

## *Trauma Clearing*



Transform Your Life by Clearing Traumas from Your Subconscious Mind

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# Introduction

This audio program is specially designed to allow you access your subconscious mind and actually clear traumatic experiences that are underlying much of the dysfunction in your life.

By combining the technology of binaural beats, which takes you into a deep theta brainwave, along with specially prepared and charged ThetaHealing energy, the act of listening to this program as directed can reprogram your subconscious mind to free you of the devastating effects of past traumas.

It is difficult to overstate the importance of clearing traumas while doing healing work. Traumas are found at the root of nearly every problem and dysfunction in our lives, including but not limited to physical health problems, emotional difficulties, poverty and money struggles, and trouble with relationships. Many “trauma-centric” modalities have had great success in helping many people, and results are even better when using the “best of the best” power therapy of ThetaHealing to clear traumas.

In my work with thousands of clients over the last several years, the process I’ve used to use ThetaHealing to clear traumas has yielded consistent and astonishing results.

Try it and see for yourself!

## How Traumas Are Cleared

This program works to clear traumas by releasing the belief systems that are the most common “usual suspects” for holding onto the trauma. And once you have cleared all of the belief systems that tell you it is necessary to hold onto a trauma, it can release quickly and easily, forever!

This audio program is designed to clear trauma, shock, and cellular trauma, all at once.

- **Trauma** means the emotional impact of an experience
- **Shock** means the way this emotion impacted the physical body
- **Cell trauma** occurs when a powerful emotion affects not only the being as a whole but also the individual consciousness of each of its cells.

These “usual suspects” for needing trauma are all covered in the audio program, and include:

- needing the trauma to be safe
- having something to learn from the trauma
- not knowing who you are without it
- not knowing how to live without it
- needing it so it never happens again

This is not a perfect recipe for trauma clearing, but it is amazing how often it works – I’d say that 95% or so of traumas I encounter in sessions are cleared without needing to go beyond these programs.

This method of trauma clearing is even more powerful because it is not necessary to delve in to any of the details of how a trauma was created. Instead, we can simply clear it out! Hence this process works for traumas that are normally hidden and unknowable, such as those carried in from other lifetimes through genetics, or traumas that occurred very early in life, including during conception and in the womb.

It is also extremely useful to work from these programs when you are dealing with a situation that your client does not know much about consciously. If you are working with genetic or history level trauma, your

client may have no conscious understanding or knowledge of what you are working with, so using these programs can often clear it quickly.

## How to Use This Program

In order to get the maximum benefit out of this program, it is important to follow the guidelines below to clear your subconscious blocks:

### *Guideline #1: Listen with headphones*

The program is encoded with sub-audible binaural beats to gently guide your brain down to a deep theta brainwave. This opens your subconscious mind and allows the healing energies to clear your subconsciously held traumas.

It is important to listen to these programs with headphones to benefit from the binaural beats. Any sort of headphones will do.

You can plug headphones into your computer, or download the audio files onto your iPod or other portable music player, or burn the files onto a CD and listen to it on your stereo. Just be sure to be using headphones when you listen to the block clearing sections!

### *Guideline #2: Use Muscle Testing as you listen to the block clearing sections*

In order to get the maximum benefit from the block clearing, it is important that you follow along and use muscle testing to identify which blocks you have, and to identify when they have been released. While you will get some benefit from listening to the program without it, your results will be much better if you follow along and use muscle testing.

If you are new to muscle testing, there is an introduction to muscle testing on the Theta Healing LA Web site at [www.ThetaHealingLA.com](http://www.ThetaHealingLA.com), and there is an in-depth discussion of muscle testing in my book *Where Science Meets Spirit: The Formula for Miracles*. Your best resource for learning more about muscle testing is the DVD *Secrets of Muscle Testing*, which includes, a wealth of information on what muscle testing is, how it works, how to troubleshoot muscle testing if you are having trouble, and step-by-step video tutorials on doing four different kinds of muscle testing. (You may already have both of these; if not, they are available at [www.ThetaHealingLA.com](http://www.ThetaHealingLA.com). They are available separately, or as part of the Theta Healing Power Pack where they are bundled with the deep theta meditation CD and several other great bonuses for a big discount.)

### *Guideline #3: Do not attempt to drive, operate machinery, or do anything that is potentially dangerous or requires concentration.*

The binaural beats coded into this program will shift you to a deep theta brainwave, which is ideal for clearing subconscious blocks but not safe for driving, operating machinery, or doing anything else that requires your attention, focus, or concentration. Please do not be doing anything other than muscle testing while listening to the block clearing programs!

### *Guideline #4: Do not try to go through many traumas all at once*

Using this program will make powerful shifts within you, and it is important to allow your body enough time to integrate these changes. Hence it is not recommended that you listen to more than a few times per day.