

5 Tips for Healing Trauma Wounds

CREATE A SAFE AND SACRED SPACE

EXPRESS ENERGY THROUGH SOUND & MOVEMENT

VISUALIZE HEALING LIGHT ENTERING YOUR BODY

SPEAK HEALING AFFIRMATIONS ALOUD

JOURNAL & REFLECT ON YOUR EXPERIENCE



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#1. CREATE A SAFE AND SACRED SPACE

- **Before beginning any healing work, set up a space where you feel comfortable and protected.**
- **Light a candle, play soothing music, or visualize a warm, golden light surrounding you.**
- **This helps you feel grounded and open to transformation.**



#2. EXPRESS ENERGY THROUGH SOUND & MOVEMENT

- **Healing can flow through humming, singing, toning, hand gestures, or drawing symbols.**
- **Trust your body's natural impulses—whether it's a deep breath, a soft chant, or gentle hand movements—allowing blocked energy to shift and release.**



#3. VISUALIZE HEALING LIGHT ENTERING YOUR BODY

- Imagine streams of golden, violet, or white light flowing through you, gently dissolving emotional wounds and clearing away any lingering pain.**
- Feel this light restoring balance, bringing peace and renewal.**



#4. SPEAK HEALING AFFIRMATIONS ALOUD

- Reinforce your healing by speaking intentional affirmations such as:
- 🌟 "I am whole. I am free. I release the past with love."
- Pairing spoken words with energy work deepens the transformation process.

I can do this

I believe in me

I am loved

#5. JOURNAL & REFLECT ON YOUR EXPERIENCE

- After your healing session, write down any emotions, sensations, or insights that arise.**
- You may receive inner guidance, feel a sense of release, or notice subtle energetic shifts over time.**
- Tracking your journey helps integrate the healing process.**

