

Healing of Childhood Trauma



KEALA HEALING

Healing of Early Childhood Trauma

Information and Instructions

There is so much fear and so much drama in our lives today. We are a world who lives perpetually in post-traumatic stress. Since we experience during our childhoods, that others have control over our lives, we still believe it and feel incapable to create the changes that we want and need to live our full potential.

We yearn for acceptance. We crave to be seen. We long for unconditional love that doesn't go away no matter what. We are still influenced by the little child in us that is 4 or 5 years old because this is generally the time when a child shuts down in some way or another in order to survive.

There is a way to heal our inner child and to take care of the part that is frightened and that is hurting. Then we can finally grow emotionally.

First we have to understand what happened and when it started. For that we have to go all the way back to our conception. We, as children, are affected by the emotions felt by our mother and father from the point of the conception through the time in the womb, birth and early childhood up to 7 years of age. The child experiences these emotions as if they were its own. These emotions create chemical reactions in the child.

Quantum physicists tell us that we become addicted to these negative emotions, to the bio-chemicals that they create. These negative emotions become familiar. Later in life we choose the familiar, even if we don't like it. We become addicted

to our misery. Anxiety, fear and worry, anger, hate, guilt and shame, not feeling loved or any negative emotions or traumatic experiences that were felt by the mother and father become part of the child's program.

How much we could do if we would utilize this time to send the child positive, affirmative thoughts, like "You are an amazing child and you are to be safe and happy."

We know also, that as children, we are in a hypnotic state. Our brainwaves are in a theta, state – the brainwaves created by Hypnosis, until we are 5 to 6 years of age. It is called *Coincidental Hypnosis*. That means that these traumatic events are deeply rooted in our unconscious mind, in the mind of our Inner child. These emotional energies are interfering with the emotional growth of the child.

The mother's and father's emotions at the time of conception and during the time in the womb have the strongest impact on the child. If the parent felt anger at that time, anger becomes part of the child's program and it is now a natural part of the person's character. The child will even feel uncomfortable without it and will create situations, which would allow it to feel anger. We can say it is addicted to anger.

With the process that I created, we simply find and release the traumatic events, without having to relive them. This process helps to end the struggle with anxiety, worry and fear and allows finding clarity and happiness and creating the changes we so much desire. It helps us to mature emotionally and gives us the strength to change.

During the session I support your Inner Child in releasing the misunderstandings, the traumatic events. Then I step aside and your *Inner Child*, the Hawaiian symbol for the unconscious mind, makes the changes. Your inner child helps you by bringing peace to the mind and relaxation to the body. Once these negative emotional energies are released you will sense an inner growth and maturity.

Over a period of weeks, subtle changes take place and within a few months there is renewed emotional and physical strength and you emerge as a new person. The changes are coming from within naturally and at a speed that you can handle easily.

What is at the root of the process I created and call my Signature System, the “Healing of Early Childhood Trauma?”

I uniquely combine 5 modalities: **Hypnosis**, **Kinesiology**, **Huna** (teachings of ancient Hawaii), **Ho’oponopono** (Hawaiian Healing Arts), and **Quantum Healing Frequencies**. (See my [modalities](#) page for more info.)

When I look back into my life, I am in awe how it all unfolded over the last 42 years. I was divinely guided to learn all the parts of this process. I grew up in the pharmacy of my grandfather and loved him dearly. When he died, I was 10 years old and decided to become a pharmacist. Twenty years later I left this profession to explore alternative healing modalities.

This journey took me from Germany to India to Hawaii and to California. In Germany I became a Client Centered Therapist, also trained in Rebirthing, which is all about the Healing of the Birth Trauma. For the next 30 years I practiced it and lead groups all over Europe and later on Maui.

In 1977 I went to India to be with my spiritual Master Osho and became a Hypnosis – and Past Life therapist. I also assisted for eight months in a group process called *Early Childhood Issues*. In 1994 I moved to Maui, Hawaii, to become a teacher of Huna and Ho’oponopono. 2012 I moved from Maui to California to practice Quantum Healing. I am a certified Reconnection Practitioner since 2007. (See my [bio](#) for more info.)

Now I combine these modalities to support my clients to **clear and cleanse the root cause of all our problems**. The process can be done remote. I use the pendulum to communicate with the *Inner Child*, following the tradition of the Kahunas of ancient Hawaii. The unconscious mind, the *Inner Child* records every moment of our life.

I found a way to go to the exact year and month, week and even day of the trauma and ask the child to release it.

I believe that if young children were given the benefit of this process, they would have a strong emotional system and a strong immune system, and this would reduce the chance of disease, and teen/adult violence, from drug abuse, to sexual abuse. Instead we are feeding them our insecurities, fears, worries and anger etc.

Ho'oponopono enhances the cleaning and clearing of the events by bringing in Love, Repentance, Gratitude and Forgiveness.

All true and lasting change, both emotional and physical, occurs on the unconscious level. That's why I use Hypnosis and Kinesiology. These modalities use the body to track down the traumatic events, since the body never lies. ("The body never lies" – Alice Miller). The unconscious mind, the body, the *Inner Child*, however you call it, is in charge of the healing. The body is ancient, it is much older than the mind. Always trust the body.

When the effects of the traumatic events are released you change. You become more **confident, joyful, actually value and belief in yourself more**. The amount of the change depends on how desperate your personal needs are and how much you were altered by the trauma you experienced.

I believe that if young children were given the benefit of this process, they would have a strong immune system and a strong emotional system. This would reduce the chance of disease and teen/adult violence, drug abuse, sexual abuse and suicide.

If there was already a negative emotion **at the time of conception** this negative emotion that the mother or father felt at that moment becomes the strongest character trait in the child. Remember that the strongest impact on the child happens at the time of conception. And these negative emotions are not only stored in the unconscious mind, the inner child's mind, but also in the body.

Later in life we are afraid to express these feelings. Not to feel them, we hold our breath. This becomes a habit for the rest of our life, until the trauma is released and the emotions come to the surface. Now you become more alive and let yourself feel.

One example would be somebody crying a lot for some days, because the mother felt sad at that time.

Therefore it is important to feel the emotions and to find ways to express them, to get them out of every cell and tissue of the body. Dancing, hiking, swimming and taking long walks are very helpful. Talking with a close friend and journaling are constructive ways to express them.

Also Emotional Freedom Technique (EFT) and the Hawaiian version of it, called *Dynamind*, is very effective.

I offer follow-up calls after every session and you are under my care all the time.

[Click here to learn about how Distant Healing works!](#)

During my research, I came across a study, called “ Adverse Childhood Experiences” (ACE) done with 17,500 people, mainly middle class adults, that showed that these experiences don’t heal over time but their effect shows up later in life, half a decade later, as chronic illnesses. In other words the study showed that time alone doesn’t heal deep emotional wounds from childhood, it is the opposite.

Dr. Vincent Felitti, Founder of the Department of Preventive Medicine at Kaiser Permanente, who initiated the study, says, ACE’s, all which qualify as trauma, become more deeply wired around childhood trauma, rather than less and that the fundamental discovery that ACE has a huge impact on our adult health and wellness – applies to everyone.

That’s why I like to go further than 6,7 years of age, much further. So many traumatic events I find during the teenage years and later in life. Most of my clients want to go until their actual age.

Working with Children

I can also do this for your children, if you feel that they experienced certain trauma during pregnancy or birth or in the first 5-6 years.

HypnoKineology for Your Children:

Erasing of traumatic events from conception to early childhood

You can do this especially for your children...

I recently had parents asking me what they can do for their son. They are both clients of mine and their main concern was from the beginning their son. He was an alcoholic and also into drugs.

I asked them about traumatic experiences in his childhood. What came up immediately, was a time when he was a baby and had to be in the hospital for days and they didn't allow the mother to breast feed and hold him and he cried all the time.

It was very clear for all of us that there was the root cause of his addictions. Beside feelings of abandonment, hopelessness and feeling left alone, he also felt the feelings of his parents as if his own.

I did the "Erasing Process" and everything turned around. He is now, for the first time, really in love with a woman, is happy and no alcohol or drugs.

I also "erased" from the parents' subconscious mind the anger, guilt and sadness they experienced at that time.

Important to know that the son didn't have to know about it. I dealt with his inner child and the Higher Self over sees it all.

I always ask for their help and permission. These are Huna principles.

Ho'oponopono adds clearing and cleansing to the whole process.

TESTIMONIALS

“Keala thank you! I am so grateful for the work you do. What a blessing this “Healing of Early Childhood Trauma ” is!

This morning, when I woke up, I felt a huge wave come over me... and the words: ‘Today is a new beginning, the first day of my new life!’ I finally feel confident and that I can be successful as an artist, singer and composer.”

Love you love you love you!!!

– Latifa C, Napa Valley, CA

“In our second session, Keala erased until I was 24 years old. I asked her if she could erase immediately till I was 28. She did and she told me 7 events came up. 6 of them with a man I was in love with. He came up already when I was 17 years old. One event was with a woman friend.

I was shocked. I could only say, ‘this is amazing, this is unbelievable. This is AMAZING. You are amazing’” I told her that these 4 years have been the most difficult and darkest years of my life. I am 65 now.

This is about my first husband. I met him when I was 17. The woman was my best friend and I felt betrayed. He had an affair with her. After some days I realized that I wasn’t angry with him anymore, for the first time since 40 years.

Again, this is amazing. I am immensely grateful.”

– Kathy P. San Rafael, CA

“Hello Keala, Just to let you know that after the work you have done on Caroline, my daughter, she is finally having a breakthrough at school... her results are going up!!

I feel happy and relieved that she got through this self sabotaging part of herself and is discovering a new landscape. Thank you!”

– Paul B., Denmark, Europe

“Recently Keala helped me with her unique process, the ‘Healing of Early Childhood Trauma.’ I asked her to help me after witnessing the amazing results of this work on my son. He was dealing with a long and arduous withdrawal process from drug abuse.

He changed dramatically almost over night. He is taking care of himself, hiking every day and even applied for a second job to give back to me.

I also felt different the very next day, feeling more compassion, instead of resentment. And a detachment from trying to control his process. Ultimately, I feel hope for both of our future.

Keala is great with her craft and full of so much Love. I highly recommend her work to everyone.”

– Doreen M. Santa Rosa, CA