

TRAUMA WHISPERS BEFORE IT ROARS

Companion Workbook

Chapter 13: Where the Whispers Live

Pre-publication Draft

This is a living document.

Changes will be implemented as suggestions arrive.

Changes made since last update:

- Early and advance reader (free) copies printed prior to launch date of 8/12/26 may not match the page numbers noted in the workbook. Readers may need to look for the content on neighboring pages.

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How to Give Feedback

Complete this chapter packet, then visit the OneEmprima.com/books/ or use the QR code on page 21 of your book to access the online feedback form and share your thoughts.

Let us know what helped in the book or workbook, what felt unclear, where you needed more room, and what you want to see included in the future editions of the book or companion workbook.



Check in before you begin. Where are you on the Roar Scale?
If you're at a 5 or above, turn to your Stand-Down Kit before continuing.



Why We Do This Work

For most of this book, I have asked you to look backward through time and outward into your environment. What happened? What did your body learn? What did you inherit? What did you adapt to? What are you still carrying?

Section 4 begins a different conversation, starting with Chapter 13.

Who are you underneath all of that?

Not who trauma taught you to be or who your family, relationships, culture, experiences, or circumstances required you to become. I am asking you to begin separating who you are from all the things that have happened to you.

That brings us back to *metaphysics*.

At the beginning of this book, I introduced metaphysics as the branch of philosophy that asks questions about existence, reality, consciousness, identity, and what it means to be human. Somewhere along the way, the word became so closely associated with spirituality, psychic ability, energy work, and things we cannot see that it became easy to dismiss the entire subject as woo-woo. But humans have been asking metaphysical questions for thousands of years, and whether you realize it or not, you have probably been asking them too.

What makes you you? What is consciousness? What is the relationship between your mind and your body? Why do you sometimes know something before you understand how you know it? Why can your conscious mind believe you are safe while your body is responding as though you are not?

Trauma gives us an interesting way to explore those questions because you have spent this entire book watching different parts of yourself communicate. Your body can respond to something before your conscious mind recognizes the threat. A smell can bring back a memory you were not thinking about. You can understand exactly where a behavior came from and still find yourself doing it. You can walk into a room and feel that something is wrong before you can identify anything that explains why.

None of that requires you to believe in anything supernatural or to change your belief system. It does ask you to consider that your conscious thoughts may not represent the entirety of your experience. It asks you to be curious.

That is where my work begins to go deeper.

The Black Room, Mural Method, and Ancestral Tree of Honored Hardships are not about escaping reality or convincing you to believe something you don't. They are ways I work with clients to expand how much of themselves they are able to bring into the conversation. We can pay attention to what the conscious mind knows while also noticing what the body is doing, what emotions are surfacing, what memories appear, what patterns repeat, what imagery or symbolism emerges, and what the deeper parts of the person may be trying to communicate.



I don't need to assign an explanation to every one of those experiences, and neither do you. I would rather remain curious about information we do not yet understand than dismiss it simply because it does not fit neatly inside what we already know.

Science has given us extraordinary ways to understand the brain, body, nervous system, memory, emotion, and behavior, while some of the most fundamental questions about consciousness and subjective human experience remain open. There is nothing unscientific about recognizing the limits of what we currently know. That is one of the reasons we continue researching.

And there is nothing particularly mystical about noticing that human beings can become divided within themselves.

Your mind can say you are fine while your body braces. You can want connection and prepare for betrayal at the same time. You can know that a relationship is over and still feel attached to it. You can make a decision that makes perfect sense on paper while something inside you keeps saying no.

We often spend years trying to decide which part of us is right. I am much more interested in understanding why those parts disagree. What happened and what can we do to bring those pieces of you back into alignment?

That is what this work is about.

It is not about becoming more spiritual, more intuitive, or more metaphysical. It is about bringing your mind, body, and soul back into enough communication that you have access to more of yourself when you decide who you are, what you believe, what belongs in your life, and where you want to go next.

For the first three sections of this book, awareness helped you recognize what you have been carrying. Now we begin asking what deserves to be developed.

Because eventually the work has to become about more than understanding what happened to you. It has to become about discovering who you are when your history is no longer making all of your decisions, and what parts of you have been waiting for the opportunity to develop beyond it.

That is where alignment begins.



Awareness & Alignment Prompts

1. If you were to go up the elevator to the Black Room, who or what would you expect to meet you there?
2. If you could meet one younger version of yourself in the Mural, what age would you expect them to be?
3. Which part of yourself do you trust most: your mind, your body, or your inner knowing?
4. Where in your life are those three giving you different answers?



Additional Journal Prompts

1. The football story: Looking back through your adult lens, where might you be telling your younger self how they *should* have felt about something? What did that younger version of you actually experience?
2. The firefighter story: Think about a difficult experience when you did not receive what you needed. What would have made that moment different for you?
3. Is there a part of yourself you learned to hide because the people or culture around you did not understand or accept it? What might happen if you became curious about that part instead of being afraid of it? If you embraced it as part of your whole-Self? What would that look like? What would that feel like?



EXERCISE 1

Your Branch

In the book, you watched ancestors reclaim what was theirs and turn it into something they could honor. A saddle. A woven basket. Eagle feathers. Each decoration was a testimony to survival, not shame.

Now it's your turn. You were never meant to carry the whole tree, only your branch.

Take inventory of what you are carrying. Set down what isn't yours. You don't need to picture handing it back. Just name it and set it aside. Use additional paper to inventory traumas that don't belong to you.

Then, look at what is yours. What have you lived through? What did you endure, survive, outgrow, or build anyway?

What has held you? Who loved you, what made you laugh, and where did you find rest, beauty, or belonging?

Decorate your branch.

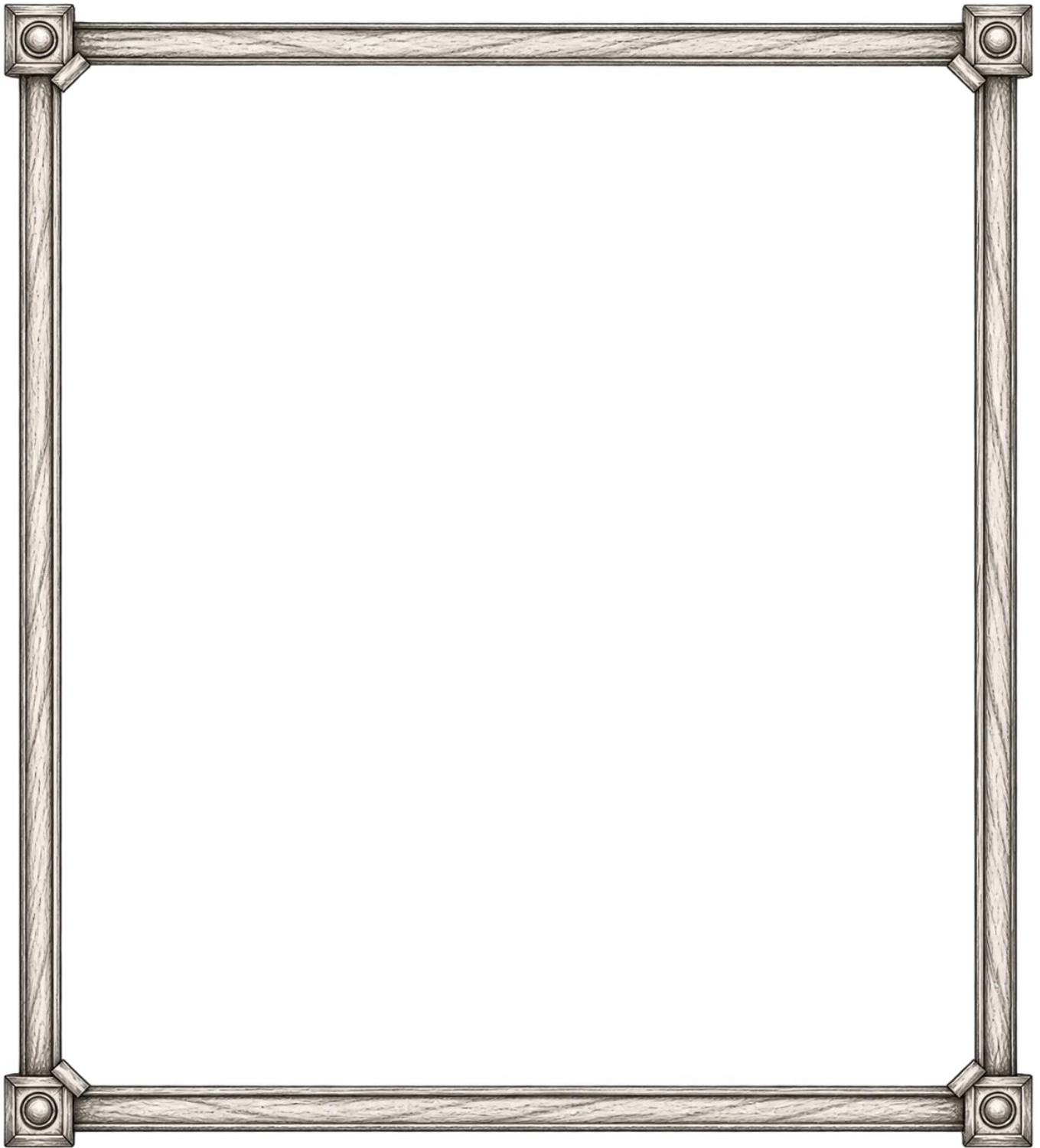
Use the frame on the next page to draw your branch, or reach for drawing paper, a canvas and acrylics, or any art medium that feels like you.

You can draw a stylized full tree, like the one on page 295, or a species-accurate drawing. You may choose a tree native to your geographic area or bloodline. Maybe it's a single branch stretching across the bottom of the space. You might even prefer to design the inside of the frame without a branch at all.

Use words, objects, colors, symbols, places, dates, or anything else that represents your life.

Honor the hard parts for what you carried and who you became because of them. Celebrate the soft parts for what carried you. Decorate it with both. A branch with only hardship tells half the story. So does a branch with only blessings.





After You Draw

When you finish your drawing, sit with it for a moment. Not to analyze it, but to feel it. Notice how your body responds. Notice what surprised you. Notice the strength you inherited but may not have recognized.

1. Which side of your branch was easier to decorate, the hard parts or the soft parts? What does that tell you?

1. What generational blessings or beliefs begin with me?



EXERCISE 2

What Calls You Forward?

For much of this book, you have been looking at who you became in response to what happened around you. For this exercise, I don't want you to look backward. You don't need to explain where anything came from, connect it to an experience, or decide whether it makes sense.

Instead, pay attention to what seems to call you forward.

There are things we are drawn toward before we have language for why. Ways we want to contribute. Things we want to create, protect, experience, understand, teach, build, repair, explore, or leave behind. Sometimes the longing is enormous. Sometimes it is remarkably ordinary.

You do not have to call it purpose. You may understand it as your soul, your heart, your nature, your consciousness, God, intuition, or simply something inside you that keeps pulling in the same direction.

What keeps calling you?

I feel most like myself when I am...

I lose track of time when I am...

Something I have always wanted to understand is...

Something in this world I feel protective of is...

I feel pulled toward...

I would love to create...

I want to experience...

I want to contribute...



Something I hope is different because I was here is...

Even if no one ever knew I did it, I would still want to...

What would it look like if you honored the deepest parts of who you are?



EXERCISE 3

Your Internal Council

Who sits on your council?

It might be **parts of you**, such as your heart, mind, body, intuition, or soul.

It might be **versions of you through time**, such as your 3-year-old, 8-year-old, 12-year-old, 21-year-old, or current self.

It might be **aspects of your belief system**, such as God, Jesus or other sacred teachers, gods or goddesses such as Shiva or Vishnu, saints, ancestors, revered beings, spirits, or spirit guides.

It might be **people you look up to**, living or dead, from your own life, history, science, philosophy, religion, literature, leadership, or anywhere else you have found wisdom.

Maybe it's a combination.

In the book, I describe consciousness as a spectrum: conscious, subconscious, superconscious, and collective. Your council can hold seats for any of them. Your table does not need to look like anyone else's. You may believe every chair belongs to a part of your own consciousness. You may believe some belong to something beyond you. You may not know yet.

There are ten seats at this table. You may need fewer, you may need more.

1. **The Table:** Name the purpose of your council. On the table, write the kinds of situations you might bring to your internal council for advice or guidance. For some people, it's making a difficult decision. For others, it's creativity.
2. **The Chairs:** Write a name on each chair. Then look at your table as a whole and ask:

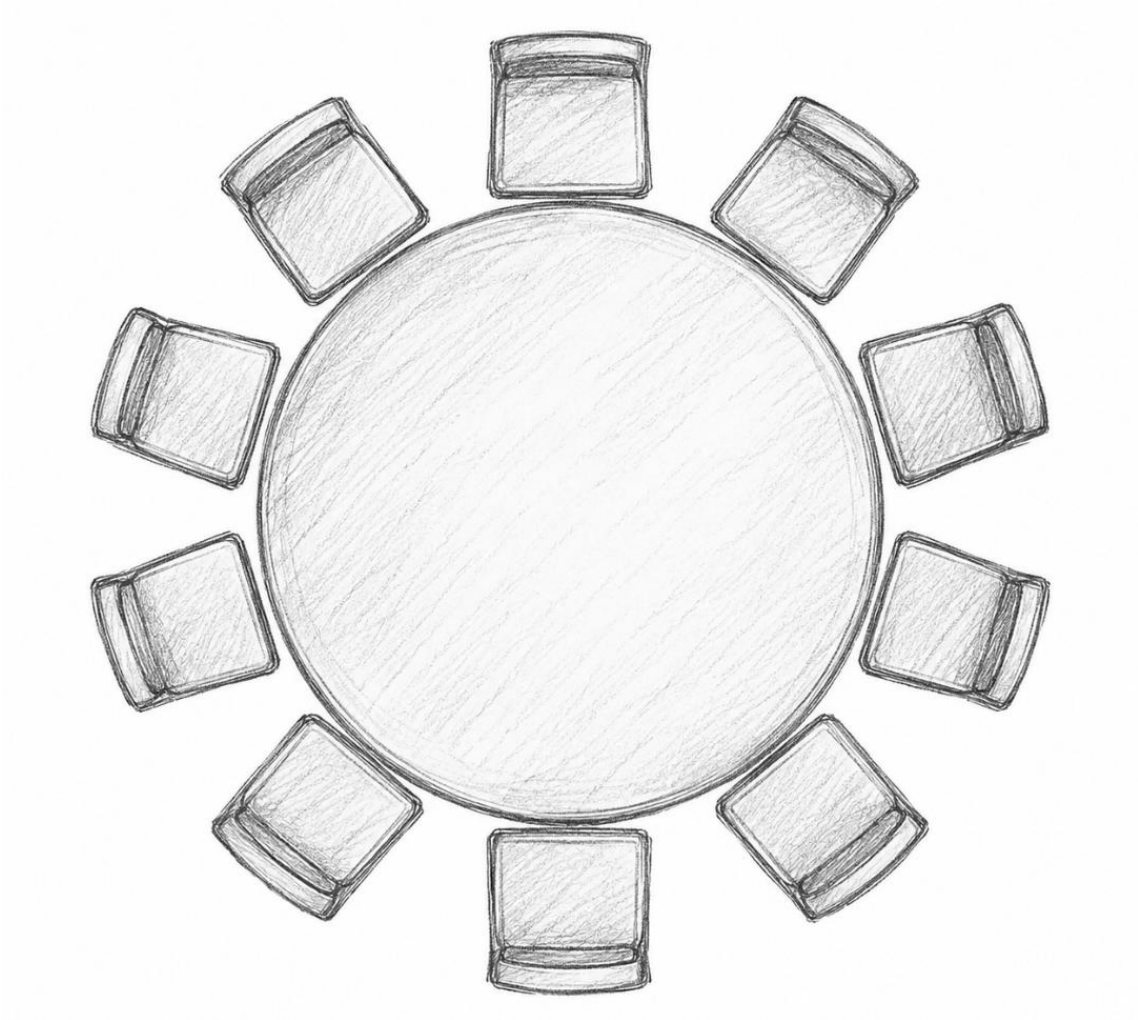
Who has been making most of your decisions or has the greatest influence on you?

Who has had a seat but rarely gets a vote?

Who have you been listening to that may not belong at your table anymore?

What would change if the parts of you that you trust were no longer competing with one another?





This Chapter Was Intended to Help You...

...expand the way you think about who you are and where your inner information comes from. Your conscious mind is an important part of you, but it may not be the only part participating in how you experience the world. Your body responds. Your intuition speaks. Memories, images, emotions, beliefs, and patterns can surface before you understand why. Depending on your worldview, you may also experience God, soul, spirit, ancestors, guides, or something you simply understand as consciousness. You do not have to adopt any particular explanation for those experiences to become curious about them.

The Black Room, Mural Method, and Ancestral Tree were introduced to show you what can become possible when we stop assuming the conscious mind already has the entire story. Sometimes the version of you who lived an experience remembers it differently than the version looking back. Sometimes what was needed was not what we assumed. Sometimes we discover that we have been carrying pain, responsibility, or history that was never entirely ours to carry.

You are not being asked to decide what is real, spiritual, psychological, symbolic, or something we do not yet have language for. You are being asked to notice how much of yourself you have been allowing into the conversation.

Chapter 13 was not intended to tell you what exists beyond your conscious mind.

It was intended to make you curious enough to ask the questions.

