

The Coming out of Trauma

In my life and with the experience of my family Trauma has come in all sizes and shapes. Some are externally extremely obvious like when I was little and experienced years of physical abuse. Some are only moderately obvious such when I experienced divorce and lost custody of my first-born son. Still, other Traumas are not easily noticed at all. I'm sure that my daughter's traumatic birth and the need for a complete blood transfusion very likely scarred her, but I doubt that even though she has been told about it that she would have a conscious memory of the experience.

For me, in the experiencing of Trauma, the affects of Trauma also go through a spectrum from "In your face" to "What? I never knew." While the outcome has been at times outwardly catastrophic in its manifestation it also has been tremendously subtle. I don't know if I am unique, but in my own Traumas, even having memory of them provided me with little if any concrete comprehension of their affect on my personal and social dynamics. Fortunately, eventually, regardless of the dimension and the intensity of Trauma I have learned and thus come to be aware that in fact Trauma had a devastating affect on my willingness and ability to relate to my self and to others. In looking back, Trauma for me was at its most disabling while I was unable to acknowledge its presence and when it was simultaneously not recognized by the people within whose circle I lived.

In my life it eventually became clear that Trauma made the social spectrum threatening. This relates to my heightened state of vulnerability that exists as a person living with Trauma. I was told by an intuitive physical therapist who was helping me recover from some surgery that I was very sensitive and my body was reflecting that stress. Hmmm. After getting to know me better and my drive to "Save the World" she related that the physical stressors could relate to carrying the "World on My Shoulders."

I seem to have lived in a vortex of conflicting reactions. I can see that earlier in my life I was drawn toward social interaction that leads to intimacy and yet after some time the closeness of that connection activated deep-seated emotional agony implanted in me from the suffering of The Trauma. As this occurs my mind would start to interpret innocent behavior in a negative fashion eventually leading me to force disengagement. Looking back at the disengagement, I was uncontrollably reacting to The Pain of Anxiety as to the threat that intimacy instilled in me and which is exacerbated by the fear that "The Good Times can't Last, so better get out before It Happens as Always."

I have come to realize that the Pain of Trauma has a dual nature. It has been both a safeguard by keeping my defenses active and yet to maintain those defenses I have to experience the Pain in order to keep my defenses in place. In short I have to protect myself from future threats that social interaction brings. So it's an Attraction and Deterrence Thing. Got to keep the pain to keep alert to keep my defenses sharp. Caught up in this duality, perhaps less now than in the past, yet I still exist moments within a whirlpool of Traumatic Co-dependency.

Sometimes I feel that repeating an insight leads to other insights. So, let's see. As a safeguard, this on-going connection to pain kept me subconsciously vigilant, one purpose of which is/was to keep me distant from the circumstances that caused the Trauma. For me it accomplishes this by exaggerating the experience to such a level that at most times I subconsciously would do anything so as not to approach the memory and the circumstances that led to that Trauma. In the Dualistic Perspective this would be

followed by the opposite reaction to denial. By maintaining the Traumatic Event I sought to refresh the Trauma and its consequential pain by repeatedly approaching the opportunity to re-experience the circumstances of the past. Flashbacks and nightmares were one category of the means by which I subconsciously accomplished this. This seeking a revisit with the Trauma can also be witnessed in me when I engaged in high-risk activities that set up a “proxy” of the actual experience.

I couldn't help but to wonder how all of this occurs. Psychologically I understand pretty much, but by connecting to the Science of Neuropsychology I hoped to gain a more integrated understanding of Trauma's Connection to my Mind Function. In my study of Trauma and through extrapolating and connecting to my Intuition for insight, it appeared that Trauma accomplished this “Take Over” of my social pattern by integrating into and thus interfering with my neurological processing capability. In doing so It caused a chemical dysfunction affecting my emotional, physical, cognitive and spiritual well being. The outcome was that my social incoming sensory dynamics were altered and thereafter filtered through Trauma's influence so that all impressions became distorted to support the erroneous conclusion that there is an ever ongoing threat to my well being.

The following examples will demonstrate this. Any one who attempted to moderate the influence of Trauma on me eventually became viewed as a threat. A friendly touch could be perceived as an act of aggression. A kind word might feel like an intrusion and a form of manipulation. A light teasing felt like a Put-Down. As a result the feelings of the ones who cared and sought to reach out to me often became confused and eventually to protect their psyche, feelings of alienation were generated. This resulted in their withdrawal and this distancing succeeded in re-establishing for me both a feeling of abandonment and yet also the re-establishment of a feeling of safety; a safety from the increasing intimacy of social interaction. For me, social interaction became a cycle of attraction leading to the dissolution of relationships. The increased distance, the widening spacing became a “no person zone” and thus sealed within me the living Trauma.

In looking at what I've just written it seems very disturbing that what is so traumatic about Trauma is the cataclysmic experience of my complete loss of control and how that totality of control which I lost is exactly what Trauma coopted in Its catastrophic presence.

Still All wasn't Lost because at least my Guardian Angels weren't affected by The Trauma and they were still in control over their free will and choice. This being so They worked very hard to give me hints as to my dilemma. I was fortunate to become aware as early in my late teens that something was terribly wrong with me. It took quite a few years, but it gradually became clear to me that my lack of trust due to The Trauma prevented me from accepting help. I could no longer delude myself into feeling that other people were causing the problems. With this realization I understood that I could and would have to take responsibility for my circumstances. This was the first step in empowerment. By taking responsibility I was in the position to personally do something. But what to do? I guess the real issue wasn't what to do, for the list was sooooo long, but where to start. It was about The Insights and the association of them from the comforting source of my Intuition, which in other words was the way My Guardian Angels communicated with me. Or something like that. The bottom line was that I began to actively listen to these insights and made every effort to integrate them into my way of living.

At that point, before going to bed I would open a Journal Book and look at the blank page. The Guardian Angels suggested that by making up a Font Design for hand writing it would put me in the Mind Place to receive the Intuitional Insights. Being somewhat artistic I followed this suggestion and began this type of Soul Searching by writing what came to me. The amazing aspect of this was that when I read what I wrote the previous night often I had no idea of what It meant. So I would have to do some work to connect with It and I did this by rereading It and contemplating Its meaning. This form of participation assisted me to process It and actually began Its integration.

Having accepted this form of interacting with The Guardian Angels, the level of Insights Increased in potency. The first such one was the Insight that everything that humans have created are an externalization of an inner ability. An example of this is the externalization of “Mental Telepathy” with the creation of the telephone. Everyone I’ve spoken with has acknowledged at one time or other of thinking about someone only to have them call a few seconds later. In fact some people have related to an experience that I too shared and that was simultaneous dialing by myself and the person to whom I wished to speak with, such that after dialing before any rings we were both connected. By contemplating the Insight I began to feel that in order to learn about my mind by trying to look inward wasn’t going to work well for me because my mind was just too abstract, amorphous and ever shifting. I would need an anchor, a structure, a means of connecting with my essence. Given this viewpoint, I concluded that if I could understand the dynamics of the external/physical world as described by scientists I could take that comprehension and step back into my mind so that I could “materialize” and segment various functions of my mind in order to see how the segments performed their duty and how they interfaced with other mind elements. In this way I was able to grasp how my mind parts functioned and seeing gaps in their functioning and their integration I eventually was able to formulate means of upgrading their performance. If in reading this it seems to “weird” then let me rephrase it as following. It all started out as a theory, being it was reasonable to me to contemplate that everything external is a mirroring of what is internal to our minds. After spending enough time in the children’s section of the library researching the basic concepts of science (big pictures easy words) it turned out to be a functional approach to self-discovery. Reading picture book on electricity, plumbing and pumps I began to get an overall view of the body functions, which led to me beginning to grasp neurology, muscular coordination, blood flow, and processing food which led to the basic inner workings of mind functions. As the years rolled by I eventually read simple picture books on computers, which provided some insight into memory, neuro-psychology, brain-processing and the consequences of dysfunction caused by glitches in brain-function that affected the emotional and comprehension elements of the mind.

I then was given the insight that I could accelerate the connection between the external and the internal dimensions of existence by reaching out to help others. Through volunteering I could help myself through acquiring the skills to help others. Once I committed to this path “The Doors Opened” and consequently I was fortunate to find an educational environment that taught me how to work with the disabled, an identification that I held for myself. This step took me down the path of helping others and to support this effort I was blessed to find work in the field of Rehabilitation and Special Education that allowed me to practice assessing dysfunction and implementing prescribed

accommodations. I accelerated my learning curve by experimenting on myself and then later was able to develop more functional accommodations to lessen that dysfunction.

There were other factors in my development that continued to lead to further steps in my effort to grasp the “Mystery” of human evolution leading to our ever-increasing dysfunction. Even in all the confusion of my life I was always drawn to nature. I found being away from people, out under the sky, wandering around and just being there I could find some sense of peace and solace. I suppose this connection with nature naturally guided me to the conscious investigation of Spirituality. I read a great deal, but couldn't really translate the words/concepts into my life. I mean I was really turned on to Aboriginal Life and in reading their cultural philosophy I felt completely connected with their intimate relationship with Nature and the commitment to the Values that come from experiencing that Everything is Alive and Interconnected. I could easily identify with their connection with The Earth. But reading and being turned onto the writing was not sufficient. I needed to experience it personally, intimately, so that I could live in a state of Awareness in all areas of my Life. But, for me at this time being in Nature was to take a walk, maybe even a hike, camp out for a few days, then get back into my car and Drive Back to The City. Visiting was good but living in It, well I wasn't really sure what that meant or especially how to do that.

In my night time writing, in reading and contemplating what I wrote, it seemed that I needed to connect more fully with my Own Intuitive Self, especially through the Arts. To accomplish this I was attracted to getting more in touch with my creative nature and stepped into this realm through music, art, writing, and living life as a meditation. At the same time It Came To Me that this process of Self-Discovery took more than just interest; it took strength on all levels. I then stepped into improving my physical self, the foundation of my physical existence by engaging in the martial arts. This then allowed me the confidence to seek to live in a natural setting that required many survival skills.

By taking responsibility, it also helped me connect with the positive elements of my personality, which helped me be Aware that essential to my nature was an incredible core of perseverance, resilience and creativity. All of this promoted self-esteem and a growing sense of confidence. These qualities were critical in my ability to eventually develop a deep sense of patience with others and eventually a greater more compassionate patience with my own development of awareness and consciousness.

During the Sixties when I was turning on I had my first interaction with an Indigenous American who befriended me. I was spending some time in the Mendocino State Forest where I had joined a small group of young people who were living off the land. This man and I were walking together and at some point I commented on how beautiful nature is. Very likely, I was high on something or other. After listening to me he shared that the beauty of nature was an every moment experience for him. I immediately wanted to be that connected and asked him about it. He related, “Brother Jonathan, in my way of experiencing life, everything is alive and all is connected. This includes me and you. In The All, Being Alive, when I focus on any aspect of nature, like let's say a flower or a sunset, that flower and that sunset feels my appreciation and being aware of my good feelings it feels good and beams a smile back at me. If I walk slow enough I can feel this relationship more profoundly and when I sit still it magnifies to such a degree that on an intuitive level we converse and share together what is important to us. Often what the flower or the sunset shares is a form of guidance or maybe a reminder of something I

have overlooked or didn't remember. Much of this is helpful to me and at times when I am allowed to or invited to, I share it with someone, just like we're doing now. By sharing it with you, I share my connection with Life and I hope that you are encouraged to Live Your Life with Love and Respect for our Mother Earth and will do all you can do to defend her Sanctity." He then related, "You will come to understand how to live this more fully. I'm sure your Highs have provided you with a Vision of The Full Potential of Life and living Life in a Real Way. Now, my Brother, you have to understand that having the Vision is the first step. By keeping the Vision and honoring it you will naturally be drawn to live it. However in this effort you will discover that you need to develop as a person, a person with the attitude and skills to Live It. This will be your Life's Work. Learning How to Live Your Vision. I hope that I have said this in A Good Way."

I must admit the belief that all of this is possible was enhanced by being high and quite open. When I came down I remembered the conversation and decided that I would play with it and see how it worked out. I discovered that the more I gave credence to the possibility, it resulted in various moments when I could clearly feel the interconnections and that meant to me that everything might actually have a shared life force. The personal experiencing of this phenomena reinforced itself and gradually I became more comfortable and that's how it has become my reality. Today, to Walk In This Way people see me on my morning wanderings picking up trash along the path left by those who have sought refuge in the woods but couldn't fully engage with The Mother.

While these initial experiences with the Interconnection of The All and that Everything that makes The All is Alive started back in the Sixties, it has only been within the last year or so that I have been able to experience Its ever fuller manifestation. Given that in The Sixties I was in my twenties and I turned 71 a few months ago, it is illustrative of the how long Time has been working on "curing" me. *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!!! How Cool! This is very cool because it opens up many incredibly Far Out possibilities. With this fuller encompassing Intuitive movement the very nature of Trauma shifted for me. By stepping into the viewpoint that Trauma is part of The All as I am, and then Trauma is an integral part of me, It All Broke Open. Of course then Trauma is as an important element as any other aspect of myself. Yet how can this be? Gosh, all terrible Pain and the Social Dysfunction? Well, what is, Is! Get on with It!!!*

Besides exploring many of the therapeutic approaches, which can definitely help, at least in the short run, I was intuiting the need for a long-term outcome that would improve my relationship with myself and hopefully extend to others. Or, maybe it was also, at the same time, a Powerfully guiding Insight that by improving my relationship with others I would also experience an improvement with my relationship with myself. This evolving process appears to move in undulating waves of inward and outward simultaneous motion. *What is Out is also In. What We are is That and what is That is Us.* Kind of a mix between Aboriginal, Yogic and Zenish stuff.

The essence of this epiphany that Trauma is part of The All is that I could see now, by my history of believing Trauma is an Enemy, that I had not only inadvertently increased the conflict, I had empowered Its hold on me. It increased the conflict because that viewpoint just reinforced the untenable consequence of Duality; the absolute state of

war. I had initially, in my younger years, been operating on my conclusion that we live in a state of Duality. This was an outcome of the philosophic manner in which I had been taught by my cultural upbringing as to how to perceive our world. As I developed I still recognized that Duality is part of the Whole, yet by being a part of the Whole, It isn't the Whole Thing. It's part of the Whole Thing and so are other Things, Other Viewpoints, Other Life Beliefs, All Parts of The Whole. Sadly those cultural values and beliefs that Existence is Ruled by the Laws of Duality having been reinforced generation to generation to such a historical repetitive cycle that the Duality had become Hardwired into our chromosomes so that it is passed on genetically.

This Dualistic philosophy by its very nature divided and separated aspects of The Whole so that The Parts became battle grounds for What is Right and What is Wrong all leading to oppositional rather than appreciating and collaborative viewpoints. This philosophy engulfs our society and culture through the geometrically increasing influence of science, which demands and necessitates the polarized state in order to manipulate and alter the physical world. You know, "No Action, No Reaction, and then No Science." The commonly presented example of the proof of Duality is the seemingly obvious diametrically opposed aspects of say Day and Night, or Pain and Pleasure. They say convincingly, "No Pain. No Pleasure." But is this True?

To me the concept that Everything is Connected and Everything Shares Life introduces another means in which to view the Apparent Dualistic Nature of Our Existence. That alternative manner would be to suggest that Day and Night are merely two Aspects of a 24-hour period and neither is necessarily diametrically opposed to the other. Just like Hot and Cold are just two aspects of measuring Heat, and yet to generalize that Hot and Cold describe temperature is untenable as there are numerous other states of temperature, within the framework of Warm. I guess in the Scientific Realm, science has many social aspects, all contributing to other Aspects that make up the Whole. In this way Science is one important Aspect and yet it is important to realize that Science is not alone in Making up The Totality. Therefore what governs science is best not generalized as the rule of life, but instead accepted and respected for its presence as one of many important parts.

The fact is that my earlier Dualistic Impression of Life limited my comprehension of the Effect of Trauma and thereby limited my ability to develop a comprehensive and contextual grasp of Trauma. Like I said, lucky for me this didn't completely shadow my personality's push for liberation. No, indeed. The Spiritual dynamic through Insight has proven to me that Spirituality has the ability to moderate, to some degree, my earlier lack of consciousness by tossing in a bit of Awareness as to the Situation.

When I recently took the position that Trauma is part of Me and I am part of It, this then opened the possibility of a conscious relationship in which I could dialogue with Trauma. A few years ago or so I came into a state of Being that consciously allows me to communicate with various aspects of my Existence. Some of Those Aspects being my Body, Emotions and Its Partner, Feelings, Cognitive and Subconscious Mind, and Spirit which also includes Intuition and Insight. My relationship with Intuition/Spirit is what now allows me to communicate in this context with Trauma and at the same time Intuition/Spirit acts as a moderator to ease the transition and acceptance of Trauma's already long existence within Our Cooperative Being. Buoyed by this developing awareness and feeling that I was not alone in this, and what's more I have come to

understand that I am one part of a Being, I became free to feel confident enough to reapproach Trauma with an open mind.

It was now clear that for me, Trauma was more than an event in Our Collective Life. Before this Awakening, We somehow had Identified the living Trauma as one and the same thing as the Cataclysmic Event. This led Us to treat Trauma as Our Enemy. Oh Trauma, the “Culprit!” That erroneous conclusion really “Messed Us Up.” Of course that blocked Us off from hearing anything Trauma had to say about the matter. But now, with the help of Intuition it became essential that We approach Trauma’s existence within Us in a more Wholelistic Manner. You know, like “Getting to know You” type things. Yeah, time to really get to know each other because it is now obvious that We are all part of Our Whole Being.

“So Trauma let me introduce Our Self and please permit me to introduce You to Us. This will sound a bit formal, but in my experience it still can be helpful. First Our Group Name is Jonathan. As a Group We are living and working together with increasing consciousness and teamwork. My part of Jonathan is Cognition. I and the rest of Our Team reside in The Jonathan Body. Swirling around Us is Emotion. And surrounding us is Spirit. Everybody, this is Trauma.”

Trauma, a bit apprehensive, but not feeling any hostility was able to respond in kind, “Hi Guys. Are you really OK with me being here?”

Body, “Well, to be honest as possible your initial appearance felt as though You were a bomb shell exploding into our Existence. Kind of like a terrorist act! But then in a way I too came into being in a not to dissimilar manner. For me I was forced out of my mother’s body and thrown into Life, which was very painful and well, I lost a lot of comfort to put it mildly.”

Spirit, “Trauma, let me say that Body is very direct in communicating and not easily able to be diplomatic. That’s one of my roles in our Collective Consciousness. What needs to be said is that You were never given the opportunity to enter our Consciousness in an easy manner given the way The Design functions. In that, you are innocent of the affect on Us. The Design is such that We were only able to be aware of your part in us through the sudden and cataclysmic events that give You your name. The Design’s consequence is that your sudden appearance has been a shock and for a time, at least in Us, caused a great deal of stress in that we were unprepared to cope with the emergencies that raises You into Being. I mean now it seems that You have always been a part of Us, but we weren’t capable of being aware of You until the catastrophe. In this sense We are also innocent. That being so, there is no blame on any side. However this doesn’t mean that we aren’t sorry for treating you so poorly. Frankly we are struggling to comprehend both Your Existence and Your Function within Us. It’s taken a great deal of time and effort to view You within Our Collective Being in a positive manner, a manner in which I hope You can now feel coming from Us. Of course We will need your help in this effort and in understanding how You function to protect us. I hope You can feel Our goodwill from what I’ve just shared. ”

Trauma, “I guess you might say then that I was birthed within Us through the terrifying experience that formed me. It feels as though You’re telling me that It is Your impression that this was the only manner in which I could be part of Us. Well, per The Design, that sounds about right and it is part of the mystery as to why I couldn’t have been introduced in a less stressful manner. As far as my function, well I manifest a highly

protective shield under conditions that threaten to blow up Our very Being, reducing Cognition, Body and Emotions to a mess. Without me as a safeguard the whole nervous and chemical systems of Our existence could very well be destroyed. When Cognition, Body and Emotions frantically work to process the Catastrophe, they in panic quickly become overwhelmed with the cataclysmic event. That's where I come in and "Force Quit" them and by detaching them from the event, save them.

The best image I can offer is I initially act like the Electrical Circuit Breaker which is thrown to prevent an energy surge from frying the electronic stuff we might be using at the time. There is no time for me to make a casual approach under these emergency dynamics. Naturally, as time passes, I work hard to repair the damage that was done to Our systems caused by the surging overload of input. Of course there is an instinctual drive to get back into control, however because of the extent of the damage I have to maintain the disconnect so that We aren't damaged further by Our struggle. This is the source of Our conflict. Without knowing my function, our Being frantically struggles to get back in control, a control that I am preventing from occurring in order to preserve Us from the overload. So, I kind of drop Us into a form of coma, which allows me to protect Us from inadvertent further damage. That's where the flashbacks and nightmares come in for these impressions cast The Team back into unmanageable chaos thus defeating the effort to regain control. It isn't a very welcome feeling for sure, but essential until there is further internal healing. Of course as Spirit has suggested, my existence has nothing to do with the cause of the Catastrophe, yet because I appear so quickly behind that event, it is normal for my presence to be associated with The Event. That's where the bad feeling come from in connection with me. I'm like the emergency medical treatment team that is called when there is an accident that is life threatening. Still, this being said I'm not sure how I actually protect You, Spirit"

Spirit thoughtfully jumps back in, "Well given what you've shared of your effort to protect Body, Cognition and Emotions, let me say quite openly that their functioning is essential for my presence, for without their continued existence, I can't manifest in our Collective Being of Jonathan. I'd say for me your role is super critical."

Cognition replies, "Wow. I guess It all may be part of The Design, Our being ignorant of You. Well, as it's been all along, Life is All About Discovery; especially discovery of what and who We are. Still I feel this ignorance imposed by The Design is too hurtful and frightening. But then, I also feel that as We now get to know each other We will be able to diminish the negative perception of Your presence and in fact start to act upon Our intention of forming a healthy relationship with You. In this way We can support You in the effort to harmoniously integrate within Our Being. The outcome of this will likely result in a lessening of the internal chaos and social dysfunction that has in the past emerged with Your appearance. I can accept that We wrongly connected Our damage with You as We were unable to perceive the difference between the catastrophe and You. As We are now discovering, Your role of protecting Us will be so helpful in Us releasing and lowering our defenses and hopefully be much more open to Your healing input."

Trauma paused for a good amount of time, then replied softly, "It's been very lonely, confusing and frightening to Me. I also felt a great deal of guilt upsetting You Guys so badly. That's why I was hiding, but my hiding only made it worse. You know, now that You've explained the presence of The Design, I can see that I wasn't properly

prepared in how to affect my role in a good way. That's something we will need to consciously work on should I need to again manifest forcefully if there are future calamitous events that affect Our Wellbeing."

Emotions came forward and gently surrounding Trauma, spoke, "We were overwhelmed and also badly frightened. We weren't able to cope and became very defensive. We weren't able to hear You and acknowledge how important You are to Our continuing life in a good way. By The Design, it is Our limitation that We have had to live without really being aware of Your True Function. Because We couldn't hear You, naturally You had to do what You could to be heard and it was only because You continued to Shout ever more Loudly, through causing Us to dysfunction, that We finally acknowledged that We had to check Our Self out and see what is really happening. Thank You for having the fortitude and the courage to force Us to this position."

"You know," said Spirit, "We can now kind of get the feeling that the Catastrophe that affected Us is not the same as The Trauma we experienced as a result of the Catastrophe. So Our identification of the outcome of the Catastrophe being the same as The Trauma is inaccurate and actually in light of what We are discovering together, this contributed gravely to Our misunderstanding and incorrect feeling in regards to You, Trauma."

Trauma overcome, if seen, somewhat teary eyed, "Thank You All for being so open. It'll really help me balance my power given what's going on now. As I've suggested, it will be so helpful now that we are aware of my part in Our Collective Being that as a team We work out some contingency plans that will allow Me to function more smoothly in the work that I do"

Spirit, "Great suggestion. Again, sorry it took Us so long to wake up. You know, given the intensity of this Revelation I feel that We might want to give it a rest for a while and then let Us see what We need to do to fully integrate. I wonder if this sounds reasonable."

Trauma, "Yeah. This has been amazing and to tell you how I feel, I feel beat and could use a break to collect myself."

Cognition smiling, "Yeah, I'm all a sizzle and I need some time to process all of this. So a rest will be very helpful."

Body, "I can do that for us. Let's take a nap and we'll feel greatly refreshed. Everybody agree?"

All Together, "Snooze Time."