



PWE11: Impacts of Past Trauma & Steps to Heal

Aubree: Welcome to the Peace With Endo Podcast. My name's Aubree Deimler. I am an author, speaker and integrative wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find Peace with Endo. This is episode number eleven and on the show today I'm super excited that we have Melissa Binkley. Melissa is a co-author of mine in the collaborative book we did called *Women Who Inspire*. Thank you Melissa so much for being here today.

Melissa: Thank you Aubree for having me on. I'm really excited to talk today with everyone.

Aubree: So, tell us a little bit about yourself.

Melissa: Sure. So, obviously my name is Melissa and I am the founder of a company called the Intuitive Intelligence Academy. I myself am a number one best-selling author, an international speaker and a soul and business strategist, and have created an amazing transformational spiritually based process, a revolutionary method called Intuitive Intelligence, which works with healing trauma, transcending limiting beliefs, going beyond subconscious training and really connecting in on a deeper level. So that we can heal traumatic experiences whether that is from sexual trauma, war time trauma, ACES, adverse childhood experiences, any of that kind of stuff, and I've been spending several years traveling the world, doing coaching, transformational events and teaching about how to turn your trauma into your greatest gift. How to take the trauma that you've experienced and create a, whether it's advocacy or a business or different things out of it. I love creating global impact and really love working with healers and people that are in the holistic wellness type of world and psychologists, and doctors and teaching something that's a completely new transformational process and methodology.

Aubree: And that's so important right now. I know, you know, with the Me Too movement that's going a lot of a lot of this sexual trauma is coming to light, you know, and triggering old wounds for some women. What compelled you to get involved with this?

Melissa: So, it comes from my own story, Aubree. I didn't find out until recently what ACE was, which is adverse childhood experiences and I know I've had a lot of trauma in my childhood. I have been molested at the age of ten. I was raped at the age of 17, but amongst all of those things, which were the things I had truly focused on. I actually am a ten out of ten on the adverse childhood experiences. I mean I

always wanted to be a ten, but I didn't know it was that. So, it was my whole traumatic childhood of one experience after another that led me into being a very high performer. Meaning that on the outside I was a perfectionist. I got straight A's in high school. I got straight A's in college. I graduated top of my class, but on the inside you could find me in a closet with bite marks up and down my arm. I became a drug dealer. I was, I had eating disorders. I had all sorts of body issues. Like all of these different things starting showing up in my life from the trauma that I had experienced, and finally I got to a point in my life, where first off I thought I was going to go to jail for 30 years.

Second, I even though I had graduated from college and had all this great stuff I had come to a place where I was very ill. My body wasn't well. My mind wasn't well and I was just done. I was done living the life that I was living and decided to take a chance and try to heal myself and heal my body, and so I went to school. I went to the Institute for Integrative Nutrition, back to school. Where I'm actually now a teacher for the Institute for Integrative Nutrition. I started doing transformational work, and spiritual work and healing work, and through healing my physical body from all of the things that I had done to it from exercise disorders and eating disorders and drugs and started working on the rest of it, the trauma, which at that point I didn't realize that it was trauma because I just, that was the only experience that I'd had. I didn't realize how traumatic my the things that I had experienced and how it was running my life.

And so I started studying different things like quantum physics and neuroscience and psychology and was traveling all over like trying to learn how to just fix my own stuff because I hated what I saw in the mirror when my body was getting well from the things I'd learned from health and wellness. My body started getting well but my mind and my soul weren't well, and so I got into that kind of work by accident, because as a health coach, I started having clients coming to me that all had sexual trauma. I had incest. I had somebody that had been trafficked. All of these different clients that were coming to me to get well in their bodies, but were having, had had sexual trauma, and so I started using other spiritually based processes.

I was getting downloaded with information. I was working through. I mean people were clearing thyroid issues in a session. Where they'd go back to the doctor and the doctor would be like your thyroid's no longer hypothyroid, or you no longer have Graves disease and all of these different things and I started to really realize that I had stumbled onto something. That there was something really going on there, and so I started taking it to the next level and created an organization out of it, created a process and started teaching it to other people and started sharing it and now I've trained, twelve trained healers. I've done work in India and Nepal. I've worked with trafficking organizations and really taken my trauma and turned it into my greatest gift.

Aubree: That's amazing. I love that you've used all that you went through and turned it into what you've turned it into now, which is really a global movement, right?

Melissa: Yeah.

Aubree: Of inspiring other healers to do the same. So, that's amazing. So what have you seen, you know, working with clients along the way and in this organization that you're doing now. Have you seen that trauma kind of correspond into physical type illnesses or symptoms? Or?

Melissa: Absolutely. Yeah. So, there's a book out there and it's called *The Body Keeps Score* and he really talks about, and this is what I had experienced in my own clientele is the body actually traps emotions in it and it traps events in it, and I know that sounds like a crazy concept, but it really does that. We think that events and emotions and things are happening to us but what happens is the body says Oh I'm going to store this somewhere and get it out of the way and so maybe it stores it in the lung or it stores it in the back or what I noticed the most with sexual trauma was that it started to store it in what's the sacral region of the body, which is the creative center, the womb, where the, where we have all of our sexual organs and everything, and so I started seeing a lot of people that had, and in our stomach area, our digestion is where hormones are produced, and so lots of hormonal issues, lots of sexual issues, and you know, even like with what, which I think is great for your audience to know, things like endometriosis can show up, you know, different types of issues. Infertility was another one. And you know, the body was, it was the body's way of saying hey, warning, there's something going on here, and it started to show up as physical symptoms. So, I've seen a lot of correlation to symptoms.

So, imagine, this is an easy one for people to understand. Like if you've got a like your shoulder starts hurting and you've got a real major issue in your shoulder and you start to get knots in your shoulder, you know, I would ask a client like well what do you feel like is weighing you down, like what's the weight of the world, like that on your shoulders like what's going on there? Usually it was like, oh yeah this experience is happening in my life right now. Like I, I feel like all of my school issues are getting weighted on me, and so, but it didn't start in that moment. It's a build up over time from previous traumatic experiences. So clients that had been molested or raped or had had some sort of sexual trauma of any type, that or I even had clients that hadn't been physically traumatized sexually but had felt like they needed to protect their bodies just because of living in society, right? Like a lot of the harassment going on when we talk about the Me Too movement, things like that. They weren't physically traumatized, like, you know it wasn't physical that happened to their body, but the harassment in itself was causing the body to react traumatically because it is a traumatic experience, and was showing up in physical symptoms all over.

The other one was thyroid conditions, lots and lots of thyroid conditions, and thyroid is about speaking your truth about opening up and being able to speak about what's going on, and again in a society where we have been silenced, where just now everything's starting to break the silence, where things are starting to open up. Women for a long time weren't allowed to speak their truth or talk about what was going on and so that silence was literally energetically causing thyroid issues.

Aubree: Yup and I've seen that in my own body as well, and I think there's a connection that I've seen with myself between that throat space and the sacral, you know, and it's connected physically those two areas. Obviously your thyroid, you know, impacts your hormones. So, have you seen a change by opening up and expressing, you know, talking about what happened. Is that a part of healing from this?

Melissa: Part of it is definitely being able to share the truth and speak what is going on, right? The speaking piece is what heals in that thyroid condition of being able to be honest and open about to someone in a safe environment, right? In a space where for me I stand on stage now and I talk about my trauma or I can do it in a bigger atmosphere, but it doesn't have to be that. It can be literally a one to one conversation.

I had a client who had hypothyroidism who had had challenges with her son around some experiences and she felt like she wasn't a good mother and all these different things were going on. When literally she started speaking to her son. So there's a healing in the energetics of if you can't speak to the perpetrator or you can't speak to where the traumatic experience came from. You've got to find the outlet to allow it to happen, but it, that piece in it allows healing for that thyroid condition, but it's not just speaking. Sometimes the person might be dead or the situation is something that, that just the voice isn't enough, or there's other issues in the body and then we've got to work into other ways of creating the healing for ourselves through, you know, because talk therapy is great and one of the things that we do is we work with a lot of therapists in incorporating intuitive intelligence work into what they're doing but talking sometimes is not enough, but it is the first step to breaking the silence and healing.

Aubree: Absolutely. So, I know this can be hard if you've had trauma in the past, talking about it, because you know, I know for me there was a lot of shame that came with what happened to me when I was young, when I was a teenager, and I've heard you talk about, you know, what you called the second rape that comes when you speak up. So, will you explain more about that?

Melissa: Sure. So, I'll tell a little bit of my story. Maybe it will help people to understand. So, I didn't tell anyone I was molested when I was ten. I didn't tell anyone about the things that happened when I was younger but when I was 17 and I was locked in a garage and brutally raped, I went home that evening and told my best friend, and the next morning I drove. I was a senior in high school, and I went to

the basketball team, and I drove in and I was just going to play basketball. I'm just going to go to my morning practice, and I broke down, and I walked into the office where my coach was, coach Jim Epperly and I'll never, I'll never forget the, he's like one of those heroes that you never forget, and I told him about what had happened and he said you have to tell your grandparents. I lived with my grandparents at the time. You have to tell your grandparents and I was like no, no, no, no. I don't want to tell them, and he's like no I really think you should tell them and so I said Ok.

I went and drove back home that afternoon and told my grandparents, and what ensued was a barrage of, you're a big girl, because I'm 5'11 and at that time I weighed 155 pounds, and so I'm a big girl. They were like why couldn't you, you could have pushed him off, you could have done this. You could have got away, you know, you were wrong for even being there and so it ended up being the people that I went to that I was seeking solace and basically told me it was my fault and that I had caused the situation, and from that there was a lot of different situations they finally came on board but it ensued over several years from the time where there was court trials, to being made fun of at school, to people in my classes knowing what was going on and being shunned, like I was shunned in my school and kind of like lost friendships, and then went on to college and I remember the moment when I was under protective order and stuff so that this guy who only got three years in jail because I didn't fully testify. He only got three years in jail. When he got out I was on order that I was supposed to be notified when he got out and they didn't notify me, and I got a phone call from my father, who my father and I had a very strange relationship from because of the trauma that I had from him, and my father says, yeah guess who I just saw?

And it was this guy who had raped me and his mother had been in a car accident and had hit my grandmother, and they were both in the hospital. His mother and my grandmother were in the hospital and my father and grandfather showed up and this guy showed up and they were all standing outside the hospital and this guy went on to tell them that I had been writing him the whole time he was in, sending him love letters while he was in the jail and so my father and my grandfather were like what? Like you know, and so then I ended up with again my father saying, what were you doing you really didn't, you lied about all of this, you were sending him love letters the whole time.

So, it was like that's the second rape like society says, oh and I went through what were you wearing? What was my sexual activity before I had been raped by this guy, like, you know, all of these things that even twenty some years later now are still questions that are asked in a court room, that shouldn't be asked of the rape victim. Like it doesn't matter what I was wearing. It doesn't matter if I had been sexually active. All of these things, and that's the society that we've lived in where things haven't moved forward but I believe now with the movement that we have created, that's going on, that maybe those things will start to shift and people will start to see this in a different light.

Aubree: Right, and it's really amazing to see this movement take off, you know, seeing it start from. I think it started with a single person, right? And it's spreading, and almost allowing more women to speak up, kind of in a maybe more safe way, you know, even using just a hash tag, of acknowledging like hey this happened to me too, and it happens just so much more than you'd think.

Melissa: Yeah.

Aubree: Because people just don't talk about it.

Melissa: Yeah. It does happen a lot more and there's also, you know, one of my fears with the me too movement and one of the things that I'm creating and working on, is I'm creating a summit right now called Unite: the End of Sexual Trauma Summit, and when I say unite, it's because the reason that there's so many women that have had these issues and saying me too is because the men have been traumatized in their childhoods in things that they have experienced, and men have also had experiences where they're part of that movement too, and so we've got to find a way to unite the voices instead of shaming and blaming and throwing everything back on. Is how do we say, me too, and use that as a unifying way to unite together to heal, to raise the consciousness, to come to a new way of approaching trauma in itself together from all sides because with the breaking of the silence and everybody opening up, we don't want to shut down the other side and have them become silenced because the trauma will just keep ensuing. The trauma that we have created is part of the unconscious collective. It is in the collective consciousness right now where we've got to heal it in that level and to do that we need to unite and come together on all aspects. So I'm so glad that we have this opportunity to have Me Too and to break the silence and now what's next? Like how do we use that for a way to heal together and to heal trauma in all aspects.

Aubree: Absolutely. That's so true, you know, guys are impacted by this as well. So, what are some other maybe common myths that may surround sexual trauma?

Melissa: Common myths are it doesn't happen to men. I have spoken somebody that was raped for ten years by his uncle. He's a man, you know, I see lots of men. Men are super silent about it. So the women are waking up now and saying me too, but there's a lot of boys and a lot of men out there that have experienced sexual trauma and have not spoken about it.

Some of the other myths are it's the idea that it can't happen to me or that if you're in a certain class or society that it doesn't happen to you and that is, you know, that's something that happens to everybody else, and it's not. It is something that is infiltrated from the poorest of the poor in society to the richest of the rich. There is no, it does not go by caste, or by income, or by any of those things. This is not a poor man's situation or a women's issue or any of that kind of stuff. This is a human issue and it's come from generationally things being taught that we've passed on for generation to generation, and this is a world wide situation too where when we talk

about sexual trauma there's things like child, children... that are more common than we think. There are situations with genital mutilation. There is a situation here in the U.S. with sexual trafficking that nobody thinks exists, that nobody even knows about and that is way more prolific than we can have and another myth is that this is a promiscuous thing or these things happen. These things happen to babies as young as six months old to women, to men and women as old as in their nineties. There are no, it doesn't discriminate. There's no discriminating factors here. It is one of the true underlying challenges that's going on in our world right now that is very prolific that people don't even recognize that is going on.

Aubree: Absolutely and you know I think one thing, one thing that came up in my own experience in the past year of getting deeper into this in my own personal healing journey. One thing that I always struggle with with the instance that happened was that I thought that I played a role in it, you know, and what somebody said to me that kind of clicked it on, you know, which is, like as soon as you say "no", like that's it, you know, that should be the deciding factor, you know, it's not your fault. So you know I think I placed a lot of shame on myself because I thought that I was part of it.

Melissa: Oh absolutely, and I think that, thank you for saying that because I think that is one of the biggest things that I do notice is that the victims do take on and especially because of what I call that second rape, because of that the victims take on that aspect. So even if it's not, you know, rape or molestation, but if it's just sexual harassment. Well I, I endured it, I allowed it to happen at my work place or you know that one pinch or that one grab, you know, I never said anything so I'm part of the guilty party and all of this, and no you're not.

We're not but we sit in that shame because nobody's been talking about it, nobody's been sharing about all of the things that have been happening, and so this is a way to also stand up in that and say there is no shame in sharing your story. There is no shame in... another piece of it is that sometimes the body reacts to the things that are happening in what seems like a pleasurable way and so then there's a shaming on that piece of it too. Well, my body reacted this way, maybe I did want it. Maybe there was something that I was, you know, that I wanted somewhere in that and that's not the case either. And so we have all this shaming and the body keeps that trauma and holds onto those pieces because of that experience too.

Aubree: Sure. So, how does one start healing from trauma?

Melissa: So, one of the main things first, like we said, like I talked about is understanding and being able to speak on whatever level that is. Now speaking or sharing can be vocal. It can be written. It can be, and again, something that starts to physically get it out of your body, because our bodies hold onto the trauma. The next thing is to work on the emotional pieces of it, and so we have been taught here in Western society that our thoughts create our emotions and it's actually the opposite.

Our thoughts are creating repeated patterns of what we already know which is based on what that first experience of what that emotion was. If we can heal through changing the feeling so there's a process called heart breathing and it's where you actually breathe through and visualize and see and breathe through your heart space and that opens up a channel that opens up the ability to heal because the emotions and the feelings, our connection to our intuitive intelligence, our connections to the conscious collective, to something greater, to our higher Self is actually through the heart field, and so learning to breathe through that, through that space and changing the feeling that you have around what's going on will allow your body to start healing.

The heart has on it what's called a heart brain, and so the research has been done we have thought previously things have shown that the brain is what controls everything. So the mind and the brain, but it actually turns out that they have now proven, scientifically proven now that the heart has its own brain and the heart is actually controlling the brain and the brain is controlling the body. And so, we've been trying to heal things through, through just subconscious training or looking at the neuro, you know, the synapses and that type of stuff but we have to first start with the heart, the feeling, the emotion and changing those pieces and taking that change up into the brain, so that the brain can start to rewire and heal the body. And so, that's step number two is to work on heart breathing, to work on changing that feeling in the heart.

Then the third piece is the brain piece, is the brain thinks in images. The brain thinks in imagery. So, we want to start changing the synopsizes, the wiring of the brain, so that the body can change, because the body's keeping score. So then we can use one of the techniques that I use in Intuitive Intelligence is what I call perceptual positions and we go in and we use imagery and actual quantum fields to walk into different spaces in a room to actually change the perception of how they experience the trauma or what was going on. So, that the brain starts to see it in a, the brain actually flips it into a different mode, a different light, it gets a different message about it and that starts to rewire that piece of it because a lot of people where the body's keeping score, where they had a traumatic experience, whether it had been in a car accident that now they always flinch when they get in to the car or they've had war time experience or sexual trauma, the body will automatically react to it, it's just something in a certain way. So, you know, I have a client who every time a guy walks by her from behind that looks like the perpetrator, her body reacts, and so we've been working on changing those synopsizes in the brain and we do that first through that heart work and then through changing the imagery and doing the perceptual positions in the brain that allow it to change.

So, it's the... by combining those pieces together the body will actually start to heal and relax and then very important is the physical pieces of the body. If your body is physically reacting, don't ignore your body, don't ignore those physical reactions. Don't ignore if you have illness or if you're having seizures or if you're having night sweats, you know, anything, or you know, physical symptoms that are showing up

and go get help with those physical symptoms, so you can heal the emotional piece, because the physical symptoms are actually signs that there's something going on and you can actually talk to those physical symptoms and you can talk to your body, and get messages from it to help you to start to heal.

Aubree: Absolutely. Well thank you for sharing that. I love what you're doing, because it's so needed. So, thank you so much for being here and sharing. And so I know that you're up to some big stuff that's coming up here with your summit. You want to talk a little bit more about that and how people can connect with you further?

Melissa: Oh, absolutely. Yeah. So, with what we created with the Intuitive Intelligence process is this trauma healing process is that works with healing all types of traumas. You learn how to heal your own trauma, or if your some body that works with trauma, you can learn a process to heal. And so while I was working on that we decided to do this summit around sexual trauma. So, it's called Unite: The End to Sexual Trauma Summit and we're bringing on nonprofits and celebrities and speakers around how do you heal sexual trauma and how do we take and unite together and bring in the voices of both sides to really create a new movement. What are the next steps?

So, we're going to sharing about the steps, you know, different kinds of therapy that work with healing trauma in different ways to connect in. We're going to be talking about sexual trafficking and how to, what's actually going on with that. We've got different people in like different areas of experiences like LGBT, you know, different types of things. So we can talk about all the different areas and how sexual trauma is connected in to all of that. So, that way we can really have a real conversation and create a movement around uniting together to heal, and so that will be in May and it's an online summit so anybody can join it and watch and listen to the people and get the tools and the techniques and the things they're going to be able to use to start healing their own lives or help others to heal their lives, if that's what they want to do.

Aubree: Awesome. So how can people find out more about the summit?

Melissa: So the summit is unitesummit.org and so just unitesummit.org is will be where all the information for the summit will be about or you can go to melissabinkley.com and find out more information about all those different pieces. There will be lead ins to that too.

Aubree: Excellent. So, I'll leave links to those in the show notes for people who want to check that out further. And thank you again Melissa for being here and sharing your wisdom with us today.

Melissa: Thank you so much Aubree for having me on.

Aubree: If you found this episode helpful I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram @peacewithendo. I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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