

THE TOP 3 MISTAKES
THAT KEEP YOU FROM

Healing TRAUMA



DR. SUE MORTER

About the Author

You may not realize it, but there is a power within you that, once you discover it, will change how you experience your life and health forever.

I know, because I've seen it happen for myself and thousands of my students and clients.

I'm Dr. Sue Morter, Master of Bioenergetic Medicine, International speaker and teacher, and author of the bestselling book, *The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life*.

I've been a doctor and teacher for nearly 40 years, blending modern-day science with ancient spirituality to bring healing, wholeness and a profound sense of vitality and well-being to my patients and students. Through my books, seminars The Energy Codes® Coursework, and LiveAwake!™ program, I've had the honor of teaching hundreds of thousands of people around the world how to discover the truth of who they are and how to master their life experience and their health.

I'm also the founder of Morter Institute - an organization committed to teaching individuals self-healing techniques and a new approach to life based on Quantum Science; creator of BodyAwake® Yoga - a comprehensive system to activate consciousness in the body using the ancient principles and practices of yoga; and co-teacher of Your Year of Miracles. I lead JourneyAwake® excursions to sacred sites around the world, and travel and speak at events (both in-person and online) more than 200 days a year. I've also hosted the Healing Matrix on Gaia TV and an E-RYT-200 and RYT-500 yoga instructor.

I do all of this and more because it is my deepest passion to help individuals wake up to the Truth of who they are and begin living the life of their dreams, including embracing the body's innate wisdom and capacity for healing and vitality.

Preface

Between the ongoing impact of global unrest and the stress of our fast-paced lifestyles, healing has become a priority for most of us. Not just the healing of our physical bodies, but the healing of our hearts and minds, relationships, communities and our world.

That healing begins here. Begins now.

Every single person has the ability to create health – physical, mental, emotional and spiritual health. Every single person has the ability to create a life they love.

As a doctor of Energy Medicine for nearly 40 years, I've witnessed countless patients spontaneously heal from trauma, and a number of illnesses – to create vibrant and robust lives of perfect health and well-being – simply by learning to work with their own energy.

It simply requires that you activate the powerful healer within...to create an internal environment of health and energy flow.

In this e-book, I share the three mistakes that are keeping you from awakening this state within. I share this so that you can move beyond any traumas that have occurred, and allow this healing power to flow through you and begin living a life you love.

It is my greatest passion and purpose on this planet to help show you how. Because when that power is flowing anything is possible...including the miraculous.

With Great Love,

Dr. Sue Morter

I am including a free guided meditation to help you redefine your experiences and step into your innate healing abilities now.

Click here to download: www.drskemorter.com/heal-trauma

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Introduction

THE UNTOLD STORY OF HEALING & VIBRANT WELLNESS

Whenever I experience events that impact my well-being, which could result in “trauma” to my system if not transmuted in the moment, I do not rely on conventional methods to heal.

When I experience distress, I do not seek conventional treatments or prescriptions to alleviate the emotional pain or symptoms I may be experiencing.

This is because I understand – and know how to work with – what lies beneath the surface of traumatic experiences in my life and in the lives of others.

Rather than trying to manage or suppress the symptoms of trauma, I recognize that the root cause of everything that takes place in our emotional bodies is affected by the energy flowing within us.

If energy is flowing and an environment of well-being has been established, there is true healing, resilience, and vitality.

I am aware of this because I grew up in a family focused on Energy Medicine, and natural healthcare and healing is all I’ve known. From the time I was a little girl, I’d heard my parents talk at the dinner table about energy: everything is energy, and energy is what we humans are really made of.

My father was a pioneer in “Energy Medicine,” a brilliant Doctor of Chiropractic with an internationally renowned body of work, a legend in his field. As I grew into an adult and into my professional field, I worked alongside him in his healthcare practice and attended his popular seminars. I went from being an observer of my father’s work to being an active colleague, and after I became a licensed chiropractor, also working with the energy patterns of my patients.

Understanding that energy is the root cause of all health – and illness – has allowed me to manage and remain in control of my health and well-being, and help hundreds of thousands of people around the world reclaim their health and vitality as well. In working with trauma, it is often the inability to process the event and/or situation that causes the disruption in energy, or symptoms, that affect our bodies and minds.

Rather than be controlled by our trauma, we are meant to transform it into something that serves us. Nothing should stand in our way. By learning the mechanics of bioenergetics, we can recognize that we are essential energy beings, evolving through life’s challenges.

MISPERCEPTION OF HEALTH & HEALING

As part of my practice, for nearly 40 years I’ve witnessed patients arrive who are frustrated, having tried everything to experience true healing...

Medications. Therapies. Surgeries.

Yet the symptoms remain. They either remain in pain, or the diagnosis has not changed, and they are left frustrated and hopeless.



THE TOP 3 MISTAKES THAT KEEP YOU FROM HEALING TRAUMA

What they don't realize is that they hold the keys to healing, and transcending trauma in their hands. They simply have to become aware of the self-healing capacity they possess to manage their energy – and their health – regardless of what is taking place in their life.

They have the keys to unlocking true self-healing, and so do you.

EVERYDAY SELF-HEALING

My ability to remain healthy and vital, to never have to take medicine, is not some special gift I have. It's not "good genes" or because I was fortunate enough to grow up in a family focused on Energy Medicine.

Abundant health, and healing is something that is available to everyone.

It's available for you!

When you have a healthy internal environment and energy is flowing through your system as it's designed to do, not only do you experience vitality and health, your whole life begins to change.

For many years, I taught coursework around the world, and was on a plane every week running from here to there teaching thousands of students how to live more vibrant and fulfilling lives. Since the global pandemic and move to more virtual programs, that time has now shifted to meeting those students online in interactive livestream coursework, for the purpose of making this important message of self-healing and empowerment available now when it's needed most.

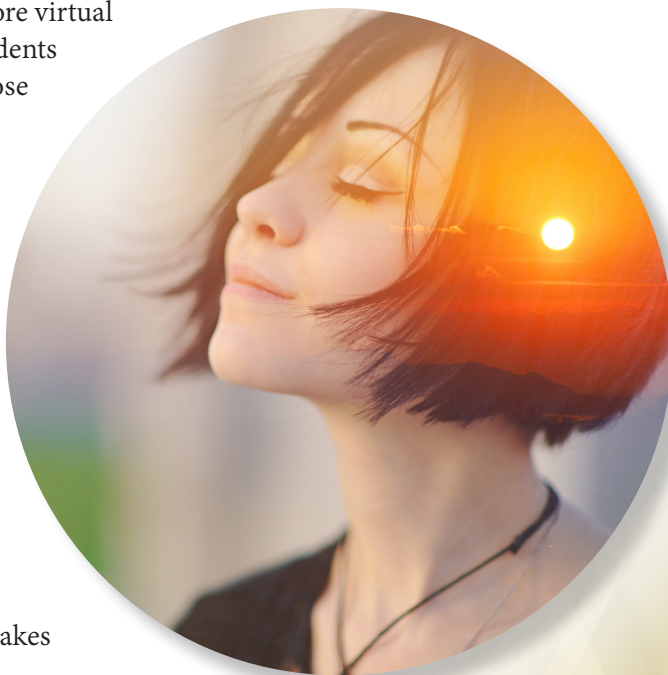
The past several years have been both busy and transformative. I've launched a Certified BodyAwake® School of Yoga, expanded the reach of Morter Institute and led my team in shifting all offerings to this online platform so that we may serve even more students around the world who are looking for answers.

And, I've never felt healthier, more vibrant, or younger in my life.

This is not because I am unique or have been granted a special gift. It is because I understand the truth of what makes us healthy and creates a life of blissful well-being.

And you can too – once you understand the true energetic roots of health and wellness in your life.

It's as easy as knowing and shifting these simple mistakes or misperceptions so many make when trying to create healthy and vital lives without this knowledge.



IF ENERGY IS FLOWING AND AN ENVIRONMENT OF HEALTH HAS BEEN ESTABLISHED, THERE IS TRUE HEALING.



THIS BOOK

This book contains the top three mistakes I see people make that are actually keeping them from healing now.

The Top Three Mistakes That Keep You from Healing now are:

- 1. Mistake #1: You Think Thoughts Don't Affect Your Health**
- 2. Mistake #2: You Sleep, But You're Not Rested**
- 3. Mistake #3: You Overcome, But You Don't Forgive**

Each of these mistakes has an underlying energetic shift that needs to be made to help you finally achieve the true healing you've been seeking.

A life where you feel free from trauma, liberated from triggers, and resilient against oppressive intrusive thoughts. To help guide you through each of these challenges and how to overcome them, I've provided simple "Action Items" that you can do right now to start transforming your energy and, consequently, your emotional resilience and well-being.

So get ready to dive in and begin experiencing true liberation and emotional freedom as your energy begins to flow, helping you step into a greater version of yourself with peace, strength, and perspective.



Mistake #1:

YOU THINK THOUGHTS DON'T
AFFECT YOUR **HEALTH**

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Imagine waking up on a Monday morning, groggy and already dreading the day ahead. You spill your coffee, miss the bus, and realize you left an important document at home. By the time you reach the office, you're frazzled and on edge, convinced that the day is only going to get worse. As the day unfolds, your fears seem to manifest – meetings go awry, emails pile up, and nothing seems to go right. It's almost as if your initial low-vibrational thoughts set the tone, creating a self-fulfilling prophecy of unwanted outcomes. This common experience highlights how our mindset and thoughts can profoundly influence our reality and overall well-being.

And yet, so many of us unknowingly do the equivalent of this every day. We think low-vibrational thoughts that negatively affect our bodies and minds, and in return, our overall health and vitality.

Many people are not aware they are making this mistake, which is why *Mistake #1 – You Think Your Thoughts Don't Affect Your Health* – is one of the most important to understand!

What you think has a greater impact on your health than what you eat or drink, how you exercise, or so many of the other conscious choices you make on a day-to-day basis.

Your thoughts, or memories of thoughts, run through your head 24-hours a day, seven days a week – even while you sleep! The fact is, most people are unable to get away from thoughts, and thoughts affect your physiology all of the time. I've learned over the years, with thousands of patients, that thoughts can be creative or destructive, helpful or harmful – especially when it comes to your healing journey.

HOW YOUR THOUGHTS AFFECT YOUR PHYSIOLOGY

The impact of thoughts on physiology can be demonstrated by this simple example:

Think of a lemon.

See yourself slicing that lemon in half, and then into quarters or wedges.

Now, imagine picking up a wedge of lemon and biting into it. Taste the potent, acidic juice hitting your tongue. Maybe your cheeks cramp or your mouth puckers.

If you do this with your eyes closed and really concentrate, you can, and probably will, begin to salivate. Salivation is your body's natural response to neutralize the acid of the lemon.

Just the mere thought of biting down on a lemon wedge and tasting the pure lemon juice in your mouth can change your body's physiology.

Thoughts, it seems, really are things – and most definitely affect your physiology!

HOW THOUGHTS AFFECT EMOTIONS AND... HOW EMOTIONS AFFECT YOUR HEALTH

Your thoughts also affect your feelings, or sensations in the body. Those sensations create what we label as emotions, or “energy in motion.”

When we feel the emotion of “anger,” a particular thought has caused a certain energy to move through your system affecting your physical body. When something happens in your life and you become angry, maybe you’ll feel a strong rush of heat, a “flash” of anger. Your fists may clench, or your jaw may tighten.

When you feel love, you may feel a swelling in your chest, or a sensation of feeling light-headed dizziness or giddiness.

All of these bodily reactions come from a change in our energy, and that change in our energy comes from our thoughts – either conscious or subconscious.

When it comes to our emotions, the degree of emotional intensity (for example: a horrible tragedy vs. a mild disappointment) determines the degree of energy disturbance in the body and field. When we experience strong emotions and feelings, these cement that energy pattern into our memory.

BORING IS NOT MEMORABLE...EXCITEMENT IS

Feelings attached to major emotionally-packed or traumatic incidents, such as a car crash or the unexpected death of a loved one, weld the physiological response pattern to the memory of the incident.

Energy itself is neutral – it’s neither negative nor positive. What truly counts is the frequency at which this energy vibrates. High-frequency energies uplift us, while low-frequency ones can bring us down. When we allow “negative” or low-frequency thoughts and energies in, they diminish our natural energy levels. These lower frequencies affect our entire system and power-generating field, weakening our energetic vibration.

When a perceived negative emotion is experienced in an isolated moment – such as fear or adrenaline that occurs from an accident, and that negative emotion is fully processed as the event is over, there is no lasting impact on your energy system or long-term health.

The emotion was felt and experienced, and when fully processed, it flows through your system and is released.

When you experience constant or chronic low frequency “negative” feelings however, the low-level, often subconscious thoughts you experience day after day or even year-after-year, they keep you defensive in your attitude and outlook on life, and locked in this defensive physiology.

They are feelings such as shame, irritation, jealousy, frustration, guilt, resentment, loneliness, inadequacy, greed, despair, fear, and hate.

These types of low frequency emotions and feelings, which are generated by the thoughts you think in your head, introduce energy-depleting organization into your personal bio-field.

“WHAT YOU THINK HAS A GREATER IMPACT ON YOUR HEALTH THAN WHAT YOU EAT OR DRINK, HOW YOU EXERCISE, OR SO MANY OF THE OTHER CONSCIOUS CHOICES YOU MAKE ON A DAY-TO-DAY BASIS.”

THE TOP 3 MISTAKES THAT KEEP YOU FROM HEALING TRAUMA

Since your field is the template for the rest of your body, and your feelings can affect your field, your best strategy for health, happiness, and true healing is to create an awareness surrounding your thoughts - and be mindful of those patterns.

CHOOSING HIGH FREQUENCY ENERGIES

If chronic perceived negative thoughts affect your biofield in less-than-desired unwanted fashion, the great news is that constantly infusing your life with wanted, perceived positive thoughts can have an enlivening and rejuvenating effect on your field as well!

The great news is that you have the power to choose your thoughts!

Your mind is your own “medicine” to keep you healthy – especially during times of heightened health concerns as well as the ongoing presence of daily stress.

The easiest way to ensure you are thinking healthy, and life-affirming thoughts is to take a moment and reflect upon your feelings and intentions when it comes to your health.

You may be taking all the correct measures and following all the suggested guidelines to ensure you remain healthy and “safe,” but have you considered your thoughts, intentions, and feelings behind those actions?

You can do all the right things to keep you healthy, but if you’re engaging in those actions from a fearful, stressed-out, panic-stricken state, the infusion of continual low-vibrational, negative thoughts may be counteracting all your safety precautions.

Every time you leave the house do you worry and over-analyze circumstances?

When you ruminate on that fear, it creates a vibration in your system.

And when it comes to energy, “like attracts like.” Thinking these types of thoughts may be unknowingly drawing that unwanted outcome towards you.

WE ARE BIGGER THAN OUR EXPERIENCES

So rather than stepping out into the world from a fearful place, instead reexamine your thoughts and “flip” them to positive, vibrant, and health-affirming statements.

Thoughts such as: “I transcend my experiences!,” and “I am intrinsically whole.”

The key to healing lies not just in thinking positive thoughts but in immersing yourself fully in the experience of health and well-being. Visualize this state of complete healing and inner peace vividly. Feel in your body what it would be like to be vibrant and healthy – let that sensation permeate every cell. Believe with unwavering conviction that this is your reality.



THE TOP 3 MISTAKES THAT KEEP YOU FROM HEALING TRAUMA

As you embrace this visualization, imagine your body becoming stronger and more resilient with each breath. Picture your mind and soul finding tranquility and balance, nurturing you from within. This mental and emotional alignment with health creates a fertile ground for real, tangible healing.

Belief is a potent catalyst in your journey toward wellness. When you truly believe that vibrant health is not just possible but inevitable for you, you set the stage for your body to follow suit. This belief becomes the driving force behind every action you take towards self-improvement.

So, immerse yourself in the vision of your healthiest self. Let that image guide your daily habits and choices, knowing that your commitment to healing is forging a path to a brighter, healthier future.

ACTION ITEM: Examine your thoughts and “flip” from a state of expression that exudes fear-based thoughts to one of health-affirming statements. Embody the feeling of those positive statements so they become true for you!

“I TRANSCEND MY EXPERIENCES!” AND “I AM INTRINSICALLY WHOLE.”

Mistake #2:

YOU SLEEP, BUT
YOU'RE NOT
RESTED



Mistake #2: YOU SLEEP, BUT YOU'RE NOT **RESTED**

Have you ever experienced times where you're tired...*all the time*?

On any given day the alarm goes off. You unenthusiastically open your eyes and drag yourself from the bed. Maybe you have to feed the kids, or maybe you head straight to the shower (after you've had a cup of coffee, or two, to "wake you up"). You prepare to head to work.

You work. You engage in activities. You catch up with family or friends. You go about your day.

However, regardless of what you do or don't do throughout your day, you constantly feel tired and worn down.

To remedy this, you tell yourself, "I'll get to bed earlier tonight to get more hours of sleep!" You set your alarm for eight hours later and you lay down to get a full night's rest. But when the alarm goes off the next day and you open your eyes, you feel just as tired, heavy, and lethargic as you did the day before.

SOUND FAMILIAR?

YOU'RE NOT ALONE!

This is a problem many people face and is one of the major mistakes I see when it comes to our healing journey: You sleep, but you're not truly resting...

**TRULY RESTING OR
SIMPLY SLEEPING?**

Rest is part of the cycle of life. Your body cannot be "on the go" all the time. It needs time to repair itself and recoup energy in order to function properly. When your body has time to rest, your energies are "turned inward" to allow cells to regenerate and for your body to gather debris for elimination.

"Proper" rest is achieved when you are in a state of complete relaxation and your body has the opportunity to regenerate in the ways it was designed to do.

This level of rest is key to healing on all levels.



So why do so many of us say, “I sleep 10-11 hours a night and I wake up just as tired as I was when I went to bed. How can this be?”

The answer is in your head...literally.

THE STATE IN WHICH YOU FALL ASLEEP, IS THE STATE IN WHICH YOU WAKE

The *thoughts* and *attitudes* you have in your mind as you fall asleep can be the roadblock to keeping you from achieving healthful, restorative rest.

If you are tense when you fall asleep, you are tense when you're awake. When this happens, you are sleeping – but you're not resting.

Crawling into bed at night – *exhausted* – then lying there and reliving all of the frustrations, hurts, injustices, indignities, and general negativities of the day and the past, creates a stressed environment where your body never achieves a state of rest, and in return, never has the opportunity to rebuild and repair.

Without this, you wake up feeling just as tense and stressed out as you did when you laid down the night before.

There is a scientific reason for this.

When disturbing, anxiety-provoking thoughts run rampant through your conscious mind as you fall asleep you are programming these anxious and stressful thoughts into your subconscious mind.

These types of thoughts also create defense physiology that gets programmed and stored on the “hard drive” of your subconscious mind, the underlying “system” that runs your day-to-day existence.

“Defense physiology” is when your body is on alert from a perceived threat (real or imagined) and can express as tight, tense muscles, poor digestion, headaches and more. Trauma induces heightened stress levels that keep our minds in a constant state of alertness, preventing the relaxation necessary for deep, restorative sleep. Imagine your mind as a vigilant guardian, always on the lookout for potential threats, even when there are none.

When you're in this type of state as you fall asleep, you may be sleeping, but your body is not capable of experiencing a true state of rest.

REST: ESSENTIAL FOR HEALING FROM TRAUMA

Insufficient or ineffective rest interferes with the natural recuperation processes of the body. This type of interference that comes from anxious thoughts and remaining in a constant state of defense physiology leads to exhaustion, which paves the way for pain, symptoms, and inability to heal.

No matter how many hours of sleep you get each night, without proper rest you'll never feel rejuvenated or access a true state of empowerment and peace.

THE THOUGHTS AND ATTITUDES YOU HAVE IN YOUR MIND
AS YOU FALL ASLEEP CAN BE THE ROADBLOCK TO KEEPING YOU
FROM ACHIEVING HEALTHFUL, RESTORATIVE REST.

“The thoughts and attitudes you have in your mind as you fall asleep can be the roadblock to keeping you from achieving healthful, restorative rest.”

Regular restful sleep is essential to the performance of body, mind, and daily tasks. A well-rounded life of rest and work provides positive stimulation to body and mind.

Paying attention to the essential choice of “rest” is vital to your health, happiness, and success.

Here’s how you can begin to achieve a proper state of rest each night while you sleep!

MAKE CONSCIOUS CHOICES AS YOU PREPARE TO SLEEP

When you go to bed, exercise freedom of choice over your thoughts and refuse to allow negativity to creep into your consciousness.

This includes disengaging from the “news,” whether it be watching the news or scrolling through a social media “news” feed prior to sleep. News outlets are designed to inform us of issues – both local and global, resulting in oftentimes more negative and cautionary news, rather than positive and uplifting stories.

Read the news throughout your day if you like; just turn it off before you go to sleep. You do not want those stressful news stories to keep your mind, or your body, on “high alert” defense physiology.

I also recommend turning off your phone, tablet or any other mobile device at least 30 minutes before you go to bed. The thoughts created by what you read or see as you mindlessly scroll through content on your phone get imprinted onto your subconscious mind before you fall asleep as well.

Be sure that the content getting infused in your mind as you prepare for true rest, is full of positive, uplifting or calming and peaceful thoughts you’re actually interested in incorporating into your life!

ACTION ITEM: Turn off all electronic or mobile devices 30 minutes prior to sleep, and disengage from negative news sources or mindless scrolling. Instead, consciously choose to think positive, life and health-affirming thoughts prior to sleep to set your body into a state of relaxation and calm, as well as imprint these thoughts on your subconscious mind!

EVERYTHING IS IN YOUR FAVOR

The fastest way to rid yourself from anxious and stressful thoughts before you go to bed, and in return achieve a state of proper rest, is to create what I call a “Quantum Flip” in how you interpret the events and happenings of your life.

No matter what is taking place in your life – past or present – if a thought is burdening you, rather than stressing about it or “chewing” on it repeatedly in your mind, ask yourself this question:



What if everything that has happened, and is happening, is actually in my favor?

The power of this question is not in understanding how everything is in your favor, or why something is happening. Sometimes we can't see the "big picture" from where we are in our life.

Trauma is an undeniable part of the human experience, often leaving deep scars and altering the course of our lives. However, viewing trauma through a lens of growth and resilience can transform our perspective. By recognizing that each challenging experience has the potential to teach us valuable lessons, we can begin to see everything as working in our favor. This shift in mindset empowers us to reclaim our strength and use our past to build a more resilient future. Each trial becomes an opportunity for growth, fostering a deeper understanding of ourselves and the world around us. Through this perspective, trauma is not merely an obstacle, but a catalyst for profound personal transformation.

The power is simply in opening yourself to the possibility that whatever is taking place, allowing the idea that it could be a gift that is helping you grow.

Life is not happening to you; life is actually happening for you.

Making this Quantum Flip will radically change so many aspects of your life, as well as your health.

The following is something you can begin to do right away to help make this truly transformative shift in perspective...

If you usually wake up tired and drowsy, try this rest-inducing exercise for a week. When you go to bed at night, concentrate on thinking positive thoughts. Focus on a positive aspect of each experience of the day, and on what you learned from each experience.

Even if an experience appeared to be negative, find something positive about it. Concentrate on that positive.

When you concentrate on positive thoughts and feelings, your conscious mind feeds "no threat" signals to your subconscious mind and your body responds with relaxation.

Very likely you will be surprised at how much better you feel not only when you get up in the morning but also throughout your day!

ACTION ITEM: Navigating trauma requires intentional practices that foster healing and resilience. One powerful action item is to focus on positive thoughts before bed. By cultivating a mindset of gratitude and calmness in the moments before sleep, you support your system in shifting into a state of true, restorative rest. This practice can help to quiet the mind, soothe emotional turbulence, and create a nurturing environment for healing. Embrace this nightly ritual as a gentle, yet powerful step towards reclaiming your inner peace and fostering a sense of well-being amidst the healing journey.

Mistake #3:

YOU OVERCOME,
BUT YOU DON'T
FORGIVE



Mistake #3: YOU FORGET, BUT YOU DON'T **FORGIVE**

Before I explain to you the final mistake that I see people making that keeps them from healing, I'd love to invite you on a visual journey with me. It's one I think will help drive home the energetic and life-changing power of Mistake #3.

Imagine you are out in nature taking a walk in the woods.

It's a beautiful day and you're walking along a path that you've found. The sun is shining, it's the perfect temperature, and although you're not sure where this trail leads, or how long you'll be walking, you are enjoying the experience immensely and want to continue in this peaceful, serene setting for as long as possible.

Now, imagine you come across a fellow traveler on the path who looks like he or she is in need of assistance. When you approach, the person explains that his ankle is hurt and that he is unable to carry his backpack while walking. It's too full and too heavy to be supported by an injured leg.

He asks, "Would you mind carrying a few items from my bag for me?" He explains the next town is just a mile or so up the trail and that you can leave the extra items at the local store where he will pick them up when he arrives.

To help your fellow traveler, you agree to add the extra items to your backpack. After all, it's only a few miles and you're enjoying this beautiful walk and have no other plans that day...

So you add the traveler's contents to your backpack and set off on your way. Right away, you notice how much heavier your backpack feels with the extra weight pressing down on your shoulders and back.

At first you are uncomfortable, but you're feeling good about helping a fellow hiker in need, so you remind yourself, "It's only a few miles to the town..." and push the thought of discomfort away as you continue on.

*"IMAGINE YOU ARE OUT IN NATURE TAKING A WALK IN THE WOODS.
IT'S A BEAUTIFUL DAY AND YOU'RE WALKING ALONG A PATH THAT YOU'VE FOUND.
THE SUN IS SHINING, IT'S THE PERFECT TEMPERATURE, AND ALTHOUGH
YOU'RE NOT SURE WHERE THIS TRAIL LEADS, OR HOW LONG YOU'LL BE WALKING,
YOU ARE ENJOYING THE EXPERIENCE IMMENSELY AND WANT TO CONTINUE
IN THIS PEACEFUL, SERENE SETTING FOR AS LONG AS POSSIBLE."*

THE TOP 3 MISTAKES THAT KEEP YOU FROM HEALING TRAUMA

The birds are singing and you're enjoying every step of your hike. Soon, you forget you even have the extra weight on your back.

An hour or so passes and you realize you still haven't made it to the town. Assuming it's just a little farther, you keep walking.

A few more hours pass and soon, you've forgotten all about needing to find the town, the backpack on your shoulders, and the extra weight you're carrying. You've been carrying the backpack long enough that it's become a part of your "normal" experience.

But, you're also getting tired. You've been hiking for a while and you feel heavy, and lethargic. You start to drag your feet a little and start to stumble over a few roots on the trail.

You just don't feel as energetic or vibrant as you had earlier in the day, and your body seems to be slowing down.

Finally, you sit down to rest. As you do, you remove the backpack from your shoulders and place it on the ground next to you.

Immediately you feel the relief of removing that extra weight!

Your back straightens, no longer having to bend over from the weight of the bag. You feel lighter and a rush of energy moves up your spine.

You'd been carrying the backpack with the extra weight for so long that you'd forgotten it was there! You'd also forgotten how light and naturally energetic you felt without it...

This is the mistake I see so many make: We carry the burdens, and traumas of our past for so long that over time, we forget we're carrying them...but we never release them or "take the backpack off" because we've never truly forgiven them.



*TAKING OFF THAT HEAVY BACKPACK IS HOW IT
FEELS ENERGETICALLY TO FORGIVE SOMETHING OR SOMEONE
FROM YOUR PAST.*

FREEDOM THROUGH FORGIVENESS

Taking off that heavy backpack is how it feels energetically to forgive something or someone from your past.

When something has taken place in your life that has burdened you, we can carry it around for so many years that after a while, we forget about it. The situation rarely crosses our mind.

We may have forgotten it, but the energetic vibration of that event remains imprinted in our system until we truly forgive it.

To truly forgive someone or something is to remove and release the heavy energetic burden it carries and to finally be set free!

Without forgiving, we carry that heaviness around with us and over time, the extra unconscious “weight” of heavy, negative emotions begins to strain our system and keep us from optimal health.

Here’s why...

THE SCIENCE OF FORGIVENESS

Your thoughts, memories, and emotions override the power of the body’s perfect intelligence by forcing the program to respond to a situation, which is not really life-threatening, even though the survival instinct believes it to be so.

This means when you have forgotten something, your conscious mind is no longer grappling with the issue or trying to work it out. You no longer think of it on a day-to-day basis.

The memory of that situation however, as well as the emotions attached to it, are what has been imprinted on your system. This is what affects your body and can keep your systems from functioning in the optimal way they were designed.

It is called, “Subconscious Emotional Memory Override” and it often runs your physical body.

These stored memory patterns (harmful situations we may have forgotten and have yet to forgive) elicit negative responses, leading us to ill health and often, disease.

Just because you are no longer thinking about the situation, or the person who has done you harm, does not mean it does not still affect you – and your health – on a daily basis.



Without truly forgiving the person and allowing the energy to process so your system can return to its normal functioning patterns, you are “carrying” it around with you day after day. Sometimes, we can carry it year after year.

Until you forgive, you will be carrying that heavy weight of the backpack with you wherever you go.

True forgiveness of negative experiences you have lived through and with, can alleviate this energetic burden and actually change your state of health.

HOW TO FORGIVE FOR OPTIMAL HEALTH

In order to neutralize a subconscious memory or emotion, to fully allow the energy to process and to finally put down that burdensome “backpack” of unresolved emotions, I invite you to try the following steps of forgiveness.

These forgiveness steps are quite simple in concept, but keep in mind they must be carried out with feeling and emotion. If you are not sincere, then you are wasting your time and energy.

SELF-ACTUALIZATION:

Before performing the steps of forgiveness, some self-actualization work must be done. To become more aware of what is affecting your life, I invite you to do this memory update:

1. Gently identify a situation, action, or person that you feel ready to forgive. Choose something from your past that still affects you and that you wish had turned out differently. This could be an event from any time in your life – whether it happened recently or long ago. It might involve someone you hold in high regard or have deep feelings for. Focus on an experience that frequently comes to mind, acknowledging it with compassion and care.
2. Acknowledge this incident did, in fact, occur. Think about the situation, recalling your feelings, thoughts and emotions on the subject.
3. Realize trying to forget such events actually just places them in the subconscious where they fester and will finally cause ill health.



*UNTIL YOU FORGIVE THE PAST, THE OTHER PERSON
OR EVENT IS CONTROLLING YOUR LIFE. THIS IS TRUE EVEN
IF THE OTHER PERSON IS NO LONGER LIVING.*



TRANSFORMATIVE PROCESS OF FORGIVENESS

You're now ready to begin the forgiveness process. It is important to note here you do not have to agree with the actions of the other person or the event in order to forgive.

You are forgiving for your own sake, not someone else's.

Until you forgive the past, the other person or event is controlling your life. This is true even if the other person is no longer living.

In addition, when you truly forgive, you give up the urge to "get even." You will no longer feel the need for revenge. You will actually be thankful this event occurred in your life and will see the good in it for you.

If you follow the steps, with sincerity of heart, you are on the way to enlightenment as well as to improved health.

PROCESS:

- 1. SELF-FORGIVENESS** – You must forgive yourself for allowing the event to affect your health. Forgive yourself for any harm you may have caused yourself because of this situation, action, or person. Literally say, "I forgive myself for any harm I may have caused myself because of (whomever or whatever situation/action)."
- 2. FORGIVE THE OTHER PERSON** – Next, you must forgive the other person for any harm he or she may have caused you. Again, literally say these words, "I forgive (whomever) for any harm he/she may have caused me."
- 3. GIVE THE OTHER PERSON PERMISSION TO FORGIVE YOU** – It is not necessary or even recommended that the other person knows you are taking this step. It is, in fact, immaterial. It doesn't matter whether they know or not, because you are doing this for you, not him or her. The other person may even be deceased and that's okay too because the forgiveness takes place within you. You now say, "I give (whomever) absolute permission to forgive me for any harm I may have caused him or her."
- 4. LEARN THE LESSON** – Not only must these situations and people be forgiven, you must actually learn to see the good in it. You must learn the lesson it brought into your life if you are to be truly disconnected from that person. Why is it good that this happened to you? What did you do, or can you learn from it? Maybe the best thing you can think of is you would never do this to someone else. Or, quite possibly you learned that you are able to help others who experience similar treatment. The point is, learn from the situation. See the good in it for you. Understand how you are better because of it. It is in the past. Nothing ever happens to you; it happens for you to learn a lesson. Be thankful for the lesson, not the experience.
- 5. WISH THE SITUATION AND PERSON(S) INVOLVED WELL** – This is the final step in which will set you free and allow health, happiness, and success to exist.

ACTION ITEM: Navigating the path to forgiveness involves mindful reflection and intentional action. One significant action item is to identify a past memory that needs to be forgiven and processed. Begin by gently bringing this memory to mind, acknowledging the emotions it stirs within you. Then, proceed through the steps of the Forgiveness Process, which will guide you in releasing resentment and embracing healing. This mindful practice not only fosters emotional liberation but also supports your journey towards inner peace and resilience. Embrace each step with compassion, allowing yourself the space to heal and grow through the power of forgiveness.

Closing

I hope this book has been helpful for you. These insights have helped many patients, clients, and students that I've worked with for more than 40 years.

Now is the time to activate your own true healing powers.

You are meant to be free of pain, frustration, and fear.

You are meant to have abundant energy, spontaneous joy, and freedom.

I'm here to support and guide you to transform your health – and I know you're ready. You wouldn't be reading this if you weren't ready.

[Click here to download my free meditation gift to you!](#)

With Great Love,

Dr. Sue Morter

I am including a free guided meditation to help you redefine your experiences and step into your innate healing abilities now.

Click here to download: www.drsuemorter.com/heal-trauma



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