

Clearing the GSH Death Trauma©

Coolidge

Deepening and Accelerating the Healing Process through Retrieving Soul Parts

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Death Trauma© lifts us out of ordinary reality and challenges our capacity to hold a larger healing container—one that honors the wisdom shamans have long held central to the healing process—that of reclaiming lost soul parts.

The Death Trauma is one of the many GSH trauma patterns. Trauma sets an energetic imprint that not only affects your mental beliefs about yourself, life and God; your capacity to experience emotions; your ability to hold appropriate boundaries—it affects your experience of being wholly present. It is perhaps typical in the generic energy psychology realm to address these known life traumas through associating into the symptoms of a painful life experience and then applying an intervention such as Gary Graig's Emotional Freedom Technique. Both Judith Swack, Ph.D (Healing from the Body Level Up©) and Andrew Hahn, Psy.D (Guided Self Healing©) underscore the importance of finding the root cause of the trauma. Both Hahn and Swack have discovered through the use of their kinesiology-based protocols the client's body-based wisdom may guide the clinician to find the root cause, beyond this life and into past karmic lives, genealogical or ancestral lineage and also into archetypal realms.

As clinicians, we may need to find a bridge between, what may first appear as, a chasm between clearing traumas that occur in this life to traveling into traumas that have been in the realm of witchdoctors and occultists. Contemporary psychology recognizes parts of the self can become separated leaving the client feeling as if parts of the vital self were split off and separated. This results in the feeling of, 'I'm not all here' or 'I seem to be lacking some of my resources'. These experiences can deepen into a sense of soul loss, when a client feels 'deadened' or as if the vital light/life has gone from him/her. The chasm now begins to shape-shift into two small mounds we can easily step across. Marie Von Franz, a renowned Jungian analyst wrote, "Loss of soul appears in the form of a sudden onset of apathy and listlessness; the joy has gone out of life, initiative is crippled, one feels empty, everything seems pointless."

Once we have integrated the possibility of either psychological or soul trauma, we can expand our understanding to include traumatic incidents that have imprinted us in past lives. Bohm, a well known quantum physics theorist teaches us that within the swirling energy masses called morphogenetic fields are background blue prints that hold these apparent chaotic energy fields into the matter that appears so solid to the human eye. One could say, these background blue prints contain our DNA, RNA, trauma patterns and soul patterns. Imagine an expansive energy field that condenses as it moves into physical form—moves through time—dies—casts off the body—and takes with it learnings and trauma patterns—which again condenses into the next physical form and carries with it those imprints. Those imprints act like magnets attracting people and situations which tend to recapitulate those lessons and traumas.

Each soul carries its own unique coding. Like billions of snow flakes, each one is unique in creation. When we open to soul, we open to the notion of evolution—the evolving of 'soul stuff'. Personalities can split, shatter and become deadened, so can soul parts.

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Hahn's discovery of The Death Trauma© is a modernized version of soul loss shamans have been recovering and reclaiming for centuries. The shamanic way of working with soul retrieval, as described by Sandra Ingerman, is a vast and in depth method for working with major illnesses. Death Trauma© is merely one aspect reintegrating split off soul parts.

Hahn discovered that during a traumatic death scene, part(s) of the soul can: a) get caught in the body, b) through dissociation or attachment does not fully leave the body or scene c) linger at the scene because it doesn't realize it is dead. Those parts are caught in a traumatically based repetitive pattern of trying to complete the death process. From that soul part's perspective it simply 'wants to die' from a place of wishing to return to Source so it can move on with its own evolution. Unfortunately this 'death process' is being lived through the client in his/her current life (typically unconsciously). It is a lose/lose situation. If the soul part from the past life succeeds in killing the current you off, it still doesn't complete its death process and is not healed. If it does not succeed in killing you off, you, at the very least, remain very miserable.

To heal this pattern, we use the GSH 5 step healing process. The first step is to set the intention, which aims the laser of our attention into the morphogenetic or holographic field and calls into being both its possibility and what is blocking its existence. For example, John, a middle age, blue collar worker came to me suffering from over ten years of progressive panic attacks which were triggered by traffic jams. This pattern had severely limited this man's choices of jobs, as he had to choose work close to home, as he could not risk being caught in a traffic jam. Also, his work-place would occasionally have to deal with him calling in from the side of the road, unable to move and clearly not able to make it into work. He spoke about fearing suffocation, claustrophobia and dying alone. He came to me because he did not want to use medication and had heard through his physician that Guided Self Healing might be able to help him.

Our first step was to set the intention, his goal of the healing session. His goal was to "clear the anxiety attacks that are triggered through traffic jams". The second step of the healing session is to find the trauma pattern through using the GSH kinesiology based protocol. We found that there was only pattern—the Death Trauma©, that was creating his panic attacks. The Third Step is to map how the entire healing session is to be conducted. This includes where the root cause of the trauma is located, how the client is to go back to root cause, if there are any beliefs, emotions or boundary work that needs to be done, and any interventions that may need to be applied. The fourth step is to do the actual healing session.

We muscle tested for the exact symptoms that came from the past life. It was the anxiety in the chest, the claustrophobia, and fear of dying alone. He went into the past life through an amplification technique created by Hahn. As he was asked to make his symptoms 'bigger' I watched his face change, and it was clear he was moving into a past life. Within a very short period of time, he told me he was there and he knew what was going on. He was buried alive in a coffin. He was suffocating, panicking, claustrophobic and was dying alone. I told John that he was dying, but this time to die consciously and I invited him to have his soul leave 100% through the crown of his head. I muscle tested to make sure he was out, 100%. I then invited John to look around and find 'Source light'. He did and I then invited him to merge into the light. He did. When he was 100% merged with the light I asked him if the light

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could speak through him and teach him any lessons he needed to learn from that life, or about his present life. He had tears flowing down his face as he shared, “I know now that I am never alone and that I can finally be at peace”. He was brought back to the present life, and when he opened his eyes he said, “This is the first time in over ten years I have experienced peace”. The fifth step of the healing session is to integrate and complete the session. John’s integration piece was to post his learnings on the dashboard of his car and another copy on his bathroom mirror.

From that one session, John has never had another panic attack that was set off through a traffic jam. I checked in with him at three and six months. The healing still held.

The Death Trauma is often done at the very first session. Much more severe than being reversed, if part of the being is trying to die, there will be no lasting benefits to any sort of energy work. Clearing the Death Trauma also brings profound and substantive healings.

Update 7/03: It has been over three years now since I did this clearing on John. He has remained free from his panic attacks. He tells me that one session changed his life. Having ‘peace’ became his new goal-for himself and his family. Since then he has created a home-based business so he can have the kind of time with his family.

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