

Before starting this writing, I was curious about the formal definition of trauma. The way in which the scientific community sees trauma has recently changed and in some areas is still in transition. Previously, and in many sources still, trauma is looked at separately, in the body and in the mind. Now, trauma is recognized as an *Emotional Response* to a terrible accident, shock, event or disaster. With the new definition, it does cover the multidimensional ripple effect that trauma creates in us.

There is no such thing as small trauma or big trauma because we can not measure the impact that an individual has experienced.

Furthermore, trauma being an emotional response can be seen as a contributing factor to a formation of one's personality prior to it becoming physical, which can end up expressing itself through a chronic disease i.e. trivial chronic back pain, heart disease, food/drug addiction, shopping or lying... If we look at trauma as an experience of loss of personal power, then we can see that we were exposed to trauma from early on.

Loss of personal power, not loss of control, not loss of courage... the place where confusion and distress takes over. The moment when your relationship with the world changes, the moment of a sensation of broken connection, the moment when one experiences the loss of innocence.

While searching the various definitions of *Trauma*, descriptions of physical symptoms and ways to first aid (awesome!) and while many traumatic experiences are sudden, unexpected and/or shocking, some traumatic experiences are subtle or covered/denied with logical explanations. As well as our responses to a trauma, some are loud and expressive → fight or flight and some are no response → freeze, implode. This subtle-repetitive trauma experience or non-expressive response becomes latent in the body, until it becomes an inner ticking bomb, which sets up inflammation, anxiety, insomnia, fears and phobias and all a myriad of other forms of PTSD. This brings me to the work that I do—and this is the place where I can meet you where you are, where the trauma is frozen, stuck, denied, and forgotten. This is where many are, yet some do not even know it, they are just suffering from the symptoms of the unmet trauma.

We learn about loss of power very early in life. Yet, we don't understand the "why", so we compensate, we develop strategies, and we suffer. Wouldn't it be wonderful if our natural response would be to recover and bounce back to being authentic and living a full wholehearted life while exploring our personal power? Truly. The sharp and deep sensation of disconnect that is inevitably present in a traumatic experience is integrated as loss of power, loss of love, and a loss of breath. Somehow these three suddenly feel all the same, and all connected.

Trauma acts like a spell, unmet and unaided leaves us to live our life without our beautiful magic-being-ness that is authentic and powerful.

De-spell is possible! My work helps to address the core wound. Yes, we will meet the symptoms along the way, but true healing happens when we address the core and source of our pain and suffering.