

# 341: How to Heal Childhood Trauma

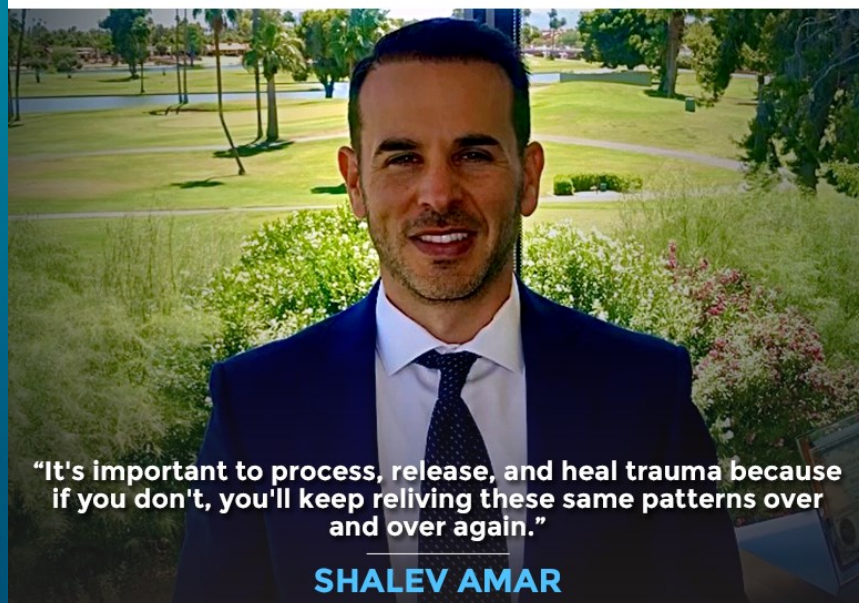
## 10 Point Checklist

### Shalev Amar

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"It's important to process, release, and heal trauma because if you don't, you'll keep reliving these same patterns over and over again."**

**SHALEV AMAR**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Be willing to do whatever it takes to heal. Have a whatever-it-takes attitude towards my trauma healing journey. No one can help me but myself.
- Always consult my doctor before I stop taking any medication. Medication can be a bridge if I'm going through a really hard time. It can temporarily help me get to a better place.
- Consider the network chiropractic healing method. Over time, this will balance the bioenergetic field and nervous system. It will make me less emotionally reactive, and it also slowly heals and releases trauma.
- Try Trauma Release Exercises (TRE). This healing method is a somatic body-based practice for people suffering from stress, anxiety, trauma, or PTSD. It causes involuntary shaking in the body, which releases trauma and stagnant energy.
- Apply for a government-authorized and funded study for psychedelics, which makes these substances legal to use. If qualified, there will be a therapist that will guide me through the journey. Psychedelics can be very helpful for releasing trauma and can give deep insights and awareness. (Note: Psychedelics are not for everyone.)
- Practice the Ho'oponopono technique. It's a Hawaiian forgiveness prayer, 'I'm sorry. Please forgive me. Thank you. I love you.' Chanting this prayer is a powerful way to cleanse the body of guilt, shame, haunting memories, ill will, or bad feelings that keep the mind fixated on negative thoughts.
- Be empathetic. Always consider how what you say or do will affect others.
- Have an open mindset and be willing to try different healing modalities. Some things will work amazing for me, some things not as well, and that's fine. If something works great for me, double down and keep doing it.
- Seek to first understand and to be understood. Once people feel truly heard and understood, they are more receptive to guidance.
- Check out Shalev Amar's Youtube channel, [Freedom from Trauma](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8), for more trauma and trauma healing resources.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/how-to-heal-childhood-trauma-with-shalev-amar/>