

# Kingdom Daughters Healing

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# The Healing Blueprint™ Starter Guide

*YOUR FOUNDATIONAL GUIDE TO UNDERSTANDING THE EIGHT  
ESSENTIAL PILLARS FOR REBUILDING YOUR LIFE AFTER THE  
SHATTERED PIECES OF TRAUMA.*



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# Dear Kingdom Daughter,

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Hi, I'm Shyteria. Welcome to your healing and restoration journey! Whether you feel ready or unsure of where to begin, I believe you were meant to find this guide in this season. Inside, you'll explore the eight essential pillars of a Healing Blueprint for rebuilding your life with God after trauma. If you have felt confused, alone, or uncertain about how to start your healing journey, know that you are in the right place.

## **Where My Story Meets Yours**

As the first in my family to walk the path of trauma recovery, I understand how isolating and confusing this process can feel. Even after years of therapy, I often struggled to see the bigger picture of healing. I longed for a roadmap, something to show me what healing actually meant and what it required from me. Many times, I found myself “freestyle healing” through reading, prayer, and therapy. While each of these helped in their own way, I still felt unsure of my progress and unclear about what true restoration of the mind, body, and spirit involved.

There was also a season where I felt torn between science-based approaches to healing and my faith. I wasn't sure if it was okay to embrace both, and that tension added to my confusion. At times, it felt like I had to choose between spiritual truth and psychological understanding, even though both were shaping my healing in different ways.

But with God's help, clarity began to come. Over time, He restored many areas of my life, leading me into deeper understanding and showing me how faith and evidence-based healing can work together beautifully. Now, I'm passionate about sharing the lessons I've learned so that you don't have to walk this journey feeling lost or overwhelmed. My goal is to help you find clarity, structure, and peace in a process that can often feel chaotic and unpredictable.

You are not alone. And you don't have to “freestyle heal” the way so many of us did. There is a path forward, and I'm honored to guide you through it.



# Why a Blueprint Matters

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Have you ever wondered how this healing journey is supposed to work? What to expect, where to begin, or how to know whether you're actually healing? When we feel confused or lost, it is often because we do not have direction or clarity for what lies ahead.

Healing emotional hurts, whether from the past or the present, requires intention. It requires a blueprint. The Cambridge Dictionary describes a blueprint as a plan or design that explains how something can be achieved. Just as no builder would begin reconstruction without a plan, we were never meant to rebuild our lives without guidance, structure, or understanding.

Trauma can quietly pull us away from ourselves. It can interrupt how we think, feel, and connect, and in some seasons, it may even affect our sense of faith or identity. Because recovery touches so many layers of who we are, it often involves learning new things about ourselves, revisiting old wounds, and making sense of emotions we were never taught how to navigate.

Many of us grew up without language for trauma or the tools to recognize it. As a result, pain often shows up as sadness, anger, anxiety, numbness, shutdown, or confusion. We feel these things deeply, but we don't always know what they mean or how to respond. Without understanding, the weight of emotional pain can feel like standing in the middle of a wildfire with no path out.

When pain becomes constant, the body and spirit shift into what many call survival mode. At first, survival mode may feel protective, but when it becomes your everyday life, it leaves you restless, exhausted, and unsure how to move forward. You may find yourself asking, "How do I break free from this? Where do I begin? What steps do I take when I've never had a roadmap, guidance, or blueprint?"



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A blueprint does not erase the pain, but it gives you direction. It helps you understand what you are experiencing, why you feel the way you do, and how to begin rebuilding your life one step at a time. It offers clarity in seasons that feel overwhelming and guidance when you need it most.

Healing is not guesswork. You deserve a clear path, a steady foundation, and the support you need as you move toward restoration.



# The Purpose of Healing Holistically: Body and Spirit

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## ***Where Neuroscience Meets Scripture***

Why do we need to address trauma through both a faith-based and a neuroscience-based lens?

The simple answer is this:

We are multi-dimensional beings made of both body and spirit, and trauma affects every part of who we are. Because trauma impacts us physically, emotionally, spiritually, and relationally, healing must reach both the body and the spirit to be complete.

**Faith-based healing** connects us to our Heavenly Father, Yahweh, through the name of Yeshua. This connection provides spiritual healing, comfort, wisdom, and strength for the journey. Through prayer, Scripture, and the presence of a faith community, we are reminded that we are not alone, that our lives have purpose, and that God can restore what has been wounded.

**Neuroscience-based healing**, grounded in research on trauma and the brain, offers practical tools to support the body and mind. It helps us understand why we think, feel, and react the way we do after trauma. It also teaches us how to regulate our nervous system, retrain our thought patterns, and rebuild a sense of safety and stability in our bodies.

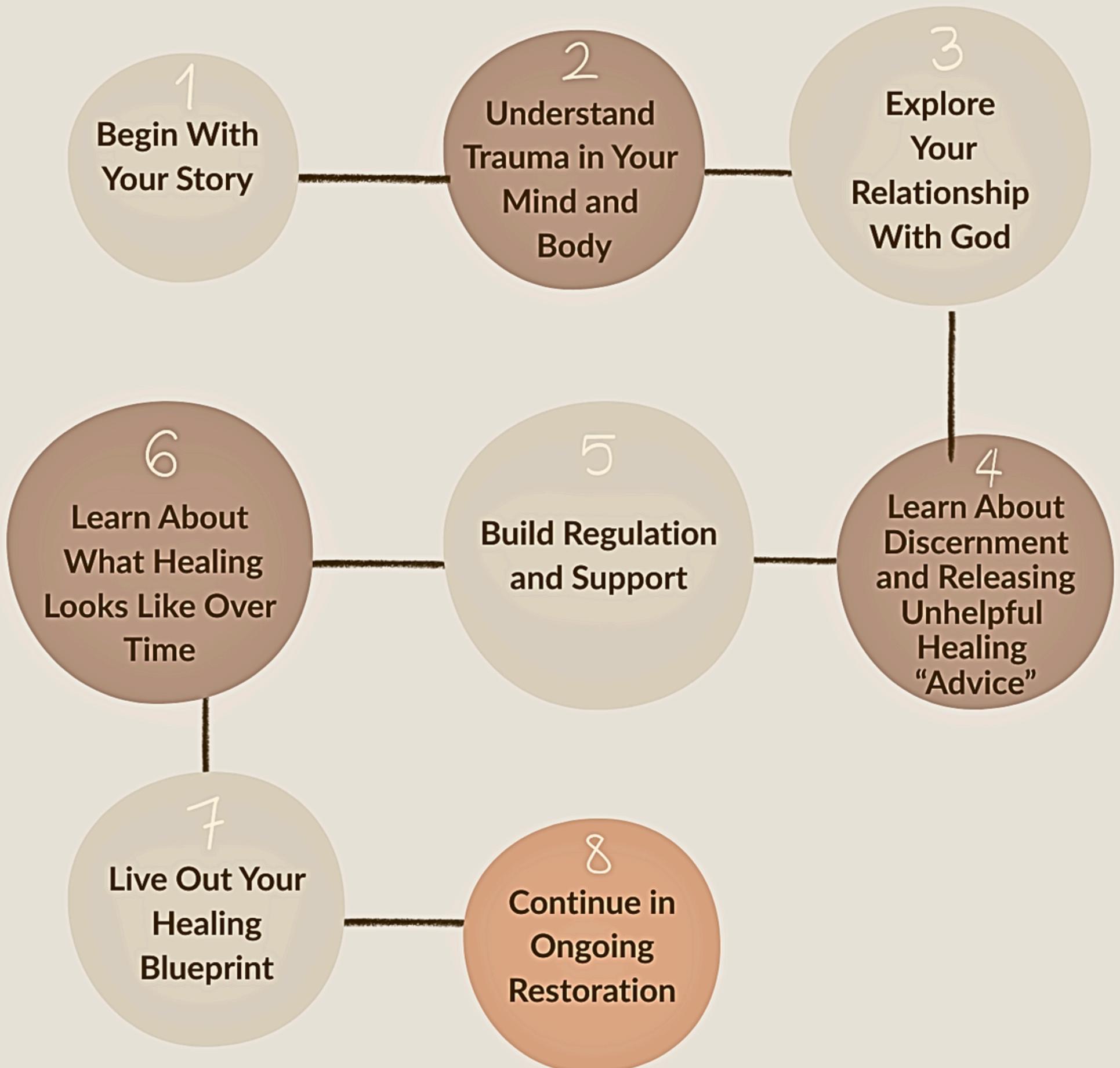
When faith and neuroscience come together, they support the whole person. They honor every layer of you — body, mind, and spirit — and offer a more stable, sustainable, and holistic path toward restoration.

As we move forward, we will explore the eight foundational pillars that make up the Healing Blueprint. These pillars offer structure, clarity, and direction, guiding you into a deeper understanding of yourself and the path toward wholeness after trauma.



# Your Healing Blueprint: A Visual Roadmap

*This visual roadmap reflects the essential elements of a healing blueprint, step by step. It is a reminder that healing unfolds over time and that returning to these foundations is part of the process, not a setback.*



This blueprint is not a checklist, but a foundation you can return to as healing continues.

# Pillar 1: Understand Your Story and What Shaped You

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Your story is the collection of experiences, relationships, and environments that shaped who you became. This pillar is not about placing blame or reopening old wounds. It is about gently understanding the ways you learned to survive, adapt, and protect yourself. Your story matters, and it deserves to be seen with compassion, not judgment.

When you begin rebuilding your life after trauma, exploring your story helps you make sense of the patterns, emotions, and reactions you experience today. It allows you to ask meaningful questions, such as: *Why do I think this way? Why do I react this way? Why do certain situations feel overwhelming? Why do I feel stuck?*

Understanding your story gives you a clear foundation. It helps you identify what shaped you, how it impacted you, and what internal battles you are facing. This clarity allows you to create a strategy for healing and restoration rather than navigating in the dark or blaming yourself for responses you never chose.

Most importantly, recognizing your story helps you see that your struggles are not personal flaws. They are nervous system responses to emotional overwhelm, unmet needs, or unsafe environments. When you understand this, shame begins to loosen its power, and compassion can take its place.

Understanding your story is the first step toward reclaiming your life. It gives you the insight you need to heal intentionally and begin rebuilding from a place of truth and self-awareness.



## Pillar 2: Understand How Trauma Affects the Mind and Body

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Trauma is, at its core, a wound. When we experience overwhelming events such as abuse, loss, instability, or neglect, those moments can leave lasting imprints on both the mind and the body. Trauma especially affects the nervous system, shaping how we think, feel, behave, and respond to stress. Many people experience symptoms such as intrusive thoughts, difficulty focusing, heightened anxiety, sadness, irritability, or emotional numbness without realizing these reactions are rooted in trauma, not personal weakness.

Understanding how trauma affects the body involves recognizing how the nervous system can become dysregulated. Trauma may push the body into states of hyperarousal, where you feel tense, anxious, or on edge, or hypoarousal, where you feel shut down, numb, or disconnected. This dysregulation may appear as changes in appetite, headaches, chronic tension, exhaustion, digestive issues, or a constant feeling of being unsettled.

For example, someone may find themselves in a freeze response after overwhelming trauma, where the body feels immobilized, foggy, or restless even when nothing dangerous is happening. This isn't a flaw but a survival response the body learned during moments where it felt unsafe. The nervous system holds these memories, and without support, the body may continue reacting to past experiences as if they are happening now.

When your body begins to feel safe and regulated, everything shifts. You can think more clearly, focus more easily, manage emotions with greater stability, and reduce the physical symptoms that trauma often leaves behind. Practices such as gentle movement, nourishing foods, stretching, deep breathing, grounding exercises, or slow mindful walking can help release stored trauma and bring your body back into balance.



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Recognizing how trauma affects the mind and body helps remove shame and guilt. You begin to understand that your responses were never signs of weakness, failure, or brokenness. They were survival strategies your nervous system created to protect you.

The hopeful truth is this: with education, support, and intentional healing, the nervous system can change. It can be restored. And you can learn to live from a place of safety, peace, and renewed strength.



## Pillar 3: Explore Your Relationship With God

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Trauma does not only affect how we see ourselves or the world around us. It also deeply shapes how we perceive God. After experiencing pain or adversity, many women begin to see God through lenses formed by fear, disappointment, or confusion. We may view Him as distant or uninvolved. At other times, we may fear that He is harsh, critical, or overly focused on rules. When we hold these perspectives, even unconsciously, it becomes difficult to trust Him with our pain or to invite Him into the places where we feel most broken.

As you begin rebuilding your life from shattered pieces, it is important to remember that God delights in being near you in your vulnerability. He is not forcing you to trust Him or pushing you to “just believe.” Instead, He invites you into a relationship where healing unfolds through connection, honesty, and truth. This relationship becomes the foundation for rebuilding because God is the source of strength, love, and peace that carries you, especially on the days when healing feels overwhelming.

Exploring your relationship with God includes acknowledging any barriers, fears, or skepticism you may hold. These are not signs of spiritual failure but natural responses to pain. God can handle your doubts and your questions. He can hold the fear, anger, or confusion you may feel toward Him. Bringing these things into the light is part of the healing process, and He meets you with compassion, not judgment.

The deepest healing often begins when you invite your Heavenly Father into your process. He already knows your hurts, disappointments, shame, and grief. His desire is not only to heal you but to walk with you, love you, and restore what was wounded. Even in moments when you cannot feel Him, He remains faithful and near to the brokenhearted. As you navigate the unfamiliar paths of rebuilding after trauma, allow His presence to guide and strengthen you.



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**Remember this truth:** You are not alone. God is within you, and He alone has the power to heal the heart and restore the soul. Science gives us the tools and language to understand our experiences, but God, through His Spirit and His Word, provides the restoration, comfort, and healing that transforms our lives from the inside out.



## Pillar 4: Learn Discernment and Release Unhelpful Healing “Advice”

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When we are hurting and new to the healing journey, all we want is for the pain to stop. In moments of vulnerability, it's natural to search for answers anywhere we can find them. Today, if you look up your symptoms online or scroll through social media, you'll find endless opinions, practices, and “solutions.” Some may offer comfort. Some may help for a short time. But many can be confusing, overwhelming, or quietly misaligned with what your spirit truly needs.

As Kingdom Daughters, it's important to heal in a way that brings us restoration without compromising our faith or identity. This is where discernment becomes essential. Because through it, discernment helps you recognize what is wise and aligned, and what may look comforting on the surface but subtly pulls you away from truth, safety, or God. Many popular healing practices promise quick relief but bypass the deeper restoration your soul actually needs. Others focus heavily on the mind while neglecting the body and spirit. And some are spiritually out of alignment altogether.

Without discernment, healing can begin to feel chaotic. You may find yourself trying a little bit of everything yet feeling even more confused or disconnected. The nervous system might respond temporarily, but the spirit may become unsettled when practices conflict with your values, your faith, or the gentle voice of the Holy Spirit.

Not every resource is meant for you. Not every practice is healthy. And not every popular “healing method” honors God or supports true restoration. If something conflicts with your spirit, creates confusion, contradicts your faith, or feels unsafe, it is a sign that it is not meant for your healing journey.



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**Discernment** protects your mind, your heart, and your walk with God. As you build your healing blueprint, it will help you release what is unhelpful, unhealthy, or spiritually misaligned, and hold onto the practices that bring clarity, peace, and restoration to both your body and your spirit.



## Pillar 5: Build a Regulation and Support Plan

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A regulation and support plan helps you understand how to care for yourself when life feels overwhelming. It brings together the tools, practices, and support systems you can return to when you feel distressed, triggered, or emotionally flooded. Instead of pushing yourself to “just handle it,” this plan gently reminds you how to slow down, listen to your body, and seek the safety and connection you need to regulate your nervous system.

Because many survivors are navigating healing for the first time without guidance, it can feel confusing to know what to do when emotions rise or when your body feels out of control. Having a clear plan helps you recognize the signs that your nervous system is becoming overloaded and gives you practical ways to respond with care rather than panic, shame, or self-blame.

In the Healing Blueprint Program, we create a personalized regulation and support plan that outlines how to ground yourself during overwhelming moments, how to notice the early cues of nervous system dysregulation, and which tools and practices help bring you back into balance. This plan becomes something you can rely on, especially on the days when your emotions feel heavy or unpredictable.

When you know how to support your mind, body, and spirit during difficult moments, you move through your healing journey with greater stability and confidence. A regulation and support plan ensures that you are not walking blindly or reacting in survival mode. Instead, you are equipped, supported, and prepared as you continue on your path toward restoration.



## Pillar 6: Learn What Healing Looks Like Over Time

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In a world that constantly promotes quick fixes, nonstop hustling, and perfectionism, it's important to remember that none of these standards apply to your healing journey. True restoration does not demand perfection. You do not need to become an ideal, polished version of yourself to be healed. Yet the self-help culture often sends confusing messages that imply healing should be fast, easy, or neatly tied up, which can be discouraging for anyone who has lived through real trauma.

As you walk toward restoration, it is essential to understand that healing is not a destination you arrive at one day. Healing is a continued, evolving process. Many of us grew up believing that healing meant the pain would disappear or that life would feel good all the time. But this belief can leave you feeling discouraged when emotions rise or difficult days return.

To stay encouraged, it helps to understand what healing truly looks like over time. Healing is growth. Healing is increased capacity. Healing is transformation. Healing is slow, steady, and sacred work that reshapes how you experience yourself and the world.

### **Here are a few key truths to hold close:**

- Healing is a continuous process, not a single moment.  
*You do not "arrive." You grow, stretch, and strengthen over time.*
- Healing is not the absence of pain.  
*Pain can still appear, but your relationship with it changes.*
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- Healing does not mean you'll never be triggered again.

*Triggers lessen, you understand them more clearly, and you respond differently.*

- Healing means your mind, body, and spirit begin to relate to life in new, healthier ways.

*You become more grounded, more self-aware, and more compassionate toward yourself.*

**A helpful reframe is this:**

*Healing is learning how to live, feel, and respond even when pain still exists.*

This understanding will keep you steady as you move forward. Healing is not about never struggling again; it is about becoming a woman who knows how to navigate the waves with grace, support, wisdom, and a blueprint that guides her step by step into deeper restoration.



# Pillar 7: Live Out Your Healing Blueprint

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Your Healing Blueprint serves as a reminder of who you truly are, especially on the days when life tries to make you forget. It is not a finish line or a marker of perfection. Instead, it is a foundation you continue building upon as you grow. Healing unfolds gradually, and each day you learn how to live out what you've discovered about trauma, your nervous system, and your faith in small, meaningful ways that guide you toward restoration.

Healing is never linear. There will be seasons when you return to certain pillars more often than others. This is not a sign that you are slipping backward. It is a sign that you are responding to your life with awareness, care, and wisdom. Revisiting old lessons with new understanding is part of maturing, not failing.

Your Healing Blueprint holds the tools, insights, and understanding you have gathered along the way. Yet the real transformation happens as you live it out — when you reflect, rest, notice your patterns, set boundaries, reconnect with God, and give yourself the compassion you once lacked. Healing becomes woven into your everyday life, not as a task you complete but as a way you choose to live.

And as you continue forward, hold these truths close:

You are **not** behind.

You are **not** failing.

You **are** continuing.

You **are** rebuilding.

And you **are** becoming whole — *one step at a time.*



## Pillar 8: Continue in Ongoing Restoration

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As you rebuild your life, it is important to remember that restoration is an ongoing process. Understanding this truth protects you from discouragement, especially when healing takes longer than you expected or unfolds in ways you didn't anticipate. God is the ultimate Restorer, and He provides guidance, wisdom, and tools to help you become whole. When you continue practicing the pillars of your Healing Blueprint, you gain the clarity and vision needed to navigate life after trauma.

This pillar is like the maintenance phase of your journey. It is the space where you nurture the progress you've made after the deep uprooting and core healing work have taken place. Ongoing restoration means you continue applying what you've learned, tending to your heart, and honoring your needs with compassion. It means allowing yourself to experience joy after pain, peace after chaos, and hope after seasons of despair. It also means responding to new challenges with the tools, support, and faith you've gained along the way.

As you move forward, anchor yourself in the truth that you do not walk this path alone. God is with you, guiding each step with gentleness. Restoration continues in His presence, through His strength, and with the support He places around you. Healing does not end — it deepens, expands, and becomes a way of living rooted in faith and wholeness.

***“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” — Jeremiah 29:11***



# Putting it Together

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At its core, healing and rebuilding your life from trauma begins with allowing your Heavenly Father to guide you. Restoration is a holistic journey that touches every part of who you are. It requires both a faith-based and neuroscience-informed understanding so you can address the mind, emotions, body, and spirit with wisdom and clarity. Every part of you matters, and every part of you deserves care after the rain.

Creating a Healing Blueprint not only helps you understand what happened to you, but shows you how to rise again — stronger, wiser, and more grounded in truth. You do not have to walk this journey directionless. When you have structure, compassion, guidance, and God at the center, healing becomes possible in ways you may have never imagined.

## **Reflect:**

Which pillar feels strongest for you right now?

Which pillar needs more nurturing?

Open your heart and invite God into both.



# A Prayer for the Journey Ahead

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Dear Heavenly Father,

I lift up the woman reading these words. May You bless her, cover her, and protect her as she walks forward on her healing journey. Strengthen her with courage, clarity, and the reassurance that she is not alone. As she rises to rebuild her life, guide her every step. Surround her with Your presence, comfort her heart, and heal the deepest parts of her soul.

Into Your loving arms, she is released — safe, seen, and loved.

In Jesus' name, Amen



# Next Step: Create Your Personal Healing Blueprint

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You do not have to walk this journey alone. Inside the Kingdom Daughters Healing Blueprint Program™, we go deeper into all eight pillars and bring them to life in a personalized way that fits your unique story. Together, we will explore your past experiences, identify what shaped you, clarify your healing goals, and create a step-by-step plan that supports your restoration.

This guide is not your ending. Rather, it is your beginning.

May you find courage in knowing that God is watching over you, strengthening you, and leading you into healing *one step at a time*.

**To learn more about the Healing Blueprint Program or to schedule a Clarity Call and explore your next steps, visit:**

<https://www.kingdomdaughtershealing.com/healing-blueprint>



# Meet the Creator & Founder Of

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## The Healing Blueprint™



**Shyteria Smith** is a Neuroscience and Trauma Educator, Healing Ministry Leader, and the founder of Kingdom Daughters Healing. She is also the creator of The Healing Blueprint™ — a faith-anchored, neuroscience-based framework that helps women understand their wounds, rebuild identity, and restore wholeness after emotional trauma.

She holds a Master of Education in Neuroscience and Trauma (M.Ed.) and brings more than twenty years of lived experience as a trauma survivor, giving her a rare blend of wisdom, compassion, and depth that resonates deeply with the women she serves.

Through her unique integration of biblical restoration, nervous system education, and trauma-informed tools, Shyteria guides women through the process of rebuilding their lives after experiences that leave them emotionally fragmented or spiritually disconnected. Her mission is to restore women to God's Kingdom and help them reclaim peace, identity, and confidence through holistic, faith-centered healing.

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