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**INSIDE:**

A Radiant Diamond

The 8 Myths Of  
Hypnotherapy

The Brainspotting Way To Defuse  
Trauma & Negative Experience

Leadership By Shining  
The Way Forward

## A RADIANT DIAMOND

“There is a radiance hidden in your heart  
that the world desperately needs.”

- John Eldredge

Like dark clouds that hide the brilliant  
sunlit sky; fears, doubts and insecurities cast  
their shadow across the brilliance of the  
Soul. Today begins the unveiling of An  
Infinite Light so radiant, so glorious, so  
stupendous, so omnificent.

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*Impact Lives Positively*

# THE BRAINSPOTTING WAY TO DEFUSE TRAUMA

## & Negative Experiences

(Trigger Warning: Childhood Trauma)

### IN BRIEF

- 1.Brainspotting is a brain-based psychotherapy that uses the person's field of vision to find where they are holding trauma and other negative experiences in the brain.
- 2."Where you look affects how you feel" is the basic premise of Brainspotting.
- 3.Brainspotting is said to be an effective form of therapy for various mental health conditions such as anxiety, trauma, negative emotions, mental blocks and physical pain.

***Abused as a young child, the writer had tried everything to clear the trauma she had kept silent about for decades. She had almost given up her search for an effective healing method, until she discovered Brainspotting.***



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I felt as a child ‘better seen and not heard’ and I lacked the courage to speak out like children today. I remained silent. I stayed inside my head and dealt with ‘things’ as best I could.

”

### The Silent Noise

I have had flashes of bad memories and painful feelings since childhood — glimpses, thoughts, or words I had heard, yet I could not recall exactly when or where. They were all a jumbled mass. Sometimes when images appeared in my mind, it felt, within my body, like they were either clue... or missing pieces that needed to be put together to feel complete.

When overwhelmed, I would burst out verbally or “act out” with behaviors that adults said needed disciplining. Instinctually, I knew that whatever was within needed to come out, yet I did not know how those thoughts, feelings, and emotions were to be appropriately released.

I tried to share what was going on inside my head, but when I was dismissed by the adults meant to protect me, I felt that I was either not speaking to be understood or not believed. This just made the hurt deeper to hear adults say that I was just a child making up stories and an embarrassment to the family.

In the 1970s, I felt as a child “better seen and not heard,” and I lacked the courage to speak out like children today. I remained

silent. I stayed inside my head and dealt with “things” as best I could.

### On Board The Guilt Train

- Did my parents know what was happening at the babysitter’s house?
- Where was my father to stop those boys from being inappropriate?
- Did that adult person actually put his hands on me, or did I imagine it because I was half asleep?
- How could I think such things about people that appear to be good?
- Would people believe me, or would they ridicule or scorn me for speaking out?
- Why would that happen to me? How did I get caught off guard?
- Why was I not happy inside? Why was I so angry and couldn’t trust anyone?
- Was I a magnet that all these bad things kept happening to me?

With question after question, years went by with more challenges, and there came a time when I could no longer deny that my mental health was being affected. I reached a point where I felt I had tried everything under the sun to help myself. But nothing worked!

This is what trauma felt like for me, and how my body stored images of what I could not put into words, yet I felt it within my body like it was occurring “now” and not then.



## Our Trauma-Wired Brain

Let me share another story about how trauma is stored in the brain. Imagine a 3-month-old baby in the crib; let's pretend it is a boy for this story. The baby boy cries and cries, and as a parent, one may think, does he need a diaper change? Is he feeling well? Is he hungry? It is common knowledge that babies cry when they need their caregiver's attention.

However, what happens to their nervous system and brain if no one comes to the crying baby's help?

How about this next storytelling scenario? A baby girl is sleeping in her room but can hear screams from her mother's room. The screams are what awakens her from her sleep. She hears fighting and so many loud noises. She can see something going on with her caregiver through the bars in her crib. This something is upsetting to her;

something scary and violent is going on with her caregiver.

Now let's fast forward the two stories — the children have grown to adulthood. The next time any of them experiences fear, worry, hurt, or anxiety, their brains are already wired to travel along certain pathways. Thus, their brains will return to whatever age they were when they experienced the traumatic memory, whether they were 6 years old, like in my case, or 3 months old, as in the storytelling case. The brain of the boy in the story returns to the "3-month-old in the crib" experience (i.e., memory) as if it happened only yesterday. As we fast forward, the person could be 16, 25, or even 50 years old, but the same pathway in their brain would be activated as it was when the person was 3 months old or whatever young age they were when the scary, traumatic event happened.

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You could be 16, 25 or even 50 years old, but the same pathway in your brain would be activated as it was back at that time when that scary, traumatic event happened to you.

”





*Photo by Chris Montgomery on Unsplash*

I had experienced this very same effect. As I was growing up, I experienced different levels of trauma at different ages. Whenever I felt fear, worry, anxiety, or anger, it triggered different memories in my brain. These were unpleasant, unhealthy, toxic memories, and as an adult, I would lash out without understanding the real trigger, or I would feel pain in my body and feel sick or hurt at random.

Life went on and I tried to cope, “it is what it is and this is who I am”. I had talk therapy but found myself trying hard to remember and recall the traumatic events. That left me feeling frustrated, which then triggered more stress and trauma.

### **Hope Reignited – My First Brainspotting Session**

It was not until Dec 4, 2021, that my hope to be healed once and for all was reignited. That was when I met Tracy Gantlin-Monroy, and she offered me a demo along with a full session of Brainspotting.

I got curious about this therapy that was new to me and did my own research.

Brainspotting was developed and founded by Dr. David Grand. This modality is experiential, neurobiological and relational, with the ability to go deep and fast within the subcortical structure of the brain to allow access for the healing of trauma.

However, it wasn't until Tracy said, “We as clinicians trust the client to heal themselves because

it's about system work — the brain and the body know exactly what they need to regulate or heal or repair themselves,” that got me to say, “Yes! I have to try this for myself.”

That is when I received my deepest healing and shortly after, I became a Brainspotting Practitioner to offer others the same access to healing I received that day.

In my Brainspotting session, I regressed back to a childhood trauma memory. It was something I did not remember consciously, or thought I could not remember; it just popped up.

I could have stopped the thoughts from coming up in my mind at any time, but I let them emerge, desperate to be free of the weight I had carried for years, and I allowed whatever was coming up in my mind to continue. It was like seeing a silent movie in my brain of the little me from kindergarten until the third grade.

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The brain and the body know exactly what they need to regulate or heal or repair themselves.

”

“

I was able to address that childhood trauma and I was able to yell, ‘No, this is not okay, you cannot hurt me this way’, which brought about healing I had never felt before in my life.

”

Tracy guided me through this whole experience with a calm energy and a soothing tone in her voice.

I trusted Tracy as she asked me to speak to my little self, my little me, my inner child, for permission to be spoken to. When I did this, more memories flashed in my mind, like pages being flipped in a book.

I could see and hear what was going on at the babysitter’s house, where trauma had occurred that my mother did not know about. I could describe the location, what I was wearing, and what was playing on television.

Tears flowed down my face and I could release all the pain my body had felt and carried for over 40 years through the memories and feelings that came up for me. Finally, I was able to address that childhood trauma, and I was able to yell, “No, this is not okay. You cannot hurt me this way”, which brought about healing I had never felt before in my life.

# WHAT HAPPENS IN A BRAINSPOTTING SESSION

1

The Brainspotting Practitioner/Therapist or Clinician will help you identify an issue to work on.

3

From here, the eye position or “brainspot” associated with this issue will be identified by scanning your field of vision from one side to the other.

5

When a brainspot is activated, the Practitioner/Therapist or Clinician can observe reflexive movements that provide valuable access to healing. These movements come from deep regions of the brain that are outside of our conscious, cognitive and verbal awareness.

2

While focusing on that issue, you will notice how you feel, sense and experience the issue in your mind and body.

4

The brainspot acts like a doorway, an entry point, into all the stored and stuck “baggage” . The focused eye position allows the brain to shift for threats and shift to internal resources to identify deeper, issues that emerge during processing.

6

The brain re-stabilizes, resources and reboots itself during the Brainspotting session, and processing continues to occur after the session has ended. A doorway has been opened and the information will continue to come up and out for releasing and healing.



People like myself, who receive massive healing from just one session, report having deeper, more profound releases with Brainspotting compared to other brain-based and traditional therapies.

As I use words to describe my own experience, I can truly say that this is something that should be experienced for yourself; no two sessions are the same for me or anyone else. Each session is unique, and words cannot adequately describe how this type of deep access to healing occurs and feels for individuals.

### **Post-script**

I share my story to bring awareness to the fact that this powerful tool works by identifying, processing and releasing core neurophysiological sources of emotional mind-body pain.

It can help to unwire the pathways so that the trauma setup is disconnected from everything that has ever happened to you. It causes the brain to merge traumatic memories with long-term memories, moving them out of the subcortex (limbic system) and properly storing them; in this way, the brain creates new positive pathways.

Brainspotting is an immediate form of diagnosis and treatment. Other modalities, like BioLateral sound with fixed eye positions, can be introduced to improve intense, clear and efficient healing. It allows the clients to significantly reduce and eliminate the tension and hyperarousal associated with survival instinct.

While I received my own healing through Brainspotting sessions, I thought of the communities I serve in person and virtually that

have experienced birth trauma, domestic violence, rape, baby loss, and many other traumas or experiences that they may not have the words for; or they are struggling, like I did, to find healing that works.

With deepest passion, I hope this personal article will help bring awareness and hope to people looking for that missing piece to access healing and let go of the past to live in peace and blessings.

***Yuvelca Magdalena** is a Holistic Full Spectrum Certified Advanced Doula (La Matrona trained, NYC) assisting women with a wealth of information regarding fertility, antepartum, prenatal care, birth and postpartum. She is a PAIL (Perinatal and Infant Loss) advocate and a trauma-informed provider. She carefully navigates through highly emotional cases when assisting with miscarriages, bornsleeping or released pregnancies. She is a mother of 4 amazing children, 2 angel babies and lives with her husband Paul Aarrington in the beautiful Poconos Mountains. She loves to listen to birth stories and welcomes questions and messages at [DoulaGrow@gmail.com](mailto:DoulaGrow@gmail.com)*



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