



Conscious Body Conversations

Trans-Generational Trauma

At some point in every patient there comes a time where no progress is made. Sometimes there will have been a lot of improvement initially and then ... nothing. Other times, it takes a long time for improvement to begin and it will move at a balanced rate until it doesn't. Each time the patient tends to lose the connection to their healing process and begins to feel discouraged. But this is actually the time to consider one of the most common blocks to health ... Trans-generational trauma.

This is a concept that has many different faces, each individual to the person affected. Here are some examples:

- Suddenly dreams become more vivid and seem very real even though they are episodes that never actually happened.
- Spontaneous memories begin to surface during waking hours.
- Emotional outbursts begin to occur, often not related to a current situation or out of proportion to the situation.
- Symptoms begin to emerge that are identical to conditions your parents or grandparents experienced.
- The patient begins to withdraw from personal relationships and connections, avoiding interaction with people.
- Feelings and symptoms begin that have never been experienced before and the patient cannot explain or control.

There are three aspects to this type of situation, the direct cellular experience, the subconscious emotional experience and the past life experience. Now whether you believe in one, two, three or none, the reality of this is undeniable. The deeper the root of this stress, the more this will happen when the person is relaxed or even asleep.

The Emotional Cord

We are related to our parents and in fact, every generation as far back as our cells carry the shared DNA. Only now is this being shown with familial DNA testing. Our DNA is microscopically carrying not just genetics, but cellular instructions and cellular experiences further back than memory can match. This is not only the color of your eyes and your gut microbiome, this is heavy metal exposure, pathogens, thymus gland health, circulation, heart health and much, much more. This is not only a physiological cord but it is also an emotional chord. Learned stress responses are chemical and so can be passed down from parent to child. Cells that develop from a specific experience of stress will react to stress chemicals in predictable ways. This is often the root of childhood anxiety, ADD/ADHD, breathing disorders, sleep patterns and even phobias.

Generations of people that have lived through unimaginable traumas, fears and physical injuries carry these scars both chemically and physically within them, within their cells. These can then be passed down to younger generations, not just through genetics and not just through lifestyle habits, but also through the energy of the emotions tied to these traumas. Being in the presence of this energy affects your body and subconsciously affects your cells. Think of someone that you avoid because when you are with them you feel anxious, worried, depressed or overwhelmed. It is their energy that is affecting you and that may feel like an emotional toll, but it is also affecting your cells.

There is a story that says that when you have a great hate for someone that has hurt you, taken from you and has no regret for their actions, you will be the only one who suffers. Not just from the actions of the perpetrator, but from the hate you carry within yourself. Over time this acts as a poison affecting your self-image, the way you view others, the way you live your life.

It is like voluntarily drinking a poison and then wishing your enemy would die.

Every unresolved psycho-emotional conflict or past trauma, whether directly your own or passed on to you by another, will suppress your immune system response (the essential thymus gland represents the subconscious access of the body), prevent recognition by the body of toxic substances that must be removed and will allow microorganisms to get a foothold in our tissues. In fact, this is the most common trigger of stealth pathogens being able to create opportunistic infection.

When these trans-generational stressors emerge, remedies must be applied, both psychological/emotional therapies and homeopathic remedies that trace the cords that bind us.

Trans-Generational Trauma Remedies



The Pineal gland is the focus of the endocrine system which processes and translates stress into responsive action. It is thought that this gland not only controls sleep and your dream state but also the ways in which your Vital Energy differentiates itself throughout your body tissues during your night time restoration and healing process.

Ultimate Fields and Ultimate Rescue are two "imprintable" remedies of the emotional flower remedies attributed to Dr. Bach. Imprintable means they can carry thought forms such as prayer, intention, meditative concepts and energetic healing. These remedies combined with our Cold Laser Therapy create powerful changes at a cellular level to emotional and trans-generational cord patterns.



Heart's Song Milieu is an amazing quickly-absorbable homeopathic that soothes grief, heals heartache and loosens the cord of trans-generational traumas.

Sclero-Tox is one of the best ways to loosen and dissolve scars whether physical or emotional, since most scars contain remnants of both. Scars are anchors that tie us to the cords of traumatic memories and experiences.



Cold Laser Therapy: The Essential Therapy for Trauma

Many of our patients have experienced the incredible benefits of the Cold Laser for injuries, strains, nerve pain and organ dysfunction.

But what you may not realize is that because of the light frequency used, this tool can also bring relief and resolution energetically to emotional scars and traumas.

The Solfeggio settings are derived from an ancient 6-tone scale that has been discovered to have a positive effect on the mind and body. It is the frequency of change and renewal. Since traumatic experiences and cellular images can weigh heavy in the subconscious, working with this setting can wash away negative memories and influences from the mind and soul. There is even a frequency for problem solving, specifically problems related to self-expression. This setting can free you of emotional restrictions while removing toxins and EMF radiation effects from your cells.

The Chakra settings are also important contributors towards trauma resolution. The physical expression of the chakras is so important to our healing process at a deep level. Throat symptoms are communication, expression and speaking/living your truth. Solar Plexus area symptoms represent our ability to feel empowered to live and carry out our lives with meaning and purpose. The Root (lower pelvis symptoms) relate to our basic survival and our ability to independently meet our basic needs.

Our FAR Infrared Saunas Are For Sale!



We are in the process of updating our equipment and it's time for someone else to enjoy our gently used and well cared-for saunas. Both our FAR Infrared Corner two person sauna and our individual FAR Infrared Solo table-top unit have lots of life left in them and a great support staff at Sunlighten Sauna.

Our corner unit is made from hypoallergenic Bass wood and dismantles for transport. It includes two benches and moveable back rests. The Solo unit is one piece that is portable which includes the under cushion and washable cushion covers. It can be used on a massage table, floor or other firm surface with only a waterproof cover needed to lie under the unit. It can be easily stored when not in use.

Both units should have a dedicated electrical circuit to avoid interfering with other electrical devices.

The corner cabinet sauna is \$1250 (\$2500 and up on EBay) and the Solo unit is \$950.

If you have any questions, please email us at consciousbodynatmed@gmail.com

**To purchase, simply call Cheryl at our Reception Desk.
First come, first one that gets a great buy!**

**For products or to schedule an appointment
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