



OVERCOMING TRAUMA

By Phil Golding

3. Opening our awareness is an important key.

Human beings are designed to feel even the most intense emotions without this release of energy causing us any harm. The difficulty lies in our thinking processes that are associated with the emotional reaction. Using a traumatic experience as an example, the sudden shock of the event first triggers an emotional reaction, which then, in a nanosecond, triggers a primal fight or flight reaction that prepares the body to quickly respond to the possible danger, such as pumping chemicals like adrenalin through the body, restricting blood flow, causing the breath to be quick and shallow, preparing the muscles for sudden movement, and so on. This is normal and in many ways, automatic, and can just as quickly subside once our conscious mind has had time to assess the situation and determine if we are out of harm's way. It is in this stage of conscious assessment of the situation where things get complicated.

Having the awareness and confidence that we can face the trauma and work through it can make all the difference to whether we recover from the trauma. On the other hand, if we become lost in the traumatic experience, we can find that we are unable to move on, and in some ways, stay stuck in the fight-or-flight reaction.

We may be left with physical scars, but our mind and our associated conscious-awareness is very flexible and open ended in its ability to heal and adapt. Our conscious-awareness has the ability to return to the memory of the trauma at any time after

the event and learn more about how to deal the experience in a more effective and empowered way, as well as make way in our hearts for deeper healing.

As I mentioned previously, this can take time, but if we persist with the right awareness and guidance, we will find ourselves on the other side of the experience stronger than we were before, and with our hearts intact.



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