Introduction to Trauma Relief

Okay, we're back, the Inter-Champion Summit, this topic, helping relieve trauma as it comes up. It's very challenging to do in the moment, but there are some things that you can help yourself with that Dr.

Rimka is gonna help with. Before we get to that, there's an important, in fairness to you, note we need to add into this summit as we are teaching various skills for you to help your self with your inner strengths.

And again, being able to yourself, we want to acknowledge that there traumas and inner struggles that there's, there is a range of levels of trauma levels, of challenge, and there are some that are easier for us to handle with some of the skills we're teaching in this summit than others.

There are somewhere you definitely need more help from someone teaching you the. And sometimes even the full on clinical side of support and Dr. Stephanie Remke I brought in for this topic.

She's very very invested, by the way. She's very passionately cares about truly helping people in these ways and for them to be able to help themselves with their traumas.

And her, so she's a holistic medical doctor, but she really fun distinction I wanted to celebrate here is her clinic in Atlanta. received best mental health clinic in Atlanta, received that award.

So that's pretty cool.

Trauma vs. Stress and the Inner Healer

But anyway, so that the caliber of specialization and expertise she's bringing to the table here. Thank you, Dr. Stephanie Rimka for joining in. It's my pleasure to be here to help people and thank you for your kind words and knowing that I do this from a very genuine place.

I wanted the money, I wouldn't went into plastics. Trauma is a tough place to, be like a niche to have stress and trauma, right? And trauma you have to remember is anything.

And I wanna make a clear distinction so people understand stress is not trauma. Right? Traumas is everything that overwhelms the nervous system in an energetic way.

It is a true biological energy crisis. It is not thinking, it is unconscious and out of your control. And there's a very wide range of what happens to people that can lead to trauma.

You can have 10 people lined up the exact same situation, the same thing happened, and only two end up in a physiological state of trauma, The rest just endured high stress, but their system was stronger biologically energetic in true energy measurement form than the other two that dipped into trauma.

So they are not the same thing. Stress, people look often want to treat trauma the thing as they do stress, chronic stress. They're not. That is a huge mistake that all clinicians make, whether you're doing a biological situation, looking at a physical condition, symptomology, trying to symptom suppress, or if you are in a talk therapy type thing.

So I think I love the inner champion and understanding that the power is always within you. I heal no one except myself. My job is to guide people. Everybody else I'm trying to teach and guide them to understand how to tap into the resource of their own inner healer.

You are the guru for which you seek. externally, and I'm just there to teach them to learn to listen to a language the nervous system is speaking that is so foreign to you, you think you have a disorder.

You just don't understand the language. Once you become fluent in the the body is giving you which is absolutely ordered and completely normal, You will stop thinking of yourself as sick, broken, crazy, and understand you just needed to learn how to listen to a language you didn't know what to do with.

Most of the time, people need a trained facilitator, teacher, guide, therapist, clinician, whatever you want to call it, to learning how do that.

Why the Nervous System Matters

Once they're fluent, they can access and understanding, I am the inner champion because I can speak the language. I understand what I'm saying to myself.

So that can often take a lot of time to reteach this and even the concept from the years of pounding the gaslighting or the medical dogma that teaches you're broken and crazy and this is permanent and you just gotta live with it and we're gonna drug you down and make you numb, that might take me six months to be able to access to that brainwashing just so I can even start the process with somebody.

Does that make sense to retrain them, deprogram them? Right. Before we continue to your point with the nervous system, the importance of it, there's such an importance in the Nervous System and helping the Nervious System within helping yourself.

And it's so little understood and talked about compared to most modalities of helping oneself that I lined up three topics. We're coming at it three different ways.

three of the interviews in this series are for helping the nervous system because it is that important. It's the foundation of every disease, symptom, illness you have.

I don't care what supplements you take, what therapies you do, if we are not addressing the underlying hyperarousal activation of the fight or flight nervous system, you will heal from nothing.

This is the most important thing to get a hold of. If you are comfortable, I'm sorry about my dog, but he's starting to bark at something. Could I share my screen and show a very quick, and I think if people see things visually, it'll help them.

And this is just a little bit of a PowerPoint that I did two weeks ago in Dallas for 2000 doctors about the hidden barrier to healing is trauma. And they really don't understand it.

I can just spend five minutes, Acalon, and I show them so they can at least have this and then reference these pictures of, oh, okay. 100%. I just enabled screen share.

Go for it, thank you. All right. So let me do this real fast. Everybody gonna talk, right? about the nervous system so people can have a visual and it won't sound so woo-woo or whatever.

So is this okay? I'm just gonna do it like this. I can undo that. Again, as you can see, this goes 13 slides into a talk. We're just kind of being through it, but there's a real biology to this, This is an autonomic nervous-system body map.

This not stinking thinking. this is unconscious, automatic, and non-verbal. This is going to happen regardless whether what you're thinking. So this is why so many.

My premise I'm going come at it from a neuroscience basis and say trauma stress and trauma is non cognitive. That is not what Western Rockefeller medicine teaches you almost all talk therapies are extremely cognitive you

are talking.

And cognitive behavioral therapy, it's right in the name.

Autonomic States and Trauma Biology

So to them, the way of thinking, and I'm not saying there's not importance to that, but you aren't going to use affirmations to get yourself out of trauma.

It's. Not going. To work because this is what. The technique, we will get to the TRE, the trauma-releasing exercising and use understanding somatic and bio energetic therapies deal with the body because we're not dealing with words.

Part of the brain this big part that does all this conscious thinking and consciously doing stuff and we're going sub cortical. That's what the autonomic nervous system is it subcortical it's automatic you are not in control and thank goodness you don't have to keep track of your heart rate your breathing your dilation.

body temperature, muscle contraction. If you were in charge of this, we would last 37 seconds on earth. Okay. Cause we could not handle how much, how many things are going on trillions of decisions.

Right? So what I want you to think of is activation, meaning fear, right? and the way the body responds and threat is what goes on. So let's say, pick a thing, a gazelle on a plane, it hears something or sees something, It perks up.

That's gonna be the activation we're gonna talk about. And I want you to think of it like a marble on this track, right? The marble's always seeking the most stable place to go.

This is why we understand the Body has made these adaptive states for benefit for us. It's not disordered. it's never making a mistake. If you feel like you're about to have a panic attack, there's an ordered reason for it.

You've ignored some other messages to you for a while. That's what I'll basically say. state one mild stress a lot of people are very familiar with this very stable so the gazelle thinks something very calm here neutral there's something in the corner what is that we rise here either we're going to go back down to zero or Actually, this adaptive trough to be held in a little bit of an activated state keeps the gazelle alive.

It's, oh, there was nothing there, but I don't know. I think we need to a bit on alert now. So this is more energy, a litte bit anxiety, maybe some fear.

You're a litle bit hyper alert. Humans can express this like anger, irritability. We are breathing changes our heart rate changes, but we can stay here.

It's like driving on an icy road. Okay, there's a storm, your whole physiology changes as it should to keep you alive so you can react faster in a very dangerous driving situation.

Not a disorder, very good for you. So if something happens, you can spike up very quickly. Oops, I forget it's not a power, it has to click things. You can spiked up quickly because it is much less energy to go from here to here.

Now this is maximum stress. This is stress, mild stress and high stress okay. We're not in trauma here, But this is short, and so you see we can stay here for quite a little bit of a time actually this has fight or flight, right, we are running out there we're dealing with it or we were fighting something off.

The system is going to break down. The thing that's in charge of this inside your cell, there's a few things, but we'll focus on the mitochondria. This is the core of your self, creating all the structured water, hydration, signal molecules, energy.

It's dependent upon sunlight. So the worst people in being outside is a lot that goes into this incredible bacteria. it is

not human, it has entirely separate DNA.

We're in a symbiotic co-relationship with these things. right they keep us alive we can last for a few seconds without these things functioning we die very quickly if they don't work much faster than oxygen okay so these are the things that drain it so how you eat things you are there are in your subconscious story you're telling yourself during age makes total sense a seven year old cannot seven-year-old child cannot handle what a 40 year- old can handle physically or emotionally they just cannot that's very obvious, right?

But toxins can do this to the system, so What that looks like is this. So now we go from stress to panic. We can hyperventilate. With a sweat, we can shake, right?

So it's not anger. It's rage. so people who hang out here a lot can dip here very fast. Cause like home, you can be the common word triggered. Okay. People say like very quickly, like, wow, that's a big reaction.

And you'll know, cause you might yell at your kids for something really stupid. You're like. That I did overreact. Mommy needs a time out. Mommy needs a way to dissipate this level of stress that she's been in.

You can stay in state one for years. All right, you can't stay here for yours, but you go back and forth. Okay, so people with panic attack disorders that say they're here and here, they just dip up throughout the whole the day, right.

So, how that plays out as something body becomes rigid and hard, and it gets a calcium shell we call it because stress leads to a chronic breakdown of the body it breaks down the bone, it leads the chronic inflammation and makes you physically and emotionally walled off it looks like this.

So stress, chronic stress does lead to weak bones, leads to osteoporosis. It leads too many things, breaking down muscle, ripping things apart, but calcium deposits in your soft tissues, your joints, you're fascia and the muscles.

This is important because I think you must do techniques. on the body to get that out or you're never gonna get out of these stress and trauma shells that you are in that are keeping you disconnected, always feeling anxious, numbed out, having very low neurotransmitters that bring you good feelings.

So it's why people who have very low transmitters and have a calcium shell from stress, go to drugs, alcohol, shopping, Instagram, TikTok, whatever, because they are physically so depleted, they're searching for something to make them feel good.

It's a real biological issue. put it all together it looks like that you screenshot it okay so this is what happens this, is the overwhelm point it's a crisis here we've been hot these are called hot symptoms this.

Is where therapy works really well this? Is, where your breathing techniques you're tapping all your little things work really. Well to lower anxiety discharge some electricity that's gone high okay and.

This is when there's an energy crisis, this is a mitochondrial disorder and we drop below the activation line. We are in energy deficit. This. Very different.

this. Is where the body gets tired, heavy, sleepy. The body will collapse. we go from tight muscles to low tongue. Can't do the same thing. You're not like this, you're like, okay, very different this like.

taking a cold wet blanket and putting it on top of the fire of one and two, however, because you can have state one in two symptoms happening here. People are often misdiagnosed as having bipolar disorder here because, you cycle off and on between hot and cold symptoms.

Anytime there's a cycling of hot cold, symptoms, any psychologist, psychiatrist calls it bipolar and puts you on bipolar meds. Okay. but this is what's going on.

There are real physical issues here that are constantly misdiagnosed as something else because physicians don't understand how to look for and trauma and regular talk therapists unless they're trauma therapists are not trained in the biology of this.

Okay? So these are some of the things in some, why what you eat matters. I can talk for five hours just on nutrition to overcome mental health disorders, but we don't have time for that.

Let's look at this. So this is, there's still hope, right? This is the, you see the lion, You run from the Lion. The lion grabs you by the neck. You are down on the ground here, okay?

Not looking good, but that lion might walk away. So you dissociate, you numb away from your body, and you go numb. You're flooded with chemicals to collapse you, so you don't fight anymore.

The lion may pick up and go.

Recovery, Safety, and Rebuilding Energy

And that's why you still have hot symptoms, And you can activate yourself and get back up into two again and try and, get away, from what happened, Okay?

This though, however, the lions got me on the ground and five of its buddies walk over. I'm screwed. This is dinner, I am done. So there's full dissociation, state four, total numbness, actually blank, often feels good.

People, it's a relief because I now have DMT, there is more heroin type drugs going through my system. And actually these people, can actually feel like they're in state zero, because this is a relief from depression.

And hopelessness, this hopeless. This is floatin', this feels high, it feels good. Diagnoses that can walk in my office like this are dissociative identity disorder, complex PTSD, borderline personality, okay?

This might be depression or bipolar. So the big thing you have to understand here is that this a energy crisis. This is a biological energy crisis. You must refill and nurture this biology body system.

Trying to talk and do things here to pull yourself here is very hard. This. Yeah. To your point, when we talked about this earlier, so it's a good point to mention in fairness to you.

When you're going through this, you meaning the listener, the viewer here. When your it's a reason to not feel bad for when you are struggling. Correct.

Don't beat up on yourself if, OK, I'm trying this technique and this method and it might be the wrong thing for where you. Yeah, yeah. I don't ask these patients to work out.

This is not exercise, this is exercise. You're in high stress, you're having a panic attack, go run 10 miles. I promise you, You will have no energy left for all that nonsense.

That is the nervous system trying to discharge energy. It is trying get it out of you because you should be fighting people off or running from an animal.

that's literally all should happening but we get this over Student loan debt, mortgage, a divorce. It's not that these things aren't stressful. A sick child, A dying parent.

This is outrageously stressful for the human system. Isolation, loneliness. The whole scandemic separation and isolation of humans from each other, not touching is stressful.

It was this caused this and some people's system collapsed into trauma. A lot of people were collapsing to trauma because it was a biological drain. You aren't doing anything wrong in your mind.

This is normal, not a disorder. It's just maybe you often were stopping the discharge is the problem because we're uncomfortable. So this is a much longer talk and I go into it, but I wanted you at least them to see this.

The key is you have to reverse this process. If you're from four to three and three to two, most likely you need a therapist, someone to help you because they're working so desperate.

You don't feel safe. You're not supposed to, because you've been overwhelmed. You've be overtaken. Why would the gazelle surrounded by six lions? It doesn't have a fighting chance.

So what you need is the therapist to come in with a big shotgun and start taking lions out for you and to save them. You're safe and your whole systems.

What the hell just happened? And we have to put nutrient. I physically feed my patients. A lot of this is where supplements and certain things come into place to rebuild a nervous system and doing things that help you bring aliveness and energy back.

This is where standing outside grounding, this is sunlight. This has good nutrition. this has letting yourself rest. I walked to the mailbox today and got the mail and you know what?

Check it off my list. You can't compare yourself to when you were in state one and you are able to do a hundred things a day. If you're here and can get one or two things done, that's extraordinary.

I have some patients, we have to applaud them for taking a bath. And as I keep applauding them, for these basics. They go up, the energy builds up and I can get them above the line.

Okay. And with the inner champion way you, you would celebrate those victories in that condition. Correct. You count, they do matter. They're extraordinarily important.

I'll stop sharing, but I wanted to at least, this is, I will say this, that the big key. is that we use body sensations, getting connected to the body again associated and having awareness of that leads to ultimate embodiment.

Below that line, right, we're numb and dissociated. This is why Meditation and yoga don't work often for these people. They can make things worse for some people a lot of techniques that work here are counterproductive.

So you have to be be aware so that the technique I was I'm going to talk about TRE the body's natural genetic encoded healing response to do this. You still want to Do it with a trained clinician because this can be tricky.

And you could be using a technique, just actually accentuating dissociation. People can use meditation to further enhance the neuroplastic ability to dissociate.

It happens all the time. They're using meditation as dissociations. We wanted them to know what you're leading into, but we also, we were going to give them something to work with.

Something to do. Yeah. Okay, cool. So I got how many minutes? Two. All right, so I'm gonna show you this. So, well, I gonna go through something really fast.

Grounding and TRE Exercises

Now this is, the technique, and hopefully you'll put a link about TRE and they can understand, there's a very specific technique but these are some things you can do anytime.

This is something I would do when you're alone, because you really can't do it in the office, but you could do with your kids. All, right. Can you see my feet?

Make sure you my see feet. You can drop the link for that in chat. Okay. This is a ground. These are a few

grounding techniques and believe it or not, people don't do this enough and it's going to be loud.

So you would do alone where you feel safe and comfortable. If there's three things, so basically you can have a temper tantrum, then you're going kick your heels out, like kind of karate kicking and stuff.

And then we leave that. That's one we're gonna temper. Tantrum. heel kick, heel the ground, and then it will kick. So, go keep it under. And this is to release the charge?

This is, yeah, this will be to deal with charge. This isn't exactly trauma, but this leading into the shaking and movement, understanding that. Everybody knows this.

The first thing, the idea is discharging electricity that's building up in the body, especially the head. That's where the anxiety, they're racing mind.

We wanna get it into that earth. You wanna discharge. Every little three-year-old knows how to do this, ready? I'm gonna do it real fast. And I want you to breathe through your mouth, open the mouth and make noise.

Because you'll be alone. Who cares what you look like? I'm going to do this alone with you. I'll follow along. Ready? Yeah. We're going stop. Hit it! I want you to go into it fully and put it into the air.

You aren't hurting anybody. you can't hurt anybody doing this, right? So many of you are too concerned with being nice and you haven't been able to use your vocal cords either to tell somebody to f off or leave me alone or no, because you couldn't do that.

And you're going to practice this. If you could just say also no. Right? for many women that might bring up some things. Let it come out, let it shake, Lett it cry.

And if you're feeling so good, go, then you can go with it. Do that for like minutes. Then you go to heal, right? We just want to feel it and say, and then again, just start kicking.

Cause basically at some point you wanted to fight and you weren't allowed to do it, you were told, no, be a nice little girl. Good boys. Don't do that.

Whatever the hell you are told. Get it out. All right. It's pretty much, you just want to then ground into your body after doing this. Knees slightly bent.

And you'll just let yourself feel your legs. You're basically bringing strength back into the bottom, into you're root. Go into to the ground, discharge it.

you could then even picture water pouring into head or white or lights, golden light coming in and washing it all into earth. Just take it away. And you'll breathe through the mouth.

The jaw is containing a ton of energy. Every kid knows. So that was an extremely accelerated. If you would spend two or three minutes doing each of those and then stand at the end, very grounded hips, pair feet parallel to the hips.

Breathing in and out through their mouth, letting it be the more you can get it out. You'll be surprised. And please, if your body wants to shake, wants, to tremor, once to cry.

I deeply encourage you to let it go because that is your nervous system saying, thank you, because you've made me feel safe enough to get this out. It wants to discharge this old stuff that's stuck.

And so that just the, those are some bio-energetic exercises around grounding and getting some picture. Again, you want all that electricity that building up in your mind, get it up, push it down.

Push it into the earth that way and use the and even know stop If these words come up for you, let them out because at some point you wanted to say them and you were too frightened.

Right. And you might feel like a six year old, you may feel a two year-old, might be 13 when you're doing this. Good. Okay. So anyway, there's that. Awesome.

So we're at the end, but so that was helpful. Well, and that. An example I mentioned earlier in the previous interview that my Kung Fu teacher taught to rather than repress to let things come up to be honored, loved, addressed, released.

Yeah. Women are very much taught never to do this though. They're taught you're not supposed to fight, you not suppose to punch, not to kick, You certainly don't speak it.

So this is a way to practice it when you stop at someone you do, this and you'll feel a lot better. Very good, very good. The link was dropped. Just tell them real quick what that's to for the system.

What link did you put in? What'd you? Do the, I forget the acronym. You mentioned the TRE. Yeah, Did I put it in or you put in? We did the link you gave us.

Oh, okay. Was it trauma prevention or my website? I don't know what, I didn't remember what we gave you. It's for trauma, stress and trauma releasing exercises, a series of exercises and shaking technique methodology to teach your nervous system, how to do this.

Hasnain, did you, put the. I'm not seeing it. It's traumaprevention.com is the general website and you have certified clinicians there. I'm one of them and one many all over the world.

So if you wanted to work with me, you would go to drrimca. com. We do it virtually and I have tiered group sessions and things like that. You can do private sessions, group session and then once you know how to do, it you can it anywhere you want at home all along.

But we do want you to be with a certified practitioner for a few times to make sure we can guide you through, help you feel safe and comfortable. you always wanna be safe comfortable when you do these things.

Yeah, it helps to have someone that can support that. Yeah. I'm much safer if I have a trained professional I trust that I can let myself go with. Hasnain, are you there?

Did you put the link in the chat? We don't see it. Yeah. Awesome. Okay. Thanks for helping with this. It's crucial for people to have an understanding and ability to help themselves on this level rather than bypass it.

So thank you for bringing that expertise in. I'm glad. Hope it helps all the other speakers so people can pick visualize it now. Yep. Thank you.