



Dr. Keesha

FREEDOM TO FEEL FABULOUS

Creating a Calm Safe Place

Contains downloadable audio guide and
worksheet



Creating a Calm, Safe Resource Place Within

When I am helping my patients with stress related illnesses, insomnia, anxiety, or in releasing past trauma, I always start with helping them create a “resource space” in their mind, heart, and body that they can readily access when they are stressed. The calm, safe space you will create is your own personal private space that you alone can access. No one else is permitted in this space unless you invite them in. It is here that you will be able to connect with your wise older self, your spiritual connection if you have one, your child self, or to self soothe if you are upset.

Use the accompanying audio as a guide to help you create your resource place in your body. If you are not able to do it with the guided help, use the worksheet to flesh it out more.

The Steps:

1. First visualize a relaxing, calm place. Some people choose a mountain top, some a beach, others a forested area next to a babbling brook, and still others a meadow where they can sit with their back against a big tree. This space is meant to be relaxing for you. Do not choose a place such as your house or anywhere you have lived with other people. Instead create a secret garden outside of your house that no one else has access to. Or build a house that is only yours and is suited for your unique needs. Your calm place can be a place in nature you have been to before or it can be a place from your imagination. You get to build it for yourself. It is for you and for you alone. Write about your ideal calming space here:

2. Once you have picked a place, begin to construct it in your imagination. Visualize it to the best of your ability. Use all five of your senses. What colors do you see? What sounds do you hear? What do you smell when you inhale the air of your private relaxation place? What does it feel like on your skin, in your hair, under your feet? Can you taste what it is like to be there? Take your time. Close your eyes and paint your own safe space.

For example: One of my calm, safe places (you can have as many as you can imagine) is a sacred site in Peru called Machu Picchu. When I began constructing my calm place within myself, I brought in the peace that I felt when I was there once all by myself at dawn. I drew in the light and warmth of the sun, the feeling of the cool, smooth, crystalline stones beneath my bare feet. I felt the energy of the rock formation I was sitting on permeate every fiber of my being from cells to soul. I breathed that power into my past, my present, and my future selves. I listened to the quiet, punctuated by the sounds of birds and the breeze in the trees. I pictured the vibrant greens, blues, and greys with the red pom poms on the brown and white llamas. I visually ran my hands over the textures and took in the scents. I tasted the air on my tongue. I placed the “crystal condor city” within me. I can go there anytime, no matter where I am physically. It is a resource.

Now write about or draw your calm space, complete with all of the colors, sounds, textures, temperatures, visuals, smells, and tastes here:

A series of horizontal lines for writing, consisting of three dashed lines at the top and 24 solid lines below.

3. Now that you have created a calm space for yourself, ask yourself what you feel. Do you feel free, safe, calm, relaxed, peaceful? These are words I have heard when I take patients through this exercise in my office. What do you feel in your space of your creation? Name it. Say it out loud 3 or 4 times. This is your cue word for bringing yourself back to this place whenever you desire calming, soothing, or grounding.

For example: I feel grounded and centered in my own power and connection to the Universe when I go to my Machu Picchu resource place. I use the word "calm" to get there.

When I am in Kenya, I get the amazing opportunity to connect with a variety of wild animals that are native to Africa. One of the most amazing of these creatures is the elephant. When I want to feel grounded, I just visualize a place I have created for myself in Kenya with elephants and say the word "Ellie" to myself three times. It instantly brings me back to that steady, grounded, maternal, and communal energy that I am wanting to resource.

What do you feel in your space? What is your cue word? Write it here:

4. Next, identify where in your body you have the sense of being in your calm, safe place. Take your time. Say your cue word either silently or aloud. Rest and feel your breath as it enters your body. Notice as it exits your body when you exhale. Keep noticing, not struggling, just bringing awareness to your body. Where do you feel the peace of the place you have created for yourself? Write about it here:

5. Once you have found where you feel this sense of relaxation and peace in your body, give it a color. What color can you link to the feeling you experience in your private, safe space?

Write it here:

6. Now breathe that color in and feel that area in your body grow brighter. Just rest here, feeling the calm, the peace, and the freedom of having access to a place that is in your very cells and is all yours. Write about your experience of moving this feeling through your body as light and color:

7. When you are ready, open your eyes. Practice going into your calm place daily by saying the cue word either silently or aloud and then dropping into the place in your body where you feel it. Write about how you feel:

8. Find a picture or a symbol that will remind you of your calm place. If it's a beach, do you have a shell you can place where you spend a lot of time each day? Do you have several shells that you can place in multiple places where you hang out? Can you find a picture on the Internet that looks similar to your place and print it out? Can you draw it, paint it, color it? Finding a symbol will help concretize the feeling and experience of relaxed calm, so you can resource it any time you wish.

If you have been through a lot of trauma in your life it may be difficult to create a place that feels calm, let alone safe. If you are struggling to do this exercise, don't continue. Stop and find a therapist trained in EMDR, Brainspotting, or Heart Centered Clinical Hypnotherapy (through the Wellness Institute of Issaquah) who can help you release your trauma. If the first therapist is not a good fit for you, try another one. It can take a few tries to find a therapist who feels right, who offers a balance of insight, support, and holding your feet to the fire. You deserve to have a life that is not defined by your past experiences. Don't give up on yourself.



Dr. Keesha Ewers is an integrative medicine expert, Doctor of Sexology, Psychotherapist and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha has been in the medical field for over 30 years. After being diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—she discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.

Dr. Keesha is a popular speaker, including from the TEDx stage, and the best-selling author of *Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health* and *Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire*. You can listen to her Healthy YOU! Radio Show and find her programs at www.DrKeesha.com.