

## Trauma Summary

### 1. **Trauma Prologue:**

2. **My View of Trauma and its Affect on Personality:** I explore having experienced traumas that (1.) Were completely isolated to me. (2.) Have emanated from other people(s). (3.) Resulted from being a member of a minority group and (4.) Affected me as a result of catastrophes that traumatizes my culture.

3. **Trauma:** The history and challenge of being a victim of the Original Trauma is that it prevents awareness unless one can accept the depth to which genetically, environmentally and culturally Trauma has been etched into the Western human psyche.

4. **The Coming Out of Trauma:** Now, this is where all of this fully relates to this sharing that I am writing. This broadening or further development of consciously Living in The Living All brought me to the intuition that, my goodness, then Trauma must also be part of The All. WOW!!!

5. **Trauma's Affect on the Immigrant Population:** The history and challenge of being a victim of the Original Trauma is that it prevents awareness unless one can accept the depth to which genetically, environmentally and culturally Trauma has been etched into the Western human psyche

6. **Suffering from Trauma Driven Wealth:** The anxiety and fear generated through the underlying unresolved influence of Trauma, which is then directed by a drive for safety through the focus on unrelenting accumulation has a terrifying outcome for not only us, but for society and culture.

7. **To Let Go of Trauma or Not to Let Go?:** I related in this way that for me Trauma isn't something to necessarily get over. It seemed that one aspect of my reticence to "moving on" was that I sensed that letting it go is just one of our less humane American cultural influences. *Something is broken. Let it go. Get a new one.* That cultural dogma has pissed me off for years. To me it's about, "If it's broken, fix it. If it can't be fixed maybe it still has some sentimental value and so I might just keep it for that reason."