

Would Trauma Work Be Useful to You?:

Many experiences in life can wound us and limit our ability to experience true intimacy with all of life. Sometimes we are so used to making adjustments for these wounds we forget they even exist.

Even if you haven't experienced obvious trauma, your difficulty in fully embracing your life and relaxing into the moment may stem from relatively minor events you may have overlooked, or even forgotten, but the emotionally scarring energy remains locked up inside.

These symptoms potentially can be the result of unhealed trauma:

- Shame or guilt
- Difficulty trusting, especially those close to you
- Fear of intimacy
- Physical or emotional numbness or pain
- Fears of abandonment and/or smothering
- Irrational jealousy
- Fear of betrayal or violence
- Feelings of inferiority, inadequacy, confusion, or worthlessness
- Lack of interest in or avoidance of sex
- Inability or difficulty making decisions and commitments
- Chronic depression
- Feelings of isolation
- Suicidal thoughts or actions

Unhealed trauma can impact us in many ways, often ways we don't associate with the initial traumatic experience. But the bottom line is that these symptoms interfere with your ability to fully enjoy a healthy and satisfying life. It's not your fault if you have some of these symptoms.

There are situations when an obvious trauma is the source, however these symptoms frequently stem from parental imprinting and less "serious" or seemingly unrelated events, like:

- Emotional or physical abandonment by a parent or caretaker
- Parental disharmony or violence
- Unwanted sexual advances or fondling at a tender age
- Being repeatedly told to shut up
- Being bullied or hurt early in life

A solution awaits! We have been having incredible results with the E. meditation retreats. Even the most deeply rooted wounds can be healed. If you would like more information about this work let me know.