthy partners or risky situations. Choosing who you share yourself with when exploring and healing your sexuality is very important. Many survivors are sensitive to their surroundings—another way of explaining this to say that many survivors become empathic. In a show I was recently watching called “Missing Links,” Greg Braden shared multiple studies proving that our emotions affect one another and our DNA. The observation of one study states, “Individuals trained in feelings of deep love and appreciation were able to intentionally change the shape of DNA.” The result of this study changed how scientists see the conventional laws of physics: “...human emotions produce effect which defy conventional laws of physics.”<sup>ii</sup>

It is important to recognize the diagnosis and triggers of your lover/s. I believe that what I am about to share with you is true for many trauma-related symptoms, (but not for all). In this section, I hope to open your awareness and confidence towards a new way to relate to yourself, and your environment, when faced with a trigger.

When most of my clients are triggered by a current experience, they immediately feel a rush of energy, uncomfortable powerful emotions come up, and their minds begins to judge, create story, or explain what is happening. Then a symptom of the abuse shows itself, for example, erectile dysfunction, an anxiety attack, overwhelm...

Sometimes this experience is diagnosed as some sort of mental or physical diagnosis: PTSD, depression, stress, anxiety, sexual dysfunction, dissociation, personality disorders, bi-polar and other common diagnosis. All these diagnoses are triggered by the sexual abuse. Some have to be managed for a lifetime, others I believe can be healed.

Other times the symptom is more static, resulting in a complete disconnection from self, much like being paralyzed and not being able to walk again. This can be diagnosed as pathological, schizophrenic, or sociopathic, dysphoric, sever bi-polar or more serious personality disorders; these diagnoses are beyond the scope of this book.

The following formula is one to help you navigate triggers in your life, using your 6 Personal Power Zones, to ultimately give you freedom. When triggered in the bedroom, understanding this formula can make the difference between creating distance and upset with your partner and creating new intimacy that helps your nervous system release and let go at the trigger's source.

### Steps to the Radical Freedom Formula:

1. Recognize the feelings the trigger reactivated.
2. Label the feelings as, "I am feeling \_\_\_\_\_ (sensation/emotion) in my (body part)\_\_\_\_\_." (example – I am feeling tightness in my stomach and want to vomit."
3. Take 5 circle breaths (inhale 5 counts, hold 5 counts, exhale 7 counts)
4. Ask yourself what your inner child needs right now to love yourself through this. (You may need space, or to continue foreplay, you may want to cry or be held, you may want to journal)
5. Do this...

### Advanced steps to the Radical Freedom Formula:

1. Accept what is/was, in the moment ( Steps 1-4)
2. Take Radical Responsibility for the sensations/reactions you are having.
3. What stories or memories are coming up?
4. Are they present-day or in the past?
5. What is your survival response—run (flight), fight, freeze (curl up and go to sleep)?
6. What power zone/s are responding: body, mind, emotions, energy? (Are you flooded with emotions, physical pain, story, memory, feeling separation from God/Source/yourself?)

7. Nurture your inner child or part of you that was originally hurt, and currently in reaction
8. Practice the Radical Freedom Formula's steps 1—4.

Use this formula to help calm your nervous system when you catch yourself in a triggering situation or having a flashback or panic attack. This will help you both communicate your requirements and boundaries, so as to create safety, security, and trust in and out of the bedroom.

If you have been of the mind that your abuse left you broken, then it is also very important to forgive yourself and drop the shame that tends to follow survivors. It is common for my clients to harbor shame about their reactivity and diagnosis; instead of using this wisdom of their story and diagnosis to empower their lives, they turn it on themselves to the point that embarrassment and shame block them from true healing.

I will be straight with you. When you accept what was and when it feels correct, accept your diagnosis of any affect (remember chapter 3), then—and only then—can you even begin to work with what was, and with your diagnosis.

### My story:

I am going to share two stories about my own diagnosis and symptoms that I believe are directly related to my sexual abuse.

First, however, allow me to share a way of being that many of my clients get trapped in, especially when they have been in treatment. Much of the personal development or therapy world teaches you how to cope with what you are dealing with because what you are dealing with (pain, hurt, struggle) is a problem.

The truth is that your symptoms (all of chapter 3 and beyond) are not wrong or bad, and they most certainly are not a problem. Your body/mind programming simply is. Your coping skills are great, and we all need them; however, this shift in your perspective is the difference between you being successfully healed and you staying in a healing crisis, left to cope with your symptoms indefinitely.

Whatever diagnosis you are living with because of your abuse is simply a symptom of what happened. Remember this fact.

In my own experience, one of my symptoms was cancer. At the age of 21, I developed cervical cancer and I had twenty-one biopsies because of it. The cancer was my diagnosis, but the cause was sexual abuse. If I had denied my sexual abuse and had only treated the cancer without honoring the root cause of the disease, then I may not be alive today.

I have watched many people treat the diagnosis as if it were the cause and they continue to suffer. During my healing process, I focused on healing my abuse, learning about energy, healing sexual trauma, and forming a powerful relationship with my body. This resulted in becoming cancer free, having two amazing children, and keeping my cervix.

If I had believed the doctors and had only treated the cancer, I would have had radiation treatment and my cervix removed. To this day, I do things to keep cancer at bay because I know one of the ways my body reacts to stress and sexual pain is through the expression of abnormal cells. Taking care of my body to prevent cancer forming cells is part of my healing process, but the healing happened when I was able to accept what was and reclaim this precious area of my body correspondingly.

I love the following passage from the book The Body Keeps the Score: “Relief does not come until they (the survivors) are able to acknowledge what has happened and recognize the invisible demons they are struggling with.”<sup>iii</sup>

The second story took place in traditional therapy, where I was encouraged to tell my story again and again. This step is important to a degree as it helps you to accept your story and that helps you to see the “demons” you are struggling with. However, it is far too common for the patient to walk away with awareness and some coping skills at best. It is also common for survivors to leave talk therapy feeling re-traumatized and to have negative judgments about their diagnosis being bad—leaving many feeling broken.

For me this happened with my diagnosis of C-PTSD. I was told it was a lifetime diagnosis and that, at best, I could learn coping skills to help me when I was having an episode. This left me feeling embarrassed and since I did not know when I would be triggered, I told my story to anyone who is close enough to me to witness my reactivity to a trigger. This left me feeling judged and messed up—until I began relating to my diagnosis differently.

Many years ago, I was having a conversation with my mother Dr. Anna Altair D.C., who shared an interesting paper she wrote about polio, which revolutionized my way of thinking, and sparked a curiosity about treating paralysis of the mind. The historical story is about a woman Sister Kenny who gained fame for her unconventional way of treating Polio. Instead of following the conventional treatment of Polio, which was to splint the legs of the kids who were diagnosed and treat them with antibiotics; she recognized that the legs were not paralyzed but simply temporarily frozen. She then treated them with hot packs and allowed gentle movements, which often resulted in the muscles spasming and awakening. This unconventional treatment was not received well by the medical professionals but had remarkable results when administered just the same—so much so, in fact, that a movie made about her work, which even won an academy award in 1946!<sup>iv</sup>

This awareness, along with my experience being a patient of the NERI and Network Chiropractic methods both encouraging their patients to go allow their body to go through spontaneous movements for instance, allowing the body to shake, go into waves or convolutions, in order to

“unwind” and restore the spine and nervous system to harmony. These experiences allowed me to be open to exploring the possibility of my mind unwinding; I allowed my mind to move through its desired responses when triggered, rather than trying to control it or make myself wrong for reacting to it.

This began a new pathway for me to heal my own C-PTSD and eventually led to my encouraging this way of going through the symptoms to my clients who were also suffering from mental freezes, and I now relate to this as mental paralysis.

The more I studied psychology, the more I realized that when trauma is the cause of a diagnosis, the mind is not able to fully understand what happened, the mind commonly goes into a freeze mode instead. However, when the environment is safer and the victim can process what happened, then memories come up to spark healing. (The first symptoms are physical or mental and are usually triggered by an emotional component.) On the other hand, I will always have PTSD, but now I am not scared of it, and I know that if it does present itself, it is a sign of healing, not sickness. To help the mental paralysis, I allow my body/mind to react, without trying to control or justify my reaction. I have found for myself that the trigger and the PTSD aka out of my control reaction tends to be released once, never to return.

In the previous chapter I covered creating a safe space and how to communicate with your partner. This is important, so you can feel free when and if a trigger comes up, to honor your reactions and to allow your body/mind to unwind. I have found that when allowed to react—fight, yell, hit or bite (the reactions I was unable to do when being molested because I was frozen in fear)—my cellular response is released, and I am again able to receive and experience pleasure.

My theory is: If you can shift your perspective from your diagnosis or symptom being a problem to seeing it as a reaction to healing (and rather than something negative), that true healing is possible.

### A client's story:

I had a client who was scared that if she began to allow her feelings to surface, she would cry, and she was scared that she would not ever stop crying nor be able to get out of bed again. During our sessions, we began to explore her feelings and her triggers. One day she was triggered, and it threw her into a depression. When she fell into these depressive states, she wasn't able to move from bed. At this point, she called me sobbing. I reminded her that she had spent days in bed feeling bad about not being able to get up and accomplish daily tasks, let alone go to work, and she had survived. I also reminded her that she had already survived her original abuse. She agreed that she was used to this reaction but still did not like the feeling of being in this frozen state. This time, I asked her to embrace her time in bed, which she was able to do. This allowed her to begin crying, with tears she had been holding back for decades. A few days later, she reported that she cried for three days and then stopped. That was years ago.

Recently I asked her if that fear still held her captive and she reported that she had not had another episode were her depression trapped her for longer than a few hours because she now embraces her body's need to be still.

### Going through the symptom:

*Accept what was and remember that you already survived.*

*Allow yourself to see your diagnosis or illness as a sign of being ready to heal from the traumatic event/s.*

*Open up to the reaction your body/mind wants to express (shaking, crying, punching, freezing), in a safe space.*

*Feel the feelings while remembering that YOU ALREADY SURVIVED*

*Trust your process and ask for help to create a safe space of compassion and understanding as your inner child "unwinds" the trauma from your nervous system and your cellular memory.*

There may be times when you are triggered, and your diagnosis may be your body's healing response. It is important to take radical responsibility for yourself around these times.

Ways to take radical responsibility for your healing:

- Accept what was/is.
- Know your triggers/"demons"
- Got to steps 1-4
- Take care of your inner-child

Journal about your responses, keeping in mind the following: You most likely have one of the three survival responses that is more active than the others. For instance, I am a fighter so when triggered I want to hit, bite, and lash out. Knowing this has given me a split second to respond when triggered and to grab something safe to hit, bite, or yell into (pillows are great in bed for this release). Other clients freeze like the story above; if so, allow yourself to freeze and turn your focus inward, communicating with everyone to leave you alone and to allow you to move only when you are ready. The other response is to run, bolt, and avoid. If this is the case, allow yourself to get up and leave and to run in place while having good communication with your partner so they don't feel abandoned. In this case, know you will eventually return to "clean up" and that this will be key to your honoring your process, which is important.

Communicate with yourself and your partner about the event and do any clean up's you may need, without shame or guilt.

### Ending the cycle of taking responsibility for other people's feelings:

Many of my clients consider themselves empaths and are sensitive to other people's energies. Remember from previous chapters how you can recognize the energy that is yours and that of someone else. If you are close to people who "know you better than you know yourself," it is a sign of an unhealthy relationship. Sometimes people come into your life who you want to help,

and as an empath you want to help, but these issues are not yours to heal and only the owner's instead.

This next piece of information has everything to do with your healing and having a deep trusting relationship with your lover. Since you made it through this course, you can most certainly take a look into the mirror of your reality with discernment. When stress or issues come up in your life, asking is this mine issue or is this theirs will help you drop frustration and neediness and confidently handle your own healing process. In intimate partnerships and especially sexual partners these energies are harder to discern.

In my Amazing You program, I share a video on the Seven Essene Mirrors by Gregg Braden. I am going to share them here to help you deepen your relationship with yourself and to determine, as issues come up in your relationship, whether the issues are yours, theirs, or both of yours. The only person who can determine if you have something to work through in your life is you; however, if you are serious about reclaiming your power and healing fully, it is important to know what is yours because only you can reclaim the power that is yours—not to mention that other people's power gets really heavy to carry around! Using this wisdom Gregg shares will allow you to ask yourself these powerful questions, to move through life lessons quickly, to let things go with more ease, and to build trust in your relationship—assuming your partner is also willing to take radical responsibility for themselves that is.

### Keeping your power clean and your energy up:

Step 1 – Ask yourself, “is this mine energy/feeling/idea or not?”

For most of my clients and myself, an opening feeling will come over you when the answer is yes/true and a heavier or closing feeling will come over you when the answer is no/false. Go ahead and play with the energy of YES – what does it feel like in your body when you say YES or think something is TRUE?

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Play with the energy of NO—what does it feel like in your body when you say NO or think something is FALSE?

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### The 7 Essene Mirrors – Quotes from Gregg Braden

1. *Mirror of that which I am in the moment.*
2. *Mirror of what we judge in the moment.*

3. *Mirror of what it is that I see in this person that I've lost, given away, or was taken from me*
4. *Mirror of presence through addiction or compulsion*
5. *Mirror of parental or primary care-givers (authority figures)*
6. *Mirror of the dark night of the soul*
7. *Mirror that all things happen for the best* <sup>v</sup>

When you are open with yourself, you can be open with others. Your soul is alive within your body and mind and it wants to be in the driver's seat. When you give away your power to these mirrors or to other people, or you take their power from them (even unintentionally), you give away your precious life-force. Today is your day to claim all of you (and no more), to set the world free around you, and to take care of you. When you do, you will have yourself to share with your partner and they will have all of themselves to share with you. This is trust, this is love, and this leads to the best sex.

Being confident about how to manage your triggers when they come up will help you to begin to explore areas both in and out of the bedroom, that may have previously triggered you or shut down your pleasure-response. It will also build intimacy with your partner to have a plan in place, in which they know they are helping you move through your triggers to heal and stop the disconnecting pattern of unconsciously reacting and shutting down.

In the next chapter, we are going to explore one of the main areas my clients freeze in, which is the area of orgasm. I am going to share with you some tips on how you can reawaken your orgasmic nature and open up to more fun in the bedroom. Along the way, you may be triggered, but don't worry because that only means that your body/mind trusts you enough to unwind the trauma and to restore your harmony and health. This will lead to more pleasure, more freedom and, yes, many more orgasms!

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<sup>i</sup> <https://en.wikipedia.org/wiki/Bioelectromagnetics>

<sup>ii</sup> "Structural Changes in Water and DNA Associated with New Physiologically Measurable States" Journal of Scientific Exploration, Vol 8, No 3 (1994) pp. 438-439

<sup>iii</sup> Bessel Van Der Kolk, M.D. The Body Keeps the Score, page 213

<sup>iv</sup> [https://en.wikipedia.org/wiki/Sister\\_Kenny](https://en.wikipedia.org/wiki/Sister_Kenny)

<sup>v</sup> Gregg Bradens youtube video 7 Essene Mirrors