



PTSD

Handled the

*“Esoteric  
Healing”* Way

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Often they don't even know that they have it.*

Bernadette Bloom

**S**o many people in the world have PTSD (Post Traumatic Stress Disorder). Often they don't even know that they have it. Personally, I have had nine instances of PTSD, and I am fully recovered from them. I am alive and well, all thanks to Esoteric Healing.

PTSD stems from an experience that happens to you after an incident that is stressful or traumatic, real or perceived. For example, many people developed PTSD after the attacks of 9/11. Though many years have gone by, they are still dealing with PTSD. Other examples may be found in people whose parents were divorced when they were young, being in an accident, a negative relationship where a spouse cheats on you, losing a position at work, or developing a sudden illness. You could even have PTSD after giving birth, about the political situation in the world, or from an incident where you lost your wallet on the subway. There are many ways for PTSD to take root; I had one person tell me that when they were young

their mother punished them by having their favorite goldfish thrown down the incinerator. With PTSD, remember that everyone's perception is different, so we need to honor all of that. Each person is affected differently and to various degrees.

When I help with people that come to me with PTSD, I ask them for three emotional things that they have not been able to resolve. Most people say, "just three!?" And I say, "You know, three is enough — let's just pick three!" From here, I have them send me their thoughts in an email.

The first thing I do is make a spiritual connection to the creator, or whatever you call the Source of your understanding. The idea is similar to being on an airplane, when you are told to put on your own oxygen mask before you try to help others. In this work, we put on our own spiritual oxygen masks by aligning and attuning to the Soul light and to the Monad (your "I AM" presence).



When your spiritual oxygen mask is on first, “to thine own self be true.”

Next, I connect to the Soul and the Monad of the person that I am working with and I ask for the highest and best good to happen. This **alignment** and **attunement** is also called “**building the rainbow bridge,**” or the **antahkarana** up to higher states of consciousness. (A free mp3 meditation going through these steps is available at [www.theEsotericBloom.com](http://www.theEsotericBloom.com))

The process uses the other person’s soul and monadic energy, using the principle of “**energy follows thought,**” to balance the person’s major chakras: Root/Basic chakra, Sacral, Solar Plexus, Heart, Throat, Ajna, and the Alta Major Minor located at the back of the head. The chakras are balanced on all the different levels: physical, etheric, emotional, mental, personality, soul and spiritual.

In Esoteric Healing we use triangles to send energy to specific areas. The general rule of thumb is that the triangle’s three points form one of the strongest structures in the world.

So we frequently work in triangles of a one chakra and two minors, three chakras, or a one chakra, one minor, and one gland. Most energy work is done “off the body,” and in fact, one of the benefits of Energy Healing is that it can be done and received anywhere in the world.

After the chakra balancing, the nervous system should be balanced in all areas (not just the sympathetic and parasympathetic, but also the connections to the pituitary and pineal glands, and the hypothalamus). The hypothalamus gland is the regulator between the nervous system and the endocrine system. If it’s not balanced, you don’t do well. In fact, the first time that I see a client, their nervous system usually

needs to be balanced *several* times, because it is so often out of alignment — *especially* if you have PTSD.

The next area to balance are the organs of processing; this is not just for your food but also your emotions. This will include the liver, gallbladder, duodenum, stomach, pancreas gland, small intestine, and the spleen minor. For most people who have PTSD, their organs of processing are overworked; it’s just too much information that cannot be easily processed.

Many times in my sessions I will also work on the spine so clients feel supported during the course. The spine is the metaphysical support system. I use the spleen minor to lubricate it, (this minor brings energy in from the Creator and from the planet).

So far, these steps are in preparation for actually dealing with the specific trauma.

Next, my client and I will think about their trauma. We go back and rebalance the chakras. When you have PTSD, the chakras are unbalanced on their soul level. If it is unbalanced on the soul level, it means that all the lower levels, from personality down to the physical, are also not balanced. An imbalance on the soul level means that it is a soul lesson; you have to shift your level of consciousness in order to heal it. While we are thinking about the trauma, all of the chakra imbalances typically start to collapse. If you can catch the trauma right away, that’s great — but if you’ve been walking around with PTSD for 20 years, it is deeply ingrained in your system.

There are two other areas on the body that deal with trauma, according to the Esoteric teachings. One area is the Solar Plexus Minor, connected to the ileocecal valve and the sigmoid flexure, that is for ‘daily trauma,’ such as I lost my wallet, my boss yelled at me, I stepped off the curb and almost got hit by a car, I had a fight with my significant other, and so on. Anything that can be considered a ‘daily trauma’ can trigger PTSD.



The other area on the body that we deal with is ‘life threatening trauma,’ which is the Basic chakra. The Basic or the root chakra, which represents survival, deals with anxiety, fear, anger and survival. Any sort of survival situation; I got stuck in the birth canal, my umbilical cord was around my neck, I had a breech birth, the attacks of 9/11, living through a hurricane or the wildfires in California, any of the wars that have or are going on. These all fall under the category of ‘life threatening trauma.’ The Basic chakra, ileocecal valve, and sigmoid flexure triangle is an area that needs to be rebalanced with soul and monadic energy.

Depending on the individual, I will usually energize the eyes and the ears on my client. This will help the person see the situation with “different eyes” and understand it better. Often people with PTSD will have TMJ (Temporomandibular joint dysfunction), where they grind their teeth and feel depressed or angry. There is a membrane called the tentorium that supports the brain. This membrane can get extremely tight, which creates problems. In fact, a lot of brain structures (cerebellum, frontal lobes, occipital lobes, amygdala, thalamus), need support to remove the effects of PTSD, allowing for relaxation and new ways of thinking and processing. This is all done with Alignment and Attunement of the soul and monadic energy, sometimes taking several adjustments, before the shift.

The process ends by clearing the trauma out of the solar plexus, heart, and the ajna. We also energize the spine so that the person continues to feel support. I will then ask the person to go back and think about the issue again to determine where they are now. Often, they will respond with “Oh gosh, I don’t know what I’m doing,” or “Oh, I spaced out,” in which case I will ask them to go back and think about the trauma again so I can evaluate the chakras to see if they have started to move. I will inquire, “How do you feel about the fact that your parents had a traumatic divorce when you were a child?” the response: “It just

feels so much lighter.”

This is wonderful, and exactly what we want to hear. Nature abhors a void. Once we take the trauma out, we just don’t want to say “bye, see ya, good luck!” and instead, we want to fill that space with a higher vibration. I will have the person think about what they need in the present time, and what is their next step? While we both hold these thoughts, I energize the breast for self nurturing, the lungs so they can breathe in life fully, and finish with the vitality or prana areas to bring in higher spiritual work. I’ll provide grounding support so they can stand in life differently.

I love to end the session with energizing the heart and the circulation with Ray 2 energy (spiritual love and wisdom). We place spiritual love and wisdom into the person’s blood. The blood goes to every single part of the body. I always ask my clients if they want spiritual love and wisdom, and not one single person has ever said no. Most people say they feel so, so much better afterward.

These are my cliff notes of how to treat someone with PTSD using Esoteric Healing. Remember that these teachings come from Tibet. The spiritual master that gave us these teachings is Djwal Khul, lovingly called the Tibetan. There are 26 books written on this very esoteric topic. I trust this article gave you some guidance on how PTSD can be cleared from one’s system.

I wish you the Highest and Best, all the time. ☺



To learn more about Bernadette Bloom, Medical Intuitive see [www.TheEsotericBloom.com](http://www.TheEsotericBloom.com)