

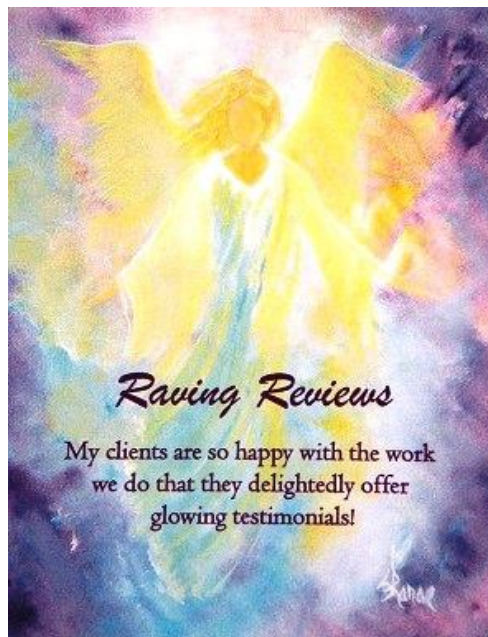


Inga Krastina - 10.15.14 **Review Sheet**

Inga Kristina, Grief Transformation Coach, was interviewed on How the Devastation of Loss Catapults You into Your Divine Work

The link to listen to today's call is: <http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/10/15/inga-krastina-how-the-devastation-of-loss-catapults-you-into-your-divine-work>

The Angel Card for the show:



Raving Reviews

My clients are so happy with the work we do, they delightedly offer glowing testimonials.

Inga: I had a son with cancer. I was lucky since I had time to prepare for losing him. He has been the greatest teacher in my life about love, life and death. I believe he was an old soul with lots of wisdom. He never asked if he was going to die. There was no



resistance. Sometimes the morphine wasn't enough. Even during those times he would say, "I love you." Even 10 days before he was going to die, I could see he was talking and nodding to people already. I asked who he was talking to and he said "God."

I asked, "*Are you happy?*" He said, "*Yes.*" There was a lot of peace. Sometimes I would sit at his side and turn into that peace. Such sorrow and peace could coexist.

Rev. Anne: After he passed, how did you move from grief to hope and peace? It's about letting go of that fact that things should be a certain way.

Inga: A grief journey is a rollercoaster. Moments of full acceptance and moments of crying and anger. What helped were:

- Meditation
- Qi gong
- Willingness to recover
- Respect for my son's soul journey
- Prolonged grief binds the soul to the Earth plane. I wanted him to move forward.

Rev. Anne: You also work with people not just in grief, but in trauma. I went through 2.5 years of suffering until I learned the tapping.

What do you say to someone who is moving through trauma?

Inga: First, we must acknowledge the pain and create space for it in our heart space. When the pain is accepted and not resisted we are then able to let go.

**We live in a self-gratification and quick-fix society.
But grief transformation is not about that.**

Rev. Anne: You've had a client tell you that they felt better than they had in 6 years. Yes, it's not overnight, but it really can be a faster journey than what we think it has to be?



Soon after I learned tapping, I lost my little sister who was only 33, in a car accident on New Year's Eve. Every time I felt the grief, I would tap and start to feel the energy flow again. That's what it was like. She was still gone, but I acknowledged and felt the grief and the grief experience was so much shorter for knowing that.

Let's talk about how the accumulation of small traumas can have a devastating event on us.

Inga: A trauma can be caused by an overwhelming situation. We feel threatened. It's not the event itself; it's our perception that creates it. Trauma is unique to every person. What can harm one person may be exhilarating for another.

Less obvious traumas may be invasive medical procedures, being left alone, being humiliated, being bullied at school. Especially childhood experiences.

These experiences can accumulate over time if they are not processed. We can self-sabotage, procrastinate, have addictions, and health issues, and they prevent us from living fully because when we perceive something traumatic happened, we make a decision to avoid people, places and experiences.

Symptoms of trauma are:

- Eating disorders
- Sleeping disorders
- Unexplained pains
- Skin disorders
- Denial
- Disassociation

There's a good quote from Woody Allen that expresses this: *"I'm not afraid of dying, I just don't want to be there when it happens."*

We just push trauma away.

Rev. Anne: People joke lightly about being traumatized. But there are little t and big T traumas. Because one experience affects how we choose to live our lives, and affects the quality of our lives. I used to specialize in trauma as a healer. I remember one man who had lost his dog. But then he didn't want to have another dog; he wouldn't do it because of the trauma of his dog's illness and loss.

To my knowledge he never did adopt a dog again. Because he was so afraid of the loss that he couldn't open up to love.

Inga: After my son's operation, he was sharing a room with a 2-year-old, and I woke up and the child was having a bad dream. I felt overwhelmed by love and started to laugh, because I realized that even if you lose your own child, there are so many opportunities in the world to give love.

Rev Anne: What are some ways people can transform trauma?

Inga: Here are three of them:

- Be willing to heal, to rebuild your life. Sometimes people might not know they can release the grief. Sometimes there are benefits to holding onto grief. It's familiar. It gets comfortable.
- Meditation. It can be simple. It's about paying attention and raising awareness of your body, heart and mind.
- Developing and cultivating self-love. People, especially women, are willing to move mountains to help others, but need to be willing to do that inspires, nourishes and uplifts them. A great question to ask, "*If I truly loved myself, what would I do?*" Give yourself permission to do things that bring peace.

Rev Anne: My personal trauma, what I call my Divine Initiation was in July 2000, we discovered that my former husband (not my daughter's father) was molesting her. I was horrified that I'd brought him into my life. He was arrested. Our lives got really crazy for a while.

In December of 2000, it was discovered that he had a massive brain tumor that caused his deviant sexual behavior. Then we had to come to terms with the fact that it was a physical flaw, not a character flaw.

Until December 2002, I was a mess emotionally. I was in grief, would get triggered, cry, go down the tubes. I was so angry. When we found about the tumor everyone was like “*Oh, poor him.*” As if he didn’t have to take responsibility for that.

That time was so awful, yet so sacred, and I knew on some level I wasn’t going to stay there for the rest of my life. That’s when all the different healing techniques came into my life. Then the tapping came in, and it was like night and day. I joke that I was resurrected. For 3 days I walked around feeling empty of all the anger and grief. I know now it was my energy readjusting. And on the third day, I woke up and had joy and hope again.

During that time, I didn’t have an awareness of how I would heal, I just knew I would get there. The pain triggered me to find a solution.

Rev. Anne: How does trauma bring us into our Divine work?

Inga: After my son died, I felt guilt and wanted to work with sick people. But I was conscious of not bringing my own pain into the work and of healing myself. It was my own healing and desire for healing that led me to my work today. And I think that’s true of many, many healers, too. It is their own healing that brings them to their work.

Rev. Anne: That’s so powerful. Thank you, Inga.

Rev. Anne Presuel
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