

# Alien Trauma AND Emotional Imprints

WHAT YOUR SUBCONSCIOUS  
IS TRYING TO SHOW YOU

By Monica Walston



01 - 06

## INTRODUCTION

07 - 08

## WHY THE PATTERN KEEPS REPEATING

09 - 12

## A NEW WAY THROUGH

13

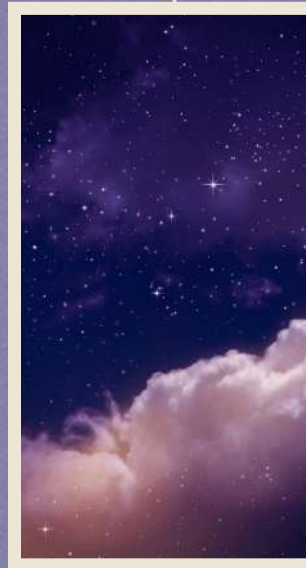
## YOUR NEXT STEP

14

## CONCLUSION

15

## CONTINUED SUPPORT & COMMUNITY

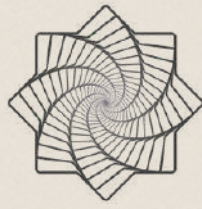




# WELCOME

I am so happy you've taken the first step towards your healing journey! Your experiences matter, even if others don't understand them. What your subconscious remembers is sacred, and I'm honored to walk with you as you gently begin uncovering the truth beneath the mystery.

*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?*

[MONICAWALSTON.COM](https://www.monicaawalston.com)

[MONICA@MONICAWALSTON.COM](mailto:MONICA@MONICAWALSTON.COM)

[FACEBOOK](#) | [INSTAGRAM](#) | [YOUTUBE](#)



CHAPTER ONE

# INTRODUCTION

The unseen layers  
of trauma



# Introduction

You've likely had experiences that don't fit neatly into the standard trauma box - strange dreams, moments of missing time, sleep paralysis, or an eerie sense of "something happened" that you can't fully explain.

Mainstream psychology often dismisses these as imagination or stress, but your subconscious doesn't lie. In fact, it stores EVERYTHING - including encounters and emotional imprints from non-ordinary experiences.

You are **NOT** crazy. You're remembering.





CHAPTER TWO

# WHAT ARE EMOTIONAL IMPRINTS?



# What are emotional imprints?

When something profound happens  
- even something not fully conscious  
- your system reacts to protect you.

If the experience is overwhelming, unexplainable, or violates your sense of control, your subconscious stores it in fragments.

These fragments can show up later as:

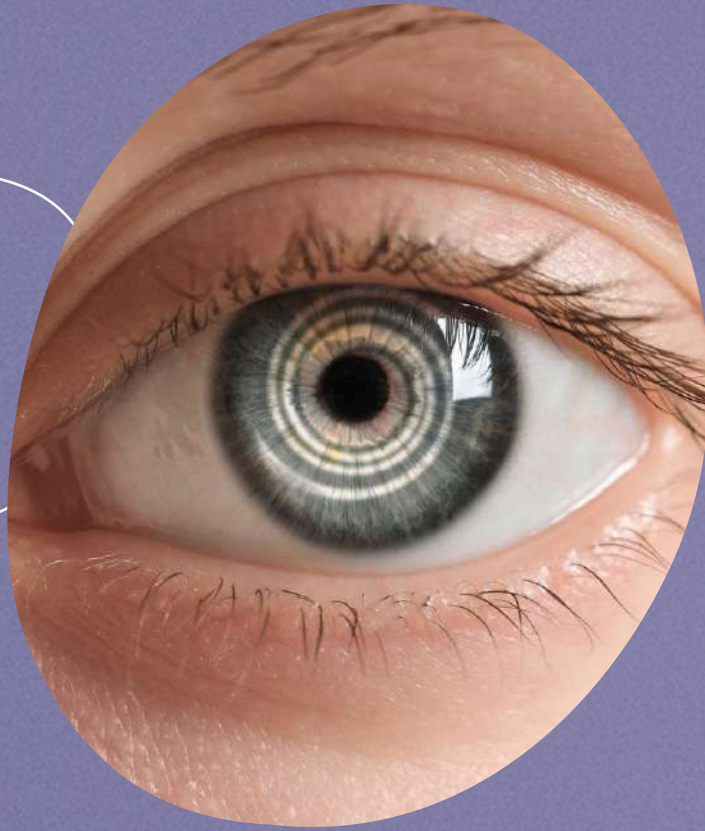
- Anxiety with no clear source
- Aversion to night or sleeping
- Feeling “watched” or “taken”
- Panic during medical exams or bright lights
- A strange pull toward the stars or specific constellations

It's not random. It's a signal from your inner self.





CHAPTER THREE



WHY HYPNOSIS  
CAN HELP

# Try this awareness prompt:

## Take a few breaths and ask yourself:

- Have I ever felt like time disappeared, or like I “lost” moments I can’t account for?
- Do I carry a sense of fear or tension at night or in certain environments, without knowing why?
- Have I had dreams, visions, or sensations that feel more real than reality?
- Do I ever feel like I don’t fully belong here - like part of me is from somewhere else?
- What emotions come up when I try to recall my earliest unexplained experience?

Don’t worry if nothing comes clearly. Simply being curious is the first key to unlocking deeper knowing.

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







# Your next step...

You don't have to relive anything here. This guide is about safety, not re-experiencing. You don't have to convince anyone. You only need to listen to the part of you that knows.

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

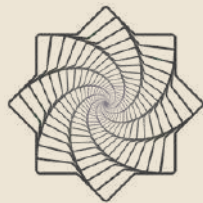
You are not alone - and you are not imagining it. Let's discover what your soul already remembers.

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

# Conclusion

You were never meant to carry your experiences in silence. Whether your memories are vivid or vague, they are valid - and they deserve a safe space to be explored.

The truth is - you're not alone. And you don't have to uncover everything at once. Trust your timing, and when the time is right, I'm here to help you gently piece together the parts your subconscious is ready to share.





# 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.