

HEALING TRAUMA

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When you experience abuse you are forced to separate from your inner world. When the inner world is too scary, the mind will find ways to deny, avoid and compartmentalize traumatic experiences.

As we heal, we learn to:

Look within.
Search for our light.
Listen for our light.
Hear our light.
Feel our light.
Embrace our light.
Return to our light.
Anchor to our light.
Merge with our light.
Love our light.
Walk with our light.

We learn to accept the darkness within is there but it is not because we are ill or defective.

Trauma is what happened to us.
Darkness, pain and sadness are the effects.

We are not the cause.
Compassion for what happened to us helps us heal what the mind has tried to protect us from.



Trauma Healing For Beginners

TD Snyder



Trauma Healing For Beginners:

Whispering the Secrets of Language: An Mental Journey through **Trauma Healing For Beginners**

In a digitally-driven world where displays reign supreme and instant communication drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually go unheard. Yet, located within the pages of **Trauma Healing For Beginners** a charming fictional value pulsing with natural feelings, lies an exceptional journey waiting to be undertaken. Composed by an experienced wordsmith, that charming opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within ab muscles material of every word. Within the psychological depths with this moving evaluation, we will embark upon a heartfelt exploration of the book is core styles, dissect their charming publishing type, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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