11 QUESTIONS TO DETERMINE YOUR ENERGETIC WOUNDS

WHAT ARE ENERGETIC WOUNDS?

We all have wounds. As a Healer, I work with what I call energetic wounds daily. Energetic wounds are electromagnetic and bio-photonic records of what you go through in your life. The wound lives not only in the body but also in the electromagnetic field around your body. Some of these are remnants of physical trauma. Some are passed down from generation to generation. There is a huge opportunity for relief, release and finding extraordinary healing through bringing awareness to your energetic wounds.

I started to identify and work with energetic wounds in my own healing journey. The truth is I needed to heal myself. Throughout my life, I had bursts of emotion that made no sense to me until I was able to put the pieces together by understanding what energetic wounds are and how they work. I entered the world of trauma recognition and release first through learning chakra philosophy as a 500 hour Yoga Teacher, then by immersing myself into energy and sound healing methods. When I look back at how I was feeling and navigating life before I began to heal my energetic wounds, I am in awe of the positive possibilities, energy-reserves, joy and peace this journey opened up for me. Now working with one-on-one clients and groups, I continue to see the same extraordinary transformation that comes from identifying and learning to be OK with your wounds.
Anything that is not loving or life-supporting is a wound that is recorded in your field and body. Wounds enter our lives in a lot of ways. We often associate deep wounds and trauma with physical or emotional abuse. What you need to understand is for something to be a wound, it only needs to ‘feel like’ and be perceived as trauma or stress by your system. In the mind of a child, the uncontrolled anger of a parent is trauma, because they are never sure when it is going to hit even if it doesn’t immediately hurt them or it isn’t about them, which creates a constant state of heightened alert and stress in them. Ignoring any physical or emotional need of a child or adolescent, or not meeting them sufficiently always creates trauma.

The wounds take a toll on your life. They show up in your body as pain, tightness, dryness, numbness, loss of feeling and sensation. They also show up as repetitive thoughts, emotions, patterns, or situations you find yourself in over and over. They may show up as a sensation of feeling stuck and unable to move forward in life no matter how hard you try. Over time, your energetic wounds that you don’t tend to turn into physical ailments and chronic diseases and pain.

All wounds are multi-generational and are embedded in your DNA. Some of your wounds may have happened in this lifetime or others. Your parents and ancestors may have passed some on to you. Regardless of how they come into your life, once they are in your system you are responsible for caring for and healing them.
HOW DO YOU KNOW IF YOU HAVE ANY ENERGETIC WOUNDS?

The first step in healing energetic wounds is identifying what your wounds are. The 11 questions below will help you shed light to what may be stored in your body and energy field. These questions cover the majority of ways that we get energetic wounds in our system. As you are reading through them, feel free to circle or make note of the ones that jump out at you. These will be the starting point in your energetic healing.

1. Did you ever experience physical, sexual or emotional abuse?
   Were you ever beaten, spanked or physically disciplined or intentionally hurt?
   Were you ever put down, humiliated, insulted, or talked to in a way that made you feel scared?
   Were you ever sexually abused or made to feel uncomfortable in a sexual manner?
   Were the physical, sexual and/or emotional abuse instances repeated more than once or often throughout your lifetime?
   Did your parents, grandparents or ancestors experience any of the above?
   Did you witness any adults experiencing any of the above as you were growing up?
   Abuse is one of the toughest wounds and one that takes the longest to unwind.

2. Have you ever felt that you weren’t heard, seen or understood in your life?
   One of the deepest wounds comes from being knowingly or unknowingly ignored and/or not getting your physical and emotional needs met. Think about:
   • How you were nourished as a baby (nursed or not, left to cry or not)
   • How you were nourished as a child and adolescent (listened, heard, supported, cherished or not)
Were all your physical needs met? Did you have enough to eat growing up? Did you have clean clothing and shelter? Did you feel physically protected?

Dysfunctional family dynamics and lack of effective communication are other ways that you may have gotten this wound. Think about how you felt as a child or teen. Did you often feel alone, sad, angry or misunderstood? Did you feel like you were (do you feel like you are) an important part of your family and made to feel special? Were you cherished as a child? Did you feel loved and supported?

3. Were you ever exposed to a political event, natural disaster or an emergency?

Being present during a natural disaster or a political upheaval leaves a mark in your body and field. Have you ever experienced events like 9/11, terrorist attacks, wars, coups, Earthquakes, tornadoes, etc.? The political and socio-economic structure of your environment contributes to your energetic system. It is important to note here that even if you may not have experienced an event like war or a natural disaster, if your parents or grandparents did there is very good chance that the energetic effects and remnants of the event were passed on to you.

4. Did you ever have an acute or chronic medical condition?

Did you ever have or do you have any of the following:

- Surgery
- Accidents that resulted in PTSD and/or physical injury
- Assault or violence directed at you that resulted in physical injury
- Acute or chronic illness that resulted in a hospital stay or extensive testing, and/or on-going medical care

All of these are mostly physical events that result in both physical and emotional scars and trauma.
Another important medical event to consider is your birth. Moving from water to air is almost always traumatic to the baby. Do you know the story of your birth? Who was present at the time of your birth? Were there any complications? Was your mom drugged? What were your parents’ financial, emotional, and physical conditions at the time of your birth? What was their relationship like at that time?

If you are a parent, how did you experience the birth of your child or children? Were there any physical issues or complications? How were the first three years of your child’s life for you?

5. Did you, your family or your ancestors ever move or relocate?
Do you remember moving to a different house, city or country growing up? How many times did you relocate or move as a grown-up? Did your parents, grandparents or ancestors migrate to where they are from another region or country? Moving or migration always leaves a multi-generational energetic mark.

6. Have you ever lost a family member or a significant other?
Have you ever lost a family member or a significant other due to:

- Death,
- Divorce or a break-up (you or your parents),
- Abandonment,
- Imprisonment, etc.

Another way this could have happened is physically having the family members or partners present but not having their support and care due to:

- Family member having an emotional disorder (depression, rage, mental health issues, etc.)
- Family member having an addiction (alcohol, drugs, gambling, etc.)
**HOW DO ENERGETIC WOUNDS FEEL?**

If you don't know or remember your family's history, there is another way to figure out whether you have energetic wounds: to follow how you feel. Here are some questions about how energetic wounds may feel and show up in your daily life. Your answers will give you an idea of the presence of wounds in your system.

If you were able to trace your history, these questions will show you how wounds may show up in your day-to-day life.

7. **Do you sometimes or often have reactive, hard-to-control emotions?**
   Do you get bursts of anger, sadness, fear/anxiety or desire?
   Do your emotions linger for a long time and feel like they are coming out of nowhere with seemingly no particular reason?
   Do you find yourself repeating the same emotions, scenarios, conversations, patterns over and over?
   Are you addicted to shopping, food or any other substances?
   Are you overly sensitive to people, places, certain situations?
   Do too much stimuli overwhelm you?

8. **Do you have chronic discomfort and pain in your body?**
   Do you experience chronic physical discomfort and pain?
   Does your body feel too tight?
   Do you feel any numbness in any body part?
   Can you feel into everywhere in your body?
9. Do you struggle to be present?
Do past memories or future worries plague you?
Do you feel completely OK with your past, present and future?
Do you feel comfortable and present in your body?
Are you able to sustain your presence and focus throughout your day or does your mind wander?

10. Do you trust your own judgment or intuition?
Is it hard for you to make decisions and follow through?
Are you able to easily connect with your intuition?
Do you struggle to trust your own judgment of people and situations?

11. Do you ever feel like you don’t belong?
Do you ever feel like you don’t belong to where you live or work?
Do you feel that you are a valued and cherished part of a tribe or a community?
Do you feel included and respected within your circle of friends?
Do you feel like an alien or the black sheep in your family?
HOW DO I HEAL?

What’s next? You may have identified one or more wounds by answering these questions. You may be feeling sad, angry, overwhelmed or unsure of what to do next. I prepared a tapping video to address what might be coming up to the surface for you. I strongly suggest that you take the time to view and follow it here right after you review the questions. If you are not familiar with tapping, please watch this video on tapping points first to get started.

Being OK With Your Energetic Wounds EFT Tapping

I invite you to breathe deeply and remember that it is an important step to identify your wounds and begin to work with them. Here are some life-affirming steps to continue on your healing journey:

• Join my complimentary private Facebook Group Chakra Bliss Party. This is a beautiful online community where I post guided messages, healing insights and recommendations to help you with healing your wounds.
• **Chat with me** on the phone to identify your most pressing energetic wound and your next steps. Your first **30 Minute Chakra Consult is complimentary**. During the Consult, I give you a distance reading of your chakra states and help you determine your first steps for healing your wounds.

• **Work with me privately**. Every individual is a unique energetic matrix. As a Healer, my job is to guide you through your own energy labyrinth and help you illuminate what needs to be seen, heard, understood, released or transformed. Each private session will be unique to you and your needs. You can find out more about my private offerings at this link.

Please keep in mind that healing energetic wounds is a multi-layered, multi-dimensional, non-linear process that takes tenderness, gentleness and an open heart. For deep standing wounds, I definitely recommend you to work with the support of a healer and a trauma-release practitioner that you trust.

With love and light,

Damla Aktekin
adropofom.com

CLIENT TESTIMONIALS

“My **30 Minute Chakra Consult** with Damla was focused, to the point, insightful, and I walked away with practical, doable tips to begin in my daily life. My intention was to receive insight and increased understanding and I received both. The experience felt very natural and comfortable. I felt seen and heard and held. Damla left me with actionable steps and with more understanding on the health of my chakras with the second and third chakra energetic wounds.”

Cindy Larsen
“On a Saturday afternoon, in March, I drove to Durham to “try something new”. I was going to have my chakras balanced with a Chakra Bliss Healing. I arrived at Damla's office and was shown to a very quiet and peaceful room. I will admit I was a bit nervous not knowing what to expect. Damla immediately made me feel relaxed and comfortable with a cup of tea and her gentle grace.

The chakra balancing session was incredible. I felt so relaxed and at peace. I did not want it to end! At one point during the session, I saw an extremely bright light. After the session was over, I asked Damla if a light had been turned on or if the sun had shown in bright. It was a cloudy day and no light had been turned on. This light felt warm, strong and healing. I felt soft breezes near my face. My muscles started twitching. She later explained the twitching was a result of my chakras opening up. I have recommended this experience to all my friends and to a few strangers.

As a result of my balancing session with Damla, I have continued to feel at peace and more in control of my life and day-to-day situations. Before the chakra balancing, I was having problems focusing. After – I have been able to focus just fine. Better than I have in five plus years. My body is relaxed and I find myself wanting to exercise (major change!!). I will definitely be setting up another session with Damla in the near future.”

Debra Dube

“Sound Balancing with Damla has been a profound experience for me. The session was far beyond what I ever could have expected. It helped address concerns I didn’t even realize I had. But once I was in the process, I knew this was really important work for me to do. My overall healing experience has been very hard to explain. Right after both sessions, I felt very calm and grounded and relaxed. After the first session, I felt like old debris had been removed from my being. Like I was lighter, more buoyant and just freer. The days after the first session, I felt inspired, creative and ignited.
After the second session, there was a lot of emotion bubbling up, but it was necessary to come up, and I knew that. In addition, there was so much insight that came from this entire experience about my family and my past and my own patterns. This session in particular was very powerful, but it is almost like I needed it at that time. Like I needed to be stirred up! I was emotional but also very creative, though a bit low in energy for a couple days. I felt like I was able to access deeper layers of my being and things seemed to be shuffling more into alignment emotionally and physically. I feel like I am still evolving from these sessions.

I was most surprised by how much I felt physically! The energy from the tuning forks and the energy work in general that was going on, was the most powerful I've ever felt. I enjoyed all of it, honestly. Just being in such a sacred and safe space, having the support I needed to work with the energies of my system was profound for me. I enjoyed the feeling of trust and also the after effects — grounding and insights that bubbled up and helped me gain clarity.

I have felt so much shift within myself and in my life and I’ve witnessed a tremendous change in my daughter who also had several sessions. It's been incredibly inspiring to experience this work. “

Jennifer Rose

“Damla, my son is really calm the last two days since his distance Sound Balancing with you. If this is the effect of our session, wow! What surprised me most was seeing him really happy with himself. The impact after the first session has been really big. My initial reason for coming to you was to support his respiratory system. No coughing at all right after his session. I think parents with active kids should give Sound Balancing a try.”

Tanja Grueb about her 3.5 year old son's distance Sound Balancing session