



*Welcome*

**Homework Training**

## *You Are Not Alone*

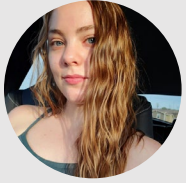
**60% of adults** report experiencing abuse or other difficult family circumstances during childhood.\*

Trauma will continue to control our lives in unhealthy ways until we learn how to heal and liberate ourselves from its influence.

\* National Center for Mental Health Promotion and Youth Violence Prevention, "Childhood Trauma and Its Effect on Healthy Development," July 2012  
([http://sshs.promoteprevent.org/sites/default/files/trauma\\_brief\\_in\\_final.pdf](http://sshs.promoteprevent.org/sites/default/files/trauma_brief_in_final.pdf))



*"I am not what happened to me, I am what I choose to become."* - Carl Jung



*Alana has a gift of insight and intuition that is beyond this realm. And her many years of training, education, and personal experience traversing the insane shadows of her own life has resulted in an unshakeable dedication to Love and Truth. And her profound ability to acutely and clearly perceive the shadow with nonjudgment, helping anyone cut through and powerfully transmute their own darkness back into Love. Alana is a gift to this planet. - Sarah B.*



*Alana's heart is overflowing with compassion and love. She is deeply connected to Spirit, enabling her to communicate in such a way that truly resonates with me. - Elise W.*



*Alana is one of the most intuitive beings I have ever experienced. You will gain so much insight into your life and your actions with great follow through if you open yourself up to this experience! I certainly did and will continue to. - Julia M.*



*The Source is strong in this one, so do yourself a favor and open your heart and mind to the Divine love and light she brings to the art of understanding. - Patrick M*



*"If you appreciate and have studied religions of the world and are open to varied spiritual ideas, you will appreciate her authentic approach and unique insight. ...She is a strong woman of conviction walking her path with transparency towards greater self awareness. Her mission is about sharing that knowledge and bringing more Love into the world." - Cynthia B.*



# Do You Believe...

- 1 That Your Capacity to Heal is Limited due to Your Past Trauma?

*Or...*

- 2 That With the Right Awareness, Tools, & Methods Your Healing is Possible?





# *Alana Boyd*

## **The Trauma that Shaped Me**

- Early Childhood Trauma (before age 7)
- Sexual Assault & Molestation
- Spiritual Abuse
- Physical Abuse
- Emotional & Mental Abuse
- Domestic Violence
- Childhood & Adult Poverty
- Dominant Father Wound

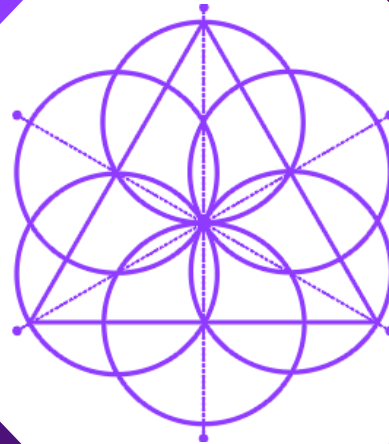
*Patterns of Abuse and Cycles of Suffering  
that Lasted for Decades!*

## *Survivors of Domestic Abuse*

- Feelings of Shame & Guilt
- Feel perpetually Victimized by Others
- Struggle to Maintain Healthy Boundaries

## *Survivors of Childhood Trauma*

- Unconscious Patterns Influencing Daily Life
- Hard to Form Secure Attachments to Others
- Struggle with Mental Health & Mood Disorders



## *PTSD & Complex Trauma*

- Issues with Substance Abuse & Addictions
- Deal with Intrusive Thoughts & Nightmares
- Feel the World is Unsafe & Dangerous

## *Inner Child Wounding*

- Trapped in Hypervigilance & Anxiety
- Patterns of Unconscious Trauma Bonding
- Seeks Outward Validation from Others

# Common Misconceptions About Healing Trauma

## The Traps & Pitfalls of the Ego

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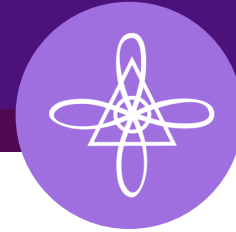
### *Downplaying Trauma*

Minimizing the impact your childhood trauma had on you by saying things like, "Other people have had it worse" or "It wasn't as bad as it could have been."



### *Healing is Messy*

Healing trauma is not for the faint-hearted. It takes great courage and fortitude to heal and claim our happy & fulfilled life – free from the residual effects of our childhood suffering!



### *Misunderstanding the Ego*

The ego is the part of us that lives in the shadows of our subconscious mind and displays its inner wounds to the world. It works with the shadow and is ruled by our fears, phobias, and unhealed traumas.

# Have You Tried Any of These Methods?

- ✓ Traditional Therapist or Counselor
- ✓ Supplements & Medications
- ✓ Group Coaching Sessions
- ✓ 1:1 Coaching or Mentorship
- ✓ Faith-Based Services & Communities
- ✓ Energy Healers & Practitioners
- ✓ Conferences & Events
- ✓ Books, Courses, & Masterminds
- ✓ NLP & Hypnotherapy
- ✓ Alternative Medicine Therapies







*Fear Vs Vision*



**Personal  
Responsibility**



**Compassion  
& Love**

*2 Keys to  
Liberating  
Yourself from  
Trauma*



# *The Deeper Purpose of Coaching* Becoming the **Expert**

*Be - Do - Have*

## **Accountability**

Because the healing journey is challenging, people often need accountability to keep them going through the hard stuff.

## **Action Driven**

Being given the right tools, exercises, worksheets, and information that is tailored to meet the individual needs of each client.

## **Divine Mirror**

Recognizing the Divinity within each person and honoring the sacredness of being a mirror to reflect the wounded parts that still need healing.

## **Deep Guidance**

My level of expertise on the shadows & how to traverse the inner psyche of each client with care, love, and compassion allows for intense liberation.

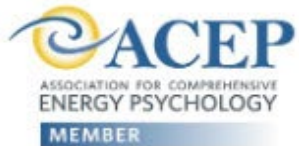


# My Personal Mission

I choose with purposeful intention to continuously and consciously expand in my awareness of Love, so that I may be a guidepost of compassion to others for the purpose of ever-evolving Consciousness.

# My Earthly Purpose

I am here to reveal to others the path of healing that liberates us from our bondage & suffering and to teach different ways of accessing this level of awareness so that everyone can turn their trauma into triumph.



- ✓ Cognitive Behavioral Therapy
- ✓ Compassion Focused Therapy
- ✓ Emotional Freedom Technique

- ✓ Trauma Resilience/Recovery
- ✓ PTSD & Complex Trauma
- ✓ Somatic & Vagus Nerve Therapies

- ✓ Energy Healing & Clearing
- ✓ Mindfulness & Meditation
- ✓ Hypnotherapy & Affirmations



***“The paradox of trauma is that it has both the power to destroy and the power to transform and resurrect.”***

- Dr. Peter Levine

# Next Steps

## Prepare for your call by...

Double check your call booking date/time.

Make sure the event is in your calendar.

Set an alarm or reminder for the event.

Please note, this initial call will be by phone.

## Show up on time.

Show up in a quiet place with a notebook & pen.

Show up ready to learn how to take control of your healing process.

