

THE

Mirror's Guide

HOW TO CLEAR TRAUMA
THAT ISN'T YOURS

By Monica Walston



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CONTINUED SUPPORT & COMMUNITY





WELCOME

If you've been overwhelmed by emotions that don't feel like your own, you're not alone. This guide is here to help you gently clear what isn't yours and return to the peace of your own energy.

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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CHAPTER ONE

INTRODUCTION

You're not too sensitive,
you're energetically aware



Introduction

If you've ever walked into a room and felt drained...

If other people's emotions overwhelm you or stick to you like static...

If you're constantly processing energy that isn't yours...

You're not broken - you're a mirror.

Mirror types are empaths or emotional reflectors who unconsciously absorb the pain of others.

Over time, this can lead to anxiety, confusion, physical symptoms, and compassion fatigue. You may be carrying trauma that never belonged to you.





CHAPTER TWO

WHAT'S REALLY HAPPENING?



What's really happening?

From a subconscious perspective, your system may have learned that "being okay" means keeping others okay. Or that staying attuned is a way to stay safe in unpredictable environments.

When left unprocessed, this can lead to:

- Taking on emotional burdens
- Feeling guilt or shame you can't explain
- Reacting to things others don't even notice
- A fear of being "too much" or "too needy"

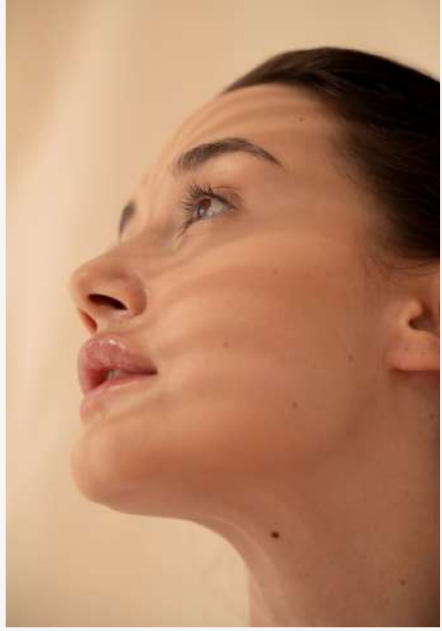




CHAPTER THREE



THE HEALING SHIFT



The healing shift

You don't need thicker skin - you need energetic boundaries and deep-level release.

Through trauma-informed hypnosis, and for those who feel ready, deeper subconscious exploration, we can uncover:

- Whose energy you're carrying
- When the merging began
- How to safely release it
- How to strengthen your field moving forward

You'll feel lighter, clearer, and more like yourself.

Try this pattern awareness prompt:



Take a few breaths and ask yourself:

- Do I often feel emotions that don't match what's happening around me?
- Have I ever walked into a room and suddenly felt overwhelmed, heavy, or anxious?
- Do I take on other people's pain, sadness, or anger - even when I don't want to?
- When I try to let go of something emotional, does it feel like it keeps coming back?
- Do I feel like I'm always trying to clear myself energetically, but nothing lasts?

This reflection isn't about blame - it's about clarity.

Your energy deserves space to breathe. If it helps, use the journal page below to write down your answers and thoughts.



Your next step...

If you've been absorbing the emotions of others for years, it's time to come back to you. Whether you're ready to clear what isn't yours, strengthen your energetic boundaries, or finally feel like your own emotions make sense - support is here.

BOOK YOUR TRAUMA
ROOT RELIEF SESSION

You don't have to keep holding what was never yours.

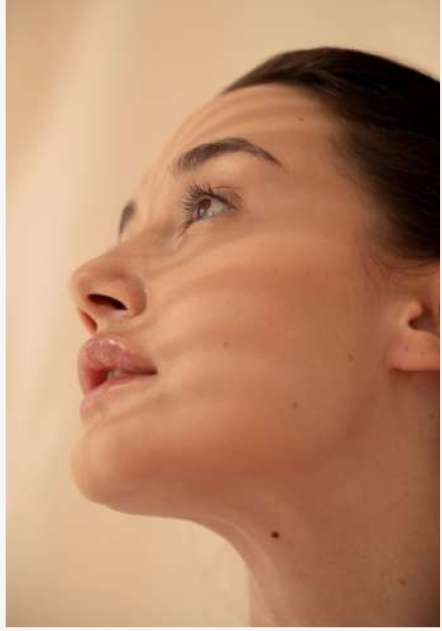
With love, compassion and understanding,
Monica Walston
Trauma-Informed Hypnotherapist

Conclusion

You've likely spent years feeling what others couldn't name - and now, it's your turn to be held. Healing as a mirror isn't about cutting people off, it's about reconnecting to your own center.

The more you clear what isn't yours, the more your natural light will return. When you're ready to release those emotional imprints on a deeper level, I'll be here to support you.





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.