

THE SURVIVOR'S COMPASS
HOW TO GET STARTED

On The Road To Recovery
& Reclaiming The Real You

ANNE MARCK



How to Get Started on the Road to Recovery & Reclaiming The Real You

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DBA The Survivors Compass

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For more information about The Survivor's Compass Method visit:

<https://www.thesurvivorscompass.com> or write to

thesurvivorscompass@gmail.com

Get the manual for The Survivor's Compass method here:

<https://www.thesurvivorscompass.com/the-method/>

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A Note to the Reader

Please note, I do not mean to imply that all mental illness, depression, anxiety, etc. is directly caused by childhood trauma. This is only one of the many and varied reasons why you may be suffering with these complex issues. You should always seek the help of a trained professional to ferret out and clarify the source(s) of your problems.

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Why Do I Feel This Way?

Is depression, anxiety, anger and emotional upheaval your daily experience?

Do you find yourself being triggered by little things that shouldn't bother you, blowing up or retreating when you should be handling your life?

Do you suffer with a sense of hopelessness, powerlessness, emptiness and despair? Feeling isolated and alone, like you're just watching your life, instead of actually living it?

You could be hearing the voices of your past.



During childhood, your most critical and rapid period of development, you may have learned a "story" about yourself that isn't true, a skewed sense of self that you have carried into adulthood, shaping your reality, driving your thoughts and feelings, and ultimately creating the very fabric of your life.

These negative feelings could in fact be emotional flashbacks, leftover toxic shame, and the voice of a vicious inner critic. An old story.

Can the story be changed?

Recovery from adverse childhood experiences, reclaiming yourself and your life, is a goal worth pursuing at any cost. Not only worthy of your greatest effort and commitment, but a very real and attainable goal. But first...

What you need is a guide and a road map.

The journey begins with the discovery of your greatest ally, your inner advocate. Your inner advocate is your most authentic Self, an inner guide that can direct your path to healing and achieving your highest potential.

Without an awareness of this self-supporting advocate and adequate healing tools, you may be lost in a morass of confused emotions, thoughts and behaviors, without knowing how to extricate yourself from the mess; day-to-day battling the backlash of your trauma, acting from old programs that affect every aspect of your life.

The Survivor's Compass Method is a series of self-directed techniques for accessing this higher Self and resolving old worn-out coping mechanisms. Dysfunctional behaviors left over from childhood. When you learn Self, you begin to know the difference between the "trauma voice" and the voice of something deeper, more authentic, joyous, compassionate and creative. Your true Self.

Through practice and daily use of The Survivor's Compass tools, you can change your thoughts and behaviors, experience the positive emotions that you crave, and harness the power of your mind to create the life you desire.

You can free yourself from your past.

The method begins with a foundational exercise called the Pool Meditation. This exercise will help you to develop mindfulness, create a deep sense of peace and calm, and also give you access to your subconscious mind. Utilizing this method, you can learn how to explore your internal world and change the dysfunctional beliefs and outdated coping strategies left behind by trauma. You can retrieve lost "parts" of yourself, reparenting the wounded children you carry inside.

In this booklet, you will learn the Pool Meditation and gain access to your true Self, this vital ally in your quest for healing. You will also learn how to access a feeling of peace, calm, and safety. These are the first steps on the healing journey. Knowing how to be peaceful and calm and having an experience of Self.

What is Self?

Dr. Richard Schwartz, the developer of a method called Internal Family Systems (IFS), defines the qualities of Self as calmness, compassion, curiosity, courage, creativity, connection, confidence and clarity.

Steven Pressfield, author of *The War of Art* describes the Self as, "*...the source of Infinite Wisdom and Consciousness. Dreams come from the Self. Ideas come from the Self. When we meditate, we access Self. When we fast, when we pray, when we go on a vision quest, it's the Self we are seeking. When we deliberately alter our consciousness in any way, we're trying to find the Self. The Self is our deepest being.... The Self... is ever-growing and ever-evolving.*"

For printable information about the true "Self" see:

<https://www.thesurvivorscompass.com/wp-content/uploads/2021/04/What-is-Self-4-10-21.pdf>

To practice getting into a state of “Self” see:

<https://www.thesurvivorscompass.com/wp-content/uploads/2021/04/What-is-Self-Exercise-4-10-21.pdf>

We can access Self in meditation, and you will learn this important first step with the Pool Meditation. Other tools for getting into Self include gratitude exercises, prayer, the Relaxation Response, or any activity that involves quieting the conscious mind and listening for something deeper.

If you find that the Pool Meditation proves a little intimidating in the beginning, you can use these other tools to help you experience Self. Going deeply into the quiet space that exists within you can sometimes seem overwhelming. In that case, use these other tools to begin teaching your body that it is safe to relax and experience something new.

For instructions on how to use the Relaxation Response see:

<https://www.thesurvivorscompass.com/2020/04/30/relaxation-response/>

For instructions on how to do gratitude exercises see:

<https://www.thesurvivorscompass.com/2020/05/03/gratitude-exercises/>

The goal of finding Self is to allow it to occupy the seat of consciousness, as opposed to wounded parts of the psyche, the “trauma voice” that wants to stay in control, interfering with the development of potential through misconceptions and self-limiting beliefs. Communication with a higher Self allows for the pursuit of individual purpose, fostering positive feelings of individual worth.

What is the Trauma Voice?

Traumatic events are imprinted on the limbic brain, where survival and avoidance of pain mechanisms reside. The emotions experienced with these events are stored in the subconscious mind. Stimulus in the form of sights, sounds, sensations, and even smells can reactivate the emotions and body memories from these past events.

This phenomenon is known as “triggering” and leads to the survivor “blending” with the wounded parts of the psyche, or the “trauma voice.” The triggers may be benign, but if they remind the survivor of past traumas, survival responses are activated and the survivor is flooded with uncontrollable emotion, without conscious involvement from the rational and self-regulating part of the brain, the pre-frontal cortex.

Here's an example of what that looks like in a scenario with a fictional character, Emma:

Emma has taken the bus to meet a friend for a concert in the park. As she takes her seat, a man brushes past her, smelling of sweat and alcohol. Suddenly, Emma is no longer on the bus. She's been transported back twenty years and is now the child who can't get away.

Panic rises up and she jumps out of her seat, begging the driver to let her off the bus. Emma shakily dials her friend and tells her she is not coming. Then she boards another bus, goes home and eats an entire bag of chocolates because the only thing that calms and soothes her is sugar.

But what if Emma had been working on recognizing the trauma voice? What if she had learned to be aware of her thoughts and their origin, having developed a mindfulness practice of bringing herself back to the present moment? In response to the sensations and smells, Emma would "hear" the voice of past trauma, but she would be able to respond rationally; knowing where the survival response was originating and purposefully choosing to remain calm.

The mindfulness practices of the Pool Meditation will help you begin to hear the difference between your true Self and the trauma voice, allowing you to "un-blend" from the experiences of trauma and the subsequent flood of emotions. This is the beginning of self-mastery over dysfunctional behaviors.

Ideally, regular practice of these exercises leads to the ability of Self to more consistently occupy the seat of consciousness, that place from which you are able to mindfully and purposefully live the life you desire.

Considerations

Although relatively simple, these exercises are extremely powerful. If reminders of your traumatic experiences have historically caused you to dissociate, you may need to take some extra precautions when practicing the meditation.

Incorporating a transitional object into your meditative practice may be helpful. A transitional object is something to hold throughout the exercise, a solid object that keeps you grounded in your physical body and also helps you to return to the present moment. It may be a stone, a stuffed animal, or any personal object that feels safe and reassuring.

You may also need to be particularly mindful of coming fully back to the present moment at the end of this exercise. Get up and move around, look at yourself in the mirror, drink a glass of cold water or warm tea.

Please be aware that before you begin any trauma healing process, you should first develop a support system, a person(s) who is willing to provide encouragement and safety during the healing process; this could be a medical or mental health care professional, friend, counselor, spouse or partner, another survivor, or a family member that you trust. Be mindful of this need before you begin your journey. Additional information about the steps for healing is found at the end of this book.

A Word of Caution: *The exercises in this booklet are intended as a supplement to any therapeutic process you may be undergoing. They should not be considered a replacement for therapy. Be mindful that entering a subconscious space, even if only in meditation, may*

churn up old issues that carry a significant emotional charge. If you find yourself becoming extremely agitated, panicked, or dissociative during these exercises, you should stop and seek a facilitator to help you before proceeding.

What is the Pool Meditation?

The Pool Meditation combines a form of self-hypnosis, mindfulness practices, visualizations and affirmations to reinforce positive thoughts and feelings. The purposeful and daily practicing of peace and other positive emotion helps you to access and experience Self; and the mindfulness practice better prepares you to remain calm and focused in real-time, thus avoiding triggering.

This exercise also provides access to your subconscious mind, a way to get past the resistance that often accompanies developing a closer relationship with your internal world, and a place from which you can “program” new thoughts and behaviors.

The recorded instructions for the Pool Meditation, as well as a music only playlist for this exercise can be found at: <https://www.thesurvivorscompass.com/the-method/>

What Am I Doing Down Here?

The first segment of the Pool Meditation is a way of getting into your subconscious mind, a form of self-hypnosis, to help you get past the chatter of the front brain. This is important because you are going to be feeding positive emotions into your brain and the best way to accomplish this is at the subconscious level, where learned behaviors reside.

The second segment of the meditation is a mindfulness practice. Using an anchor, which is a light at the bottom of a pool, you are training your mind to repeatedly return to a place of peace. This is like lifting weights for the brain, developing mastery over the “monkey mind” that requires constant chatter and mental busyness.

The third segment of the meditation is an opportunity to access a place within you that knows how to feel peaceful and calm, joyful, hopeful and loving. This is the experience of the true Self. It is who you know you are when you get quiet inside and stop all of the mind chatter about what you *think* you are.

Key Concepts of the Practice

1. Self-hypnosis and letting go. Accessing the subconscious mind. This is the beginning of retrieving lost “parts” of the psyche to help them heal.
2. Mindfulness practice, developing the ability to step back from your thoughts and emotions, and become an objective observer. With this practice, you are able to remain “un-blended” from the thoughts and feelings of the trauma voice.

3. Practicing peace and positive emotions. Accessing the positive emotions and the experience of Self and the ability to return to an anchor.

Practicing Positive Emotions

You will be asked to choose visual cues that represent the positive emotions you will be practicing, specifically peace, joy, hope and love. If possible, allow these visual cues to come up in your mind spontaneously, as these will be the most authentic.

Try to avoid choosing events or specific people to bring up these emotions, as these visuals are more likely to prompt you into thinking about other things when you are trying to empty your mind and focus on your anchor; unless this is the only way you can access the emotion you are looking for.

Examples of visual cues might include a peaceful, still lake of water (peace), sunlight through the trees (joy), an endless mountaintop vista (hope), and hugging a child (love). Everyone is different and what represents these emotions to you will be different than another person.

Initially, you may need to choose only one of the emotions of peace, joy, hope or love to practice with the Pool Meditation. Start with the emotions that are the easiest to access. When you are fully experiencing these positive emotions, then work on whichever emotions feel the most difficult to access, or to which you feel resistant. I usually recommend starting with peace, as this is the most compelling need for survivors.

If necessary, take time to develop a visual image for peace that feels right. Then practice peace until you have fluid access to feeling it, at which point you can incorporate all of the positive emotions into your practice. I use an extended playlist if I need more time to work on any one particular emotion.

Staying with the anchor at the bottom of the pool and simply basking in the pleasant sensations evoked by these positive emotions is incredibly soothing.

Practicing the Pool Meditation

The greatest success will be achieved by first reading this material, then practicing the exercise with the recording. Once you have become comfortable with the elements of the exercise, you will be able to utilize the music only playlists without the recorded instructions.

In the event that you find it difficult to understand the following instructions, listen to the recording first, before reading the exercises, to get clear on the process. This should help clear up any confusion about the exercise. After listening to the recording, if you have additional questions or concerns about how to utilize the material, please write to me at thesurvivorscompass@gmail.com

Getting Started

You should read through the exercises a few times to familiarize yourself with the script before beginning. Note that when you are ready to add music to your practice, you should choose four songs to represent each of the segments of the exercise, Steps 1, 2, 3, and 4. The end of each piece of music is a signal to begin the next step of the exercise.

The words provided in the exercise descriptions will not fill the entire length of each song. Simply continue to repeat the meditation phrases or rest in silence until each piece of music completes and then go on to the next step. If you become distracted, continually bring your mind back to the visual images and anchors described.

The Exercise

Get into a comfortable position, either sitting or lying down. If you know you will fall asleep lying down, do the exercise sitting up. Do whatever is necessary to reduce distractions to a minimum, silence your phone, lock the door, etc. Close your eyes, take a few deep, relaxing breaths and start the instructions for the Pool Meditation. Once you are confident that you know the steps, use the music only playlist to practice the exercise. Here's the link to the exercise again: <https://www.thesurvivorscompass.com/the-method/>

Step 1) I am a Light - Letting Go (song #1)

Close your eyes. Take a deep breath, in through the nose, out through the mouth; breathing gently, deeply and evenly. Imagine you are standing above a pool of deep, peaceful water. And as you stand above this pool of deep, peaceful water, allow yourself to slip gently beneath the surface of the water.

And as you slip beneath the surface of the water, you become a light, a round, glowing sphere of light; and the light has weight, and you begin to drop, through the depths of the peaceful water. Leaving your body, your thoughts and your feelings on the surface of the water, allow yourself to drop, deeper and deeper through the depths of the peaceful water.

You are not your body, you are not your thoughts, and you are not your feelings. You are just a light, dropping deeper and deeper through the depths of the peaceful water. Letting go, dropping through the depths of the peaceful water, anchoring yourself to the light. Deeper and deeper, anchoring yourself to the light, until you finally...touch...the bottom...of the pool.

Step 2) Mindfulness Practice (song #2)

And now as you rest on the bottom of the pool, turn briefly and look up toward the surface of the water, where you have left your body, your thoughts and your feelings. You

can see that you are very, very deep. Leave your body, your thoughts and your feelings on the surface of the water and turn back to the light at the bottom of the pool.

Anchor yourself to the light at the bottom of the pool. If thoughts or feelings arise, let them gently go without judgment or engagement, rising gently to the surface of the water; always anchoring again to the light at the bottom of the pool.

Speak silently to yourself, “Nothing to do, nowhere to go, attached to nothing. Just being.” Rest on the bottom of the pool, continually bringing your mind back to the light as an anchor, allowing the water to gently rock you, letting go of all thoughts and feelings.

Continue to focus on the light that you are, using the music and the light as an anchor. And repeat silently to yourself “Nothing to do, nowhere to go, attached to nothing. Just being.” Continue to focus on the light at the bottom of the pool, resting in this peaceful place.

Step 3) I am Peace – Accessing Self (song #3)

And now, as you rest on the bottom of the pool, anchoring yourself to the light, allow to spontaneously arise within you, a memory of peace. Allow a visual image to arise that represents peace to you and speak silently to yourself, “Peace is available to me. I choose peace. I am peace.” Continue to focus on the peaceful image until you have fully experienced the feeling of peace.

And when you have fully captured that feeling of peace, allow to spontaneously arise within you, a memory of joy. Allow a visual image to arise that represents joy to you and speak silently to yourself, “Joy is available to me. I choose joy. I am joy.” Continue to focus on the joyful image until you have fully experienced the feeling of joy.

And when you have fully captured that feeling of joy, allow to spontaneously arise within you, a memory of hope. Allow a visual image to arise that represents hope to you and speak silently to yourself, “Hope is available to me. I choose hope. I am hope.” Continue to focus on the hopeful image until you have fully experienced the feeling of hope.

And when you have fully captured that feeling of hope, allow to spontaneously arise within you, a memory of love, love given, or love received. Allow a visual image to arise that represents love to you and speak silently to yourself, “Love is available to me. I choose love. I am love.” Continue to focus on the loving image until you have fully experienced the feeling of love.

This is who you truly are; repeat silently to yourself “I am peace, I am joy, I am hope, and I am love.” Take a few moments to feel and experience this most authentic part of yourself; the peace, the joy, the hope, and the love that you are.

Returning: When you are ready, take a deep cleansing breath in through the nose and out through the mouth. See the glowing sphere of light become a bubble and taking the peace, the joy, the hope, and the love with you, gently rise to the surface of the water; up, up, up from the depths of the peaceful pool, rising higher and higher, until you finally break the surface of the water and rejoin your thoughts, your feelings, and your body; and now, on the count of three - 1, 2, 3, - return.

Open your eyes, focus on the room around you, say to yourself “I am here, I am now, I am in my body.” Orient yourself to your surroundings, feel yourself grounded and present.

Best Practices

To get the most out of this exercise, practice it every day until you have access to the experience of peace and Self; and the confidence that you can remain mindful and present to that peace, even when other thoughts and feelings try to intrude. The Pool Meditation is only ten minutes long and can easily to be done every day. Practicing positive emotions every day teaches your mind to look for the positive, and your body to experience positive feelings again.

When you have developed a stronger sense of Self and the mindful ability to step back from your thoughts and feelings, you will be ready to learn the rest of the Survivor’s Compass method for healing childhood trauma.

Realize that this does not have to be perfect and a felt sense of Self, even an awareness of it, is enough to get you started. It is enough if you establish a safe and peaceful place within you and develop your ability to return to that peace at will. You will need this skill to go to the next step - exploring your internal landscape and retrieving the lost and wounded parts of yourself.

For more information about the next steps in the The Survivor’s Compass Method, please visit <http://www.thesurvivorscompass.com/>

How I Use These Tools

At its most basic, the Pool Meditation is a Relaxation Response exercise; specifically, it takes you out of emergency survival mode in your sympathetic nervous system, and brings you back into the parasympathetic system, your rest and repair mode. Survivors find it difficult to relax and go into this normal physiologic state.

Living in a constant state of hyper-vigilance is exhausting to the mind and body, with serious and far reaching ramifications to health and wellbeing. As a survivor, you may need to teach your body that it is safe, and that the danger has passed.

When I first developed the method, I began practicing the meditation daily; not only to help me access Self and experience positive emotions, but to allow my mind and body to

let go and begin to heal through the daily practice of fully relaxing. Purposefully grounding in Self also helped me to manage the bouts of dissociation and emotional flooding that are the hallmarks of unresolved trauma.

I used the Pool Meditation daily to experience positive emotion and a connection with my true Self. It provided the practice I needed to become an objective observer of my emotions so that I could stay grounded in Self while accessing wounded parts of myself to heal them. After all the healing work I have already done, I still use this tool daily. It continues to reinforce the positive emotions that I have worked to regain.

I am not a formally trained therapist. My own experience working with a therapist was less than optimal. I did not learn the tools that I needed to fully heal and take back my life from the severe depression, anxiety and stress related illness that were the backlash of traumatic childhood experiences. I had to search out existing tools that work and I had to develop some of my own.

For information about the many effective healing tools, I used on my healing journey visit: <https://www.thesurvivorscompass.com/category/resources/>

More information and a step by step guide to following the healing path is provided in detail in *The Survivor's Compass: From Trauma to True Self*. Get the method manual here: <https://www.thesurvivorscompass.com/the-method/>

Stages of Healing: Where Do I Start?

Before beginning a journey to heal your trauma, it is enormously helpful to understand the stages of the process.

Naming the problem and symptoms, telling your story, verbally recounting the traumatic event(s) to release negative thoughts and emotions, is the beginning of the healing process. This leads to the ability to mourn the experience, which in turn leads to resolution and the ability to move on.

This does not necessarily mean reliving the trauma. Telling your story is simply a way to give the wounded parts of you a voice, to acknowledge the injury and its source. Acknowledging that a problem exists and naming it begins the process.

First, you must begin by developing a support system and a safe space to do the work and begin the process of naming your wounds and telling your story. Find a person who is willing to provide encouragement during the healing process; this could be a friend, counselor, spouse or partner, another survivor, or a family member. Choose someone mature enough to allow the unfolding of your feelings and memories without trying to "fix it."

Be especially careful to avoid someone who has taken on the role of “rescuer.” As a former victim, you are likely to have attracted people into your life that want to rescue you from your problems. This includes therapists that are acting as rescuers, living out their own unresolved victimization through you.

It is common for former victims to become involved in helping professions. This is wonderful because they understand what you have been through. But, if they have not completed the step from victimization to self-actualization, they are still stuck in the victim loop and will drag you back into it, instead of helping you out of it.

Rescuers are people who try to solve your problems for you, without allowing you to take full responsibility for them. This perpetuates helplessness and feeling that you cannot trust yourself to know what is best for you.

A healthy therapist is someone who can listen to your story without projecting their own issues onto yours and/or making you feel that they know what is best for you. Find someone who can remain objective, listen with minimal interruption, provide thoughtful and helpful advice without perpetuating your helplessness, and allow you to draw on your own inner wisdom and intuition to guide your healing process. A good therapist is one who teaches you skills to solve your problems, not someone who tries to fix them for you.

You should also avoid family and friends who tell you to just get over it. This will not help and will discourage and invalidate what you are trying to accomplish. Family members or friends who deny the trauma, openly invalidating what you have experienced, present a very real roadblock to recovery. Separation from those who refuse to acknowledge family wounding may be necessary to create the needed space for the healing journey to unfold.

This is especially true if you are still in a traumatic environment. Establish safety before you attempt a course of healing. If you are in unsafe living conditions, still being abused or traumatized by people in your immediate environment, the work cannot proceed safely and unhindered.

Give attention to these issues before you attempt to work on your trauma wounding. The trauma must first stop before the healing can begin. Reach out to trusted individuals in your community, church, or through local organizations or social services for help with this. Stabilize your external world before you try to stabilize your internal world.

Be kind to yourself. Recognize that healing is a journey that takes time and patience. Initially your emotions may become more intense, but if you recognize this as a part of the process, it's easier to get through. Remember, you will not always feel this way. There will be an end and it will get better.

Confronting your thoughts, emotions and memories eventually leads to resolution and a lessening of the negative emotions; bringing them into manageable limits and freeing you to live the life that you desire.

Judith Herman, M.D., author of *Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror*, has identified three stages of healing from trauma wounding. I have summarized these stages below.

Stage I

Recognizing and naming the problem and symptoms, as well as developing a relationship with a therapist or compassionate listener. Stage I should include developing your support system and attention to physical health needs and safety. Developing the ability to recognize and remain in Self and creating a “safe place” in your internal world is a part of this stage. Developing mindfulness and the ability to be an “objective observer” is key as you prepare to do the work of Stage II. the Pool Meditation will help you develop these skills.

An awareness of how childhood trauma has affected your brain is critical to managing the process of recovery. Understanding the concept of the trauma voice is also necessary to becoming an objective observer and remaining in Self.

Stage II

Telling your story, recalling the important details, if tolerated and appropriate to your situation, and putting them into words and feelings. This can be a difficult and emotionally draining task that initially may require some adjustment in your activity level. Stage II involves allowing yourself to grieve, to mourn the loss of trust, innocence and whatever you feel you have lost. Maintaining the mindfulness and connection to your higher Self that you learned with the Pool Meditation will enhance your ability to do the work of Stage II and support the process.

The Pool Meditation as a Relaxation Response exercise will further support your ability to return to Self and the rest and repair mode of the parasympathetic nervous system, after exploring your experiences. This is key to not getting stuck in a state of hypervigilance and the inability to shut down the fight or flight response, which may be activated by remembering and verbalizing the trauma.

Stage III

Reconnecting with yourself, taking control of your life and becoming the person you want to be. A reconnection with others and developing the ability to trust again is a part of this stage. It is a time of empowerment, discovering the possibilities within yourself and in the world around you, taking a renewed interest in life.

This stage may also include finding a passion and purpose for your life. Developing new beliefs leads to new behaviors that are life affirming, incorporating lost parts of the psyche and their gifts into a more integrated and cooperative whole, with Self in the “seat of consciousness.” A hallmark of this stage is recognizing that you are ready to put "the story" behind you and find new purpose.

Ultimately, the goal of the healing journey is to develop awareness and bring the traumatic emotions and memories into manageable limits; to restore damaged self-esteem, establish important nurturing relationships, and to integrate the traumatic event(s) into your life's story. Peace, resolution and acceptance are found here.

More Tools for Healing

Rising above the pain and loss of childhood trauma requires tools and information. Within these pages, you have learned about the stages of the healing journey, how to choose a competent counselor or therapist, and the first therapeutic tools you need to begin your journey to recovery.

Healing starts with learning the difference between the voice of the true Self and the “trauma voice.” It starts with understanding that “the story” is not who you are, even though currently you may be acting from that story because you have been taught to live a life informed by trauma. Your body, mind and spirit may be suffering the effects of that trauma.

When you learn the difference between your authentic Self and the voice of trauma, and all of its accompanying left-over emotions and behaviors, you are able to begin to resolve these old coping mechanisms; and start to experience your capacity for a more peaceful and joyful life.

This booklet has been written to help get you started on that journey; by teaching you how to experience safety in your body again, maybe for the first time, and by teaching you to experience your authentic Self and the positive emotions of that Self-state. By stepping back and un-blending from the trauma story, you may get the toe hold you need to begin healing your emotions and ultimately, healing your life.

For additional tools and information, please begin your healing journey by visiting <https://www.thesurvivorscompass.com/start-here/>

Mission Statement

We aim to bring information, tools and support to adult survivors of childhood trauma; by offering educational encounters and developing a network of survivors sharing knowledge, insights and hope.

We aim to fill the gap left by an overburdened mental health care system, by sharing resources and developing community as a grass-roots movement to meet the mutual challenges of childhood trauma survivors.

We believe in the basic premise that wounded human beings can and do heal in the presence of caring, hope and community; and that these are resources we can provide to one another as an adjunct to professional involvement.



About the Author

Anne Marck, LMT, is a craniosacral therapist, reiki master and intense student of natural healing methods for the mind and body. The tools she teaches in her trauma recovery workshops include self-hypnosis, mindfulness and meditation, parts theory, tapping (EFT) and her own method The Survivor's Compass, which she developed to heal her lifelong struggle with depression and anxiety secondary to childhood trauma.

She has researched and teaches the most effective, evidence-based tools available and mentors her clients through the process of healing the body/mind.

To learn more about Anne and her work visit:

<https://www.annemarck.com>

Connect with Anne at: <https://www.facebook.com/AnneMarckLMT>

Testimonials

"Anne has the special ability to help me get through the rough spots in my life. She has given me the tools to understand myself in a way that heals from the inside out! Intuition and wisdom are truly her gifts. It gives her counseling real insight into my needs. The body, the mind and spirit can work together! Thank you for helping me to truly know it" — Deborah

"I was just about as bad off as you can get emotionally, physically, and mentally. I was recommended by a chiropractor to visit with Anne. She completely changed my life. I look and feel better than I have felt for years thanks to Anne. " — Gwen

"Anne Marck, and her therapy and meditation techniques, is an invaluable resource for patients who are seeking health and well-being.

As a primary care physician, and functional medicine practitioner, I am acutely aware of the effect of the mind-body connection on achieving true health. I have worked with countless patients on their physical problems where true healing was not achieved until the underlying emotional and spiritual issues were addressed.

Meditation and mindfulness are essential practices for achieving health, well-being and true joy in our lives. I fully endorse Anne's techniques in achieving this balance of peace, wellness and joy. Her website, www.annemarck.com, has a wealth of information for anyone who wants to heal their body and the mind-body connection." — Jeanette Walker, M.D., functional medicine physician