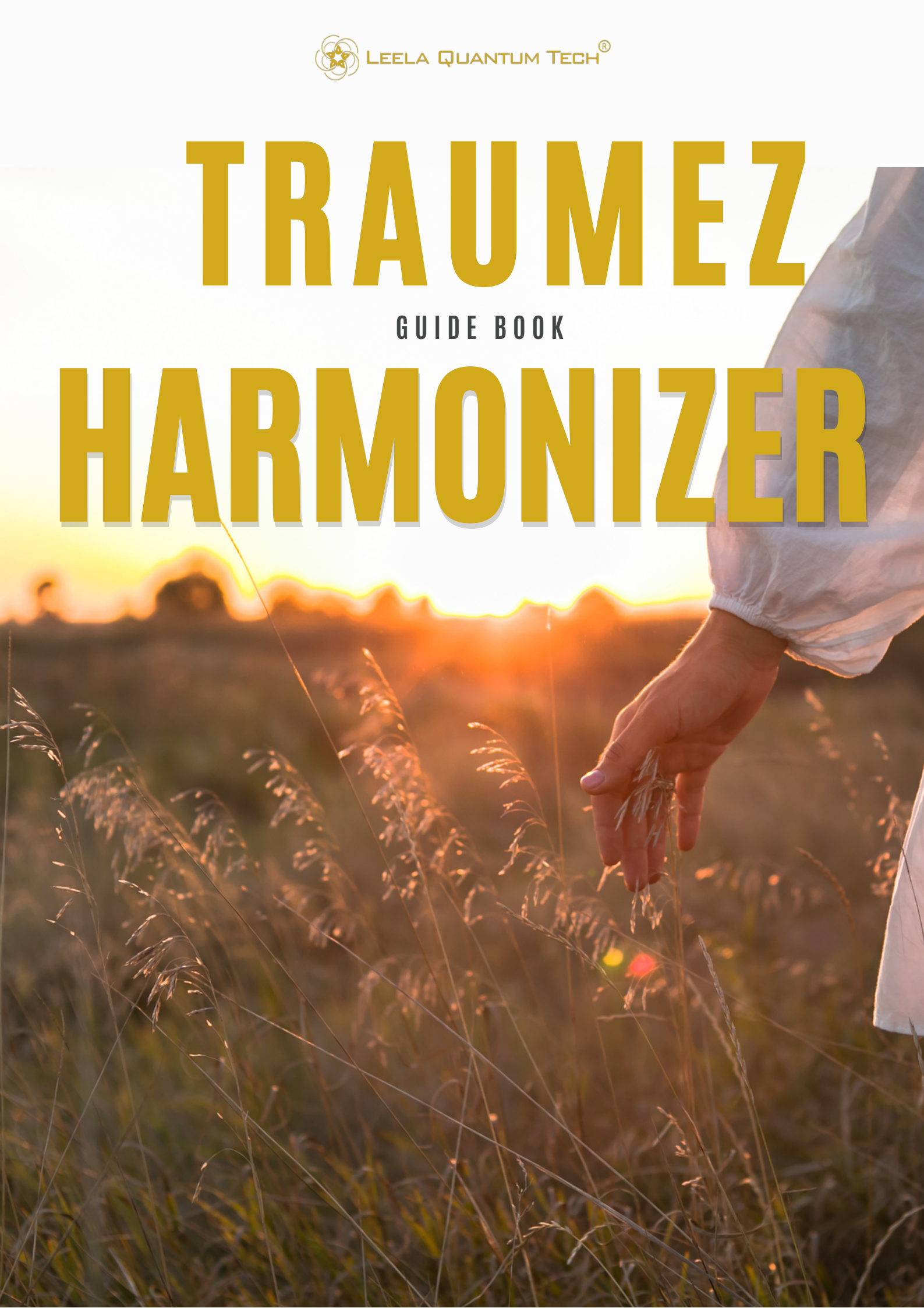


TRAUMEZ

GUIDE BOOK

HARMONIZER





Harmonize Your Traumas

Unlock Your Inner Strength

We are built like a pyramid. We ARE free energy. Think of it this way:

Challenge > Overcome > Growth = Energy Boost

While challenges can set us back, overcoming them moves us forward, filling us with newfound energy.



TraumEZ: Harmonizing Trauma

This revolutionary tool has been designed to transform negative energies from traumas, environmental radiation, toxins, and more into positive, life-giving energy. From cellphone radiation to daily stressors, TraumEZ harmonizes and converts these negative influences into positive life energy.

Beyond the external, our traumas – memories that linger and cast shadows on our well-being – are equally impactful. With TraumEZ, you can address and harmonize these traumas, embracing a healthier, happier self. Whether it's past trauma from childhood events or daily stressors, TraumEZ can help.

Understanding Trauma: A Deep Dive

At its core, "trauma" signifies injury. In psychological terms, it means a profound shock with long-lasting effects on our soul, mind, and body. Such impacts often remain dormant, influencing our actions unconsciously. When it comes to physical trauma, we usually recognize its origins and are aware of the pain points it creates.

All traumas, whether psychological or physical, embed themselves within our being, leaving imprints on our body, mind, and spirit. They shape our behavior, spawn fears, trigger recurring bouts of anger, and often resurface as pain when confronted with similar situations. Essentially, traumas encompass every negative experience, potentially from past lives as well, causing old wounds to reopen whenever we encounter reminiscent circumstances. They represent the memories and feelings we bury deep within, unable to confront or let go truly.

Trauma can manifest as unresolved conflicts or even as daily irritations, no matter how minor.



Over time, these suppressed feelings accumulate and can present as pain, be it physical, emotional, or mental. If left unaddressed, they can deteriorate our well-being, leading to physical and emotional distress.

Common Sources of Trauma May Include:

- **Childhood Events:** Negative experiences during formative years.
- **Relationship Worries:** Concerns about children, parents, partners, or family members.
- **Work and Social Stress:** Pressures at work, school, or within social circles.
- **Fears:** Ranging from exams, bullying, financial troubles, health issues, to uncertainties about the future.
- **Emotional Struggles:** Issues stemming from low self-worth, resistance to change, or seeking validation.
- **Major Life Events:** Divorces, separations, losses, or illnesses.
- **Deep-Seated Issues:** Addictions, abuse, anger, depression, guilt, or phobias.

Acknowledging and addressing trauma is crucial for holistic well-being. Understanding its roots and manifestations allows us to begin the journey toward healing and peace.

EMPTY BACKPACK



Empty Your Backpack

Follow These Steps To Harmonize Your Trauma

- 1 Find a quiet space. Sit or lie down comfortably.
- 2 Now, with full awareness, delve into the specific trauma (be it conflict, fear, etc.) or situation you wish to harmonize.

Address each issue or emotional pain point individually.

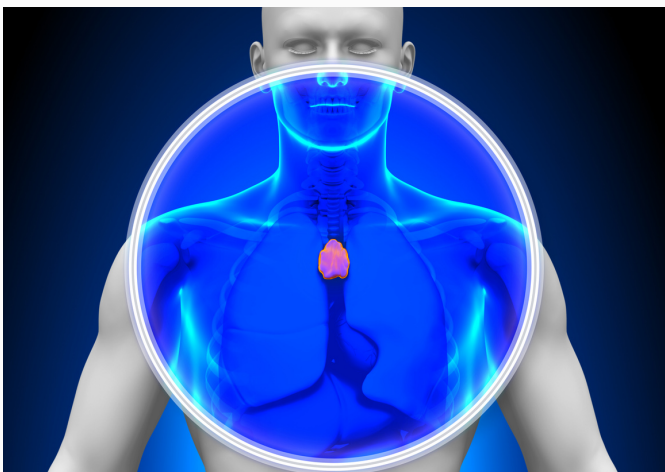
For every unique trauma, use TraumEZ separately. Embrace and acknowledge all the emotions associated with this particular trauma.

- 3 Rate the emotion of this trauma from 0 (none) to 10 (most severe).

IMPORTANT

TraumEZ works on one topic/trauma at a time. For another one, please go through this process again so that you don't combine traumas in this work. You can rate it that way, too.

- 4 Position your phone (with TraumEZ activated) over your thymus gland.



- 5 Reconnect with the traumatic memory or emotion. Feel all the pain and emotions of this trauma.

From that moment on, this trauma is being transformed into love.

Whenever you start feeling lighter, you can count down a number.

As the weight lightens, decrease your rating number until you reach "0".

Stay there until you are in a floating space or simply feel relieved and filled with love.

- 6 Next, we'll transition into 'WE' mode, tapping into the collective energy of our mind, soul, subconscious, and body. Remember, our soul holds memories spanning across all our lifetimes.

Ask yourself, "Dear WE, are there any lingering negative attachments or restrictions left regarding this topic?"

Afterward, seek a rating from your inner self ranging from 0 to 10.

From that moment on, this trauma is being transformed into love. Whenever you start feeling lighter, you can count down a number.

Remain in this feeling until you are down to "0".

Stay there until you are in a floating space or simply feel relieved and filled with love.

Note

You will now receive a number from your inner self (this could be a picture of the number in your head, or you might hear it or know it).

7 Unlock the energy to serve your soul's true purpose.

Ask with intention, "Dear WE, we seek clarity on this matter. Why did this happen? What is the purpose of this experience?"

Pause and allow this realization to flood in, bringing with it a sense of unburdened freedom and profound understanding.

The Soul's Aspiration - Refilling Your Backpack

Now, address your soul directly: "Dear Soul, guide us toward what you truly desire. How can we replace the negative with positive energy?"

Patently await the soul's response. As it reveals its desires, immerse yourself in the experience. It should be as vivid and tactile as reality itself.

Imagine the sensation of getting a new car – seeing it, feeling its texture, inhaling its scent, hearing its engine purr. You'd want to share this joy with the world.

Engage with your soul's aspirations in the same way.

Once you feel deeply connected to this newfound energy, you may open your eyes.

8 If there's an additional trauma that relates to your primary one, circle back and revisit steps 2 through 8.

9 Once you manage to get back into the floating state once more, this trauma will also be harmonized, and you can open your eyes again.

You will still remember the situation, but you will feel free of the trauma, and your emotions about it will be neutral.

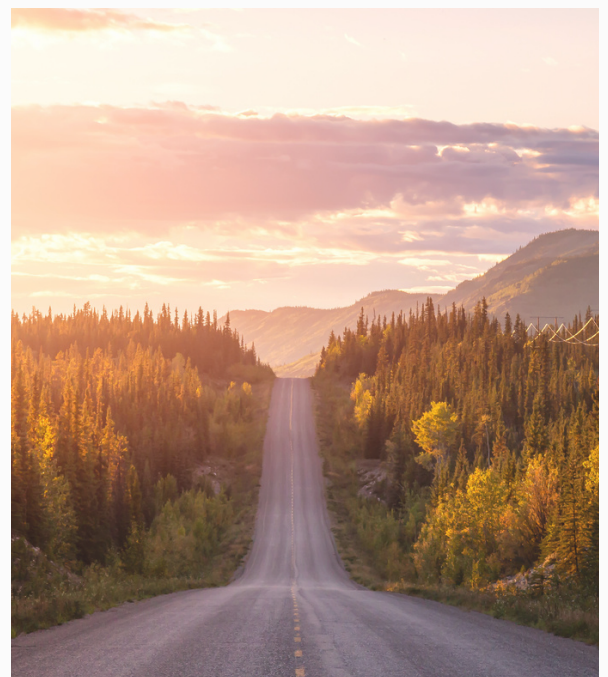
10 Should any residual emotions remain, go through the process again.

By following these steps, you have the power to balance each trauma, sequentially unlocking greater levels of freedom and harmony.



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Some traumas, especially those deeply rooted in past lives or early childhood, might not immediately be harmonized. These memories might elude our conscious mind, but our soul can access and heal them.

Addressing 'Unconscious Traumas'

Everything is information, and every piece of information has its effect.

We recommend that you harmonize all the below-listed traumas:

1 The Weight of Legacy: Curses and External Judgments Across All Lifetimes

E.g., the relentless family conflicts that echo through generations.



2 Inherited Traumas: Echoes from Our Ancestors

From disputes and compulsions to addictions, depression, and illnesses – these are not just stories of the past. Much like our DNA, these traumas are passed down, subtly shaping our lives, often without our conscious awareness.

3 The Moment of Our Conception: A Parental Emotional Imprint

For instance, perhaps one or neither parent had the desire for a child, instances of assault, or prevailing fears at that time.

4 Our Journey in the Womb: Absorbing the Unspoken Emotions

For example, we were absorbing our mother's anxiety and concerns while we were still taking shape inside her.

5 Birth Traumas: Ours and Those of Our Children

Consider challenges like birth complications, overbearing interventions by medical professionals, cesarean deliveries, and the vulnerability of mothers during these crucial moments.

5 The Gray Zone: Hidden and Forgotten Traumas

Think of childhood traumas, those lingering fears whose origins remain elusive and clouded in mystery.

Harmonizing Unconscious Traumas

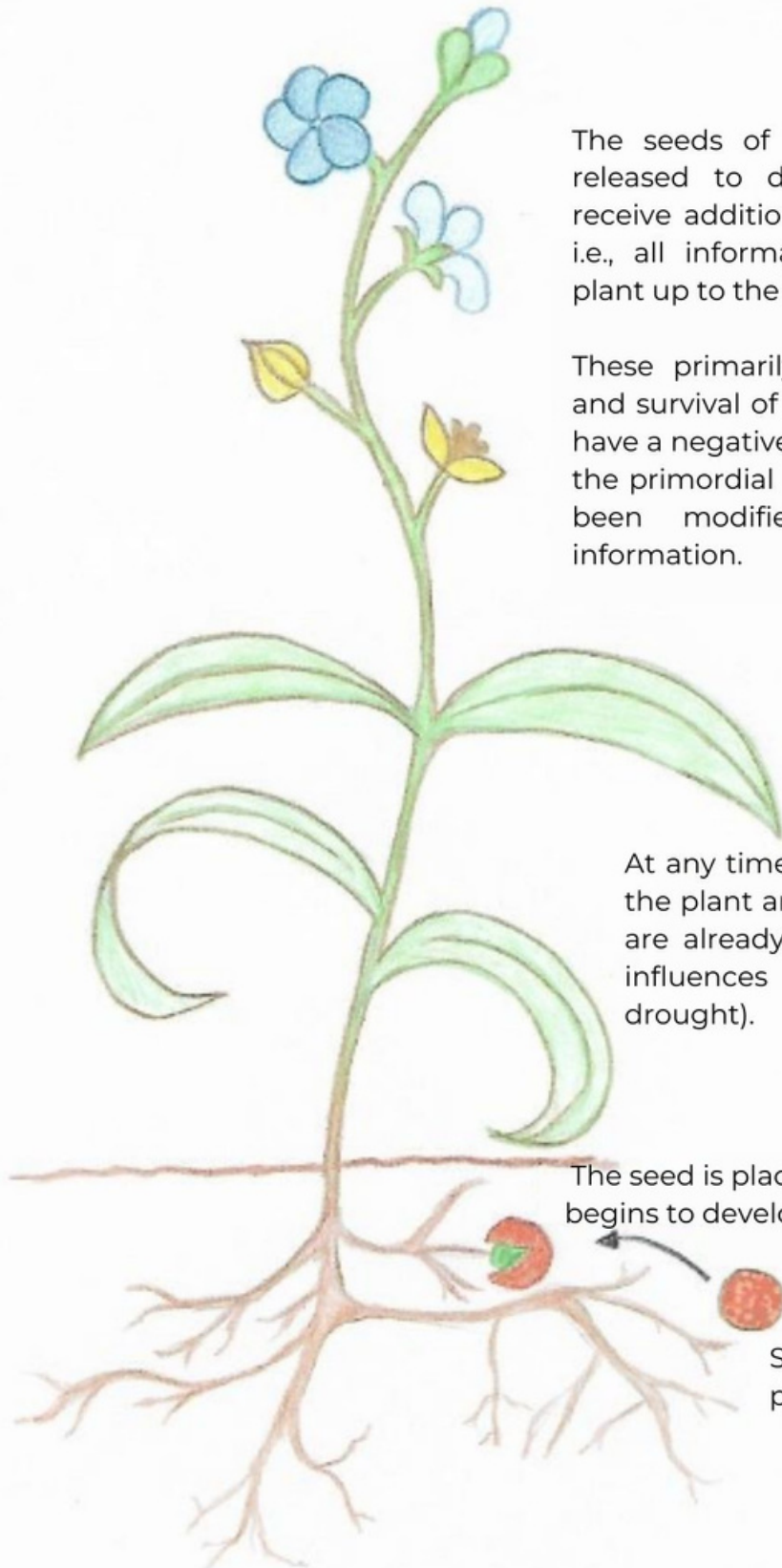
Tackling unconscious traumas follows a similar path as conscious ones. However, the distinction lies in seeking guidance from your inner self.

Step-by-Step:

- 1** Close your eyes and take a deep breath.
- 2** Gently ask, "Dear Soul, on a scale from 0 to 10, how deeply has this topic (e.g., the anxieties my mother felt during her pregnancy with me) impacted my life?"
- 3** Using this guidance, address each issue individually.
- 4** Using this guidance, address each issue individually.
- 5** Then, revisit and apply steps 4 through 8 from the previous method.



EVERYTHING IS INFORMATION



The seeds of the plant, which are now released to develop into a new plant, receive additional primordial information – i.e., all information that has shaped the plant up to the time the seeds are ripe.

These primarily ensure the development and survival of the new plant, but they can have a negative influence on it (traumas), as the primordial information has increasingly been modified over time by new information.

At any time of development and being, the plant and its primordial information are already shaped by all the external influences and experiences (e.g., drought).

The seed is placed in the (mother) earth and begins to develop with your information and the first external influences.

Seed with the divine primordial information.