



- Dr.Irena: So hello, we're back. And now I'm very honored and pleased to have a wonderful woman with us. Our next speaker here is Esther Hatfield Miller, and Esther is going to really tackle an enormously important and heavy issue. She is the survivor of clergy sexual abuse, but she transformed from victim to survivor and emerged as thriver. She uses her own five steps self-healing system that's called "From Chaos to Calm" using humor, whimsy and insight. Victims learn to do Whoop Ass healing of their sexual abuse and trauma so that they create a powerful calm and drama-free life. Now, I really love that. The whoop-ass stuff.
- Esther Miller: Yes. Whoop-ass healing indeed!
- Dr.Irena: So thank you so much for doing this for us and being here with us. Um, yeah, that was...must have been intense, right?
- Esther Miller: Yeah. Yeah. But you know, one of the beautiful things that after learning how to transform my own trauma is that now I get to teach it to others. Right?
- Dr.Irena: Yes. I mean; is this the reason that inspired you to start your company or where is that coming from?
- Esther Miller: Yeah. So, you know, Irena, I either see my life as part of the problem or part of the solution. So with that notion in mind, I'm seeing the traditional therapy model being a product of the traditional therapy model. Um, I wasn't feeling and being optimal through that. And so I said, "self, could I devise a new way to self heal trauma if I could figure it out for myself"? Um, and I did, then I could go on and teach it to others. So as a victim of clergy sexual abuse, um, I was in therapy 27 years, 28 years where I don't know how many, it was real long time on and off, right. And I still wasn't getting the results that were steadfast and that were well enough. So I had four marriages, husband number four was getting ready to divorce me...
- Esther Miller: Um, I was just a hot mess. I was cray Cray, you know, I was just so sick and tired of being this victim of this crime. So, um, after being at university, I just remembered something what Dr. Westview or one of my professors at USC said to me, he says, Esther, don't recreate the wheel. Start with what you know. And I remember, do you know this book Sally Hogshead this book about fascinate? It's an archetype system and so I, okay, so Sally Hogshead said, purports, that we each have an archetype. So I took this list and I type out as maverick leader, global change agent, right? And so one that can figure things out, right? Do not put me in a box cause I can't comply. I am like the renegade, I have this strong drive to come up with a different way to self heal the trauma. Right? So I figured out if it could work for me then it could work for somebody else.
- Dr.Irena: And is that what inspired you to start your company? I mean, I don't know much about your previous life and what did you do before you started your company?



- Esther Miller: Yeah, I was in the HR world. I was an HR executive for the nation's largest home builders, Standard Pacific homes, at that time. And I was coaching then. I didn't realize it now, but you know, the rear view mirror, you get to look at so much more. Right. And so I would get this, um, these big construction guys coming in, they're sobbing. One is saying, I can't, I can't work there. You've got to pull me off this job. I'm like, what? And he's like, yeah, the construction manager's, um, uh, hand mannerisms are the same as my abuser who was my uncle and I was like, what? So I was already coaching. Wow. Didn't monetize this. Right. I just didn't know it. So I have the advantage of looking in the rear view mirror, the 20, 20 hindsight, seeing how this was sprinkling in, in all my life.
- Dr.Irena: So was it kind of...these people kind of being drawn to you, but they didn't know about your own trauma? Right. With sexual abuse by clergy?
- Esther Miller: I had already started, um, this was in 2002. I had already started being an intern, a local advocate. Now I'm an international survivor's advocate. So sometimes people would see me on the television or they'd hear a radio interview. So I was already out there telling my story. Yeah. But Trauma Recovery coaching is different than therapy, right?
- Dr.Irena: That's what I wanted to ask you about. You said you went to therapy and it didn't really profoundly help you. Right?
- Esther Miller: Right. But I needed to go to therapy to sit and spew in trauma recovery. We call that sit and spew over there, right? And you marinate and all that junk. But I work with people now who are so sick and tired of being a victim of this crime that what they do is they end up rolling their sleeves up and saying, okay, let's get to work. And they're interested in a transformation because they're just sick and tired of being that way. So the difference between traditional therapy models is that it's mostly practitioner led. So the treatment plan is really set up by the therapist for the client.
- Esther Miller: In trauma recovery. It's client led modalities. So we bring together a smorgasbord of opportunity and they dwell in possibility of, Oh, I've never heard of that modality. How would I be if I tried it? And so I come alongside my clients and they're actually called participants in our tribe. They're participant in their own healing in their own trauma recovery. Right. So, right.
- Dr.Irena: That's huge, right?
- Esther Miller: It's beautiful. Like to distinguish them as a participant versus somebody telling them, another authority figure, telling them how to be, what to do, try this. Instead, it's client led. Trauma Recovery Coaching is client led. So, um, we actually set recovery goals together, which is kinda cool. Yeah.



- Dr.Irena: Yes, definitely. Can you say more about what that means for, you know, the participant, the person who was a victim, how how can they participate and lead their own healing?
- Esther Miller: Yeah. So if they have set one of their recovery goals as, um, oh, I don't want to use food or alcohol to anesthetize myself to numb myself out anymore. So we flip it. So it's a positive. Our body, our cellular structure responds to positive. Right. And so if they say, okay, I don't want to be abusing food anymore to abuse myself. Um, so we figure out verbiage that's highly beneficial to them and it might look like, "I am going to learn the difference between sitting down at your meal and choosing versus nourishing my body versus eating for pleasure". So they get to sit down and look and make a choice. Because in trauma recovery coaching, they have voice and choice. They have a choice of "do I want to eat for pleasure? Okay, I'm going to eat those 14 cupcakes". Right? But if I want to nourish my body, I'm going to select a salad with some organic chicken and you know, some avocado. And so they start learning distinctions of how they want to make choices for their life. And that spills over and leads into trauma recovery, actual healing the trauma. When they learn something simple as setting the recovery goal. And then we check in every session, hey, how's that recovery goal going? Oh yeah, instead of eating 14 cupcakes I had one, but I had salads for six days, you know, so they can see how they're making progress.
- Dr.Irena: So you start somewhere, then it's progress like in small steps. Something like you mentioned, something simple to start with, and then it continues on. Do you ever touch on what really actually happened and...?
- Esther Miller: Sometimes that comes up, it's really not relevant. It doesn't matter. It really just doesn't matter. Um, I think when we've talked before, you've heard me say that, um, they now get to learn how to live by the scar and not by the wound anymore. Cause when they're in that wound it's icky and smelly and gooey and stinky and just doesn't feel good and that's retelling the abuse story, right. So we get them out of that so they can learn a new way to be.
- Dr.Irena: I think that was very important what you mentioned, and I remember when you were saying this, instead of living in the wound, living by the scar, because obviously it does leave a scar, but people are really, anyway, they're very hesitant sometimes to talk about their own trauma, especially when it is by an authority figure. Then what could be one of the costs that they really don't want to talk about it. How do they feel about it that they don't want to talk about it?
- Esther Miller: A whole bunch of things sitting in a petri dish! There's shame, blame, guilt, and that that Petri dish is just served up to judgment, self judgment. Oh my gosh. If somebody finds out what happened to me, they're going to judge me. Then there's this other petri dish of silence, secrecy and fear. And that served up to judgment as well. And it really takes courage. It takes matter of the heart. Coeur means heart in French. So it really takes a lot of courage to to deal with the



shame, the blame, the guilt...looking straight into it. Like Superman. We do a practice of Superman eyes. We focus in and laser in with the, the actual, um, uh, shame, blame, guilt, all of that secrecy, right? And then we've learned that we can't fix what we can't face. So we have to face it. We don't have to retell the story of that. Oh, or do you know of the Rumi quote, the Guest House?

Dr.Irena: No, I don't. Please share.

Esther Miller: Oh Great. Well it's here on my wall. Let me pull it off my wall here. Okay, so it says the guest house, "This being human is a guest house every morning, a new arrival, a joy, a depression, a meanness. Some momentary awareness comes as an unexpected visitor. Welcome and entertain them all. Even if they're a crowd of sorrows who violently sweep your house empty of its furniture. Still treat each guest honorably. He may be clearing you out for some new delight. The dark thought, the shame, the malice. Meet them at the door laughing. Invite them in. Be grateful for whoever comes because each has been sent as a guide from beyond". And so that's how we get them to face it. They're like, oh, okay, welcome in! We can't fix what we can't face, so we must start with the decision to face it, right? And then fix it. Not to erase even. We cannot erase the event. We can't catapult ourselves back to the time when we were eight years old or a teen wishing that it never happened. Right. What is that there to teach us and to learn from?

Dr.Irena: and how can they face it without having to go into the story over and over again?

Esther Miller: Oh well, they learn three things, strategy, tactic and process. Um, and there's that, those are all wrapped up into keys for a self healing plan.

Dr.Irena: Can you repeat those three and elaborate on them please?

Esther Miller: Yeah, yeah. Strategy is what to do. Um, the tactic is how to do it and the process is the system to follow over and over and over. So it's repeatable, right? You can duplicate it. You as a physician, you know, you have to be able to repeat things so that you have some success with it. So the key to self healing trauma in our courses are dealing with the trauma trigger.

Dr.Irena: Exactly. I mean I know you mentioned that with the trauma trigger being...that's probably what to do is that the strategy of what to do and how to do it is when they're dealing with trauma triggers; is that what it's referencing?

Esther Miller: Yes. It's called the three Cs of taming the trauma triggers. So imagine, and we use props in our coaching world here, which is a ferocious tiger, right? The trigger acts like this tiger. The tiger's job is only to do three things; consume you, devour you, and pounce on you. That trigger is ready to take you down, right? So our participants learn the three Cs of opening the can of wwwhoop-ass and



taming those triggers, right? So imagine you have the butterfly net. So we use props in our courses and a lot of somatic healings. So imagine you catch the trigger. What is happening in real time? You reach in and you check that trigger. Oh, is that Father Nocito coming to, you know, rape me again? No, it's not. It's a song that reminds me of when he was doing that or this right?

Esther Miller: And then you catapult. So you actually stand up and you move through this modality. It's a somatic modality. A moving your body, catching, checking, and then catapulting so that the trigger, it diffuses energy. You no longer, it can no longer take you down because you're the one in power. You are the one in control, right? To live a more calm and drama free life. And that's just so cool to see them when they do it in real time. And then they'll send me a TigerText; TigerText is a HIPAA compliant site where we coach on and they'll send me the tiger texts and say, oh my gosh, I took this trigger down! It's so cool to see that, you know, versus the trigger that laid them up for two weeks and all they could do was stay in bed.

Dr.Irena: right. That is like dealing with PTSD.

Esther Miller: Complex PTSD. Yeah. Yeah. So, um, that's what I love about our coaching program. They learn so many tips, tricks, hacks, you know, tools really to develop in their arsenal to deal with their life.

Dr.Irena: And the one you mentioned just before with the butterfly net catching this trigger and then chucking it away after seeing, hey, this is not what's happening right now. Is that something you actually lead them through in motion or is it pretend, so just in the imaginal realm?

Esther Miller: Oh, everybody who works with this, um, they all get, um, the butterfly net. They learned the modality to somatic base modality of moving through that, uh, taming the trauma trigger. Right. Um, they also get a Sally Hogsend book. It's so fascinating to see some of the things that I learned on my own. I just now pour into, into our clientele and it's just really phenomenal to watch the transformation right before my eyes.

Dr.Irena: Yes, it truly is. I have also worked with, you know, veterans with PTSD and it's, you can see it in their face or even with other people with PTSD, you can see them transforming really in front of your eyes, sometimes growing up from a little child. Yes. Back to a wise adult.

Esther Miller: Do you know the book, the book by Dr. Bessel van der Kolk: "The body keeps the score"? It's true. Irena, the body does keep the score! Oh it does. It impacts every cell in our body. Right. And so especially if, um, people were violated, as kids as minors, you know, our brains not ever fully developed till about 25, 26, 27, somewhere in there. Um, and so if you're abused as a minor kid, six, seven, eight years old by your Catholic clergy, by your Jewish rabbi, by your Muslim



Imam, it doesn't matter what flavor of faith based community, you know, that violates you. It still imprints into your cellular structure. The body keeps the score of that trauma. Dr. Bessel van der Kolk talks about how, because our brain can create neuroplasticity, new freeway on ramps and off ramps, right? So, but they just have to learn that they have to learn how to take control of their mind, to re-mind themselves.

Dr.Irena: Yes. Cause everything is stuck. Not only... also that you said it's stuck in the subconscious mind where they might not even access it and don't know why their body reacts in a certain way.

Esther Miller: Absolutely. Absolutely. So we have some fun surprises.

Dr.Irena: Yes. You just spoke about children. Now I know you said something about the children's thesaurus. What does that have to do with self healing?

Esther Miller: Oh my gosh, I love this because this is one of the other tools that they receive. Also, we happen to use this one. I don't receive any compensation. I plug it because it just seems that this student children's thesaurus, it's like, um, it's just conversational, relatable. So like I have somebody, for example, say to me: "Oh wow, I'm really sad". And I said sad. I said, tell me more about that. We'll call him H. I said, H, tell me about that. He says, yeah, I'm just there. And I said, well, what made you sad? Cause that sad is kind of like a default word, right? It's just all encompassing. I mean, I would be sad if my ice cream cone fell on the floor, right? So I wanna figure out what, so I said, okay, you have your thesaurus next to you, no, let me go get it.

Esther Miller: So he went and said he flipped to "sad". And so all of a sudden he reads these words: dejected, depressed, desolate, gloomy, melancholy, unhappy, downcast, morose. He's like, "I'm dejected, I'm not really sad". And I said, say more about that. And he said, "I got passed over for promotion at work. I felt dejected and yet I have the best skillset of anyone". And I said, oh. So I figured out that early on I needed to match up how I was truly feeling with words that meant accuracy. Our body will align with ourselves and will conspire to help us recover from the trauma when we're, um, accurate, when we have clarity. So if I just say, Oh yeah, I'm sad, versus, Oh, I'm feeling dejected because I got passed over right then now the universe can conspire to support that transformation because he's being authentic in the words that he selects. So selecting word align truly with how your essence is, is so vital because words create worlds, and words matter. That's why we get them.

Dr.Irena: Yeah. I couldn't agree more. And I see, I just wanted to know, is this a book that you have created or you and your team have created?

Esther Miller: No, it's one we just buy.



Dr.Irena: Oh, okay. So that is actually, it's just a regular thesaurus.

Esther Miller: Yeah. And I spent a lot of time researching a Barnes and Noble to make sure I found one that was really, had the breadth, the width of words that you know, we would use in trauma recovery. So the words really mattered to me.

Dr.Irena: Pardon?

Esther Miller: Words really matter to me.

Dr. Irena: Ah, words really matter. And now that brings me to...one that I know that you just hate lazy words, right?

Esther Miller: Oh Gosh. That's my pet peeve. So you know how our generation says, oh, that's amazing! That's awesome. Timeout. Timeout. Really what's awesome, um, is if a meteor fell out of the sky, landed on my patio table, ricocheted into my swimming pool, I would be in awe. I'd be like this, (shows mouth wide open)

Esther Miller: Or, that movie was awesome. Or that meal was awesome. That doughnut was awesome. Come on people. Let's match up. Truly, match up words that are insightful. Yeah. That are useful, that are intriguing, that are really beneficial to how we are doing life. We have to be in present tense, you know, and that's those lazy words. Awesome. Amazing. You hear people say them all the time!

Dr.Irena: oh I do. And this kind of a trend, which word is used and it's kind of mindless and obviously when it's mindless you can't really connect to it.

Esther Miller: No, because it's a default, it's a lazy words, the throw away word and it doesn't really have value and meaning it's just convenient, you know?

Dr.Irena: I'm guessing that goes into what you do in your trauma recovery to really hone into what the core word would mean for their feelings at this time and moment. Not just like you said, not just sad, which is kind of general but dejected.

Esther Miller: Yeah. Dejected. Now I really have an insight of how he was feeling, feeling dejected because he got passed over for a promotion. Yeah. It wouldn't do that for me though. Right?

Dr.Irena: exactly. I mean, um, you know, this is like the relationship summit, the Life in Love summit, masterclass series. So obviously when people get abused, they're bringing that into their relationships. Unless they have been able to heal it. What can happen when they bring that into relationships?

Esther Miller: Oh, it's just a recipe for disaster. If you haven't self healed that before, if you haven't done some work on it, right. Byron Katie says we all have work to do, The Work. She calls it The Work. All of us have The Work, right. Um, for women





mostly it's also tied into self love. You know, when us women learn to nurture our self first, then we can be more and do more for others. But it's, you know, that saying you put the oxygen mask on yourself. Hmm. And then you can take care of others? You've got to learn to do that. And even in any type of relationship, you have to keep taking care of yourself first. For women, you know, and this happened to me and I've seen it with my daughters too. We, once we birth kids, we give out, we pour out, we give in, we give our whole self to the kids, to their livelihood.

Esther Miller: It's almost as if we're emptying out to fill somebody else up. Right. And um, the emptying and the giving of ourselves, it's like when a newborn has just been birthed, like a husband or a sister, and then we're supposed to be Mother of the Year, Sister of the Year, Partner of the Year. And we can't, when we're running from empty, we must learn to be self focused. Selfish, self central. Um, yeah. Self intentional, self-respecting, self caring. Um, so the big joke in our family is selfie means a whole other thing in whoop-ass healing, right? I want people to be selfies, right? Because instead of pouring out to give to others... It all starts with a decision. It's a decision to daily learn about self. It's a decision to be "mind-fill". We don't believe in mindful in our practice.

Esther Miller: We believe in intentionally filling the mind with things. Our minds are full of crap already. So we don't do a mindful practice, right? We continue to practice mindfullness through the five month program. We have five modules, one module per month. Um, and it is so robust when you see participants deciding which words to use, setting some intention, putting some attention with no tension at all. Selecting mindfullness practices like that, like intention setting, they learn how to make decisions, how to take inspired action. Oh Man. It's just so beautiful to see that. And that only comes through practice. Oh, this reminds me of a story. My mom, when I was a young girl, my mom would say, Esther, get on the piano bench and practice; practice makes perfect, right?

Dr.Irena: Oh yes. And it's not true.

Esther Miller: It's not true. Practice makes progression. It doesn't make perfection. We're looking for progression from our participants in trauma recovery coaching. Practice makes progress. And then we celebrate the wins every week.

Dr.Irena: Yeah. So I just want to expound on two aspects that just triggered, triggered in a good way though, from what you said about self love, especially for women being so vital. I was kind of at war with this a little bit. Resistant to the idea of, wait, no, why would I not, you know...The children are more important than I am. Everything else is more important than I am. Why would I start with me? Until I learned that you cannot love another if you don't love yourself. And this is not just some metaphor; this is in the brain, it's not possible. It's really not possible. And then like you mentioned, practice doesn't make perfect, only perfect practice would make perfect; practice can make permanent though, and





when you're traumatized over and over again...Like even, you know, not a severe trauma like you had to go through, or your participants, your tribe had to go through or have to go through is that the thousand cuts, the repetitive trauma leaves just as much of a wound and a scar and that's why the self-love that most people lose during that process...to regain that is also so important. Have you also seen that people start losing their self love? Because you said before: the guilt, the shame, the blame, etc.

Esther Miller: right. And especially in the clergy space, in a religious based, um, situation where there's been sexual abuse, it's, it's a whole net and web of God or source, universe, higher power, all of that all wrapped up into it. And so if that entity of a higher authority is supposed to be showing you love, and it's being manifest through this clergy sexual abuse, uh, there's a lot of unraveling we have to do with that. And so just holding the wedge of possibility that they can dwell in possibility that they can learn how to self-love. It's just a foreign concept to them because everything that they gave, they gave over, even their love, they gave over to somebody else.

Dr.Irena: Yes. And many times, you know, as I've heard, I've also worked with sexually abused women, is that the abuse comes by pretending to be coming out of love. So for them love is sometimes a bad thing.

Esther Miller: Correct. Correct. So that's why the concept of being self focused, um, self-respecting, selfish, more focused on self central and then we can get them to the self love concept.

Dr.Irena: Beautiful. So when these people are healed, what does that look like for them?

Esther Miller: Ah, man, they are fertilizing a whole bunch of things in their life. Um, fertilizing growth in themselves; continual growth in other areas in their lives. So for instance, we had one guy, I think he was abused at from eight to 12 or 14. He was an altar server, but he always loved drawing architecture things. Um, yeah, he always wanted to become an architect and I'll call his name T. And so he said, do you think it's too late for me to go to architecture school?

Dr.Irena: And how old was he at that time when he asked you?

Esther Miller: Uh, I think he was 49.

Dr.Irena: Oh Wow. Okay.

Esther Miller: And I said, I don't know! How would it be... And this is, this is a phrase I learned from Byron Katie. I did not invent this. How would you be if you went to go do a discovery about that? He's like, whoa. Like, what steps would I have to do to discover? And because trauma recovery is client led, I said, well, let's look at that. What's some famous architecture school, you know, of? He says, oh, um,



the university, San Luis Obispo that has a phenomenal architecture school. I said, okay, great. I said, so here's my laptop. We're sitting side by side. And I said to T; let's google! So we went through the actual motions of going through, googling what the steps for architecture were. I said, do you see any evidence that it says it's age related?

Esther Miller: And he says, no, this is, so then I could apply. I don't know if I'll get it. I said, well, we don't have to worry about that yet. So, you know, and he was dwelling in the possibility that his childhood dream of becoming an architect could happen.

Dr.Irena: That's awesome.

Esther Miller: I know! Irena, all those years he couldn't dwell on that possibility because he was still cloaked in the shame, the blame, the guilt, the suffering, the slight, the secrecy and that whole cycle. Right. So when we cleared that up, it created a wedge of possibility that he could become an architect. And guess what? He's an architect now.

Dr.Irena: Oh, congratulations.

Esther Miller: Oh, we have so many stories. Another fellow, um, became an attorney, another gal became an attorney. So yeah, it's pretty incredible.

Dr.Irena: I loved what you said about creating a wedge to open up the door to possibility. It's beautiful because... Is that what you would have wanted as advice? What advice would it be that you would give to yourself if you could go back to the time you have been abused?

Esther Miller: Yeah. That advice is, um, wow. It's about this. So I have this on my desk always.

Dr.Irena: You have to put it closer to the camera so we all can see.

Esther Miller: Alright, so you can see it. Okay. One is yes, these are like when you're asking God, source, higher power, universe... And the response could be: one is yes, two is not now, three, I have something better in store for you. Most people just think it's yes or no. Exactly. Yeah.

Dr.Irena: There is no, "no" there...there isn't really, right?

Esther Miller: That's right. Yes.

Dr.Irena: And not now, maybe later...and even something better!

Esther Miller: Yeah. And so this is all about possibility. This is all about possibility, right? Yeah. They start learning, um, how to fertilize their own growth in themselves and



then sometimes in others. And then oftentimes what happens is that they join a community because abuse happens in isolation. But healing happens in community.

Dr.Irena: I couldn't agree more because I think it's extremely hard for somebody in isolation to heal. They don't know how their brain doesn't know how; they need somebody to guide them and help them along and maybe also seek the inspiration of others who have gone through it and become a thriver.

Esther Miller: Absolutely. Absolutely. And that's why I do a lot of international speaking. You know, I have clientele all over the world. Um, my Polish guys are hilarious.

Dr.Irena: Do you speak Polish?

Esther Miller: Yeah. People in Poland, in Berlin, in Tel Aviv, all over the world. Um, Chile, Uruguay...anyway...So yeah, our Polish clients say, Esther, bring us the can. I'm like the can? The can of Whoop-ass. We must have. Isn't that hilarious?

Dr.Irena: It's so funny because I wanted to ask you about that too. So what is the whoopass aspect of this? What's the can of whoop-ass?

Esther Miller: So because I get to mentor, the clergy sexual abuse victims to open the can of whoopass on that trauma; that trauma's going down, right? It's going away. And so it's energetically the notion that they can do something to pour whoop ass on that thing that's causing them grief and strife in their life and it's going away. Right? So it just, I just came up with it. It came inspired one day. And my husband is: we're not calling the company that! I said, Oh yes, we are, sign the papers!

Dr.Irena: That's your humor, whimsy and insight, right? Instead of saying "power" saying "whoop ass"!

Esther Miller: Exactly, has energy. Right.

Dr.Irena: It has a lot of energy and it has cool energy too. Right? I mean, see, now I'm not really choosing the words I should be choosing... I don't mean cold, no.

Esther Miller: Hm.

Dr.Irena: I mean, oh my gosh, this is hard. Now I have to go find your thesaurus. What is cool?

Esther Miller: Yeah. Really, Huh?

Dr.Irena: Yup. So what would you say if somebody's healed, how could a "life in love" look to you?



- Esther Miller: Oh, it can look so robust. It can look full. It can look familiar. It's an important distinction about familiar. When we have a knowing we get to train our body, our mind, our soul, our essence to default to the familiar. So when we choose ourselves, we choose growth. We choose to be self focused, to heal, to be a better partner because we've done our transformational work. Wow. Things open up for us. And that's what I think it looks like. Growth.
- Dr.Irena: Growth, mostly growth. But also what you mentioned what I think that was a beautiful distinction. Familiar could be crappy...
- Esther Miller: right? So you have to unlearn to learn. It's really important on our campus we unlearn to learn.
- Dr.Irena: Unlearn to learn to choose yourself and choose your growth and choose your whoopass power?
- Esther Miller: Yes, absolutely. Yes. Because in trauma recovery coaching two things matter. Voice and choice.
- Dr.Irena: Voice and choice. Very well said. And I really believe that somebody who can be aligned with who they really are, their inner essence of their soul, that feels like love, not only self love, but love all around, love for everybody. Everybody in the universe.
- Esther Miller: It's a magnet. You magnetize things to you, you magnetize people to you. When things are highly beneficial in your life, things are going well. You have hope in healing, right? I have another thing. Oh, this is so beautiful. It's timely. It's another little widget I have on my desk and it says "hope and healing" and it's this plaque. My daughter gave it to me and it says, "may you discover all the ways hope rises up to meet our brokenness and cracks open our hearts to the light within ourselves, waiting to be seen, waiting to be born".
- Dr.Irena: Beautiful. Another wedge!
- Esther Miller: Right? Right! So that's why I have all of these things all the time on my desk, our grandkids love coming in here because they get to play with Gumby and Pokey, I have a bunch of different stick figures and things.
- Dr.Irena: And that's why you're so much fun and you can talk about that stuff... Yeah. You know, with humor and power and knowing from a place of having survived and thriving now, so that others can learn from you.
- Esther Miller: Yeah, who wants to talk about this dark, ugly topic of sexual abuse and rape, but with, I figured out with the humor and the whimsy and the insight all packaged together, people pay attention now. Right? It could be fine to transform your life, transform your trauma. Um, we don't, we are not stuck with this trauma.



We get to unpack it and leave it, kick it o the curb. We no longer have to carry it anymore.

Dr.Irena: Yeah. That is so powerful. I mean, that's really the choice. The choice you can have to say, I don't have to classify myself as a trauma victim anymore. It's amazing. That's right. You have one more inspirational tip that you could share with the audience that they could give to anyone to apply in their life?

Esther Miller: Yeah. Well, I have a lot, but I'll give you one.

Dr.Irena: Oh yeah. You can give us as many as you can. Let's start with one.

Esther Miller: Okay. I would say this, that remember this daily, when it feels like the sky is falling, it's really just you ascending.

Dr.Irena: Wow! That is amazing. I would never have thought about this before your saying that. That's incredible. Yeah. Let's repeat that. "Remember that when the sky is falling, it is you ascending". Beautiful. Beautiful. Beautiful. Yeah. I think that is a beautiful ending to our interview, except I would like you to tell the audience how they could get to you and your course in case they are sufferers still and want to become victorious and the creator of their beautiful new life and love.

Esther Miller: Yeah, reach out to us at [whoopasshealing.com](http://whoopasshealing.com). And then just, you know, click through and connect there.

Dr.Irena: So send an email?

Esther Miller: Yeah, yeah, yeah. And then we'll see if it's a good fit. There's an online assessment. They could take it in the privacy of their own home. Um, cause I'm, I'm like college, and I'm for everyone to try, but I may not be for everyone to finish with.

Dr.Irena: Okay. So they would find that at [whoopasshealing.com](http://whoopasshealing.com)? Yeah, perfect. And we will make these links available on the website, as well as the Life in Love master class series.  
So Esther, it has been an absolute pleasure. I was looking forward to talking to you about this, so thank you. Thank you. Thank you.

Esther Miller: You're welcome.

Dr.Irena: And I'm sure we'll reconnect again. So keep thriving! Love you!

Esther Miller: Love you, bye all!

Dr.Irena: Bye now!