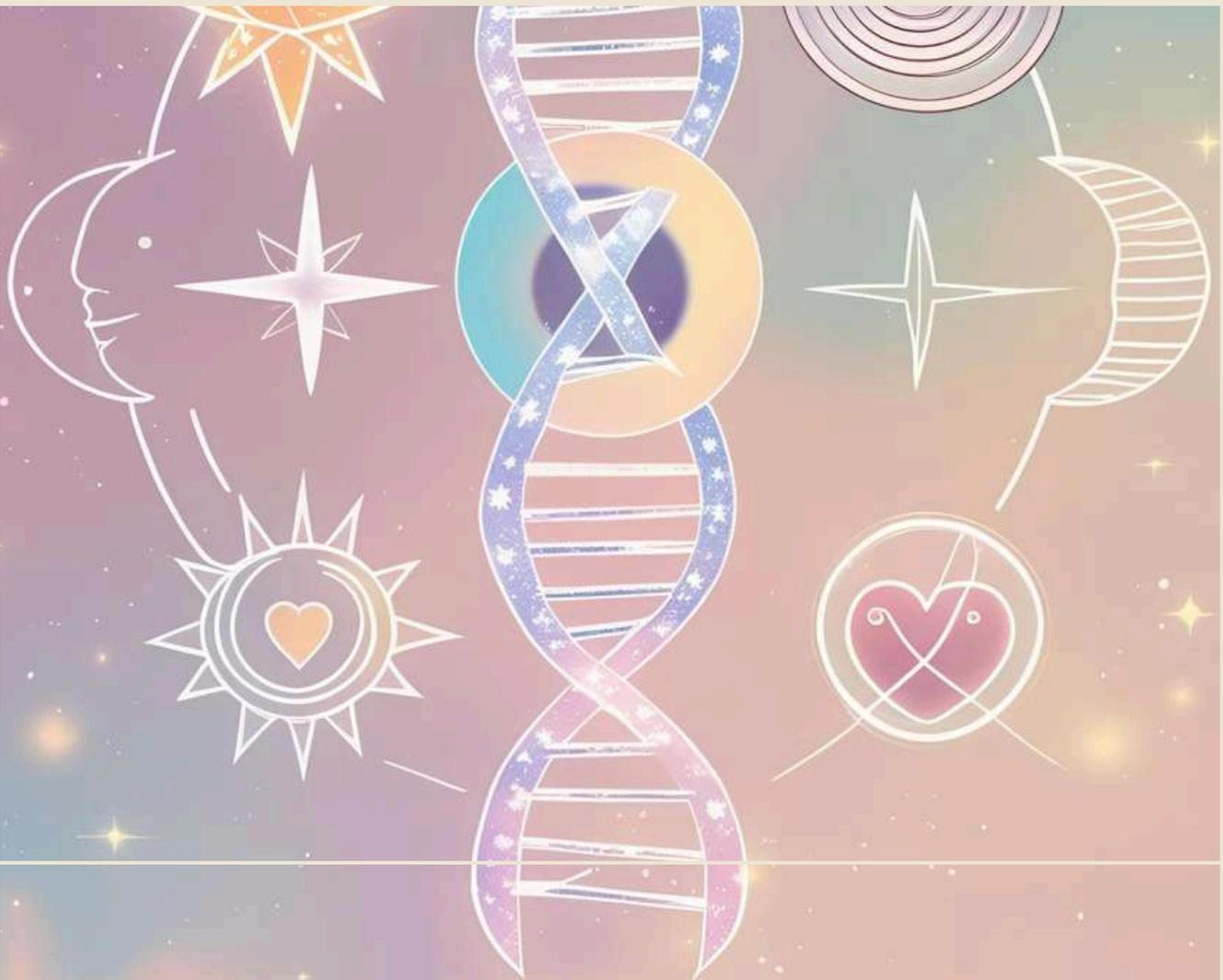


# Healing WHEN You're Everything

YOU DON'T HAVE TO PICK ONE

By Monica Walston



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# WELCOME

You're not too much - you're multidimensional. This guide is here to validate your complexity and help you create a healing path that fits you, not the other way around.

*Monica*



# How to use this guide

This guide was created to support you at your pace - whether you're brand new to healing work or already deep in the journey. There's no right or wrong way to move through it. Here's what I recommend:

1. Start with the introduction. It will help you understand why you feel the way you do and how your subconscious may be holding onto emotional patterns.
2. Read the insights slowly. Let the words land - take breaks if anything feels heavy or brings up emotion.
3. Try the reflection exercises or affirmations. Even a few quiet moments can begin to shift energy.
4. Bookmark anything that resonates. Your intuition will show you what you're ready to explore more deeply.

When you're ready for more support, I'm here. You can book a session or a free clarity call using the links at the end of this guide. This is your safe space. Let it meet you exactly where you are.

Questions?

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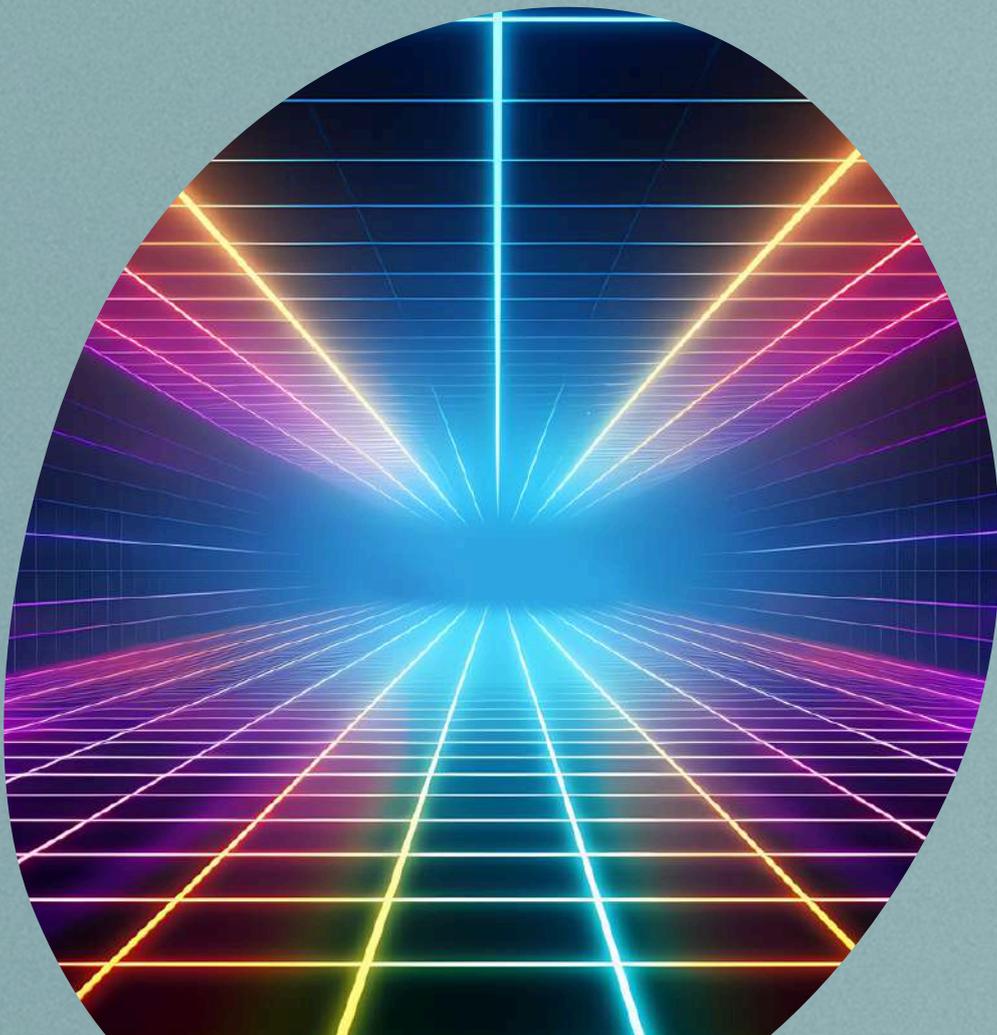
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CHAPTER ONE

# INTRODUCTION

You're not too much,  
you're multi-dimensional.



# Introduction

If you've ever felt like you don't fully fit into any one box - or that you somehow fit into all of them - this guide is for you.

It's not uncommon for trauma survivors, sensitives, and spiritually attuned souls to carry layers of experience that touch multiple patterns at once. You may resonate with the Protector's hypervigilance, the Seeker's unexplainable memories, the Mirror's energetic overwhelm, and more - all within the same lifetime.

This doesn't mean you're broken or confusing. It means you're complex, wise, and carrying a story that's bigger than one archetype can hold. This guide is here to help you recognize the threads, honor every part of you, and find a healing path that doesn't ask you to simplify who you are just to be understood.

Healing doesn't happen in straight lines - and neither do you. Let's explore the way forward, your way.





CHAPTER TWO

# THE GIFT OF MULTI-ARCHETYPAL AWARENESS



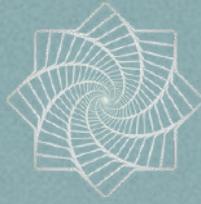
# The gift of multi-archetypal awareness

Having traits of multiple healing patterns means you:

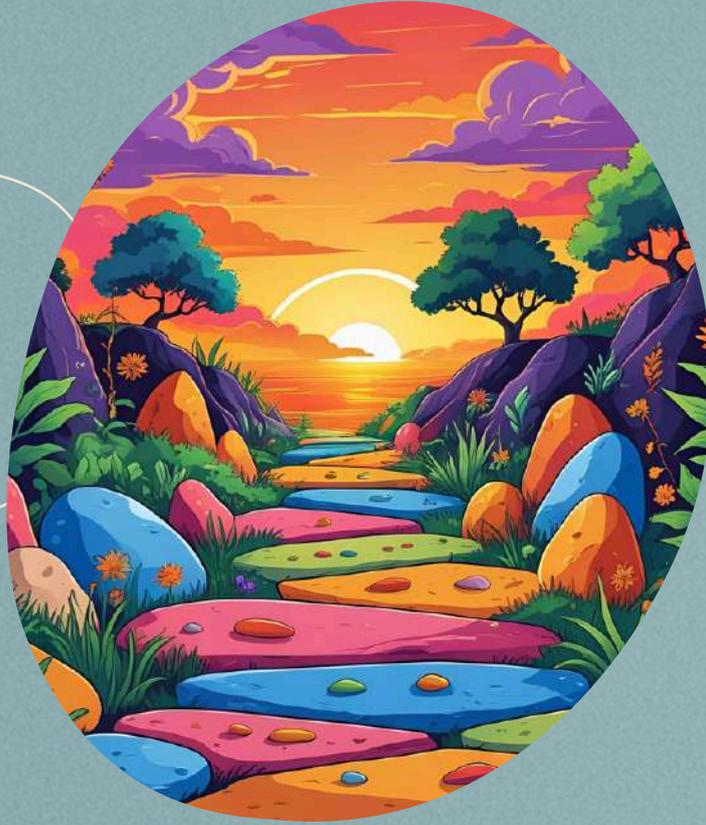
- Carry layers of different trauma
- Need a flexible approach
- Are likely a healer or old soul yourself

You're not indecisive. You're multi-dimensional.





CHAPTER THREE



A MODULAR PATH  
TO HEALING



# A modular path to healing

You don't need one modality or one answer.

You need a practitioner who can:

- Follow your inner language
- Adapt to your healing rhythm
- Hold space for the unknown

Through trauma-informed hypnosis and past life work, we create a custom healing arc - based on where your soul leads.

# Try this pattern awareness prompt:

## Take a few breaths and ask yourself:

- Do I relate to multiple emotional patterns or trauma responses across different times in my life?
- Have I ever felt like one healing approach helped some of me - but left other parts behind?
- Do I shift between strength and sensitivity, logic and emotion, clarity and confusion?
- Have I been told I'm "too much" or that I need to focus on just one thing to make progress?
- When I try to explain what I'm going through, do I feel like words never fully capture it?

If it helps, use the journal page below to write down your answers and thoughts.







# Your next step...

You don't have to force clarity by picking just one part of yourself. Healing isn't about narrowing down - it's about making space for all of you. When you hold multiple trauma patterns, experiences, or energetic imprints, it's not a sign you're too much - it's a sign you've lived a lot, felt deeply, and carried more than your share.

Your path may look different, and that's okay. Having many layers does not mean your healing has to feel complicated. It might include past life healing, energy clearing, subconscious work, or simply learning how to trust your own rhythms again. That's okay. There's no one-size-fits-all when you're everything.

The next step isn't about getting it "right." It's about choosing the support that sees your wholeness, not just your symptoms.

**BOOK YOUR TRAUMA**  
**ROOT RELIEF SESSION**

You don't have to simplify to be worthy of healing. You get to be fully seen, just as you are.

With love, compassion and understanding,  
Monica Walston  
Trauma-Informed Hypnotherapist

# Conclusion

Your depth is not a problem to fix - it's a gift to embrace. You don't need to simplify yourself to heal; you need a path that can hold your full spectrum.

This guide is just the beginning. Whether you're seeking clarity, release, understanding, or all of the above, I'm here to help you map a path that fits you, not the mold.





# The Trauma Root Healing Sanctuary

This is a gentle, spiritually grounded place where sensitive souls gather to receive ongoing guidance, nervous-system-safe practices, and compassionate support as they heal trauma, emotional patterns, and soul wounds.

Inside the sanctuary, you will find:

- Monthly live community healing circles
- Grounding practices and gentle teachings
- A safe space to feel seen and supported
- Continued guidance without pressure

If your guide resonated and you feel called to receive ongoing support, we would love to welcome you into this sacred space.

Join here: [Trauma Root Healing Sanctuary](#)

You are not alone on this path. You are held. You are welcome.