

Transform Trauma Into Peace 12 Week One-on-One Coaching Program

WEEK #1 – Let's Begin

You are about to embark on a journey towards freedom that the Father has desired you to have since your experience of trauma(s). Sadly, we have an enemy who wants to steal, kill and destroy and that is no joke. But the good news is (*because in Christ there is always good news*) that He came to give you life and give it to you abundantly (John 10:10). So, if you are not living an abundant life, you are in the right place.

A good scripture to hold onto is:

“Bring my life out of prison, that I may confess, praise, and give thanks to Your name; the righteous will surround me and crown themselves because of me, for You will deal bountifully with me.” Psalm 142:7 The Amplified Bible, AMP

The Father wants you out of the prison you have been in all these years and the sad thing is sometimes we don't even realize we are in a prison. We are so used to living with what we are living with, that we think it's normal. Things or issues become like our “friend.”

It is important to know that we were created to “shine”. We were created to not just survive life but to thrive and enjoy the fullness of life He has for us. Will there be trials and difficult circumstances arise? Yes of course. But those trials and difficult circumstances could be difficult to overcome because of the unhealed trauma in our life.

The Lord wraps His Presence around you like a warm blanket being thrown around your shoulders. His love will surround you and protect you. It is critical to believe and receive that He loves you. This will be a foundational place to start.

Your trauma can melt away as He blankets us. God's love can melt fear, trauma, mistakes and pain. It doesn't always go away immediately and sometimes there is a journey we need to walk in. But knowing the Father's love will ground you strong. That's why I sent you my book on my personal journey to knowing the love of the Father.

When we have experienced traumatic events, it could cause us to hold onto our hearts and where we have an opened wound it never gets healed. So everywhere we go we take the problem with us. Its then when evil spirits can hook in.

Don't be a malnourished child of God. Build a relationship with Him so you can know what He wants and has for you so you will be spiritually filled. For some people *"life has been so unsteady that they learn to hold onto anything."* Some of those things may not be for their best interest, nor provide the complete healing to bring them freedom. (Note: This was a statement made to me by one of my Coaching Clients.)

What I want to help you discover is ...

- ⇒ What has shaped your perception of life?
- ⇒ that no matter what you will find your way to hope.
- ⇒ What is your purpose and how are you watering it?
- ⇒ What refuse (*garbage*) are you still living with?

"Yes, the people of Zion who life in Jerusalem
will weep no more. How compassionate
He will be when He hears your cries for help!
He will answer you when He hears your voice!"
Isaiah 30:19 The Passion Translation

'For I will restore health to you
And I will heal your wounds,' says the Lord,
'Because they have called you an outcast, saying:
"This is Zion; no one seeks her *and* no one cares for her."
Jeremiah 30:17 Amplified Bible

So, what can you expect for the next 11 weeks? I want you to understand that:

- ⇒ This program has been Holy Spirit guided.
- ⇒ I pray for you to obtain wisdom from the Lord on how to guide you to your healing.
- ⇒ We can be slaves to dark masters such as grief, betrayal, shame, guilt and fear.
- ⇒ **Secrets loose power once they are exposed.** The poison is drained, the holes are filled, and hearts are rested.

- ⇒ Like this week, each week you will receive a short Podcast Recording and a Study Guide to complete. Then the following week you will have some time for sharing wins, struggles and questions.
- ⇒ After each Coaching Session, you will receive an email recapping what we discussed and recommended steps.

Here is a Summary of each week:

Week One – Let’s Begin

This is where you are right now!

Week Two –The Importance of Having a Spiritual Life

We will discuss the importance of having a spiritual life. It’s not about religion but about a spiritual relationship with the creator of the Universe. It’s important to understand that the only thing to make you feel whole is the Father’s presence in your life. The World’s way of healing is not fully complete.

Week Three – First Key is to Renew Your Mind

Having a renewed mind will be key to walking this journey to freedom and I will show you how to be renewed in your mind and maintain this new way of thinking. You become what you think about. You speak what you think about.

Week Four – God’s Promise to Heal

I will help you be grounded in the truth that **God wants you healed and whole**. I will also help you move away from thoughts like *“God is teaching me a lesson”* or *“God gave me this sickness to slow me down”* or whatever reasons you’ve been given for your dis-ease and emotional pain.

Week Five – Receive Peace and Stay in Peace

You will receive the tools to help you begin to live in a mode of peace in your life and I will teach you how to stay there.

Week Six – What It Takes to Achieve Change

We will discuss what it takes to be able to makes changes in your life. In and of ourselves, it is almost impossible. You will learn what you are to do when you have no strength or power to move forward, or you feel like you want to give up. You have been given a special gift that will help you keep moving forward.

Week Seven – The Importance of Gut Health

We will discuss the importance of gut health and its ties to anxiety, stress and depression. Balancing your gut will help lower your stress, anxiety and depression.

Week Eight – Shame and How it Makes You Feel Dirty

Shame is a veil that prevents you from living as the person you were created to be. When we have experienced trauma such as abuse, we tend to take on shame. Here we will identify that shame and show you the tools on how you can be set free from it.

Week Nine – Forgiveness ... a Hard But Not Impossible Key

This may be the hardest step to take and that is walking in forgiveness. But it is an important step as difficult as it can be. I will help you walk that out with love and tenderness.

Week Ten – How to Transform Your Inner Life

This is an exciting week as this lesson is about transforming that inner self. It's easier than you think.

Week Eleven – What Is Your Purpose in Life?

To live a full and satisfying life, it is important to discover who you were created to be and why God put you on this earth. So many live lives on automatic pilot and never discover who and what they were destined to be and do. This will be critical to your overall victory.

Week Twelve – How to Battle the Resistance!

It will be important to understand that you are in a battle and it's not always visible. You will have to fight that battle so spiritual warfare will be necessary to bring you out of being stuck and moving to a place of thriving and not just surviving.

You will learn that there is a difference between ...

Truth vs Facts (facts are the reality of what is happening in your life, but the truth is what God says. His Word is final.)

John 8:32 "You will know the truth and the truth will set you free."

Now I want you to understand this and I am saying this with the utmost tenderness. *"The aftermath of trauma cannot continue unless you allow it."* Let me explain

- ⇒ If the trauma happened as a child, then you perhaps took on a very immature belief system around it. You were a child.
- ⇒ The pain could be continuing because you are still living with that mindset or belief system.
- ⇒ Sometimes we depend on the trauma we endured because we've taken on the mindset that it is part of our being.
- ⇒ You will begin to do a paradigm shift in your thinking and you will begin to adapt the truth vs the facts.

What is the Trauma you experienced? If you don't have recollections but just know something is not right inside of you, that's ok. You don't necessarily have to identify the trauma we just need to bring you to the Father for healing. For years I did not have a remembrance of my sexual abuse. All I knew was I was angry and in a lot of emotional pain.

Think about what is manifesting in your body?

Physical signs of emotions can include:

- *Anger: headaches, stiff neck & shoulders*
- *Sadness: breathlessness, fatigue, crying*
- *No Joy: insomnia, overexcitability, heart palpitations, depression*
- *Worry: weak voice, pale complexion, poor appetite, inability to relax*
- *Pensive: poor appetite, epigastric discomfort, fatigue*
- *Fear: insomnia, night sweats, diarrhea*
- *Shock: palpitations, breathlessness, insomnia*

Begin to think about what your perception of life is and what has shaped it?

Ask yourself what brings you joy?

Have you or do you have a relationship with a narcissist? We will discuss further in Week 3 Review.

Your next step...

I have attached for you a form called the **Circle of Life**. I want you to complete this Form. Then at the end of the 12 Week Sessions, I will give you another blank Form to complete. It will be exciting to see how things changed in your life over the course of these 12 weeks.

Also, you will receive a Form called **Food Tracker**. I will need you to track your food for 7 days. Don't do anything different than you normally do. We will review it in Week 7.

Now for your **Study Guide** that I want you to complete. Review this teaching again and answer the questions to the best of your ability. We will review the Study Guide at our 1st Coaching Session. At the end of your each Coaching Session, you will receive the next Teaching and Study Guide which we will review the following week.

Please understand that it is important for you to go through the Study Guide and answer the questions to the best of your ability. And if you get to a question that brings up anger or another emotion in you, make that notation. Years ago, I had an experience where 3 believing ladies were praying over me and what they were praying was making me angry. This was a

breaking point for me in my healing. I communicated what I was feeling, and my first deliverance began to unfold. Pay attention to your emotions and note them as you are working through the Study Guide.

Whenever you are getting weary, disappointed and hopeless and tempted to give up, I want you to remember this promise from the Father. This is the Father's promise to you. One day this shall be your life even though you live as a captive right now.

“And the Lord will continually guide you,
And satisfy your soul in scorched *and* dry places,
And give strength to your bones;
And you will be like a watered garden,
And like a spring of water whose waters do not fail.
Isaiah 58:11 AMP

Ask yourself this ...

Has all your suffering and your cries of pain drowning out the voice of God? Well, know He's waiting for you to let Him shine the light of his presence in the darkness of your fear, grief and pain. *But perhaps you are not desperate for that light yet.* But I am thinking you are because you are here.

As we wrap up this Week's lesson let me pray this Scripture over you.

“Strengthen those who are discouraged. Energize those who feel defeated. Say to the anxious and fearful, ‘Be strong and never afraid. Look, here comes your God! He is breaking through to give you victory! He comes to avenge your enemies. With divine retribution he comes to save you!’ Then blind eyes will open and deaf ears will hear. Then the lame will leap like playful deer and the tongue-tied will sing songs of triumph. Gushing water will spring up in the wilderness and streams will flow through the desert. The burning sand will become a refreshing oasis, the parched ground bubbling springs, and the dragon's lair a meadow with grass, reeds, and papyrus.” Isaiah 35:3-7 The Passion Translation, TPT

Remember this ...

Journey of a thousand miles begins with the first step.