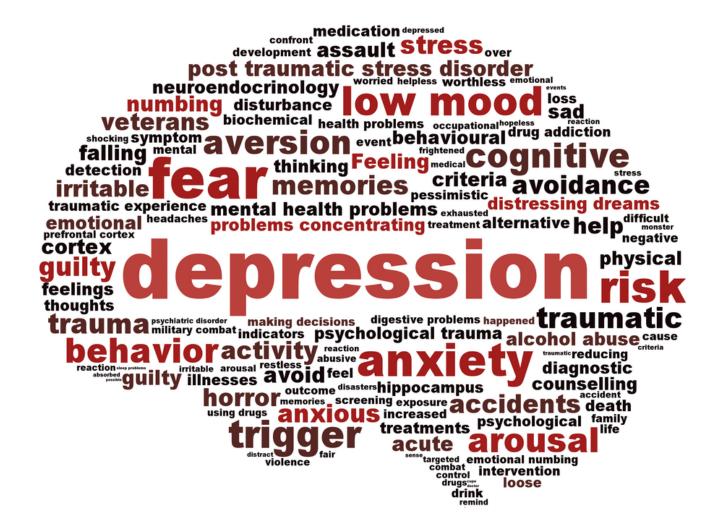
## Did you ever wonder if there was a link between "Mental Illness" and Spiritual Gifts?



**What does Kristy think?** ...... As a practicing Spiritual Healer, Medium, Intuitive Reader, and Spiritual Regression Medium, I can positively say that there is a massive connection that we need to start talking about in the Spiritual communities. I believe that mental illness is not overly "mental" at all, and if we want to call it mental, we must recognize that the universe is mental, and Spirit is consciousness. The spirit in you is the same spirit external to you and through that lens we can call mental illness "mental illness".

However, What do I see through a practitioner lens? How do I see mental illness through an energetic form as a professional reader?

Spiritual gifts such as empathetically gifted, keen intuitiveness, mediumship, psychic experiences, and experiences with extra terrestrial begins during pregnancy and in early childhood development. The cause of spiritual gifts to activate happens when the child experiences trauma and the body/mind does not fully learn how to regulate the energy of the experience which begins cranking up the sensitivity in the body as a primal survival response. Things that activate this sort of trauma include, but are not limited to trauma experience by the mother while child is in-utero, birth complications, infections/illnesses, medical procedures, separation or distant from parent.



Shock traumas can activate more spiritual gifts and experiences. The loss of the loved one, pet, job, home, relationship is traumatic at any age. When the physical body has not learned how to process stress of deep pain and shock, the body and mind become more activated in the primal survival response. This causes energies to deposit into the tissues of the physical body, alerting the Autonomic Nervous System and the Central Nervous Systems to be on high alert. This activates deep levels of extra sensory, but can also cause chronic illness such as depression, anxiety disorder and even activate addictions and fear based behaviors.

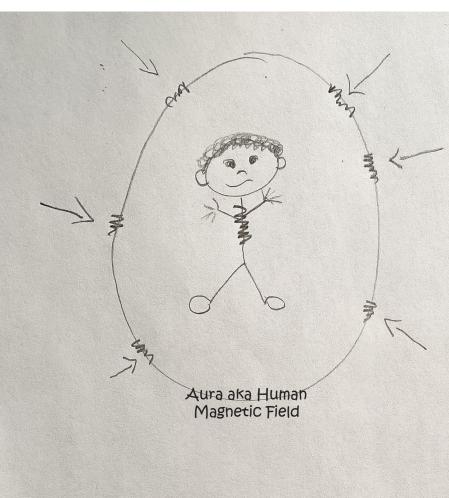
Many people that have had a traumatic near death experience are able to communicate with the Spirit World afterwards because the trauma activated deeper levels of primal survival response and they become aware of more frequencies interacting with their auric field.

Anxiety is so common for Spiritually gifted people: It can make one feel disabled and broken: The good news is we can slowly learn how to heal if we support ourselves with the right tools and an understanding of the connection between trauma, "mental illness" and Spiritual Gifts: Some important points to know:

- \* Mental illness is not really mental, it starts with stress energies affecting the tissues, nervous systems, causing chemical imbalances affecting the brain.
- \* Mental illnesses such as anxiety/ panic attacks are primal survival responses put on by the body because some sort of energetic stress is causing the Autonomic Nervous System to believe it is not safe. This often occurs when frequencies interact with the auric field of a highly sensitive person.







## What Anxiety looks like to an Energy Reader (Me, Kristy, I am the reader :-)

TOP LEFT image illustrates someone with a dysregulated Nervous System. Meaning, their nervous system is in survival mode, which weakens their magnetic field causing the body to respond to stress triggers that are entering or interacting with the Aura. The body will react by treating it as a dangerous threat. Anxiety and panic are common responses. People whom are mediumship gifted will often experience a primal response known as freeze. The heart rate will slow, and go into a state of shock opposed to panic. This person in this state of response will likely have chronic diseases.

BOTTOM LEFT image illustrates someone with a healthy and regulated Autonomic Nervous System. Their energies in the body are balanced, which creates a strong auric field. When their body is functioning and not in a state of trauma, the systems can discern and "bounce" frequencies away, just like magnets can do when the poles match. The body can recognise threats that it has learned how to regulate and therefore this acts like matching poles of magnets because it has a match to that frequency regulated within the servival system of the body.

NOTE: people with regulated response systems active, meaning, people that Can regulate stress without being in a state of trauma, are more likely to have open heart chakras. They will also be less likely to have chronic disease according to ACE study conducted in the early 90's

Manifestation is very favorable for regulated people with strong auric fields.

## Holistic Ways to support yourself and ease your body from Primal Survival Response:

Plant medicine: burn sage

use
essential oils
such as
Lavender,
cedarwood,
oakmoss,
angelica or
fennel

eat holistic foods that the body can regulate and not trigger as an intruder or stress. The body will react to artificial processed foods as intruders and stress increasing mental illness symptoms.



Carrying Crystals in your auric field will give some relief to your nervous system and strengthen your magnetic field. Black Tourmaline, Pyrite, Hypersthene an lepidolite are great Choices.

Blue Kyanite is also a great choice to wear or carry on the body as its frequency helps regulate the Central nervous system.

Find something that relaxes you and make time to do it often.

When you feel triggered, be observant to what you are triggering from. Your body is smart and will learn if you do consciously.

Sign up for programs that will help you become educated. Join groups or communities with people going through the same thing as you. I hear Evolve 2.0 is great \*wink wink\*

Take the ACE study to see what your trauma score is. This will help you build perspective around your spiritual gifts and traumas.



"Healing is a journey, a life style, a practice and an art. You deserve to feel authentic, safe and well. You have the power to evolve into your optimal wellness"

~ Kristy L Kilik Spiritual Medium, Author

Kristy Kilik www.Evolve2.ca

