From Trauma to Personal Growth

Well, we've come to the end of the trauma to transcend to the summit, but certainly not the end of our personal growth journey. In fact, that's just beginning.

And isn't it thrilling to realize that the very things that so wounded us can be the instruments of our progress? We can turn those into powerful inducements to move forward and transcend and move into those higher realms.

I was thinking this morning about myself at the age of four, because I had my four year old grandson here with me this morning, and he is just such a happy, incredibly joyful kid.

He just plays and makes up fun games and interacts with people. Absolute delight to be around. Thought back to myself at four. Going to preschool and dreading every day.

Just dragging my feet along the sidewalk. And the only words I had to describe my own childhood and the feelings I felt back then were sick. Dread. I felt a sense of dread about each day when I was 4 or 5, nine, 12, and by the time I was 13, I was waiting for the suicide.

And it was not a happy picture for me. And yet now here I am.

Childhood Wounds and the Possibility of Healing

And I would probably qualify as a happy human being. And I know that it's possible for you as well. All of us have wounds. All of us are things left over from our early life, my childhood, that are haunting us.

And the message of this summit and the message of my heart for you is that we can move through them. The tools, the therapies are there for us to transcend.

I was talking to a friend of mine recently and he said, you know, Dawson, I'm thinking about what we have nowadays. We have tapping, we have meditation, we have all these wonderful ways of releasing our trauma and moving to transcendent states.

And he said, you know, whenever I go see my parents, I realize they have none of those things. They grew up without them. What they did was they suffered.

And let's just take a breath and take a moment to realize that we don't, we don't have to suffer. We don't have to be where our parents and grandparents and great great grandparents were trapped in that, that that terrible mud, quicksand of suffering all their lives.

We have these amazing tools to enable us to move beyond that and hit these elevated states. In my book, This Brain, I talk about how we have these structures in our brains, these these networks, the circuits in our brains that actually predispose us to not just happiness, but to ecstasy.

Tools for Transcendence and Elevated States

The ecstasy of a Rumi, the ecstasy of a son, Francis of Assisi, the ecstasy of a St. Teresa of Avila. We are able to move to these elevated states that experience these amazing, transcendent self, transcendent world, transcendent connections with the universe to cosmic consciousness, to the all that is.

You were born with those circuits in your brain. And as you release that suffering, as you release that stress, you move to those places. So I am so delighted to have shared with you all the resources, all the people, all the wisdom

that we've collected here in the summit.

And I'm going to have you do a few things now. I want you to bookmark some pages for me that are going to give give you some concrete next steps to continue with this process till the next phase of your personal growth and movement toward those elevated states.

The first thing I want you to do is I want you to go to my website. Dawson. Just my name D A W S O N Dawson gift. Gift. Dawsongift.com There are two free gifts for you there.

Besides all the bonuses in the summit, there are two free gifts for you there. And I want you to go and grab those claim them and make that your portal into this world of transformation.

When you get there, you will find the EFT Medi manual and an eco meditation track. Download the track and take a look at this very brief EFT mini manual.

At the very end of it you'll find a diagram of the Tapping Points EFT on a page. Pick something recent that bothers you. Score your triggering from 0 to 10.

Tap on those points and it's highly likely, you will see your numbers drop way way way down. Give yourself that first EFT mini session, then use that eco meditation regularly.

There are lots of meditation tracks available for free on the web.

Free Resources on Dawson Gift and EFT Universe

This particular one focuses on immunity and it's a great help in boosting our body's immune system. This will also put you on EFT universe with all of these resources here, thousands of pages of resources for your growth, for solving trauma, and for moving you ahead in your life.

You can search using the search bar. Here you can find a practitioner. Click this button over here that's going to put you into our practitioner pages over here and there.

You can click on whatever specialty is one that you need. And you will find practitioners who do that have a certified clinical leave practitioner available to you as a resource.

There is a lot of self-help in the summit, a lot of self-help available on EFT universe, and sometimes you need a coach. You need a certified clinical EFT expert practitioner to help you through things, especially long term things.

If you've been struggling with weight loss for a long time, get a weight loss practitioner. If you've been struggling with quality relationships. Get a relationship expert to help you.

If you issues insomnia or anxiety or depression or PTSD, just type that into the specialty box of here and you'll find people who can work with you. If you'd like to work with somebody one on one, face to face.

You can find somebody close to you as well. Although most of our practitioners work via zoom, and also you can find somebody if you prefer to work with in person.

And again, you find them through that practitioner button up there. Also browse the stories on the site. There are so many amazing stories of people written into us over the last 20, 25 years and said, I use tapping for this and it made a huge difference to me.

Here's one lady who was on a call with me this last week, and this is what she said. Dawson, my husband had a major stroke five years ago. It's been a hard few years, but since we began using eco meditation just two months ago, he has been getting better.

Before that, he was having lots of gum infections, urinary tract infections, scalp infections, and they've all cleared up. Yesterday my husband phoned me to tell me he was having a bad day and I was getting upset.

Then I made it to the higher realms and I was able to hear him without reacting. Also, I'm a novelist and I haven't been able to make any progress for the past five years.

Then a couple of weeks ago, everything broke loose.

Practitioner Support and Real-Life Success Stories

I've already written 120 pages of my new book, and I'm flying and thus B5, b5 creativity. Joy increases when you do these things, and all of these issues start to clear up physically as these epigenetic changes happen in your body, as you tap, as you meditate.

Also, EFT can help with even the worst kinds of trauma. This is one of the stories on our site. It was from a group of volunteers who went to the country of Haiti.

To help out there after an earthquake in 2010 and one little girl there had been trapped in the building during the earthquake, the building had collapsed on her and her mother.

Her mother had been killed and she had been stuck there with the body of her dead mother for two days before they dug her out of the rubble. She had not said a single word.

In the following two years, this little girl's brain was just shut down and she was just trapped in the cycle of grief. EFT even works for that kind of severe trauma within two days.

And you see this if you look for this on the website, you will see this little documentary movie over here, six minutes long, Amelie. And you'll see how after a couple of days working with her, she was running around and smiling with the other children.

No amount of trauma is beyond the reach of these marvelous therapeutic methods. So take advantage of them. Learn them. Come to our Tapping Tuesdays. We have all kinds of resources for you.

You can find solutions that are solutions page. You can also find our training on our training page. On the solutions page over here you'll find solutions for anxiety, for weight loss, for immunity, for stress, for relationship skills, for insomnia, for happiness, mindfulness, first aid, understanding trauma.

This this course over here is only $20, and yet it's a wonderful set of 1 to 3 minute videos that will show you how these methods can very easily help you help you overcome trauma, manifestation, your Higher Power mindfulness meditation, the Law of attraction, epigenetics.

You'll find all kinds of resources there under that solutions tab.

Training, Summit Resources, and the Short Path Program

This is our main page and I invite you to just click over here and browse. You will find so many useful things that if you just type in whatever issue you're interested in, you will find many different possibilities there.

And of course, make sure you have that practitioner available to you to work with a trusted person. Many of them offer a free first session and you will find yourself drawn intuitively to the practitioner who's right for you.

Finally, enter your name over here to be notified when the next short path to one this course begins. This is our Premier spirituality program. It's a nine month mentor program.

You get all kinds of remarkable resources, like a mentor or 1 to 1 mentor that actually works with you, meets with

you individually. You get retreats, retreats with me, retreats with other certified mentors.

You get soul friends who help you on your journey at a mastermind, you get other retreats and exercises to help you move through the spiritual journey.

And you do this all in an organized developmental pathway, but in nine months brings you into these elevated states, and that is that this this website, the short path.com.

Just go to the short part and come drop your name in there and will notify you when that course opens for enrollment again. So it's been a huge pleasure, to have this time with you.

Hopefully you're laughing more and frowning less, than you were a week ago.

Becoming a Lighthouse of Light

And I want you to not only enjoy the benefits of these wonderful benefits in your own life, to move from trauma to transcendence. I want you to be a lighthouse.

A light shining in the world around you, inspiring everyone around you. Our research shows that this inner light dawns after eco meditation, after times these transcendent states.

Your whole my and your whole head literally is filled with light. And then the light starts to escape and everyone around you is affected by it. The light starts to radiate out from your face, from your heart, from your body.

You become what the yoga centers call a radiant being of light. That is your destiny. Your brain is built for this. I know this is possible for you. So I am so delighted that you've joined me here for the 12 to try to set the summit.

There is so much left ahead for us, every blessing. I look forward to connecting with you further along the path. Thank you so much.