**On this episode of the Genetic Genius Podcast, I talk to Dr. Lulu Shimek about how to heal energetic wounding with regular self-healing, crystals, and how tending to the layers of your needs expands your container for deep trauma healing.**

Here are some of the healing topics we chat about on the show:

1. How does trauma affect our body energetically and hinder our spiritual growth?

2. Does trauma instill limiting beliefs on our healing process?

3. Is trauma multi-layered and faceted?

4. How does trauma affect the cellular or genetic blueprint?

5. How can we work on our body, mind and spirit to start to release layers of trauma?

6. What does it mean to work with the inner child and how does this work help to release trauma?

7. What is crystal therapy and how does it work on a basic healing level?

8. How can we use crystal therapy to open the doorway to healing trauma?

9. How can regular self-healing help us to stay more grounded, centered and open?