



Trauma lives deeper than just your nervous system, it lives in your cells.

Your DNA keeps the records of all that happens to you and your ancestors as electromagnetic multidimensional information.

Trauma isn't just in your mind, it is a physical reality. It is a vibrational, bio-photonic storage of information: what can be potentially dangerous, how do I protect myself, when can I relax, or can I relax at all? All this and more live deep within your cells.

The trouble is when you try to apply your past vibrational information to your 'now' without realizing that those old strategies no longer work. The way you've dealt with things in the past (yell, hide, freeze, get quiet, ignore, etc.) or your ancestors have used to deal with life, are usually no match for what life is presenting to you right this second.

It takes skill, time, patience, the right tools, and a quantum level understanding of the mechanisms of trauma to be able to release them. In my experience, trauma is best dealt with using similar electromagnetic tools: crystals, tuning forks, energy healing, EFT or acupressure tapping, and the skillful electromagnetic reading of a healer, who will guide you when you aren't able to make the healing connections that are needed to release vibrational patterns.

Chat with me to pinpoint what in your life isn't in vibrational alignment and what to do about it.

With love and light,

Damla