



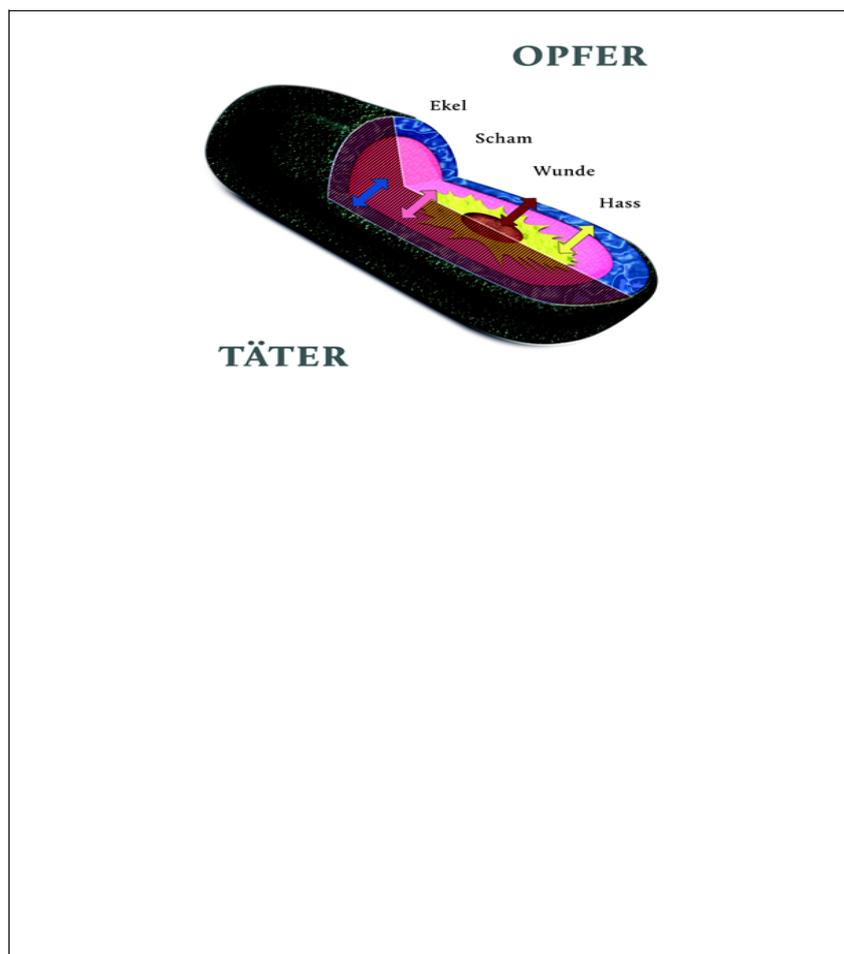
Ein Trauma heilen – Healing psychic trauma

I consider a psychic trauma an event which has affected us so strongly that no rehabilitation is possible. Whatever leads us into the same viscous cycle without any hope of healing or recovery must be a psychic trauma. This is how we know how traumatised we all really are.

A person who continually fails to control one or two of their feelings without being able to cure them is traumatised, in my opinion. He who cannot control his fears or cure his grief is traumatised. What ever causes our failure, there is always some trauma or other in the background.

One of the characteristics of a psychic trauma is that it cannot be cured. This means that it will always overwhelm us as if it were the first time. A trauma constitutes an obstacle that cannot be overcome. In a trauma the role of the victim and the perpetrator get mixed up. The bad thing that has happened to us in our past has happened without us being guilty of it and without any reason or sense. Only, we cannot see it like this. We keep blaming ourselves although we are completely innocent. The trauma takes our innocence. This way we confuse victimhood for being the perpetrator. The same confusion takes place within our trauma. As victims we are equally disappointed of ourselves as we are of the culprit who did this to us. We hate ourselves as much as we hate the culprit. We are ashamed of ourselves in the same way as we are ashamed of the perpetrator. We are even as disgusted of ourselves as we are disgusted of the perpetrator. Unconsciously, we side with the perpetrator and

we blame ourselves for having become a victim. This makes us a co-perpetrator who is equally guilty of traumatising us as the perpetrator. There are no distinct or explicit roles in being victim or perpetrator. Both victim and perpetrator are equally guilty. This is a kind of maze in which the soul wanders about without finding its way out of the misery. There is no way out for the victim because it feels guilty even though it is not to blame.



Grafik:

Opfer: victim

Ekel: disgust

Scham: shame

Wunde: wound

Hass: hatred

Täter: perpetrator

Not only are we ashamed of our trauma, we also hide it, energetically speaking. Shame, considered as energy, serves the same function as denial. It has the power to let blockades become invisible, like covering it up with a cloak of invisibility for it to become perceptible and visible to no-one any more. The desire for no-one to be able to see the trauma is thereby part of the solution. We hide the trauma and never speak of it again.

This is why healing trauma is best done just on an energetic level because we can leave out the attached emotions this way.

Lead your attention into your body, especially in your under belly. Allow your every breath to take you down deeper. Focus your awareness in your womb. Let your body show you the very part which still overcharges your emotions to this day. The thing that over-taxes your emotions may present itself in a wooden box, a treasure chest, or in a jewellery case floating in mid-air in front of you. Take the jewel case in your hands. Rest assured you are well protected from its content. Likewise, the content of the jewel case is well protected from the rest of the world.

Now speak the following sentence like a mantra in your mind for at least ten times: Even if I am ashamed of you, I give you permission to heal. Repeat the following mantra at least twenty times: Even if I don't want anybody to see you or perceive you in any possible way I give you my permission to heal. In order to dissolve it into your own energy and let it become part of you again, repeat the following sentence: Even against all my inner resistance I grant you everything you need because you are part of me and you belong to me.