



Practical Tips for Healing Emotional Trauma

Guest: Dr. Pedram Shojai

Alex Howard: Welcome everyone to this session where I'm super excited to be talking to Pedram Shojai. Pedram, thank you so much for joining me.

Dr. Pedram Shojai Happy to be here.

Alex Howard: Just to give people, I'm sure many people know who you are, but just to give people your bio. Dr. Pedram Shojai is a man with many titles, he is an ordained Daoist Abbot and Qigong master, as well as a doctor of Oriental medicine.

He is the founder of, well.org and Urban Monk Productions.

He's a New York Times best-selling author of *Rise and Shine*, *The Urban Monk*, *The Art Stopping Time* and *Alchemy Exhausted and Focus*.

He's the producer of the movies *Vitality*, *Prosperity and Origins*, and a top rated series, *Interconnected and Gateway to Health*.

Dr. Shojai is also the host of the Urban Monk podcast, which features some of the most prominent thinkers in the world.

So, Pedram, for this interview, I want to explore particularly some themes around trauma and emotional trauma. And some of the ways that we deal with that or perhaps don't so well deal with that.

But before we come to that, I'd love just to share a bit about your journey and your story, because I know that working with trauma has become a more recent development, that I think in many ways has been informed by many, many pieces of the jigsaw that you've been gathering along the way. And I love just to hear how that sort of came to this point.

Dr. Pedram Shojai: Sure. I came to America after the revolution in Iran back in the 70s, so no trauma there. There is all kinds of political upheaval, uncles getting killed, it was not pretty. And we basically got out with the shirts on our backs. My dad started over, worked hard to get us to do our thing.

I was pre-med at UCLA when I started to realize I did not want to go the conventional route. I met a kung fu master, became a senior student disciple of the Daoist Abbott and took this Jedi path and just went off and did crazy things. You know Shamans in the rainforest, and climbing big mountains, and studying with the Dalai Lama. And really took a very circuitous, circuitous path back into health and healing eventually.

But a lot of my training led me to understanding trauma, healing trauma. A lot of a Daoist priest's job is to do exorcisms and those are either external possessions or internal possessions, and I didn't believe it until I saw it. And it turns out there's a lot going on right beneath the surface.

So I've been dealing with people coming in saying, "I'm not just right." Seeing thousands and thousands of patients when I went back and became a doctor of Oriental medicine. A lot of times you give someone the obvious advice, so it turns out you got this and this is what you got to do.

Two weeks later, two months later, they're not listening, like what? What's going on? What else is happening here that is making you less aware of your behavior? And how some of these things that we've talked about and discussed are just getting brushed under the rug or ignored? Let's talk about your history. Let's talk about your childhood. Let's uncover the trauma that seems to be getting in the way of your best life, and nine times out of ten, there's boom. There's a story, it comes out and now we're in it, now we're dealing with trauma because trauma doesn't let you move forward.

Alex Howard: And often people come in with physical conditions. Even if they're coming to a medical practitioner who's working from a nontraditional perspective, they're often still coming in with that sort of germ theory approach that is like, give me the pill for the ill, give me the thing to fix it.

And I guess what you're saying is that often the origin is not, even though it may be manifesting as a physical condition, often the origin is not physical.

Dr. Pedram Shojai: Yeah. And look, things happen. You could get hit by a bus and there are physical origins that also take on emotional qualities. What the challenge is, is that if you see something, get a big bruise on your arm eventually the bruise goes away and you're fine.

Emotional trauma hides itself inside ourselves, it hides our self deep within our subconscious. It hides itself in places that we don't want to look at, frankly, because we have this culture that is very averse to pain. And as we are averse to pain, we want to move on. It's like, okay, stiff upper lip, here we go I'm moving on with my life. That was yesterday, this is today.

You know what? There is some rationale for that because you gotta get up and eat, you've got to get up and feed your family. There are survivor instincts that kind of set in. But then one micro trauma after another, crazy lifestyle that just never allows you to molt and heal. The years go on and not only are those early traumas not healed, you're adding little micro traumas along the way.

And so say it was your father that was abusive and 20 years later, you see someone who reminds you of your father. All of a sudden you're triggered and you're in this thing and you don't know why you're in a bad mood. Next thing you're down a gin and tonic and heading on a different path for your evening. And that trigger didn't even occur to you, brought back a trauma that embedded itself deep within your psyche as a young man or young woman. And so we don't really have the mechanism that has been taught to us in place to

understand, go back, heal, forgive, atone, whatever it is. And so we just move away. That's all we can do.

And that's led to, I think, an epidemic in our culture with people that are, we're all just harboring trauma. It sucks and we don't know how to molt, we don't know how to let it go, we don't want to explode on our fellow man. And so as a good people that we are we just swallow it and suffer.

Alex Howard: And I think often a lot of the issues that people face in life, be it addiction issues, be it some mental health issues. Often you could argue their symptoms of trauma or their coping strategies to try and self-medicate that trauma.

Dr. Pedram Shojai: Oh, yeah. I mean, we all have it, we all self-medicate, we all try to soothe and move away from the pain. And the problem with moving away from the pain is if I have the pain right here, and I'm here and I'm trying to move away, the more opposite energy I put into that pain, the more I start to create a dynamo, the more I start breathing life into the negative polarity of that pain.

And so in a very real sense, I'm putting energy into this thing that almost becomes like a ghost or a demon that will constantly haunt me because I won't address what it is. Instead of turning around, feeling the pain, healing and owning whatever the circumstances, no matter how difficult. And that's the problem when you get into it, it's just so damn difficult. And it's so painful that most of us just avert it.

Alex Howard: I think also part of what I think is so fascinating about trauma is that it's so multifaceted and there are so many pieces to that jigsaw. And it's one of things that strikes me about your background and your experience is that the number of different disciplines that you've explored a little, some of that you've gone very deep into mastery of and rarely is someone's healing path as simple as just, particularly when it comes to trauma and many micro traumas, that just being one thing that people need to come at it from often a number of perspectives at once.

Dr. Pedram Shojai: Well, that's it. And look, the problem is a lot of people who have trauma will go to some talk therapy and spend years of their life kind of talking it out, and trying to dance around it while their life is falling apart. And they're spending all this money going to therapy and not getting the results fast enough to help them not be a jerk of a parent or a terrible spouse and all these things.

And so every day you drag this thing along is a day of your life that's been lost to this trauma. And so I'm a grab bag kind of guy. Like just anything and everything, whether it's a shaman, whether someone's waving a chicken over your head, whether it's essential oils, whether it's thought field therapy, there's so many modalities that we know can help with trauma.

It's basically a combination of something you haven't tried yet. And I wouldn't stop until I was feeling better and then I wouldn't stop until I was feeling hundred percent. And that's what I tell my patients is, look, I don't know what's going to unlock this for you, but we have options.

Alex Howard: Before we explore and come into those. I think one of the things that also can get in the way of this, is people can take the perspective of, it's not that bad, I'm okay, I'm functioning. And there can also be a spiritual bypass that comes in. It's like I just want to be here and I know crap stuff happened in the past, but I just want to be here in the moment.

Why is healing the past and not necessarily talking about it endlessly, but doing the work that needs to be done to process the past, why is that so important to be able to live freely in the now and in the future?

Dr. Pedram Shojai: When you have emotional ties to memories that get lodged in your system, any memory that invokes or evokes something in the same family or the same kind of genre or color of that original trauma starts to bring up the original emotion that has been bottled up.

And so here we are talking about this thing right now. And then my wife says something and all of a sudden I'm festering and you say something. I'm like, oh, so sorry, Alex what was the last thing? I missed it. Was I not in the room? Technically, I was sitting here with my body, but mentally I wasn't emotionally. I was processing something that was under the surface.

If I have a hundred percent access to this operating system, 20 or 30 percent is now over here in trauma land dealing with some emotion that's tied to some memory that is booting up and having me have some sort of internal dialog. And for some people, 20 to 30 percent is a very gracious, generous number.

If you are getting triggered, I would say 60 to 80 percent of your capacity can get shanghaied by this emotional upheaval and this inner dialog that pulls you away from the present moment.

So you start faltering in your marriage, you start faltering in your career, you start to lapse out of the present time and you can't really map out a future that's meaningful for anything because your focus is in the rear view mirror on something that you can't let go of. So it's almost impossible to be present in this moment if you're dragging the past along with you. Anyone who's had trauma can relate to what I just said.

The question is, how the hell do we deal with it? We all understand what trauma does, it pulls us down and takes us out of the present moment.

Alex Howard: Yeah. And I think part of it also then ends up happening is people spend a lot of energy getting away from those feelings. And so part of this piece and I know a key ingredient in your work has been the importance of actually slowing down and reconnecting.

Maybe say a bit about why that's important in the context of trauma, to actually start to connect to what one is feeling.

Dr. Pedram Shojai: If I'm not willing to invest the two hours, six hours, sixty hours it takes to go back and heal something at this moment in my life. Then for every moment of my life,

from this moment on I have a diminished capacity of 20 percent, so 20 percent of 24 hours for the next 50, 60, God willing, 100 hundred years of my life.

Do the math, right? It's simple math. If you don't go back, if you don't stop to fix a tire that just popped and you keep driving and then you bust the rim and then the sparks blow up your car. Is that a winning strategy? You understand that if you hear some rattling or something happens with your vehicle, you pull over. You fix it. At least get to the next service station. You don't keep driving on the damn thing, but that's what we do with trauma and then we start to hurt others. We start to inflict this type of trauma on people around us and/or we internalize it and we become very depressed, we become very sad, we become very negative, we become very pessimistic. And that lens that you put on over your eyes will then color the rest of your existence until you change your state of being.

So moving forward with the wound of trauma, it's almost like timeline therapy, you have the original event and then you have the polarity of your emotions flipped all the way to the present moment. You have to go back to the original moment and heal it and there's different ways of doing that. And then follow your timeline through and just start to energetically clear and cleanse all of the times that trauma has flavored your choices and your perspective in life.

Yes, it seems like work, but, you know what's more work? Walking around with trauma, carrying that albatross.

Alex Howard: Yeah. I think what sometimes is there for people though, is the belief that they don't have what it takes to deal with it. That it just feels too big, it feels too intimidating, too overwhelming. What would you say to someone that is meeting it from that place?

Dr. Pedram Shojai: You're probably right. No one taught you how to do that. I feel pretty comfortable walking into a fist-fight having studied the martial arts. If I walk into a gunfight with a knife, I'm in trouble, right? And so if you haven't learned about techniques and principles of how to start to heal your trauma. Yeah, I mean it sucks, it's painful, you don't have any tools, you have to turn around and face this dragon with your bare fists. That's not easy.

So I want to honor people by saying, look, you have every right to feel apprehensive about this because you are dealing with a degree of pain that obviously doesn't feel good, and you're averting it to begin with. So where are your tools? I like to show up like Batman, like I have all kinds of weapons. And then it's a fair fight because trauma is tough and you've been avoiding it for a long time and you've created a monster out of it.

So the good news is there's techniques, there's help and so you start learning about these techniques. You learn how to do some breathing. You learn how to do some Qi Gong. You tap, you take a bath, you start to work through some mantras. I mean, I don't want to get too far into the minutia because there's ten thousand techniques that can help people. But if you don't layer up the tools and you go in there, just be like, okay bring it. You're gonna get punched in the face. And so prepare yourself and arm yourself and bring allies, and bring doctors, and tools, and shamans, and feathers. I don't care what it is.

Use the tools that we know are out there and we've interviewed tens of thousands of people. And we did a whole ten part docu series that's coming on trauma. I've heard these stories, I've heard what's helped these people. And so, was it the same thing for every person? No. But is there hope for you? Absolutely. Get help. Get help.

Alex Howard: So where does someone start? So someone's watching this and they're realizing, okay, there's this whole thing I'm ignoring. They've taken your point that actually every minute I ignore this is a part of my life that's wasted. I need to get armored up, I need to get prepared. What are some of those consistently helpful starting points?

Dr. Pedram Shojai: Yeah. It's interesting, my advice has changed over the years because when I first got into this, I said, the ground level is always your vitality. So start eating better, start moving, start exercising, start optimizing your sleep. So your energy levels come up so that you have the energy to deal with it.

But one thing I learned about people who've experienced trauma is they're actively sabotaging those energy levels, because when their energy level comes up, they also feel that degree of pain. And so that's always kind of like two steps forward, one step back, that we need to address. That is part of the elephant in the room is I'm actively suppressing my signal because as it gets louder, it hurts more. And so I want to honor that and say, I get it, I get what you're doing. It's still not working, but I get why you're doing it, I get why a smoker smokes. So what do you replace the carcinogenic tobacco with?

It is really because they have anxiety, they have stress. There's reasons why they're self-medicating. So there's reasons why people who have suffered from trauma self-sabotage. So let's address that.

And then I would say, look, first things first, we understand that exercise will pump endorphins and get your blood flowing and make you feel better across the board. I feel like exercise and movement helps.

Being able to get sleep, that's a tough one, because if you're taking all these skeletons out of the closet, as soon as you close your eyes and now you're dealing with this. A lot of people with trauma just can't sleep because all the feelings and thoughts come up, and so what is that? We've got to get into it.

I feel like vipassana meditation is wonderful. I think everyone, everyone should do it. And they're very careful, though, who they teach. Like if you have a history of psychosis, schizophrenia, those things make it tougher. But the vipassana meditation allows you to just observe what's happening in your body and become non-reactive to it and the more you practice it, the better. It's not like, oh, I went to this 10 day thing and it worked or didn't work, now I'm done. No, it's a thing. You do it all your life, you do it every day. I think that's important to look at and then depending on what happened.

Man, I mean, I like the new psychedelic therapies, they're not new, but now they're somehow new because it's somewhat legal. But MDMA, ketamine. Those have been very good, I think psilocybin is very therapeutic DONE with a professional who can guide you through trauma, I've seen stunning results with people in that realm.

Then there's eye stimulation, there's neurofeedback, there's EMDR, there's thought field therapy. There's so many techniques out there now that can either take the edge off or get you into it.

For some people, I say start taking the edge off because it's just too much and other people who want to go gestalt. I mean, I've been in rooms with people rebirthing who've healed from 30 years of really intense sexual trauma and just are over it. Not because they moved away from it, because they moved through it, they went into it and they breathed into it.

So I'm careful not to say, "oh, this is the answer" because it's not. "What's the answer for you?" is the question.

Alex Howard: How important is the way that one approaches that work? Because I was thinking, for example, when you do vipassana meditation, one of things that I've seen people do that have gone, okay I've got trauma, I can't be at my feelings, I'm going to go into a 10 day silent meditation retreat and face my demons.

And they almost re-traumatize themselves in the process because they've been on the receiving end of a very, harsh relationship. And so now that relationship with himself is very harsh.

So how important and how does one navigate that place from which one is working through these pieces?

Dr. Pedram Shojai: That's a tough one because we all come in with different orientations. We all come in with very different operating systems, maybe dad was a jerk, maybe mom was an enabler. There's so many, maybe neither of them were around. And there's so many stories that lead to these mechanisms that become personalities that are basically just defensive constructs to protect the wounded child, the wounded human that exists in front of you here.

And so there's a million and one ways to get to whatever that is. But it's like a Brazilian shantytown of things that have worked and are standing on kind of rocky foundations to make things okay.

So it is different, I want to say that for everyone, because it's really hard to have an answer when everyone's answer is individual. That said learning to love oneself is the hardest game in town, learning to forgive oneself and then one's perpetrators of whatever the trauma was. It is the way.

So finding that soft inner space to allow just the tip toe of forgiveness to come in and understand. You know, look, 60, 70 percent of sexual abuse came from someone who had been abused. So this perpetrator had also been a victim at one point and they went the wrong direction with it.

So you understand how that could have happened and you hate them for doing it, but you understand the pain that they must have been going through and how they flipped. They

went in a direction that shouldn't have carried this demon on, but they did. But you understand what happened to them and now it's on you to heal that, and heal that across the board and forgive them for what happened to them. Not for doing it to you, you can forgive them. It wasn't right but they knew not what they did. And so going into unraveling all of it and allowing for the space to understand that they too were just wounded children, I think opens up a little bit of real estate in there to then begin the healing.

Alex Howard: That also taking the example of sexual abuse and for example, often the place of hate and anger is also a very defended place. It kind of gives one a certain protection that I hate you and I demonize you. And the softening of that takes enormous courage and I wonder as well with both interviewing professionals, but also working clinically with people, and also speaking with people impacted by trauma.

I wonder, and it's a question that I often wonder about as well. What is that difference that makes the difference in people that find that courage and those that don't? I don't know. It's a tough question, I guess, but I don't know what you notice helps people find that courage when it feels so difficult.

Dr. Pedram Shojai: Yeah, I think a lot of it also has to do with our society. There are people who have accepted and have become, to use words that are inaccurate and inappropriate, but let's just say meek.

Like, oh, look at that person, they're down, they're asking for our sympathy, they've had such a bad experience of life. Poor thing I feel so sorry for them, how can they ever get their life together? There's that one, let's just say that one polarity side of it.

Then there's the other, the stiff upper lip, the one that goes and becomes a corporate executive and buries it in material possessions and buries it. And God knows, like the Jeffrey Epstein world, that we have all this just perpetrating evil, but looking like you got your shit together in society and hiding behind that stiff upper lip.

Is one right? Is one wrong? You could tell they're both wounded, right? It's almost like Orson Welles where it's just like you did all this crap because he just wanted the wagon. And so, I think some of it is just an orientation of how your defenses get armored and create a storefront, like a ying and a yang of it all.

The yang ones tend to do better in society, but then have just as high suicide rates last I checked and they're hiding a lot under the rug.

The ying ones are obviously sick and wounded or seeking help. But lack the agency or have like just such a distraught affect about them that hopefully they heal, hopefully they don't. But they're in the infirmary. I think it's everywhere on both sides of the spectrum, every one of us is harboring it. Some of us are just way further along on the yang side or the ying side.

And I think it's more of a question of the ego and the construct of who this person is, I think I am? And how I'm pretending to be okay to get by and pay my bills and try to be the best dad I can. And none of us have given ourselves time to examine that. Society doesn't give us time to examine that even with Coronavirus it's like, hurry up and let me get back to work. I

don't know what to do with all this time where two months ago all I was begging for was more time.

So what is that? Why is there so much discomfort in time, when I have to slow down and think about my past, and who I am and my decisions, and the things that I've done or the things that have been done to me? And I think that the orientation of society needs to shift to a bit more introspective and healing oriented. Because if not, we're going to continue to inflict trauma to a point where it's just going to spiral further out of control if it hasn't already.

Alex Howard: It goes back to what you're saying a bit earlier, that there's something about one really stepping off and taking responsibility and going, if I don't deal with this thing, if I just continue with my life in this way, then my future is impacted by that.

And there's something about, I guess, having the real courage to go: I'm really going to take that step back, and I'm really going to ask the hard questions about my life.

Dr. Pedram Shojai: And I'm going to make this my work. It's; I understand that this isn't just some inconvenient thing that shows up every once in a while or when I get to the bottom of the bottle of tequila, my demons come out.

I know these demons, I'm in my 30s, 40s, 50s, 60s I understand that this thing hasn't gone away and it's not going to go away on its own, let's get real.

So now what do I have to do to turn around and face this shadow that's been chasing me as I've been running away my whole life? And again, at that point seek help. Whether it's in the form of audio books or courses or professional help. There's such a huge spectrum there's so many different professionals out there.

It's important to find a professional that is really engaged in the process with you and isn't there, to just take your money. There are people that will sit there and listen to you for money and not really help move you along. And when you start to get that feeling you're probably in the wrong place, but it's also very important to understand that the professional's job is to partially show you your discomfort.

So if you're quick to fire every professional, then chances are you're on the wrong side of that spectrum, too.

Alex Howard: Yeah. It also strikes me that the question I really want to ask you is, what do you think really is the catalyst or that makes it possible, when people really do make deep changes and shift?

Because there's a change where one gets new ideas or gets some new beliefs and there's a bit of a surface level "feel a bit better about things". And then there's that much more radical change, while one makes a fundamental shift in either the way that they perceive and relate to the world or indeed the way they live in the world.

And I wonder what you think? What's that difference? What's the facilitator of those deeper shifts that can happen?

Dr. Pedram Shojai: I think it varies. I think sometimes it could be induced by Ayahuasca. Other times if the tiger has you pinned against the wall and you realize, once and for all, you stare your enemy in the eye and realize that this is it, its life or death. And this is what I have to do is I have to fight my way out of this and my very life depends on it.

I think when people get to some of those do or die moments, it'll happen. I think that the noise of society and the noise of my circumstances or my story or my narrative are all distractions that can pull me away from the work they do on a daily basis. So I think having discipline to address it every day is important because not everyone gets that like, "aha, draw your sword moment." And waiting for that, I think can also be a very, very deleterious activity because you're 20 years into it and you're waiting for something to pull you out.

It's not trumpets and angels for a lot of people. I've seen people pull their way out, but it wasn't like this crazy gift from above. It was just saying, fuck it, I'm just gonna do this every day, I'm gonna take walks, I'm gonna do these little things that will eventually start to gain momentum and give me the agency and the personal power to heal through this. And it'll go through like layers of an onion and it'll take 30 years to heal. But every day I'm feeling a little better.

So I definitely want to make sure that everyone out there doesn't think that there's some sort of non local quantum physics, like gamma burst of whatever it is that just fixes you and heals you. I think that's born again Christianity reads wrong. Like healing takes work.

Alex Howard: Yeah.

Dr. Pedram Shojai: It takes work and it takes you doing the work, not the doctor doing the work for you. And I think that right there, if there's a devil, that's his game. That someone outside of you is going to fix you.

Alex Howard: Yeah. And I think sometimes also when we are making those much more fundamental life changes, it doesn't feel like it at the time. Often at the time, it just feels like I'm getting up, I'm doing my practices. I feel a bit unclear and lost and almost the more lost and unsure we feel, the more likely something new is actually happening.

Dr. Pedram Shojai: That's it. And look, it's again, everyone's waiting for magic. The magic happens in the day to day. The magic happens, I wake up, I do my practice, I watch the sunrise, I walk the dogs. And setting behavior that is healthy and setting rhythms in your life that allow you to kind of gain in your vitality and also be okay with your introspection. I think most of us are suffering from mental, emotional and spiritual indigestion.

This discomfort that we feel with this quarantine that happened with Covid-19, is you're sitting there chomping on years and years of reactions you've had, and things that have been said and that. Instead of getting into that and just allowing yourself the time to think, you go binge watch some show.

Instead of sitting down to read a book, you go find some other distraction. Instead of journaling, you get on social media.

What is that? That's the unwillingness to go back and clear out the past. And so if you're feeling any of those things, if you're feeling bored, if you're feeling kind of antsy and all those things; those are telltale signs that there's something simmering underneath that's asking for attention and that discomfort. Just for a moment, if you were to turn around and be like, hey, what is this? And breathe into it and hang with it, it's usually not as scary as we make it.

Alex Howard: I think one of the things that can often be a reason why people lose focus or momentum particular in the early stages of their inner path, is it can also be very isolating. If someone's community and their friendships and their social life is built around the world of disconnection of being busy, working hard, always being on the go. And one starts to realize, perhaps partly because they're trying to resolve some of their trauma, they realize they need to take more space, they need to slow down.

Part of the challenge could be that then one is disconnected from the comfort and the reassurance of their known community. What helps people through that piece?

Dr. Pedram Shojai: Well, understand that the thing we call society is a mass delusion, and we're all using each other to distract ourselves away from our inner pain and our inner purpose and our inner light.

And so for you to pull away and think about life makes you a weirdo, because everyone else is just going to the pool hall and drink their ales and doing whatever the hell they're doing to anesthetize. You're not the crazy one, is the moral of the story. And so seek help from people that have already kind of walked down that path and have been traumatized and have healed and understand that buying into the narrative of society, it's just all the crap that we've taken into our belief systems that is normal.

None of its normal, the world is falling apart. We're melting the ice caps, were attacking each other over stupid stuff. And we're starting to realize that this entire game is contrived and it's basically an indentured servitude model chasing after money and things that don't make us happy. So don't buy that, that's crap.

So then find people that have jumped off that ship and are standing they're saying, "hey, come on. I understand that you've had trauma. I'm here to help you." And you'll realize that you're not alone, you're just not on the crazy parade anymore.

Alex Howard: I'm mindful of time, but I want to ask about the potential. What's the potential for people working through and healing trauma? What can happen on the other side? And not like there's an end point where it's like it's fully done. But when someone's moving through and healing, what's the potential for someone's life?

Dr. Pedram Shojai: I mean, I've had thousands of patients. We just did this 10 part series that will come out sometime next year. I mean, I've sat in rooms with individuals, delightful individuals who you would have never known and then start telling their story, there's not a dry eye in the room. But were repeatedly raped by her father, brothers and just beaten and gang raped and just had to make a decision as to whether or not that was going to be what

killed her and drove her to suicide through alcoholism and all that. Or to turn around and help other girls? In this particular case was in the Mormon community and bring out this demon of what's happening in these hyper religious communities that are raping their daughters.

And so the unbelievable transformation into a life of service, and this is a delightful, powerful, pure, happy individual who's definitely got scar tissue, those memories don't go away. But when you heal through them, they help give you energy back towards being this new version of you that's of service, that's on the other side of that, that can help others and be an angel on this planet.

And that to me is, I've met many, many angels and they didn't fall from the sky. They came up from the earth, they cooked a lot of pain and suffering through them. And on the other side, they're just unbelievable human beings.

Alex Howard: And they all started that journey somewhere, right? And they all started that journey where they were.

Dr. Pedram Shojai: Yeah. They were running, they were running like the rest of us do. They're running from the pain and they realized that it was too big, too fast and they couldn't run away from it. So they turned and they faced it and they came out powerful human beings on the other side. And they're still healing, of course they're still healing. We all, are every moment there's an opportunity to continue to heal, but it's there.

Alex Howard: Yeah. That's a great point to end Pedram. For people that want to find out more about you and your work. What's the best way for people to do that?

Dr. Pedram Shojai: TheUrbanMonk.com or well.org. I'm on the Internet everywhere.

Alex Howard: Awesome. And what's the name of the docu series that's coming out next year that you have on trauma as well?

Dr. Pedram Shojai: The working title is called *Healing Trauma, 10 parts of just juicy, helpful, useful information for people to find ways out instead of just identifying with it*. It's powerful, it was a very meaningful project and can't wait to share it with the world.

Alex Howard: So you finished the edit?

Dr. Pedram Shojai: It's in edit now. So you could find out about it through TheUrbanMonk.com.

Alex Howard: Awesome. Dr. Pedram Shojai, thank you so much for your time today, I really appreciate it.

Dr. Pedram Shojai: Thank you.