

How to heal and become the...TRUE YOU!

HEAL!

A silhouette of a person jumping joyfully with arms raised against a sunset sky. The person is in the center-left of the frame, with their arms and legs spread wide. The background is a warm, orange and yellow sunset sky with a dark horizon line. The overall mood is one of triumph and freedom.

WHOLEISTIC
PRACTICES TO HELP
**CLEAR YOUR TRAUMA,
HEAL YOURSELF,
AND LIVE
YOUR BEST LIFE**

RANDALL S. HANSEN, PH.D.

Educator, Advocate + Author of *Triumph Over Trauma*

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Wholeistic Practices to Help Clear Your Trauma, Heal Yourself, and Live Your Best Life

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HEAL!

***Wholeistic* Practices to Help Clear Your Trauma, Heal Yourself, and Live Your Best Life**

Dedication

This book is dedicated to everyone who is considering or is on a healing journey. To become whole again — to be our true selves — we need to have the strength, courage, and dedication to HEAL. Healing takes work, but my hope is that this book becomes a key tool for your *wholeistic* – yes, WHOLE-istic, because true healing makes you whole again -- healing journey!



HEAL! From Hurting to Healing

The Six *Wholeistic* Elements of Healing

Table of Contents

Author's Note

Introduction

Part One: A New Paradigm For True Healing

Chapter 1: What is Trauma... and What We Can Do About It

Chapter 2: An Introduction to the Six Elements of Healing

Chapter 3: Psychedelics

Chapter 4: Spirituality

Chapter 5: Somatic/Body

Chapter 6: Nature

Chapter 7: Breathwork

Chapter 8: Nutrition

Part Two: How to Find True Coaches/Healers

Chapter 9: How to Find a Holistic Nutrition Coach, *from Dr. Randall Hansen*

Chapter 10: How to Find a Forest/Nature Therapy Guide, *from Kat Novotna, M.A.*

Chapter 11: How to Find a Psychedelic Guide/Facilitator, *from Dr. Randall Hansen*

Chapter 12: How to Find an Ecnidra Teacher, *from Kat Novotna, M.A.*

Chapter 13: How to Find a Somatic Healer, *from Dr. Michael Hofrath*

Chapter 14: How to Find a Sound Healer/Therapist, *from Bree Dellerson, L.Ac.*

Chapter 15: How to Find an EMDR Therapist, *from Christopher Brown, LICSW*

Chapter 16: How to Find a Reiki Master/Intuitive Energy Healer, *from Angela Lerro*

Chapter 17: How to Find a Microdosing Coach, *from Matt Simpson*

Chapter 18: How to Find a Ecotherapist, *from Lizabeth Kashinsky*

Chapter 19: How to Find a Breathwork Practitioner, *from Marissa Kosolofski*

Part Three: Healing Journey Stories

Chapter 20: Ran — *Nature, Meditation, Love, and Mindfulness Healed Me*

Chapter 21: Daphne — *Healing Requires Radical Responsibility*

Chapter 22: Louisa — *The True Path*

Chapter 23: TJ — *Be Wholly Human*

Chapter 24: Angela — *From Pain to Purpose*

Chapter 25: George — *Ocean: The Deep Waters of Initiation*

Chapter 26: Kat — *A Healing Story of the Forest and the Dragonflies*

Chapter 27: Tristan — *I Needed to Heal But Didn't Know It at the Time*

Chapter 28: Megan — *Microdosing for Love*

Chapter 29: Me'Shell — *I Didn't Need a Healing Journey — Until I Did!*

Chapter 30: Marissa — *Breathe More YOU*

Part Four: Healing Quick Sheets

Chapter 31: Five Keys to Healing; Finding Your True Whole Self

Chapter 32: Five Healthy Ways to Practice Self-Care

Chapter 33: Five Methods to Foster Self-Love

Chapter 34: Five Natural Tools for Better Sleep

Chapter 35: Five Ways to Cultivate Gratitude

Chapter 36: Five Strategies to Let Go of Control and Surrender

Chapter 37: Five Methods to Get in More Daily/Weekly Exercise

Chapter 38: Five Suggestions for Developing/Finding Community

Chapter 39: Five Approaches to Foster Forgiveness

Chapter 40: Five Paths to Finding/Bringing More Joy

Chapter 41: Five Ways to Integrate Your Healing Journey

Part Five: Conclusion & Resources

Chapter 42: Conclusions About WHOLE Healing

Resources

Acknowledgements

Author's Note

How are you? I mean it. How are you doing today? How do you feel about yourself and your life? Are you ready for a healing journey? So really... how are you?

In the words of the great rock band R.E.M., “everybody hurts... sometimes.”

This book is written for those of you who are hurting. It's also for those of you who have a brother or sister or spouse or child or parent or best friend who is hurting.

We are more than hurting, though, right? And it's more than sometimes too, right? Who wants to live life through a prism of pain, bitterness, disappointment, rage, guilt, hurt, anger, or shame? Or worse, who wants to feel like they are faking their way through life, feeling numb, resentful, and discouraged?

Why wouldn't you feel angry, depressed, hurt if you were not living your true and authentic life?

We carry negative self-judgments. These are toxic and trapped emotions and beliefs that are simply not true, and yet we cannot seem to shake them. We continually compare ourselves to others, usually not on the winning side of it. We carry guilt and shame, some residual from childhood and earlier parts of our lives. We carry a heaviness with us that has nothing to do with physical weight.

Many of us are lost, disconnected, and searching for something we can't even identify... **searching for our true selves, our true identities... the person we were *meant* to be!**

The world is in crisis — and we need healing. We carry too much pain from past trauma with us — and we carry that trauma in our minds *and* our bodies *and* our souls, which leads to both mental and physical health issues — and more pain. (Some experts refer to this situation as being unregulated, disconnected, or out of balance.)

We are the unhealthiest we have EVER been. We are hurting physically, mentally, and spiritually.

We deserve to be happy, to be loved. We deserve a life filled with joy, right?? We do not have to live with the labels given to us by the medical profession, where everything today seems to be a “disorder.” Depression, anxiety, OCD, PTSD, eating disorders, addictions are just *labels that only describe symptoms. These labels have nothing to do with true healing.*

This book takes a **whole**istic and holistic approach to healing — which means that to truly heal and live your true and authentic life, you need to heal your mind, body, and soul. It is NOT just about mental health... it's about you, it's about your HEALTH because it's all interconnected: your thoughts, your feelings, your emotions, and your beliefs all communicate with your brain, gut, and body — and to be truly HEALED, we need them all to be in alignment.

The work you do with this book — even simply reading it — may trigger some uncomfortable moments and perhaps a few challenges. I ask simply that you stick with it because when you're done, and when you implement your healing protocol, you will begin a journey to the other side of the mountain — the one with the sun and green pastures, singing birds, and beautiful vistas.

This book is not meant to be read in one sitting. My hope is that you will spend some time on each of the six healing techniques in this book, finding the best combination that works for you.

Finally, healing is not a race. Please, take your time. Be patient with yourself and the process. True healing takes time, commitment, and work.

The best place to start your healing journey is simply with one small step: the intention to heal. You already have all the tools you need to heal. You simply need to begin that healing journey and find the methods that best help you clear that unprocessed trauma.

One final note about triggers in relation to your unresolved trauma. I strongly urge you to lean into those triggers, which will help with discovering the trauma behind the triggers, and then heal from that trauma. We need to stop hiding from our trauma and face it head on so we can heal it.

Can you find healing? My hope is you will find inspiration and motivation from the healing stories in this book.

Finally, who am I to be leading this charge about healing? I have been an educator my entire life and have been in the wellness field for more than two decades. I have seen the hurt and outcomes from trauma. I have also witnessed the lies of marketers and governmental agencies — lies about ingredients, lies about treatments, lies about non-Western healing remedies/modalities.

My purpose in life is educating people about healing — and this book and healing project are my platforms for getting to the truth about trauma and about healing. My goal is to share that knowledge with you so you can take a positive and active role in your healing and in finding your true self.

Along with my educator hat, I am a pragmatist. I seek concrete solutions, not ideals and dreams — nor lies. Traditional pharmacology is not going to heal you. But the methods in this book *will* give you ALL the tools you need to succeed in your TRUE healing journey.

People have asked about my personal healing journey, and I am including a short version of it in the section with the other healing stories. Again... my goal with all these stories is to motivate you to begin or restart YOUR healing journey.

Finally, my daily mantra: “I am happy. I am healing. I am healthy.” I share it with you to encourage you to develop something similar for your healing journey.

Know that I am rooting for you! Let’s HEAL!

Thank you for reading this book and helping me plant some healing seeds AND spread my message of healing!

- Dr. Randall “HealingSeed.World” Hansen*

**Curious? Go to HealingSeed.World*

HEAL! From Hurting to Healing

How to Transform Your Life and Live With Truth, Joy, Peace, Fulfillment

Introduction

More than 140 million babies are born annually into a world with a population of some 8 billion people. In theory, those babies are born into loving homes with parents who know how to properly love and raise their children.

Yet we know that's not the case. Children are left abandoned (even if just for short periods), children are abused/molested, children are exposed to poor living conditions and a lack of proper nutrition. We know the mental health of our children is at its worst ever. We also know childhood obesity is escalating rapidly, as are all sorts of other health conditions.

It's not just children, but young adults as well. According to a recent study of approximately 13,000 people ages 20 to 44 years old, diabetes and obesity — two risk factors for heart disease — are on the rise among this group.

We also know from the research that one in five people were sexually molested as a child and one in four had abusive parents who beat them. About one in four of us were bullied in school. Many "loving" couples engage in verbal and physical violence, which is often witnessed by the children.

So many children experience some sort of trauma — and regardless of what people say about children "having resilience" and "being able to bounce back from tragedy," there's no question that trauma will change everyone it impacts, most especially children. Some experts say almost two-thirds of people experienced significant neglect or abuse as children.

Guess what? You were once a child — it's possible you experienced trauma you can't even recall. The child brain, especially, does a great job of compartmentalizing what it can't really explain, but it also makes incorrect associations — which is why we sometimes have complete meltdowns and outbursts about seemingly trivial things, such as the music playing in the background or the smell of a certain cologne. (We call these things "triggers.")

Still, trauma is not all in childhood. Surgeries, assaults, pandemics, social isolation, poverty, racism, gender discrimination, disabilities, bad/abusive relationships, and chronic pain are ALL traumatic. Being the caregiver for someone — especially someone you love — can be traumatic.

These untreated traumas can poison us in our adult life, greatly affecting our well-being — often leading to depression, anxiety, panic attacks, substance abuse and addiction, stress eating, agitation, confusion, numbness, and dissociation. *Unaddressed trauma can also lead to acting out, putting ourselves in dangerous situations.*

We may think we have put our trauma "in the past," but all trauma leaves traces within us — regardless of how well we think we have dealt with the issues. *Unaddressed trauma can actually change the structure of our brains.*

Problems created by trauma are not limited to mental health issues. Partly because the brain and gut share a strong connection through the brain-gut axis, trauma can also impact physical health, including disrupting our digestion. (And what goes wrong in our gut will cause more issues with our brain — and the cycle between the two continues until the trauma is resolved.)

More recently, many doctors refer to the gut as the second heart. Technically, it's called the enteric nervous system (ENS), which contains two thin layers of more than 100 million nerve cells lining the gastrointestinal tract from the esophagus to the rectum.

Interestingly, the GI tract (gut) produces 95 percent of the body's serotonin — a multifaceted neurotransmitter that helps modulate mood, cognition, reward, learning, memory, and numerous physiological processes. (Historically it was believed that serotonin was only or mainly in the brain.)

Past trauma — of all types — stays with us. It is stored as compressed survival energy, until we can find a way of truly clearing it, not simply masking the symptoms. Untreated trauma leads to a myriad of health and emotional issues, at times robbing us of joy, love, and intimacy, as well as affecting our immune systems.

Even faced with this knowledge, many doctors still take a narrow view on health and actually dismiss the idea that a patient could be experiencing trauma-based physical symptoms, such as gut issues. Ever have someone tell you your symptoms are “psychosomatic” ... that all your health concerns are “in your head?” Have you been blamed or belittled (as many have) for expressing your struggles?

On a side note, we are just beginning to develop an understanding of neuroplastic pain — pain not caused from structural issues, but due to psychophysiological processes that have caused the brain to expect pain and identify pain when there is absolutely no physical pain; it literally is in our heads, as the brain is capable of generating any physical sensation: pain in your neck, pain in your back, nerve pain, muscle pain, toothaches, numbness, burning. In fact, most experts suggest that **most chronic pain is neuroplastic** — and it needs to be healed through these same processes of healing your trauma.

Unresolved trauma can have many outcomes. Have you witnessed some of these mini explosions and unhealthy reactions of untended trauma?

- Unexpected, extreme emotional outbursts
- Feelings of anger, fear, unease, sadness
- Strong irritability, hostility
- Nightmares, or, worse, daymares
- Overreaction to a common issue
- Flashbacks
- Difficulty with trusting others
- Paranoia, intense fears

Think I am exaggerating about the degree of trauma in the world? I wish I was. And whether you believe these facts or not, I am glad you are still here — because we all need to heal. We — the collective we of the world — need healing. Having one or more traumas affects how we live, how we love, and the quality of our lives.

Sadly, the most common way to “treat” trauma is by addressing only the symptoms, typically through the use of antidepressants and anxiolytics. Over the last two decades, we have seen a massive increase in the long-term use of these medications in the United States.

Worldwide, the global antidepressant market was valued at \$15.6 billion in 2020. This number is expected to escalate to \$21 billion by 2030. In the U.S., about 1 in 5 people are on at least one antidepressant medication. Antidepressants are the second most prescribed drugs after antihypertensives (blood pressure medications) — which clearly shows that unresolved trauma affects both the mind and the body .

Other therapies attempt to get to the root of the trauma, but even these therapies have their flaws — especially getting to the root cause(s) of the trauma. The only way to clear all these negative consequences from trauma is to identify it, understand it, and put it properly into your past.

Furthermore, three-quarters of us are self-medicating and engaging in unhealthy coping habits. A recent study from Myriad Genetics found that 77 percent of Americans report using drugs and alcohol or unhealthy eating or sleeping to cope with mental health issues — and those numbers are increasing. While these coping mechanisms will sometimes help a person feel better in the short-term, there are long-term consequences.

IT’S TIME FOR A PARADIGM SHIFT IN HEALING. IT’S TIME FOR WHOLEISTIC HEALING.

To truly heal, we need to understand that past traumas can impact every system within our bodies, and that the **ONLY** way to heal is to clear that trauma, not simply mask the symptoms. To live our true and authentic lives — lives filled more with hope and love — we need to HEAL.

Living with the trauma is bad enough, but at the same time as we are having this trauma buildup inside us, we are also spending too much time on our screens, not getting enough exercise, eating processed and heavily-sugared foods, and not getting enough sleep. Is it any wonder why we are in such desperate need of healing? Our bodies and brains are stressed and struggling. ***We are in trouble.***

Just this past May, the United States Surgeon General Dr. Vivek Murthy released a new advisory calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country.

Do you feel rushed and pressured all the time? Insecure and unsafe? Lonely and alone? Stress eat or self-medicate? Feel like nothing is beautiful? Not engaged with family or friends? Haunted by some fuzzy (or not so fuzzy) memory of some traumatic event? Feel badly about yourself — your job, your status, your looks? Constantly worrying about a nagging issue/problem? Don’t like being alone with yourself? Plagued by unknown/unexplained chronic physical pain? Playing the victim — or being the people pleaser? Feeling stuck (in a bad job, relationship)? A sense of being stuck and unfulfilled?

Sadly, without healing, no one can escape the torture of our psyche’s attempt to find fault, raise doubts, question our motivations, challenge our ideas of love and happiness, and be our own harshest critic... and even inflict physical pain.

Hang in there! There is hope!

Healing... true healing is transformative!! The rest of this book is designed to help you find your path to true healing and good health... as well as true love and happiness, living an authentic life!

Please remember: While the trauma was caused by someone else and was out of your control, you **DO** control how to react and deal with pain, how you deal with forgiveness, and how you move toward with healing.

After healing from trauma, people experience wholeness for the first time! It is a true gift.

Recognize that during this healing process forgiveness is essential — forgiveness of yourself first and foremost, but also forgiveness of those who harmed you — as you won't truly heal until you have forgiven everyone for your trauma, your brokenness.

Some last words of advice before you start your healing journey: go slowly and have patience, practice self-love, and be gentle with yourself. *Healing is a process.* But know that true healing is possible; the proof is in this book.

All you need to do is take that first step — and reading this book is a BIG first step!

This book is divided into five sections:

- **Part One: A New Paradigm For True Healing** (Key information about the six healing modalities)
- **Part Two: How to Find True Healers** (Fact sheets to help you find the healers/healing you seek)
- **Part Three: Healing Stories** (Motivational stories showcasing people's healing journeys)
- **Part Four: Healing Quick Sheets** (Easy-to-implement tools/techniques for healing)
- **Part Five: Conclusion & Resources** (Summation of healing methods and key healing tools)

Finally, to assist you in your healing, and to break up some of the text, I am including a variety of additional information, tips, advice, and quotes using the following techniques:

- **Author Insights**
- **Inspiring Quotes**
- **Fun Facts**
- **Healing Hints**

One final note: I have no agenda here besides seeing you heal. I have no paid program or coaching. I am simply of service in helping the world heal — in helping YOU heal.

Editorial Note: *Some of the work in this book requires changing lifestyles, deep breathing, new foods, and other changes that might put a strain on your body. It is highly recommended that you receive support from a doctor (ideally a naturopath) before jumping into a new healing regimen. None of this work is dangerous for the healthy individual, but it's important to always be safe... especially since our goal is healing and living a joyous and authentic life. And if your current doctor does not support your healing protocol, PLEASE consider finding a new doctor.*