Annie Emprima

- Metaphysical Trauma Researcher, Author
- Service-disabled Army veteran
- Brigade-level support operations field auditor
- Deployed to Kuwait, Jordan, Iraq, and Qatar

Annie Emprima iv Nevada Army National Guard from 2008 to 2017, including a 2016 deployment to the Middle East with the 17th Sustainment Brigade, where she conducted financial audits across multiple operational environments, including Kuwait, Jordan, Iraq, and Qatar.

Today, Annie is the founder of One Emprima and the creator of the EMPRIMA Methods™, a set of frameworks that bridges neuroscience, emotional processing, and metaphysical understanding to help individuals reconcile trauma and reconnect to their original sense of self. Her work focuses on taming the "roars" by identifying the "whispers" in the body and life that precede larger disruptions, translating complex internal experiences into clear, grounded insights.

Annie has a demonstrated ability to perceive and interpret the deeper emotional and energetic patterns that underlie human behavior. Her work integrates this intuitive and metaphysical awareness with established principles from neuroscience and psychology, allowing her to identify trauma responses that often exist outside of conscious language.

She is the author of Trauma Whispers Before It Roars: A Field Manual for the Nervous System, she helps readers recognize and work with the early signals of unresolved experience. Through her Six Layers of Belonging™ framework, Annie explores how personal healing impacts not only the individual, but also families, communities, and broader systems.

In addition to her research and writing, Annie is an angel investor supporting Nevada-based entrepreneurs through formal organizations since 2016. She has also been a member of the Nevada Women Veterans Advisory Committee since 2017, where she advocates for improved systems of support for women in the Guard, Reserve, and veteran communities.

Annie's work is informed by interdisciplinary study across neuroscience, psychoneuroimmunology, belief systems, and human behavior.

Having returned from deployment with both visible and invisible wounds, Annie brings lived experience to her work. She is committed to helping others understand the connection between trauma, purpose, and identity—and to influencing cultural change so that future generations of veterans are better supported than those who came before them.