

SHOCK AND TRAUMA

THE CHALLENGE & THE POTENTIAL



WHAT IS SHOCK?

SHOCK = something happens that destabilises the fabric of our life, our world view or our sense of self. What we think we know to be ‘true’ and ‘fixed’ is threatened.

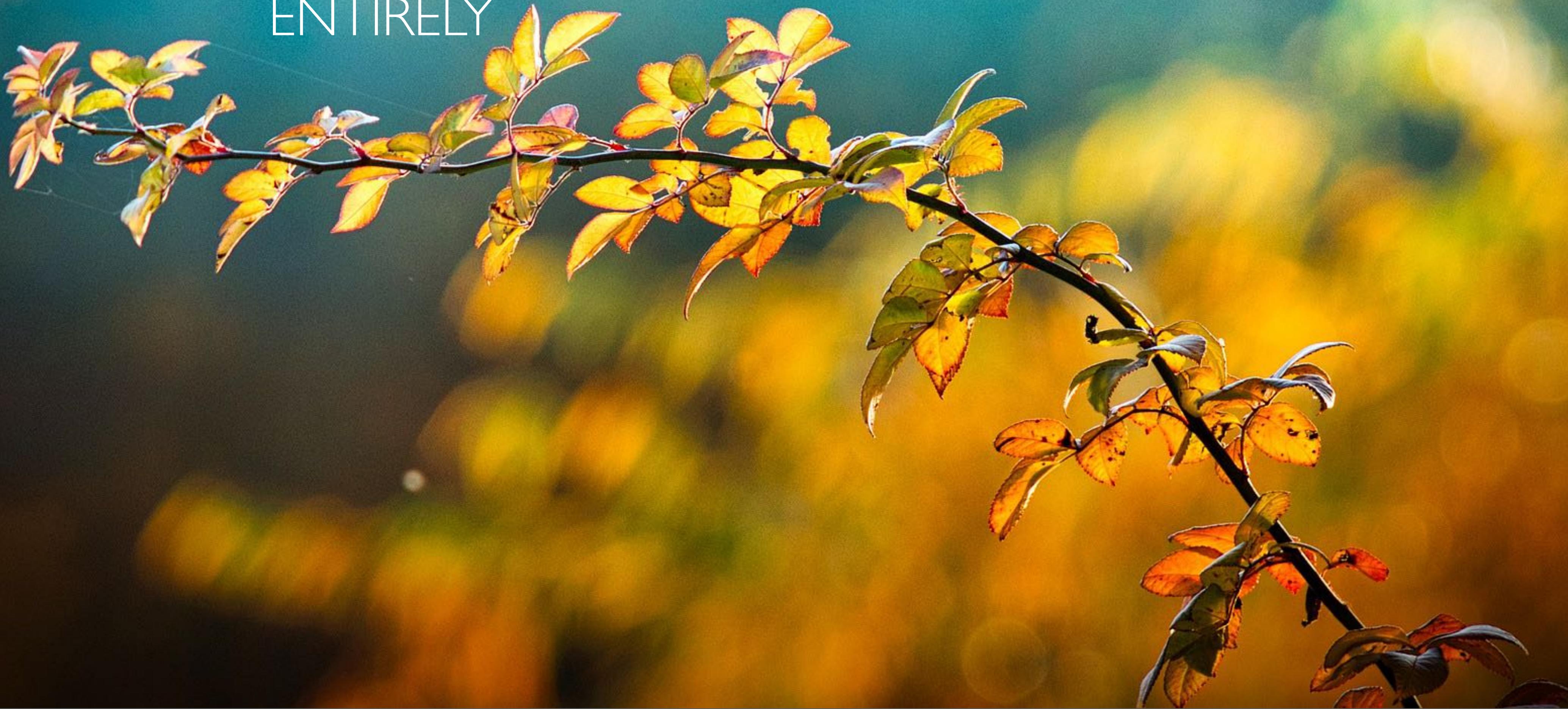
We can experience shocks that are ‘bad’ and ‘good’; however, they will always involve us **moving from the known into the unknown**.

A shock is something that feels sudden, unexpected, out of place and out of pace with everything else.

We all experience shocks every day. Mostly, we roll with the punches, we adapt, we have the resiliency to bounce back.

But larger shocks **utterly disrupt fundamental expectations that we have about our lives and about how things work.**

THESE BIGGER SHOCKS CAN LITERALLY STOP US IN OUR TRACKS
OR PUT US ON ANOTHER TRACK
ENTIRELY



WHAT DOES SHOCK LOOK LIKE?

WE SEE A STRONG PHYSICAL AND EMOTIONAL RESPONSE

The entire body is involved. It can look like one or more of the following:

Shaking and trembling

Stillness, blank, frozen, catatonic

Distress, hysteria, weeping, sobbing,

Anger, lashing out, fierceness

Denial - I am okay

WHEN AN ANIMAL HAS EXPERIENCED
TRAUMA IT WILL SHAKE, ROLL, RUN, MOVE.



Carli Davidson



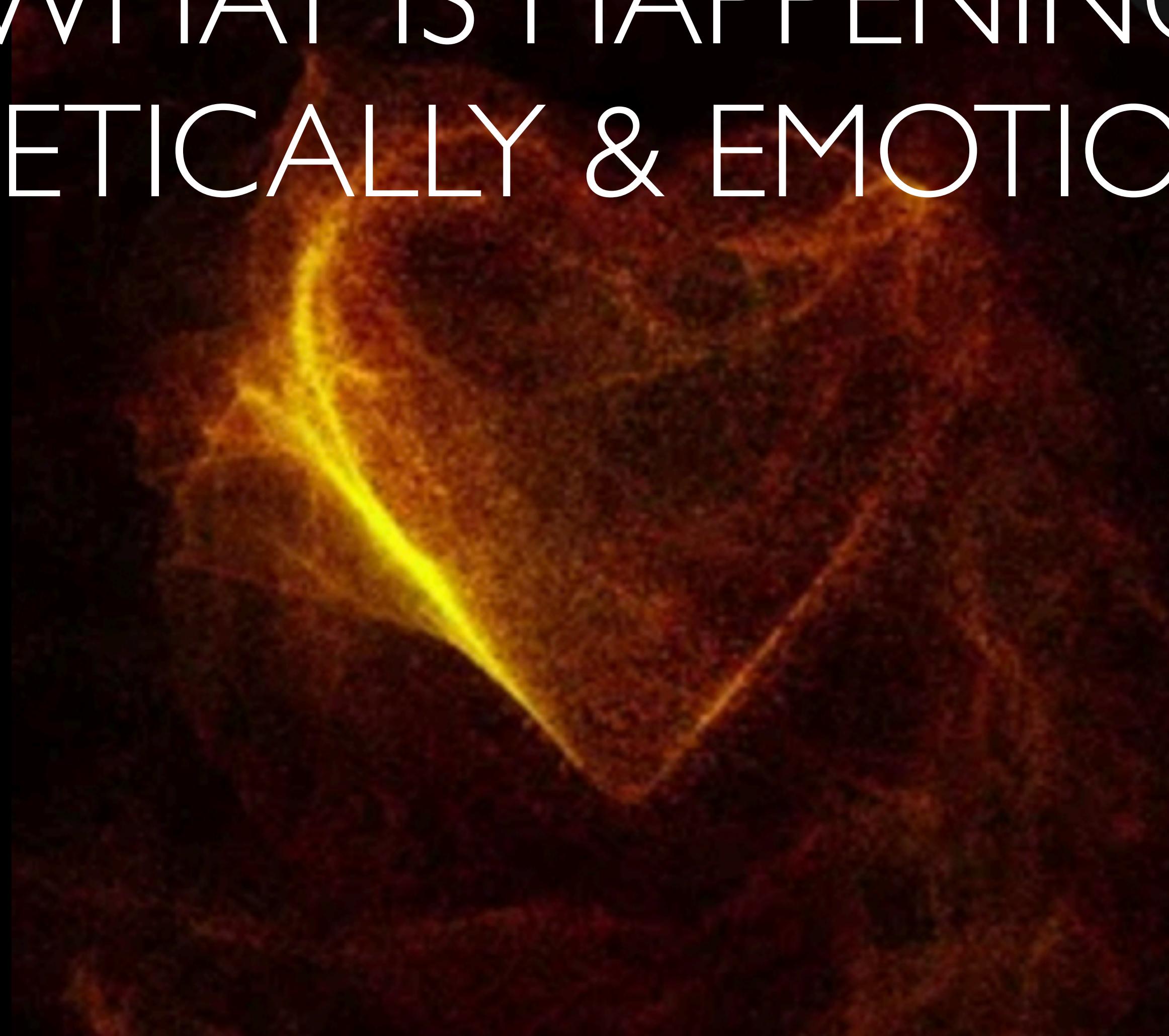
Amanda Jones



Dani Colston

IT KNOWS IT NEEDS TO RELEASE THE AFTER-EFFECTS
FROM ITS BODY

WHAT IS HAPPENING
ENERGETICALLY & EMOTIONALLY?



Energy will initially flood into the area of impact, to shield and protect that area of our body or our being, and to begin the healing process.

Often, this leads to an area of density or tightness, whether in the cells of our body or as knots in our psyche, that are there, initially, to shield the vulnerable/wounded part.

This localised area of tension and protection also serves another purpose: it contains the spread of the trauma.

However, if left without healing attention, it can fossilise - and be carried forward.

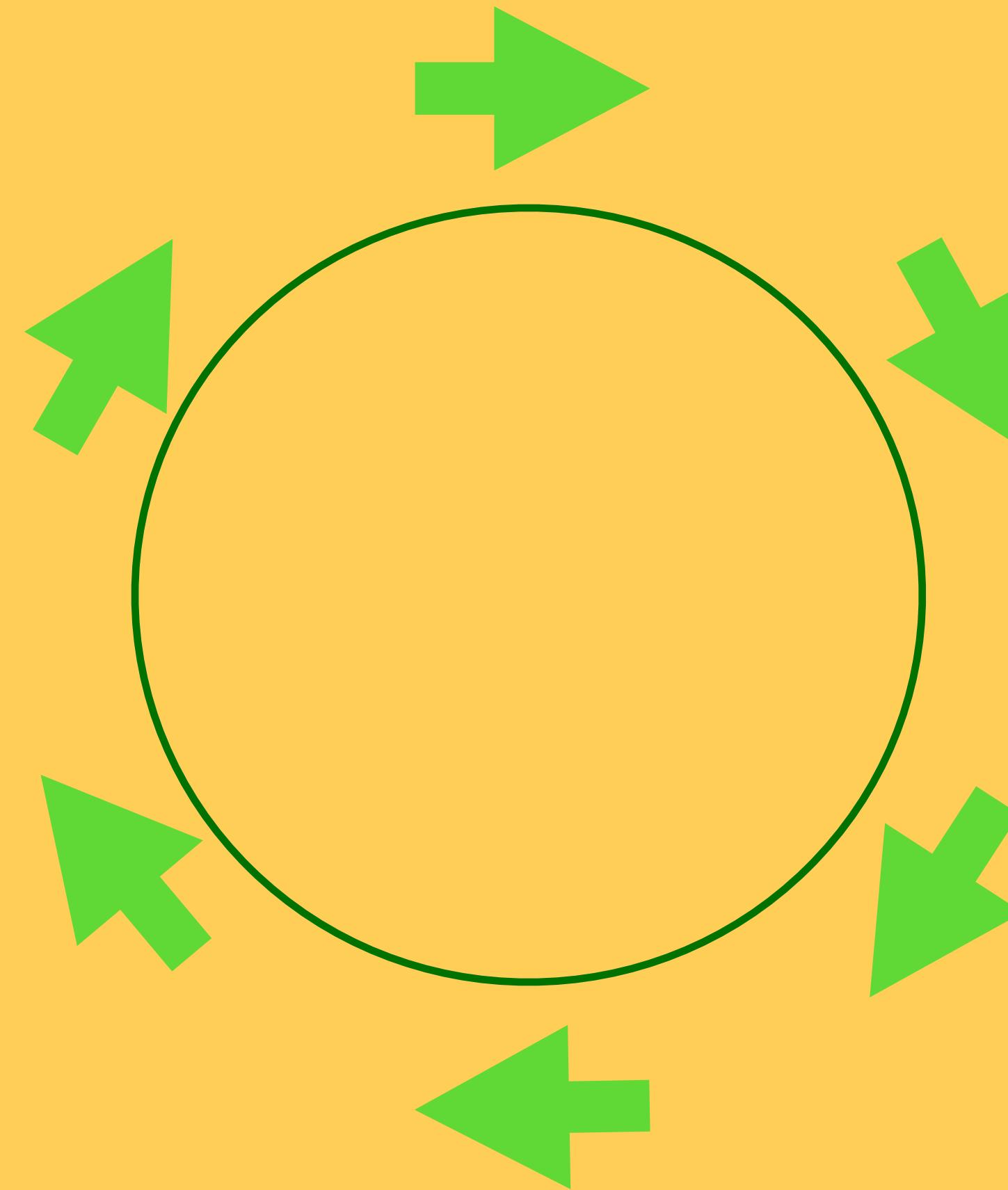


THE HEALING CYCLE

CURRENT CONDITION

UPGRADED SELF

The person comes to a greater understanding of themselves and others, with a new level of maturity



CHANGE OCCURS

Something happens to upset the status quo. It can be positive or negative

EXPRESSION

There is often a physical expression of this shock that needs to go through the person's system

ASSIMILATION/REFLECTION

This person requires time to reflect on what has just occurred and absorb what this means for them. They may also find old traumas coming back

WE CAN GET STUCK AT ANY POINT ON THE HEALING CYCLE

- Stuck in the **initial shock**: panicky, shaken, easily startled, and jittery.
- Stuck in **expression**: weeping, unresponsive, angry. We cannot get back to normal with our emotions.
- Stuck in **assimilating**: we just cannot accept what has happened, and we go over and over it. We talk to everyone about it and have endless therapy around it.
- Stuck in our **direction**: we are unable to move on with our lives, to move into the changed state/times/world we live in, to find our new direction. We dig in our heels. We act as if it hasn't happened. We cling to how things were and keep doing what we used to do as if nothing has changed.
- Stuck in our **old self**: we don't 'upgrade'. We don't allow ourselves to change, grow, mature. It seems like we are giving in or being disloyal or forgetting. So we remain who we were, and don't let life move us.

IN EACH CASE, WE TIGHTEN INTO A 'STORY':
STUCKNESS NOT MOVEMENT

ALL GOOD STORIES ARE BASED ON THE SAME PLOT:

ORDER - DISORDER - ORDER

We begin by being shown the current ORDER or STATUS QUO, which is quickly shown to be out of date and unsatisfactory for the hero of the story.

This is disrupted by a CATALYST (a shocking event), resulting in a period of chaos and disorder.

It moves things on. The way things have ‘always been’ is overturned. There is no law and no order at this stage. Different energies are jostling for supremacy. The hero has to seek a way through. They have to dig deep inside themselves to find this.

Eventually, a NEW ORDER emerges that is more balanced, more true, more current. The hero can inhabit this world authentically, fully, at a deeper level.

The ***full story*** is one of MOVEMENT.

WHAT ALLOWS THE WOUNDED
PART TO HEAL?

HOW DO WE RECOVER FROM
SHOCK AND TRAUMA?

WE EXPERIENCE THE NATURAL REGENERATIVE POWER OF



...AND LIFE

TENDERNESS AND GENTLENESS
SAFETY
KINDNESS
UNDERSTANDING
FREEDOM FROM PRESSURE AND
INTERFERENCE IN THEIR PROCESS
&
RESPONSIVE, GENTLE MEDICINES

These all support us in coming to a place of Acceptance with what is happening.
From here we feel safe enough to begin to feel how to Move with this.



WHAT IS HAPPENING SPIRITUALLY?

WHAT IF THIS SHOCKING EVENT WAS NOT
HAPPENING TO US BUT FOR US?

WHAT IF EVERYTHING ABOUT THIS WAS
OKAY?

WHAT IF THIS IS A SPIRITUAL EVENT?

WHAT IS THE POTENTIAL HERE?

The Hot House Flower and the Wild Flower



WHAT APPEARS TRAUMATIC AT FIRST
SIGHT

CHANGES WHEN SEEN
THROUGH THE REARVIEW MIRROR

