

# Healing Post-Traumatic Stress Disorder & Traumatic Brain Injury

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## Abstract

Post-Traumatic Stress Disorder (PTSD) is a silent psychological wound and is a major problem for veterans and active servicemen and women alike. The sufferer battles with a sense of identity loss that can leave them angry, depressed, emotionally imbalanced and often empty inside. With an average of 20 veterans committing suicide daily, there is room for improvement in the way treatment is offered to them [9]. In a digital world, we need to move with the times and offer digital therapy, so easy to access that victims need only pick up their cell phone to help themselves. Conventional treatment methods focus on the mind-body connection, which is only a part of the solution; a critical factor in healing PTSD is the damage caused to the human spirit or psyche, which is described in this paper as 'soul fragmentation'. This is where the saying 'beside myself' comes from, as victims often feel a sense of disassociation or feeling like they are disorientated in some way even though they are still functioning; therefore a new approach needs to be taken if we are to recover the victim's missing identity. This paper explains a new treatment for Post-Traumatic Stress Disorder and Traumatic Brain Injury, incorporating the new science on the block, 'The Science of Consciousness'. The system includes a four-step Post-Traumatic Growth program that combines a combination of techniques, referred to as 'Crystal Ki Healing', the brainchild of Janine Regan-Sinclair -The Consciousness Architect. This article illustrates how a set of digital audio programs are a simple cost-effective solution and a 21st Century approach to treating Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI).

**Keywords:** Post Traumatic Stress Disorder, Trauma, Mindfulness, PTSD, TBI, Traumatic Brain Injury, Alzheimer's Disorder, Parkinson's disease, CTE, Janine Regan-Sinclair.

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The Burden of Mental Illness - a large proportion of individuals do not receive any healthcare for their conditions because (1) the mental health infrastructure and services in most countries are grossly insufficient for the large and growing needs, and (2) widely prevalent stigma and discrimination prevent them from seeking help [1]. As of 2015, a policy for mental health care is lacking in 40% of countries, and 25% of those with a policy assign no budget to implement it [1]. Even where a budget exists, it is very small; 36% of countries devote less than 1% of the total health resources to mental health care [1]. Although community based services are recognized to be the most effective, 65% of

all psychiatric beds are still in mental hospitals, cutting into the already meagre budgets, while providing largely custodial care in an environment that may infringe patients basic human rights [1]. Post-Traumatic Stress Disorder starts with a trauma of some kind and is often referred to as the Hidden Wound, because it is not always easy to recognize or express. Officially termed Post-Traumatic Stress Disorder since 1980, PTSD was once known as shell shock or battle fatigue because of its more common manifestation in war veterans. Symptoms are not merely linked to veterans, so the name has been changed to cover a wider group of people. According to the American Psychiatric Association -Post-

Traumatic Stress Disorder (PTSD) is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event, such as a natural disaster, a serious accident, a terrorist act, war/combat, grief, divorce, rape or other violent personal assault (n.d.). It is also possible to suffer PTSD symptoms after the death of a loved one or even a beloved pet; but in general, it's a term linked to military personnel and war veterans.

A person must have experienced symptoms for at least one month following a traumatic event in order to be diagnosed with PTSD, however, symptoms may not appear until several months or even years after the initial event. The disorder is characterized by three main types of symptoms:

Distressing recollections of the event, flashbacks, and nightmares.

Emotional Detachment (numbness and avoidance of places, people, and activities that may be reminders of the traumatic event).

Hypersensitivity with can lead to difficulty sleeping and concentrating, feeling jumpy, feelings of irritability and anger or rage.

Throughout my fifteen years as a Therapist, I have gained insight as to what is really happening to the hundreds of thousands of people suffering from Post-Traumatic Stress. This led me to formulate a set of four self-help programs called Post-Traumatic Growth, which can be accessed via cell phones, tablets, computers, or even copied onto CD or an iPod. PTSD is a disease far more common than most people are aware. In recent years, 2.5 million veterans have returned to their homeland from conflicts in Iraq and Afghanistan. Almost daily many, soldiers, men and women, were eyewitnesses to violent deaths and the horrific crimes and consequences of war. They literally suffer with excruciating personal memories packed with immense trauma as a result of their horrifying experiences; which are beyond belief in many cases. Many of these soldiers have no idea of what going to war will really mean to them or how war has imprinted their psyche. It doesn't matter how well trained these soldiers are or their level of fighting efficiency; some things experienced in a war zone are just too much for the human spirit to endure. And I would like to stress that this issue is not limited to veterans, many civilians suffer from Post -Traumatic Stress, at some point in their life. It's not only the veterans and active servicemen and women who suffer. Relationships break down, families are torn apart; their partners, children, parents, workmates and even their friends suffer also. The negative effect of PTSD is often spread far and wide. Recently, the mother of a veteran, in his late twenties, told me that her and her husband had spent a fortune on therapy for their alcoholic son who had been diagnosed with PTSD. The negative consequences spread even wider because the young veteran's addictions were not replaced with positive changes. He and his parents were not better-off for all that had been done and the money spent. He was broken and they were determined to find someone to 'fix' him, yet they were running out of money and hope. This mother and father are not alone in their quest for a cure. With thanks to the President, more help is being sought after, as he signed Executive Order 13822, Section 1 / 3, in January 2018 -Supporting Our Veterans during Their Transition from Uniformed Service to Civilian Life [2]. Healthcare is a major priority if we are to enjoy our lives fully and we live in a changing world, thankfully.

Unfortunately millions of people are still suffering from poor mental and physical health than ever before. So, what do we need to do to change the statistics? One of the most important things we can do to improve our health is to change our mindset. It's a scientific fact that the mind-body connection is real, but in order to get true growth and recovery, we must address the mind-body-spirit connection. Complementary healthcare has been growing in popularity over the last Century and with good reason. The results speak for themselves; if you doubt it please read my website testimonials. Before we get confused about the spirit part of the mind-body-spirit connection, please let me enlighten you. By spirit we mean energy vibrations that make us a multi-layered and multi-dimensional being or Soul. We are truly so much more than a physical body and mind, and the psyche of human beings must be brought into the equation here. We are complex, multi-faceted entities with hidden facets that must be addressed in order to fully heal trauma and in many cases disease also.

**Psyche Definition: Another word for the place where your thoughts come from is your psyche. Psyche comes from the Greek psykhe which means "the soul, mind, spirit, or invisible animating entity which occupies the physical body" [3].**

Psychosomatic disorders are no longer merely a weird mental dysfunction, they are very real. Our past experiences form the imprints that create the programs in the subconscious mind. All of these then manifest into the reality we perceive with our senses, including our mental, emotional, spiritual and physical health.

**According to research 87% of illnesses are attributed to the way we think and process thoughts stored in our minds [4]. 13% is attributed to diet, genetics and the lifestyle and environment we live in [4]. Toxic emotions are the cause of most chronic diseases [4]. So much so, it has reached epidemic proportions in modern society [4].**

We all need to take a deeper look into the causes and solutions associated with trauma, especially Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). I have been treating trauma for the last 15 years and not with conventional techniques, as I use the mind-body-spirit and a multi-dimensional approach. Guided imagery is a powerful tool when working with the subconscious mind, and the results are exactly that RESULTS! There is a new science on the block; it's referred to as the Science of Consciousness [5]. Books like 'The Everything Answer Book' by Quantum Physicist Amit Goswami, explain in depth how science has to evolve in order for humanity to correct the dreadful imbalance in the mind-body-spirit connection [5]. These imbalances are the root cause of nearly all disease, and should be more accurately described as dis-ease. The term disease simply means lack of ease or harmony within the body. However, trauma in relation to PTSD is the result of a traumatic experience not necessarily an imbalance in lifestyle or diet. But it can lead to these things if not treated early enough. When we look at someone suffering with PTSD, in general, they may receive a cocktail of drugs and/or talk therapies such as Counselling or Psychotherapy. These maybe helpful, but are a long term and very costly method of treatment. I believe that therapy of any kind should be short term, and in my

opinion, if therapy does not get noticeable results in the first 3 months, then it is not efficient enough. I'm informed that the VA has included Alternative Healthcare in many of their clinics, but unfortunately veteran suicide rates have not declined sufficiently. Social media Veteran groups are also crying out for more help and constantly bad mouthing the current systems in use. When you read the testimonial I have shared below, you will see the right approach gets immediate results. It was written by a retired Marine who had not slept through the night for 8 years until he had a treatment session with me. One session gave him the first night of peaceful sleep in all that time. He said he would be troubled by a 'demon' virtually every night in his sleep; his words, not mine. My journey has led me to many areas of healthcare, in particular the 87% zone of mental health noted above. I prefer to use the word clients rather than patients, as I believe that the word patient keeps the person in an 'I'm sick' mind-set. PTSD is a psychological issue that can also create physical symptoms. I've met many people who have been informed their illness is incurable, and this creates a 'Nocebo Effect', the opposite of a 'Placebo', the latter being positive and the former not so. When people are told this, it plants a seed in their subconscious mind that holds the disease as a program in their psyche, creating more of the same disease. Often, we find that once the root cause is dealt with, the person begins to feel better very quickly. Many doctors are beginning to realize this and to change the way they treat patients, the results speak for themselves. Since 2003, when I first started to work with energies, I've trained in and explored many areas including Psychology, Hypnotherapy, Counselling, Energy Healing and Neuro-Linguistic Programming (NLP). All of which are excellent in their own way, but the major results only happened when I merged all of the tools I had in my tool bag. One single approach to PTSD is never enough in my opinion; a more expansive view is needed. My techniques are considered Complementary Healthcare and work alongside the medical approach with ease. It is considered the holistic route to treating disorders and disease.

**Holistic means 'Whole' and I approach my client with the whole in mind. This isn't about some 'Woo Woo' Eastern philosophy; it's about recognizing the fact that we are more complicated than merely a physical body and mind. The Spirit or Energy Field must also be taken into consideration. This is the missing piece of the puzzle when it comes to healing PTSD!**

We need to be aware that the spirit (or energy) is damaged during traumatic experiences, and therefore it must be considered when a person has been traumatized, and is having treatment. I refer to this break away as a 'Soul Fragment' and it needs to be recovered, repaired and returned to the body in order for recovery to take place. I refer to this process as a 'Soul Fragment Realignment'. This is where the multi-dimensional approach is required; I will explain more about this later. I believe whole heartedly that the Science of Consciousness is the future of healthcare. I also believe it is the only way to really heal imbalances relating to Post-Traumatic Stress and many other anxiety disorders. No doctor can deny that long term use of medications actually harm the organs in the body, so a new way forward must be found to help these people. The same applies to Traumatic Brain Injury, as we must clear the trauma from the prefrontal cortex and realign

the frequencies that create the hypersensitivity or 'shell shock' response. Modern science has now proven that new Synapses can be formed in the Brain. This is called Neuroplasticity and is a leading-edge philosophy in regards to rewiring the brain after injury or strokes.

**Neuroplasticity definition- the ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following injury [6]. We can literally rewire our own brains and my Brain Repair audio does exactly that!**

Neuroplasticity offers real hope to everyone from stroke victims to dyslexics and of course people with TBI who have suffered concussions or head injuries. With reference to Traumatic Brain Injury (TBI), the brain does change, both for the better and for the worse; as positive experiences induce brain cells to expand. On the contrary, negative experiences cause brain cells to shrivel and die. This means that if a person is stuck in a negative mind-set, their brain is in a permanent state of disease and their cells are literally dying off as a result. Our emotions are also a critical factor when it comes to healing PTSD, as emotions are energetic vibrations pulsating at various frequencies. If we don't deal with them and release them they get stored in the organs in our bodies. Research also shows us that toxic thoughts and emotions can affect the frequency of even the most pure food sources. We should never eat when we are upset or angry as our emotions will damage the food and we end up eating our anger, hate or whatever else we are feeling. Therefore an anxious, angry or fearful person suffering from PTSD may be poisoning their food supply with these toxic emotions and this can cause digestive problems. And for those that think marijuana is the answer, I once read that marijuana can cause violent behavior in people with PTSD. Therefore this form of medication should be used with caution. Science is evolving as we enter into the realms of multidimensional universes and the Quantum Field of possibilities. In recent years, the Science of Consciousness has been blessed with many great minds, such as Quantum Physicist/Author, Dr Amit Goswami and Cell Biologist, Dr Bruce Lipton, author of 'The Biology of Belief' [7]. Human beings have so much potential for healing on every level of mind, body and spirit. And once again, by spirit, I mean the energy that permeates and surrounds all living things, the ethers and the vital life force known as the energy field. Our cells and DNA also have a field around them and that this field is a form of consciousness. More importantly, I discovered that if we alter the frequency of this field of consciousness, it produces profound changes in the cell structure, cell memory and Chromosomes. This makes it possible to transform the DNA at the quantum level, creating a different cellular structure. This means we can remove disease at a cellular level altogether, allowing the body's natural healing abilities to do what they are programmed to do self repair. Over the years, I have developed a powerful healing system and treatments involving a combination of techniques that alter the subconscious mind, the energy field in and around the body and also the morphogenetic fields.

**A morphogenetic field is a group of cells able to respond to discrete, localized biochemical signals leading to the development of specific morphological structures or organs [8].**

In other words, these fields are regions of consciousness that shape developing organisms; they are the architectural blueprint of the organs. Our DNA acts as both a transmitter and a receiver, gathering data from the field and turning that information into matter. Our energy field is greatly affected by everything around us, our food, lifestyle, the music we listen too, the TV, radio waves, our thoughts, feelings and so on. All of these things and more, send signals to our DNA and subsequently cause us to be either healthy or unhealthy. Water is critical to good health and many people are in a constant state of dehydration. If we are dehydrated, so is our DNA, therefore the field around it is distorted, sending out signals to our cells that are not as they should be. This can lead to diseaseforming at a cellular level. The beauty of the field of consciousness is that it responds to changes in frequency. This means that the blueprint of the structure of the body can be rewritten, changing the form of the organism from one that is diseased or off balance, to one that is healthy. This metamorphosis can be instantaneous in some cases or it may happen slowly but surely over the weeks following the treatment session. It is also possible to rewire the brain; people have been doing this for decades now, creating new neuropathways and so on. It's all about the consciousness around the building blocks. I believe that my DNA Field Modification technique is critical in the recovery and elimination of many dis-eases. I can say this with confidence, having witnessed change happening overnight in many of my clients. Once we open our minds to the fact that we all have a higher level of consciousness, or Super Conscious Mind; and that we can converse with that part of our psyche, we have opened up a whole new dimension in healthcare. In doing so, we can change our physical, emotional, mental and spiritual make-up and the future of healthcare will change forever. Not before time!

#### What happens in the Brain as a result of Trauma?

When we experience a traumatic event, changes occur first and foremost in the part of the brain known as the Amygdala. It fires out warning signals to the rest of the brain and the body, releasing stress hormones. This is known as the fight or flight response. This causes the brain to be rewired as it changes your Neuro networks and pathways and your sensory pathways. This happens so that you can survive in a dangerous situation. Stress hormones surge through the body and lead to us being hypersensitive giving us the strength we need to fight or to run away. The information then moves into the hippocampus and holds that information for two or three days, until it decides to either reject it or to send it to the Pre-Frontal Cortex to be stored as a long term memory. Depending on what is stored in the long term memory, you may now be suffering from a menagerie of issues. These include flashbacks, insomnia, nightmares, night sweats, panic attacks, hypervigilance, and hyperarousal to name a few. Generally in trauma cases, the experience and more importantly the toxic emotions are stored as long term memories. These emotions include fear, hatred, worry, hostility, anger, rage, resentment, frustration and terror. All of these are frequencies that put our body into stress mode. Images and other sensory memories like smells are also stored in the brain. At this point I would like to mention the fact that anger and rage are two very different frequencies. Most people believe rage is really bad anger, but

this is incorrect; rage is actually powerless anger. This is often the case with trauma patients and victims of abuse, as they have had to put up and shut up, so to speak. Therefore the rage must be addressed specifically, as this blocked emotion really is a ticking time bomb in their system. Humans have two systems in the body that are greatly affected by stress. One is chemical, namely the endocrine system, the other is electrical, the nervous system. The body is therefore run by electromagnetic energy and chemicals. Our thoughts and emotions are linked and create electrochemical responses that affect our whole body. What we think and feel causes a part of the brain called the Hypothalamus to alter the chemicals in our system. It responds to the experiences deep within our psyche and this causes stress hormones to rush through our body. The resulting chemicals have an electromagnetic charge that is carried to various organs. For example - Our heart often feels grief as a physical pain, or when our blood pressure increases it affects our thinking and decision making in a negative way. Once the brain stores the traumatic experiences, this leads to a future of imbalanced thought processes; as a result, incorrect signals are being sent out to the mental, emotional and physical bodies. The spiritual body or energy body is also involved and carries incorrect frequencies such as disassociation with reality and many other issues. Complementary Healthcare is considered an ancient science and it treats illness with a more holistic approach. In the *West* we tend to approach disease and treating it, as if it were a fight. We want to fight cancer, kill the pain, fight bacteria and so on. But in the *East* they tend to look at disease as *dis-ease*, and in terms of balance within the mind, body and spirit (energy). As a result, a far more gentle procedure is the norm. My philosophy on disease is more mind focused. The mind, as I mentioned earlier, is said to be responsible for around 87% of our health and well-being. In my experience of treating PTSD, the majority of the issues are caused by an imbalance in the mind-body-spirit connection, with spirit being the missing link. If we only treat the body on a physical level, we are really only treating the symptoms and not the cause of the symptoms. This results in a long term need for drugs or counselling of some sort and is a very expensive form of treatment with limited success rates. More often than not, it is due to our thought processes and the imprints we have in our minds as these are the results of our experiences, such as trauma of some sort in the case of PTSD and TBI.

**The suicide rate amongst war veterans is approximately 20 a day, according to statistics, some say 22 [9]. In order to reduce this figure dramatically and achieve a higher recovery rate in general, we need to look at disease and mental health issues from an etiological level. This means at the level of the root cause of the disease, rather than merely treating symptom's.**

To find out more from the VA website, visit:

<https://www.va.gov/opa/pressrel/pressrelease.cfm?id=2951>

Post-Traumatic Stress is not something that only happens to War Veterans, it also affects acting servicemen and women and first responders. It can take months or even years to show itself and it can and often does ruin the lives of not only the person suffering from it, but their families and friends. There is a solution and I know that it is working for many, but first let me explain

what being human really means holistically. Each living being is an individual universe of energy, consisting of frequencies and vibrating particles. All the body systems, organs and glands to their smallest particles are not the solid physical matter they appear to be. They are in fact literal and measurable waves of energy, vibrating at unique and distinguishable frequencies. These waves of energy are encoded with data, and everything we see, think, feel or experience is stored as vibrational data on top of our original blue print; including the data created when we experience any sort of trauma. These waves vibrate at either high frequency (healthy and balanced) or low frequency (unhealthy and imbalanced) and there are a vast number of variables in between. Most of us fit into an “in-between” fluctuating category influenced by our chosen lifestyles, our environment, our eating habits, the music we listen to, the programs we watch on TV and various other stimuli. Even our thoughts, feelings and the words we speak have an impact on our vibration, affecting our well-being and health in general. Movies such as ‘The Secret’ and many other books about the law of attraction have taught us that we attract what we think about and what we feel; so it’s well known that we need to think positively in order to manifest a good life. We are like magnets attracting or repelling constantly, whether it’s negative or positive depends on what we have in our mind, body and energy field. And it’s not just the conscious mind at play; it’s the subconscious that really has the power to create our experiences. Plus the subconscious mind has no sense of time; it lives in the present moment always. The traumas we have encountered are stored in our subconscious, in some cases recreating the dreadful scenes we have witnessed over and over in a continuous loop. According to Stem Cell Biologist and best-selling author, Dr. Bruce Lipton, the mind is absolutely in control of our biology, our behavior and our genetics [10]. An internationally recognized leader in bridging science and spirit, he explained how the new *Science of Epigenetics* proves that an organism’s perception of its environment create its biology [10]. He also shared with us that 95% of our life experiences are created by our subconscious programming, and not the conscious mind [10]. Head injuries and Concussions create Traumatic Brain Injury (TBI), again relating to cell memory and the trauma data stored there. I firmly believe that if the cells were cleared of the negative data quickly after the impact took place (within 2-3 days), using one of my purpose made audios, the damage would be greatly reduced, if not eliminated. Trauma data is also stored in the cell memory, affecting the frequency of the cell on a molecular level; eventually this can create disease in the mind and body. This means that the trauma has not only had a negative effect on patient mentally, emotionally and spiritually, but it’s also damaging their physical health. When we suffer trauma, our energy body shatters, we fragment to various degrees depending on the severity of the experience. Open and disorientated in some cases, we are vulnerable to the energetic frequencies in the vicinity. Obviously in a war torn environment, those energies would be very negative, such as anger, hatred, fear, terror and so on. When photographed with a Kirlian camera (a special camera which captures the colors of the energy in and around the body), these negative frequency colors would appear dark, black, brown or grey. The opposite would be experienced in a monastery for example, where the frequencies would resonate

as peace, joy, love, and harmony. In this case the colors would be light, white, violet, aquamarine or pink. When we are shattered by a shock or trauma, we often absorb the energies surrounding us at the time. We tend to suck in those negative frequencies and unfortunately, we take them home with us. This can cause a variety of problems. For instance, a loving husband may now be capable of tremendous aggression and even violence towards his family, when he was not that way inclined before the trauma. Also when the vibrational frequency of fear is absorbed, it can create recurring panic attacks and anxiety attacks. It can also cause sexual dysfunction and loss of libido, as well as many other problems.

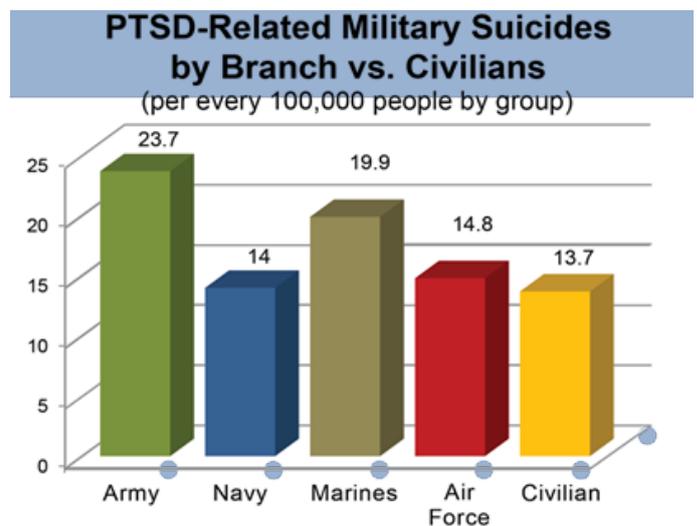


Figure 1: What Is Posttraumatic Stress Disorder?

**Research shows that fear causes 1400 known physical and chemical responses in the body [4]. It also stimulates over 30 different hormones and neurotransmitters [4]. When we are stuck in a state of fear our whole body is working overtime [4].**

The subconscious mind lives in the now, so fear in the subconscious is like a long playing record that is stuck in a loop. All that stress is causing the constant physical and chemical responses mentioned above. Eventually this will drain even the strongest of people. What happens next could be years of therapy, medication and unhappiness, in many cases.

**According to The Economic Burden of Anxiety Disorders, a study commissioned by the ADAA and based on data gathered by the Association and published in the Journal of Clinical Psychiatry, anxiety disorders cost the U.S. more than \$42 billion a year, almost one third of the \$148 billion total mental health bill for the U.S [10]. To find our more, visit: (<https://www.anxietycentre.com/anxiety-statistics-information.shtml>)**

Millions of people suffer from PTSD in the US and millions more with anxiety disorders. With this kind of financial input, why aren’t the results of treatment better? Surely it’s time to change the way these disorders are treated, by applying a new kind of treatment, one that finds the missing link. That missing piece is the key to opening the door to freedom, recovery and peace of mind. This lost fragment stops them being whole and keeps them trapped, many reliving the trauma again and again, it stops them

sleeping at night. Until that piece is found repaired and reinstalled into the whole, they will almost certainly never fully recover. Some believe that re-educating veterans and getting them back to work is key to recovery, however, there is an enduring truth in the old saying 'You cannot put new wine into old bottles'. These men and women need to be brought back into balance before they are placed in educational programs. Trauma victims very often find it difficult to focus and concentrate their attention; therefore learning new skills may be problematic. Obviously we can't wipe the war out of their minds completely, but we can and do help them to feel well again, by helping them to recover, repair and return those lost pieces of the puzzle and clearing the cell memories. This helps veterans reconstruct their previous identity. They should be encouraged to accept what has happened and to forgive themselves for the acts of violence they have committed, as deep down many feel guilt and remorse for their actions. Good people trained to kill, are still good people after they have killed; but the guilt can destroy them inside, therefore self-forgiveness plays a big part in their reintegration back into civilian life. Why forgiveness? Quite simply un-forgiveness is a negative low vibrational frequency that damages the human heart. It is self-destructive and therefore it is important to let it go in order to move forward, progress and be at peace. The one thing needed post war, is inner peace.

#### The Solution -Post-Traumatic Growth Programs

These unique programs combine skills used by some of the most famous visionaries of our time including Neuro-Linguistic Programming (NLP), Diamond Energy Healing, Hypnotherapy and Quantum Healing. The Post-Traumatic Growth Self-Help audios also contain state of the art binaural beats to help maintain the correct brainwave frequency. Initializing Theta brainwave frequency allows instant access to the subconscious trauma memories. This allows them to be altered without any abreactions or side effects; suitable for 18 +, (10 + Minors supervised by an adult). They are simple to use, all you need to do is sit upright in a chair, eyes closed with your headphones on, and listen as I (Janine) gently guide you through the process of clearing your subconscious mind. The audio also removes trauma memory on a cellular level. These audios are the result of 15 years experience in helping trauma victims and I believe are the most effective Post-Traumatic Growth Audios in the world. Used and supported by Purple Heart recipient, Lt. Col. Michael Zacchea, United States Marine Corp (Ret). This is what he had to say about them.

*"Janine Regan-Sinclair's treatment has worked miracles in my life in every respect; -my health, my career, my wealth, my emotions, and my relationships. Her program literally changed my life in a matter of weeks. Her audio programs are AWESOME!"* Lt. Col. Michael Zacchea, USMC (Ret), New York, USA. Mike deserves some credit for these audios being produced, as without him opening up to me about the atrocities he witnessed and inspiring me, I would probably never have made them. Before I treated Mike, I was unaware of how big a problem PTSD in the military really was. Mike has since published his first book and is in talks with a movie producer Amazing!

#### The 4 Post-Traumatic Growth Programs

1. **PTG1 Organ Cleanse** (25 Mins): It is recommended that this program is used in conjunction with PTG2 and PTG3
2. **PTG2 Soul Fragment Realignment** (25 Mins): It is recommended that this program is used in conjunction with PTG1 and PTG3
3. **PTG3 Brain Balance** (25 Mins): It is recommended that this program is used in conjunction with PTG1 and PTG2
4. **PTG4 Addiction** (25 Mins): It is recommended that this program is used in conjunction with PTG1, PTG2 and PTG3

#### How do the audios work?

These Post-Traumatic Growth audios are far more complex in their design than a straightforward meditation or mindfulness audio for example. They are the result of 12 years of experience in dealing with trauma; as I developed them in 2015 after working with Lt. Col. Michael (Mike) Zacchea, as I mentioned earlier. I have spoken about the fragmentation of the psyche (soul) and how negative frequencies fill the void created by the split-off. Now I will explain how my audio programs repair these problems and clear the negative energies from the system on every level of being.

#### 1. PTG1 Organ Cleanse Audio

Traumatic experiences form negative energies that may be processed and released at the time of the event or in the case of Post-Traumatic Stress (PTS), become trapped within the mind, body and spirit. The internal organs absorb the negative energies and then attract more of the same to them. These toxic energies can cause various problems such as insomnia, addiction, anxiety, pain and dis-ease, to name a few. There are many other issues associated with Post-Traumatic Stress and PTS Disorder, and symptoms can cause problems for months, years, decades or even life times, if the offending energies are not brought back into harmony with the body's natural vibrational frequencies. This audio program helps to repair imbalances in the internal organs in relation to fear, anger, rage, hatred, terror, and trauma memory. It also clears the energy field around the body known as the aura or bio-energetic field. This Organ Cleanse Post Traumatic Growth Program has been specially formulated to deal with specific aspects of Post-Traumatic Stress and PTS Disorder in relation to all kinds of traumatic experiences such as: War and Terrorism / Rape / Sexual Abuse / Accidents and Injuries / Death of a loved one / Natural Disasters / Giving Birth or Being Born; and prolonged periods of stress of any kind whether domestic or executive.

#### 2. Soul Fragment Realignment Audio

During traumatic experiences, parts of the subtle energy field and psyche often break away from the whole, leaving victims feeling like a part of them is missing. This fragmentation can also lead to recurring nightmares, flashbacks, hypersensitivity and anxiety. In every case of PTS and PTSD I have come across, the person says 'they feel like a piece of them is missing', or that 'they have never been the same' since the incident. There is a reason for this, something I refer to as Soul Fragmentation. Try to imagine a healthy person as a completed Jigsaw puzzle. When trauma happens, it's like dropping that Jigsaw onto the floor, it shatters.

Fragments spread all over the place. We can pick them up and put it back together again, but maybe one or two pieces are missing, because they rolled under the sofa. We put the lid on the box and set it aside, thinking all is well, but it's not. The medical care is the initial picking up of the pieces, but more often than not, this care does not include the restoration of these missing pieces of the puzzle. Physical wounds heal, but psychological wounds need more attention. Many people are treated and sent home with this part or parts still missing. This can lead to years of victim consciousness, anxiety, fear, anger and other problems, resulting in years of therapy and medication, as it is impossible for that person to feel whole again. And it's those pieces of the person's psyche that we must recover, repair and return to their energy field. If they are not returned, the person is left feeling like a part of them is missing for weeks, months or even for the rest of their life. Therefore it is critical that these parts are returned and brought back into harmony with the natural vibrational frequency of the individual, in order for them to feel whole again. This audio program helps to rebalance those parts and return them to the body, whilst also cleansing the cells of trauma memories stored within them. It repairs up to three fragments at a time. If there are more than three, say eight or nine, it will repair all nine of them if the audio is used three times (not necessarily on the same day). In fact, every time an audio is used there is a slightly different effect. This causes an accumulative recovery by allowing the user to listen to the audio as often as they feel the need.

### 3. Brain Balance Audio

The top 3 causes of Traumatic Brain Injury are accidents, firearm damage and falls. This audio program helps to repair both mild and severe brain injuries. It also helps with Concussion damage. Mild trauma symptoms include headaches, attention deficit, poor memory, mood swings, frustration and difficulty thinking. Severe symptoms include limb function limitations, cognitive dysfunction, speech issues, emotional problems and long term unresponsive states. The audio also balances and integrates the two hemispheres of the brain, said to increase focus, concentration and intellect. Balancing the two hemispheres of the brain may also help relieve anxiety, insomnia and depression caused by trauma and/or stress. As I mentioned earlier, the Hippocampus is the part of the brain that decides what to do with information and the memories of traumatic experiences. This decision making process takes two to three days, therefore the sooner the person uses the audio program after a traumatic incident, the less chance of the issue becoming a permanent trauma memory. That being said, the audio will also clear it from the long term storage compartment in the brain in relation to PTSD and Traumatic Brain Injury (TBI).

### 4. Addiction

Many people who have addiction issues have suffered some sort of trauma and their addiction is a coping mechanism. Drink and drugs whether recreational or prescribed can be a problem, but there are other types of addiction such as shopping, sex, pornography, food, sugar, TV, computer games, gambling and so on. All of these habits and behavioural issues may be one way of numbing the pain but some can also be hereditary. This audio removes the addiction thread; an energetic neuropathway

created by the habitual behaviour.

**Note:** All Crystal Ki Post Traumatic Growth audios contain Theta Binaural beats to help maintain the correct brainwave frequency; this sounds like a slight buzzing noise in the background and is normal. The goal of these self-help audio programs is to not only aid recovery from traumatic experiences; it also empowers the user to take control of their well-being.

### Why is access to this Self-Help so important for those in active duty?

These audio programs would also help those in active duty to have instant access to self-help via their cell phones immediately after the traumatic incident; which puts them in control. I believe that if the audios are used within 2 to 3 days of the incident; this would stop the brain storing the trauma as a long term memory. As I mentioned earlier, the Hippocampus holds the information relating to the trauma for 2 to 3 days before deciding whether to either reject it or to store it in the Pre Frontal Cortex. That being the case, it is obvious that the sooner the help is administered, the better the outcome.

### My Goal

My goal is for all veterans and active servicemen and women to have instant access to these self-help audios and the good news is they are extremely cost effective. They are a one time purchase that can be used over and over again producing accumulative results each time they are listened to. With this in mind, and 20 Veterans still committing suicide every day, it's obvious that there is a great need for a new approach to treating PTSD and Traumatic Brain Injury. The VA says they have alternative healthcare available at most of their clinics these days, yet the suicide rate is still the same, as far as I know.

If we continue to only look at the mind-body connection, there will always be a missing piece of the jigsaw. Until modern medicine fully accepts and incorporates the 'spirit' or 'energy' part of the factor, people will continue to suffer needlessly. Having spoken to various nurses in the USA, I'm sure that there is room for improvement in the current system. President Trump signed an Executive Order in January 2018, stating that more had to be done to help veterans transitioning from uniformed services to civilian life; in particular to their mental health; again, not soon enough in my opinion. When we suffer a trauma, it shocks our psyche (Soul), this causes a part of us to break away from the whole. It's referred to as a split-off in psychology, but I prefer to call it a 'Soul Fragment', as that was the term used when I discovered it. The fragment leaves an empty space in the energy field of the victim. The universe doesn't like voids, so it fills the space with energy. Unfortunately if you are in a fearful or hateful environment somewhere where there is fighting such as a war zone, the energy that fills the space is usually a negative (low-frequency) one. This can turn a normally happy, friendly man into someone who feels angry anxious or even violent very easily. The part of the psyche that is fragmented is stuck in time and space in another level of consciousness. This leaves the victim feeling empty inside. Everyone I have spoken to with PTSD says the same thing, "It feels like a piece of me is missing" or words to that effect. By that they are referring to the missing piece of the

jigsaw, namely the soul fragment. It is also possible for more than one split-off to occur. Multiple Soul Fragments often occur with multiple traumatic experiences. These multiple fragments must be found, healed and brought back into balance, then returned to the whole. This is the most critical part of the treatment process in someone with PTSD as far as I'm concerned. In my experience unless these Soul Fragments are recovered, repaired and returned, the victim cannot make a full recovery. And this is the piece of the jigsaw modern medicine is not currently taking into consideration.

### What are Binaural Beats?

As I have mentioned before, in order to help people with PTSD, we must treat everyone on the level of Mind, Body and Spirit connection. By spirit, we mean energy, and these audios all have powerful Diamond Energy Healing techniques incorporated into them.

The brainwave frequency required to access and heal deep psychological problems is the *Theta* brainwave frequency. The audios initially use specific breathing exercises to achieve the required Theta state. But if the user has a breathing problem or blocked nose for example, there is a backup plan, involving the use of state of the art Binaural Beats as explained below. Therefore, all of the Post-Traumatic Growth audios also contain Binaural Beats in the background; it sounds like a slight buzzing sound. Binaural Beats create a tone in the brain when it is presented with two different beats in each ear at the same time. The Binaural Beat is my backup system that guarantees the user achieves Theta Brainwaves, as this is critical to get results. It occurs after listening to the tone for a few minutes and if my memory serves me correctly, it's around 7 minutes. Once the Theta state of consciousness is achieved, my guided imagery technique allows changes to the thought processes to occur at a deep subconscious level. The trauma data, previously stored in the brain and subsequent beliefs, can then be changed easily from negative to positive and this allows the body's natural healing abilities to do what they are naturally programmed to do self repair.

### Energy Healing

Over the years, I have developed a powerful healing system and treatments involving a combination of techniques that alter the subconscious mind; the energy field in and around the body and also the cell memory. These fields are regions of consciousness that shape developing organisms, in other words, they are the architectural blueprint of the organs. Our DNA acts as both a transmitter and a receiver, gathering data from the field and turning that information into matter. Our energy field is greatly affected by everything around us, our food, lifestyle, the music we listen too, the TV, radio waves, our thoughts, feelings and so on. All of these things and more send signals to our DNA and subsequently cause us to be either healthy or unhealthy. In order to get more positive results when treating PTSD and TBI; it is important to remove the energy imprints from the body. These are usually repressed mental and emotional feelings and belief systems. All of which are masses of energy that can form dis-ease over a period of time. Negative emotions such as hatred, anger, fear and terror can be absorbed at the scene of the traumatic

incident. The good news is that they can all be transformed into much purer, lighter energy frequencies. These audio programs also remove triggers from the subconscious mind that can cause flashbacks and anxiety attacks. Most people are scared of facing these repressed emotions, but once they do they usually find that it was not as bad as they thought it was going to be, and they can then move on with their lives with a sense of peace and freedom as well as a healthy body. Many veterans and even active servicemen and women, do not like to admit to having problems, for various reasons. They may be worried about it going on their records or they don't want their families to worry about them, so they hide their issues. Self-help audio programs empower people to take action either at the scene or very soon afterwards, and in private. If they were standard issue, everyone would have anonymity if they chose to, with instant access to powerful self-help. The human body is a self-healing machine; once pointed in the right direction, it can regenerate on many levels. Think how quickly the skin heals after a nasty case of sunburn, or how a cut finger or limb knits together and heals. We see scars heal and stitches removed after operations only days after we have had them. It is miraculous how quickly we can heal, especially on a psychological level, if we use the right tools for the job. These audio programs were purpose made to treat people on every level, that's why they get results, especially when used multiple times. Like I said before, the results are accumulative, the more you listen, the more you benefit from them. When I first created these audios, I had no idea just how powerful they were, especially the Traumatic Brain Injury audio. I truly believe that this audio can and will make a difference to people with ADD, ADHD, Alzheimer Disease, Parkinson Disease, Chronic Traumatic Encephalopathy (CTE in Footballers), MMA and Boxing Sports Injuries and any other head impact injuries or degenerative brain diseases, including cancer.

More research needs to be carried out in these areas and into turning my audios into virtual reality programs. If you would like to carry out research or can connect me to someone else, please do contact me at [info@crystalki.com](mailto:info@crystalki.com)

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