

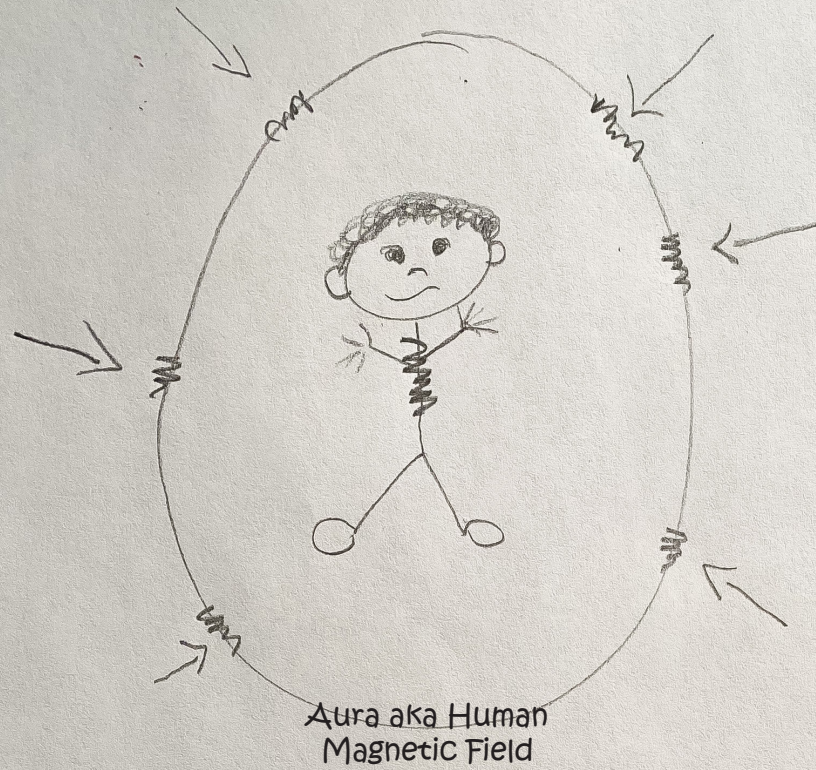


EVOLVE 2.0  
personal evolution classroom

**The Halted Journey**  
*Gifted with Trauma*

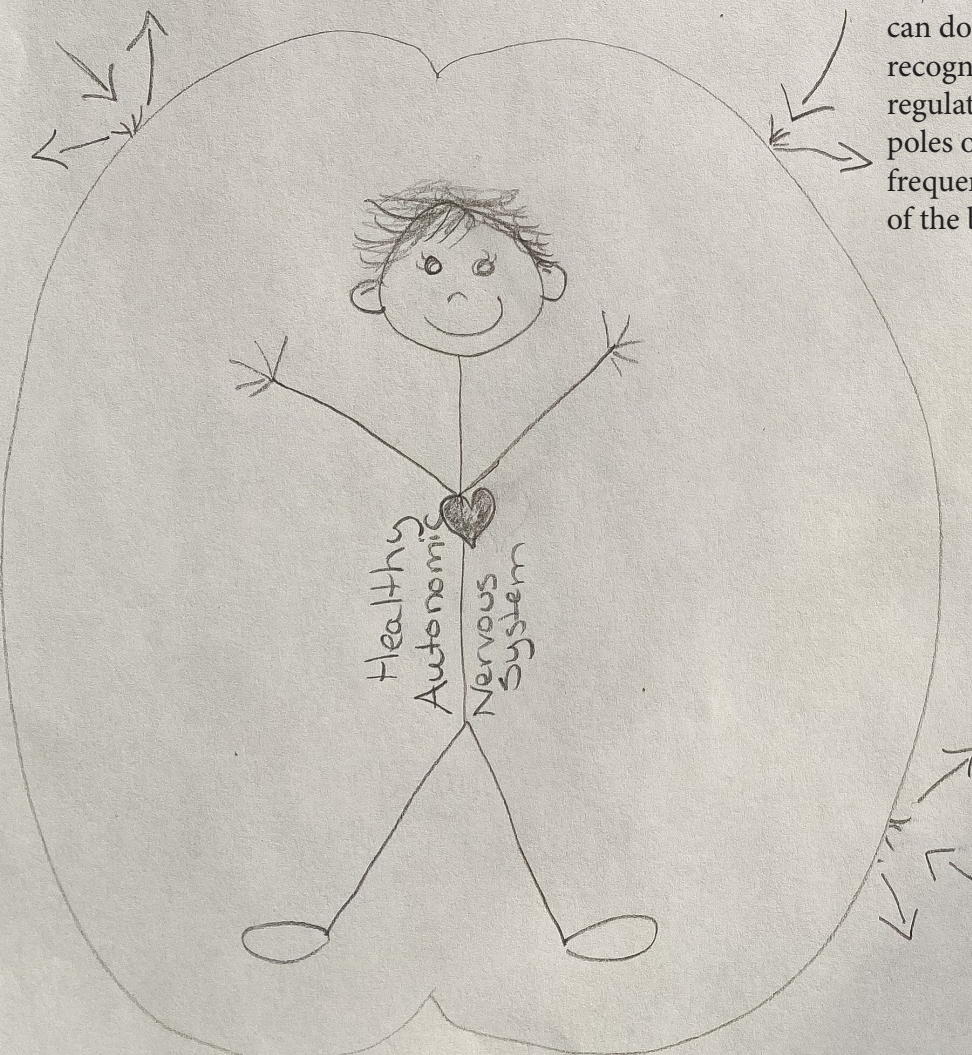


**What Anxiety looks like to an Energy Reader  
(Me, Kristy, I am the reader ;-)**



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:**

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.

Plant medicine:  
burn sage

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

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\*



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.

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](http://www.Evolve2.ca)



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