



Itzhak Beery: The Gift of Trauma: Discover Your Life Purpose



Itzhak Beery is a leading shamanic teacher, healer, speaker, community activist, and author of three Amazon bestseller books. Contemplate the soul's healing from trauma as a path of your life purpose and your life's work.

TOP EMBODIMENT TIP: To be embodied is to become a tree, and so it always works for me to go hug a tree and feel the roots that my feet become, which are deep into Pachamama Mother Earth.

Knowing Life Purpose: **Knowing your life purpose connects you to your power**

- When people know their life's purpose, they tend to be more powerful and more determined to achieve their life's work. They consider themselves successful because their work is in alignment with their purpose. Every choice you make in this lifetime is your choice. Your soul came here to experience your life purpose.

Trauma is a Gift: **Healing the central theme of our trauma leads to our purpose**

- Trauma is defined as an experience in which an event occurs that we are not able to adequately respond, and it "freezes" our physical, emotional, and spiritual body. If you reflect on your life (or past lives), you may find that trauma with the same theme plays out over and over. This is a window to your purpose here.

The Body, Soul & Life Purpose: **Hands can be a physical map of your life's purpose**

- The lines on our hands and our fingerprints never change throughout our life once they are established; mapping these features can show what our purpose is. Reference- Richard Unger's work.
- We are souls that came here to embody the body. Self responsibility or the idea that our soul came here for the experience to heal our soul, is the most important thing. Shamanic work, soul retrieval, and soul mending are multimodal approaches that can be used to connect with life purpose on a soul level.

Life Purpose is Unique: **Many people may have the same general purpose, but manifest it uniquely**

- An example might be "to be a healer" with the recognition that not all people will be the same kind of healer. The way in which we manifest our own purpose, especially with respect to healing trauma, is unique to each of us and therein lies our individual life-purpose.

Resources:

- ❖ **Books:** *The Gift of Shamanism, Shamanic Transformations, & Shamanic Healing: Traditional Medicine for the Modern World*
- ❖ **Courses:** [Calendar of Events](#)
- ❖ **Website:** <http://www.itzhakbeery.com/>
- ❖ **Social:** [Instagram: @itzhakbeery](#); Facebook: <https://www.facebook.com/itzhakbeery>
- ❖ **References:** Richard Unger: *Lifeprints* (book); www.shamanportal.org , www.nyshamaniccircle.org/ www.theandessummit.com/



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CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

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