

Stop Repeating Trauma and Live the Life You're Here For: The Essential Truths to Finally Heal

You have everything going for you.

You're smart, beautiful, funny, charismatic.

You show up and make hard choices.

You're always hoping. Always believing. Fighting. Striving.

You. Are. A. Good. (Enough!) Person.

So WHY THE F*** ARE YOU STILL REPEATING DESTRUCTIVE PATTERNS... STILL UNDERPAID... STILL PAID WITH A COST... STILL RIDDLED WITH ANXIETY... CRYING... EXASPERATED... BEHIND WHERE YOU WANT TO BE... STILL IN THE WRONG CAREER... WITH THE WRONG PARTNER... AVOIDING YOUR ART... STILL FEELING LIKE SHIT... STILL KNOWING THERE HAS TO BE MORE TO LIFE THAN THIS... STILL "ALIVE" BUT BEGGING FOR A WAY OUT?

Despite what you may currently believe, happiness IS your birthright.

You are here to be light and choose light. To meet your karma and transcend it.

It is your job in this level of consciousness to realize the parts of you screaming out for redemption.

To hold the frequency of the absolute best this realm can provide.

So how do you go from having trauma run your life to being the one in charge of it?

Hi, I'm Simirt, an experienced trauma healer and the creator of the Trauma Breakthrough Method™. I help brilliant, capable women just like you resolve deeply ingrained issues you can't solve alone and thrive in the good life you know you're here for.

You can connect with me on IG [@SimritHeals](#) or [write to me here](#). And PLEASE READ ON FOR

The Essential Truths to Finally Heal

Truth 1:

TRAUMA IS AN ENERGETIC PROBLEM

Let's be clear.

Trauma is more than a neural pathway. More than a buzzword.

It's not a cute trend. Not something someone can help with because they've watched a TikTok.

Trauma is an energetic phenomenon that's karmic, cellular and passed down through past lives and generations.

It occurs because, at some point in your soul's evolution, you agreed to disconnect from your power.

BEFORE I LOSE YOU! Let me explain:

Maybe you intentionally agreed to it so you could heal a toxic family dynamic.

Maybe your soul planned it as means to make sure you evolve.

Maybe you made a well-intentioned, but bad decision in the past that ended up getting you stuck.

Or, maybe, you weren't paying attention around a lower frequency.

Whatever the reason, over time, this initial break compounds until it takes on a life of its own.

Unhinged and unbound, this energy thrives off of your suffering.

In order to exist and grow, it makes sure you stay sick, unstable, forever in crisis.

It makes sure your bank account, relationships, self esteem and any way out seem impossible.

Because trauma is an energetic problem, there is no amount of thinking or talking that can get it to stop.

The ONLY way to effectively heal it is by confronting and shifting the energy.

Truth 2:

YOUR CURRENT PROBLEMS ARE ONLY SYMPTOMS OF THE REAL ISSUE

You think the problem is your apartment. Your spouse. Your job. The pain from your childhood.

It makes sense to solve the outside. (If I JUST had a new apartment! If I could JUST get paid my worth!)

It makes sense to solve the inside, too. (If I can JUST heal my anxiety! If I can JUST stop hating myself!)

And that's why so many mainstream healing modalities are so frustrating.

You can do your best to address your current issues forever and it will never change a fucking thing.

The reason this happens is because you aren't actually focused on healing the right things.

Every single issue you're experiencing is a symptom of something else.

The partner cheating on you isn't just a repeat of the abuse you endured in childhood. The real issue might have nothing to do with that. It could stem from an agreement you made to never use your voice. Or be one of a million punishments your soul inflicts on itself for a mistake you made in a different life.

Your anxiety? Your love life? Your family? None of them have the origin you think they do. And none of them are the problems that present in real time.

That's why doing spiritual work is so essential. It opens the door to see what you're up against.

And once you do get to the root and resolve it, the immense problems that were so hard and so impossible become remarkably easier.

All of a sudden, you work out sans drama. All of a sudden, you stop hating your mom. All of a sudden, you agree to get the divorce, apply for the job, call in new friends, move to a gorgeous home.

You still have to show up and act in alignment with your integrity, but the horrifying cycles you could never break are no longer there.

In fact, you'll be so far away from them, you won't even understand how you connected to them in the first place!

[I can help you with exactly this here.](#)

Truth 3:

TRAUMA IS ACTUALLY AN AMAZING OPPORTUNITY FOR YOU

No matter what is going on or how awful you feel, the truth is there is goodness available for you.

Trauma, at the highest metaphysical level, is a path for ascension. Ultimately, it unites you with YOU. Makes it possible to overcome soul challenges. Heal blood lines. Make sure you live every day as a miracle of the divine.

It's annoying, heartbreaking, panic inducing, of course. But when people tell me how horrible they feel, how they've been suffering for so many years, how they writhe at night, how unsolvable their problems are... I don't get affected because I know who they are. I believe in *them*, not their trauma.

What's really happening — their true nature — (and yours, too) — is astounding and awe-inspiring — and with the right healing, it's only a matter of time before that runs full force.

I know that the same person sitting in front of me crying is the same one that's going to send me updates for the next two years excitedly telling me about another one of their millionth wins.

They'll lecture me on breakthroughs and intuition. How they're consciously moving through healthy relationship challenges. How they still feel better than ever — every day better than the one before. Confident even in “bad” situations they used to spiral in.

That's why it's worth it to do this work.

When you heal, every single thing in your field turns into power, joy, momentum, positivity, creativity.

Every single thing you heal becomes positive.

And DESPITE EVERYTHING you've been through, all the tears, the panic, the heartbreak, the crushing blows... YOU WILL BE JOYFUL, GRATEFUL, IN AWE. Not about what happened, but about how you took that and spun it into gold.

YOU WILL KNOW WHO YOU ARE. Unshakeable. Unstoppable. Proud. Confident. Energized. Focused. Achieved.

If that's too hard for you to believe right now, that's fine. I'm here to KNOW it for you. And hold it until you do, too.

Truth 4:

PUT YOUR EFFORT WHERE IT MATTERS, THEN ATTACK FROM ALL ANGLES

There's no doubt you make a valiant effort to heal.

Yoga on Monday night. Therapy on Wednesday. Productivity podcasts on your way to work.

You do it all, so committed... until it devolves into another fight, another cry fest, another collapse in your bed.

What's fucked up about today's self-help industry is that YOU are ALWAYS left to fend for yourself.

It's YOU who's responsible for getting help here, there, here again, there again and having to piece it all together on your own.

You also have to figure out what works and what doesn't. You jump into a mastermind and realize it's not what you expected. You dive into a retreat and it helps... a little. But five days later... Fuck! It's just not enough. It's never fucking enough!!

All your good effort feels like it goes nowhere because you're following breadcrumbs while drowning in overwhelm, frantically trying to get your head above water to somehow achieve your dreams (or basics!!).

When you do reach that definitive moment — the one where you decide you're NOT going to take this anymore and your life HAS to change and it has to change RIGHT NOW — those bandaids aren't going to cut it.

Even the best therapist can't help you solve shame and a revamped sales strategy. Even if they could (unlikely), that 50-minute, once-a-week slot won't allow it.

Same goes for the successful business mentor who retooled your pitch. They don't know what to say when work stops because your sister's drinking again.

The real layers of life are all interconnected, yet somehow never completely addressed. So you continue around the maze. Bouncing from one thing to the next. Perpetually healing with things that provide some relief, but never the full path forward.

You know as well as I do that you have better things to do than this!

To heal the kind of trauma you have and get the kind of results you want, you have to redirect your energy to the tools that work.

You have to do them together in tandem for a long enough time until the change you want is made.

And all of this MUST HAPPEN WITHIN AND TOWARDS THE **CLEAR VISION** OF EXACTLY WHAT YOU WANT TO ACHIEVE.

Deep healing and life building have to be done together for both to succeed.

That's why the Trauma Breakthrough Method activates your kundalini and evaluates your landing page.

Why we intuitively journey to heal your bloodline then help you decide on Canggu or LA.

AND NOW... WHAT HAPPENS TO ALL THAT EFFORT YOU'VE HAD FOR ALL THIS TIME???

Now that you have the right approach... the right tools... the right vision... the right guide???

That's when you get to create an amazing life instead of waiting and wishing for it.

[Let's get you redirected into your best life right now.](#)

Truth 5:

HEALING TRAUMA DOES END AND THERE IS A "PROMISED" LAND

You are more than your trauma, you can heal your trauma and you can live an incredible life by doing the work.

You are NOT here to suffer.

Anyone that tells you healing never ends is not healed themselves. Do not listen to them.

It's true your personal evolution and learning will continue. But there's a big difference between waking up with panic and dread every day versus knowing what you're here for and showing up excited and confident for your day.

There is absolutely a threshold where you get out of trauma and live your creative, healthy, empowered life consistently.

That doesn't mean things won't come up.

But instead of pervasive, debilitating problems, you'll have positive challenges in line with your development.

Instead of attracting one narcissist after another, you'll evaluate the best way to care for your inner children as you communicate your needs to the new person you're dating.

Instead of managing panic attacks at a job you hate, you'll decide how to support your nervous system now that you're sharing your message and raising your rate.

Questions like: Where can I connect with the most conscious community? What dessert is healthy enough to meet my sugar craving and sustain my energy? How do I promote grace while living in a fascist takeover? Is this person meeting my needs? Do I need to do a better job of meeting theirs?

These are the questions that await you on the other side of trauma.

And the beauty is that once you are healed, you will NEVER GO BACK to the way things were.

You can't because your entire system is wired for health and the divine.

Please hear me when I say this:

YOU DO NOT HAVE TO LIVE OUT TRAUMA FOR THE REST OF YOUR LIFE!

You CAN get to the place where you are happy and grateful.

Where YOUR LIFE IS A MIRACLE.

Feeling better and living your gifts.

Connecting with people you respect.

Being the version you ALWAYS KNEW you were.

Every day. Without lapsing. Without faltering.

All energy moving ahead.

I advocate this because I KNOW this is possible.

I live it.

My clients live it.

YOU CAN LIVE IT, TOO.

Happiness Is Your Birthright.

Show up for it. Be ready for it. And 10000% claim it.

A good life *can* be your NORMAL!

ARE YOU READY TO HEAL AND TRANSCEND?

[Yes, I'm Ready!](#)

When I began to share this work, I met with women just like you — powerful, talented, driven and drowning.

I knew the tools I had found had worked for me, but would they work for others?

Total strangers shared their most serious challenges ranging from family guilt to childhood abuse, depression, SA and toxic careers.

What I witnessed at the end of every session was complete and total liberation.

One two-hour session and crippling guilt, anxiety, self hate, negative energy were gone.

The same women who showed up at their wit's ends, opened their eyes shining with a completely new understanding of who they were.

Every single person made massive life changes. One of the most hardcore literally got a new job and moved to Australia that same month!

Throughout the years, I have refined and honed this process, helping it to be stronger and lasting.

Today, I offer clients transformation in private 1:1 containers that are fully customized to deliver exactly what each person needs.

Unlike other professionals that might use one or two modalities, I pull from an entire arsenal of the most effective healing tools to immediately and permanently solve my clients' most pressing issues.

Energy work is coupled with real-world strategy and ambitious action so my clients' achieve their goals and build their lives.

Longer sessions and unlimited access to me ensures we're solving what comes up as it happens. Showing up in hard moments and joyfully celebrating all types of wins.

Through this work, my clients revolutionize their lives. They've built businesses, created new healthy partnerships, moved into inspiring homes all over the world. They follow their truth. They believe in themselves. They know who they are. They are unshakeable in conflict and setbacks because they make every single thing in their life a blessing working for them.

If you could use healing and resonate with anything shared in this document, please reach out to me so we can see if this is the path for you.

I started doing this work because I didn't want anyone else to suffer like I did.

I now do it because I am absolutely floored and obsessed with the jaw-dropping miracle that is a healed woman in her power.

You need you. We need you. Wake up and let's get to it.

[You can book a 45-minute call with me](#) to finally get answers about your most pressing issues and learn exactly what you can do to solve them. This call is completely free. If you are done with BS and ready to heal, take advantage of this offer and [book your time now](#).

ARE YOU THE NEXT SUCCESS??

[BOOK AN ALIGNMENT CALL](#)

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REAL STORY: NICOLE MADE MORE MONEY IN HER CAREER THAN EVER BEFORE AND CHAMPIONED A DEBILITATING SETBACK THAT WOULD HAVE TAKEN YEARS — IN MONTHS

“Before I started working with Simrit, I primarily wanted to work on my career and identity as an artist. My goals were to make more money with my art and to feel more confident in my artistic expression. Overall, I wanted to uplevel. I had been working in this space for about 5 years and

was starting to get more traction, but still had some habits and blocks that were impacting me negatively. I just didn't know how to shift them.

I had done a few different coaches programs and I started to feel some changes, but was still struggling overall. I had a lot of negative associations with my career and felt like an outsider.

When Simrit and I started working together, we dug into the nitty gritty of what was holding me back. Through our work together, we uncovered deep rooted issues that were impacting how I showed up, how I expressed myself and my overall enjoyment of what I was doing. Not surprisingly, these things were also impacting other aspects of my life.

Within a couple of months, I booked an opportunity that made me more money in one day than I had made my previous year with my art. I had more opportunities come in, I connected with higher level people in the industry, made deeper connections and started to show up differently and find more joy.

At this same time, within about a month of working together, my personal life completely fell apart. It was unexpected and jarring and new bombs were dropped over many months. It was kismet that she and I were working together during this time because it was the type of thing that could have absolutely destroyed me...but it didn't. We got to work on addressing the active emotions, the blocks, the fears and anxieties that came up. We addressed past traumas that were dormant and lingering. She helped me to alter my communication style, to soften and to learn how to connect more deeply and easily with people.

Through Simrit's support and guidance and addressing active trauma, I've been able to come out of the most traumatic experience of my life and feel more confident, grounded and secure than I've ever felt before and in record time. If I had only done traditional therapy, this would have easily taken me years and years to address and I know I would not even have scratched the surface of what we did in 6 months together.

Being able to fully address my anxiety, to know my worth, to know what I deserve and get clarity on the life I want to live has allowed me to make very big decisions about my life and the direction I'm moving in. I've attracted opportunities and relationships that are aligned. There is very little of my life that looks the way it did when we started working together and my internal world feels like I'm a different person.

Simrit meets you where you are emotionally and guides you on a journey of healing, bringing you closer and closer to your higher purpose and highest self.”

REAL STORY: GRACE WENT FROM CRYING EVERY DAY IN A LIFE SHE HATED TO LIVING HER DREAM LIFE IN EUROPE, ON HER OWN TERMS, W A HEALED FAMILY AND HEALTHY PARTNER DYNAMIC IN SIX MONTHS

“I was scared to admit to myself that I was nowhere near where I wanted to be in life before I met Simrit. There were years of unhealed wounds from dysfunctional family dynamics, toxic romantic relationships, and friendships that took more than they gave. I had no boundaries with myself or anyone around me. I was drowning.

I had tried everything and I mean EVERYTHING you could think of to heal. From counseling to groups, yoga to breathwork, ceremonies and mindfulness, without seeing any results or being able to get to the other side of trauma. It was so discouraging that I was ready to surrender to it all. I believed that this was how my life was going to be from now on.

Needless to say, I was skeptical when I first met Simrit. How could this be different from the other methods I've tried before? But once we had our first intro session, I walked away feeling lighter and more hopeful than I had in years. I truly couldn't believe it. After just ONE session together.

I decided to do a “Full Trauma Breakthrough”, meeting weekly for a set amount of months.

Our work together has literally transformed my life and who I am inside and out.

The way I process emotions, protect my energy and honor my body now is a priceless gift. I move through life with more confidence than I have ever had before. I can deal with challenges without losing myself. In my physical life, I cut out toxic people, cultivated more understanding and love with my partner, committed to building my own business in line with my values and even moved from a small apartment in NYC to open space in Europe.

Healing is not a linear path, it's a complex process. There were times where I thought I would be in agony forever, that I wouldn't see or experience changes. There were even times where I felt hesitant about the practices she asked me to do. It felt silly or weird or uncomfortable and you know what — I did it anyway. I believed in the journey. Not only did I start to grow and heal, the people around me have also started to as well. That's how powerful this work is.

Simrit provides you with a truly safe environment to explore the deepest and darkest parts of yourself while giving you what no one else in your life has the capacity or capability to give - her time, energy, honesty and understanding.

Everything we did and worked on together was unlike anything I had tried before. It allowed me to tap into new and different parts of myself so I could finally know what I actually wanted and needed.

I know in reviews or testimonials there's always some kind of hesitation because it's someone else's experience.

But....what if you could finally see yourself as the incredible person you are?

What if you could finally let go of grief, anger, depression and anxiety?

What if you could curate your dream life filled with incredible relationships?

That's the pathway I'm now on because of Simrit. She is one of the true healers and lightworkers in the world that is here to make a difference.

So if you're fed up with feeling out of control in your own life, fed up with people pleasing, fed up with experiencing chaotic or unhealthy relationships, fed up with not loving who you see in the mirror and have tried everything else too, this is the place that you have been searching for. This is the person that can help you rediscover what it means to be truly alive again."

REAL STORY: FOR THE FIRST TIME IN HER LIFE, MIA STOPPED CONSTANT ANXIETY AND SUICIDAL IDEATION IN THREE SESSIONS — AND BUILT THE FOUNDATION FOR HER ALIGNED LIFE IN FOUR MONTHS

“I have been working with Simrit for two months, and the basic before-and-after is — after 2 or 3 years of healing exploration (I have tried it ALL) and 15 years of therapy and meds before that, I finally feel like I am actually on the path back to myself, and I am not depressed or anxious, which is HUGE for me. There have been some major shifts, some directly coming out of our conversations or homework, some as a result of things that our conversations or homework led me to look into. Bottom line, though, my consciousness is different.

She is like a therapist for every dimension of your existence — she just gets it. She is like a personal trainer for your spiritual life but also great with breaking down practical steps for how to figure out your actual life, and is starting to Marie Kondo my chaotic mind and life planning. I am not just an empath/HSP, it's more than that, I have for most of my life just felt like I simply do not belong here and cannot figure out how to function on the earthly plane. Simrit is the person who understands this and can explain it metaphysically. The tools she gave me to work with kicked my ass, but within 2 or 3 days I started to feel substantially more hopeful.

Even after I finally finished the assignment with relief, I found myself going back to the prescribed practice on days when I wake up feeling depressed, and it really does shift me. I'm finally starting to get new ideas about what I actually want. I have my days here and there, but mostly I can imagine a future I'd be excited about. Which is not how it has been for a long time.

It's not that she just "did" something to me (though she did improve my energy field a lot in the early sessions) but has been a catalyst and guide for me to unfuck myself. She is one of the most understanding people I can talk to about my life and spiritual questions. Though she makes me feel fully seen and understood, she is tough and holds me accountable and sometimes kicks my ass. I always relish sessions with her, I always feel so much better and lighter emotionally and energetically, and whatever life crap I have brought to discuss with her, she has always busted my patterns — and always been right.”

STOP WASTING YOUR TIME AND START USING IT

[BOOK AN ALIGNMENT CALL](#)

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THANK YOU & SAT NAM