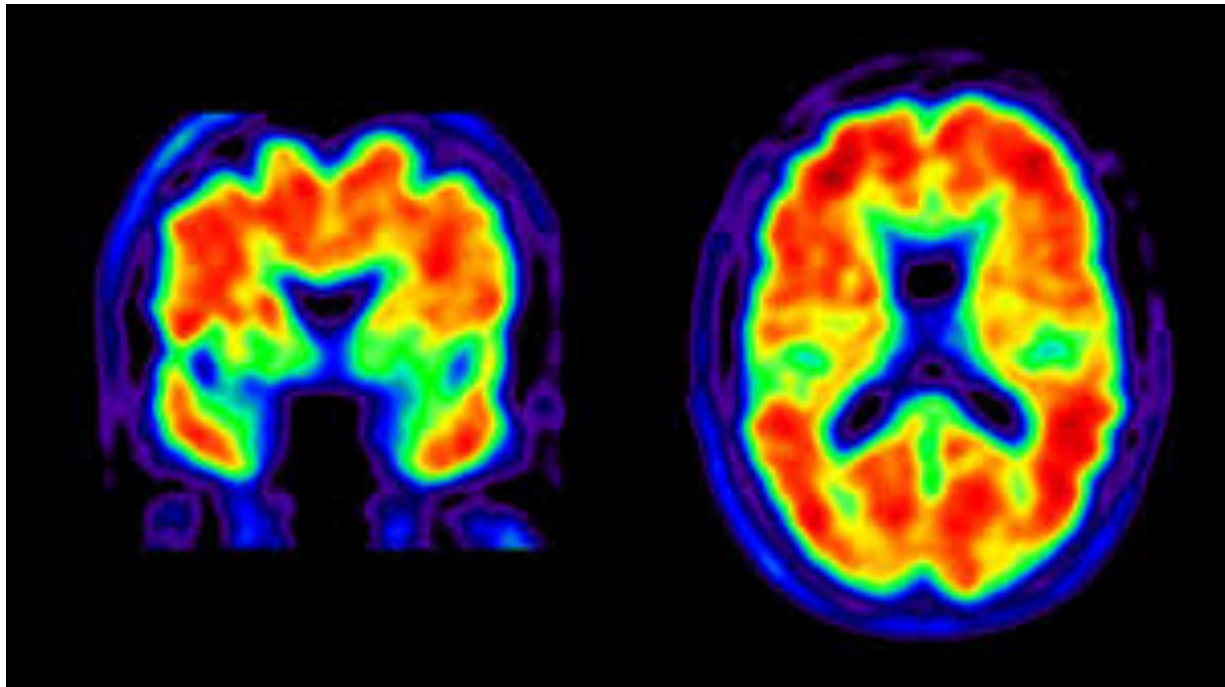


The Neurobiological 3-Prong Approach To Overcome Trauma And Take Charge Of Your Future



We must start with faith; believe, that “The Brain” has ability to heal itself and your job is to nudge it in the right direction. There are ground breaking studies with scans of the brain that demonstrate healing and regeneration. Neuroplasticity: the brain’s ability to change in response to stimuli and experience.

A comparative study compared brain scans over time to demonstrate the brain’s ability to heal itself. On the left scan there is much unprocessed trauma with no treatment demonstrating the damaged neurons and inactivity in each section of the brain. The image on the right demonstrates regenerated activity and evidence of neuroplasticity in every part of the brain.



Allow me to teach you how open the window to the brain....The past, present and future are three dimensions that are interdependent on one another and must be focused in that that exact order (past present and future).

The 3-Prong Approach: Past. Present. Future

PAST – The brain is a complex organism that remembers bits of information and stores memories deep in our subconscious with over 100 trillion cosmic neuro connections called synapses. The brain is like an alarm clock every time troubling images and feelings come up, the alarm goes off warning you that you must pay attention to the traumatic events trapped in the nervous system. When you stop, reflect and process, the brain translates the information and establishes the neural connections needed to integrate, or digest, the disturbing memory.

PRESENT -We live busy lives full of distractions that pull us in many directions. Distractibility is the number one reason for car accidents, broken relationships and poor work performance. Picking up daily grounding techniques is a helpful tool, can be as easy as, “naming 5 items in the room and naming the task you are working on to stay in the present”. Being present daily is a way to be respectful of your building and your life goals.

FUTURE-Your future depends on your ability to clear past traumatic events, find forgiveness in your heart for all your abusers and be present enough day by day to follow your destiny.

I propose a 7 Day Challenge using this 3 prong (Past, Present, Future) approach with a mind decluttering technique. Use three sheets of paper and label each one with one of these words (Past, Present, Future), Draw a big circle cover the entire page. Day 1: write down items that come up in in each sheet, past, present and future. Muse and reflect over each item asking yourself the following 3 questions

1. What is my current feeling and intensity (1-10)?
2. What impact does this have in my daily life?
3. What have I learned from this item that will start my process of healing?

Check in with your feeling and intensity level, if you feel much calmer, cross the item off and move on to the next until all items are crossed off each page (past, present and future). Repeat this process daily for the next 6 days.

After your seventh day, I will host a live video chat over zoom to answer any questions and discuss your experience using this approach.