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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge

Hi present and former clients and friends,

I hope that the covid-experience left you unscathed, more deeply appreciative and grateful for your everyday life, and clearer and more defined about what matters most for you. I trust that you had a good and “recognizable” summer with some fun, relaxation and rejuvenation of your spirits.

TRAUMA



“Trauma shapes our lives. It shapes the way we live, the way we love and the way we make sense of the world. It is the root of our deepest wounds. Virtually all of our afflictions, mental illnesses, physical diseases stem from trauma. Trauma distorts our view of reality and leaves us stuck in contraction, defense and reactivity. It compromises our capacity to be in the moment, to be present to our relationships and to fully take in the environment.

*The wisdom in the trauma comes through when we realize that our traumatic responses and experience **are not us**, that we can follow all traumatic responses back to their source, work through them, let them dissipate and thus reconnect to the... (natural), unblemished (child) consciousness that we were born with.”**

*written by the filmmakers of the documentary “The Wisdom of Trauma” featuring Dr. Gabor Mate

In the inner world – the territory of buried feelings, inappropriate and invasive thoughts, unpleasant sensations and a storehouse of painful memories – the most powerful can be the most subtle. Such is the case with trauma in the system. It is actually not so much that the residue of trauma is subtle. It is more that it is so all-pervasive, continuous and long-standing that the person has just “gotten used to it.” It is just the way it feels to be him or her. It is just the way life presents itself and dishes things out.

continued

It is the experience of “the same shit different day.” Introducing trauma as a significant matter affecting the ongoing happiness, peace, competence and capability of the client is akin to introducing the reality of water to a fish. The fish has no concept or experience of it because it is in it *all the time*. All the time! And, to stretch the analogy, if and when a fish discovers water it looks to be an extremely uncomfortable experience, writhing as it does while beached on the shoreline. So too, in the early going, is it for the client who comes to see and has the willingness to face and heal the (polluted) water in which he or she has been swimming.

What is trauma? Trauma are the inner wounds or psychological depository of strong, persistent, negative emotional responses to a past experience(s), or reminders of an event. These inner wounds are created through an association between a powerful sensory event and the interpretation and meaning given to that experience, often in childhood. In many ways it is these very interpretations and meanings given at the time by the child or adolescent to the external events that occurred which constitute the strong and enduring thread (perhaps more accurately put, chain-links) that keep the trauma circulating for a lifetime within the person’s mind/heart/body system. What is produced is a **traumatic memory** that has corresponding somatic and energetic components – remaining locked, hidden and undigested in the body.

Not to make light of the massive debilitating and imprisoning effects of trauma, but to say it simply trauma is one of the worst and permanent cases of indigestion you can ever have. A present-day event that reminds one (often unconsciously and sometime randomly) of the past trauma triggers an overwhelming emotional-physiological reaction. As the repressed trauma breaks through into consciousness, the individual feels out of control and swept helplessly along by the flood of intense emotional and sensory reactions.

The state of consciousness often reverts to that of the time – childhood or adolescence – when the trauma first occurred. And the reaction is thus of the overwhelmed, terrified, violated, lonely and defenseless young person that the individual was at the time. Right before your eyes in the present you lose connection with the present-day adult consciousness you were a minute before. And instantaneously and often unknowingly regress, as you look on helplessly, to the 5 or 6 or 12 or 13 year old you were when it occurred. An essential component of the healing work is, with that very experience as it is re-lived, to remember, utilize and hold on to the more mature, functional and developed capacities, life experience and expanded worldview that you as the adult you are today can bring to the traumatized child, alive but not well, living inside you today.

How do you know that in any given moment trauma has gripped your being? The range of indicators can vary from the very subtle to the flagrantly self-destructive and harmful. Have you ever had a set of reactions to some event or to what someone said (or did not say), did (or did not do) that you knew was way out of proportion to what just happened? Have you ever experienced a strong, immediate, super intense judgment, dislike or even hatred for another? Equally so, how about a swept-off-your-feet adoration, veneration and attraction to another? Do you know an anxiety, nervousness, dread, or physical agitation and restlessness in your system that never goes away but only fluctuates in intensity? And how do you react to the above portrayal of the individual, and collective consequences of trauma depicted in the statement: “Virtually all of our afflictions, mental illnesses, physical diseases stem from trauma.”? And what about global trauma such as poverty, war, genocides, totalitarianism, and systemic cruelty and abuse? covid?

But rather than pontificate, how about if each of us start with “our own backyard”? Our natural resources and capacity for deep and lasting healing are truly impressive and immense. Our natural, authentic and spiritual deepest and truest self is begging to be heard from and cared for and, amazingly and wisely, can be the only teacher, guide and healer you will ever need. As Dr. Mate puts it in the moving and challenging documentary film mentioned above: “Addiction is the disconnection from our authentic self. Healing is the re-connection to our authentic self.” My thoughts exactly!*

*with thanks to the loved ones, psychotherapists and spiritual teachers that have helped guide me, including Lesley Skylar, spiritual teacher, some of whose words appear above.

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Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- constant, unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- dependency on alcohol, drugs, sex or shopping as a mood- enhancer
- family strife
- low self-esteem
- depression
- eating and sleep disorders
- internet addictions

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

**Cost - \$275.00 + GST per person (deferred payment plan available)
bursaries available to those in financial need**

**When: Saturday, December 4th, 2021
Sunday, December 5th, 2021
www.joelbrass.com
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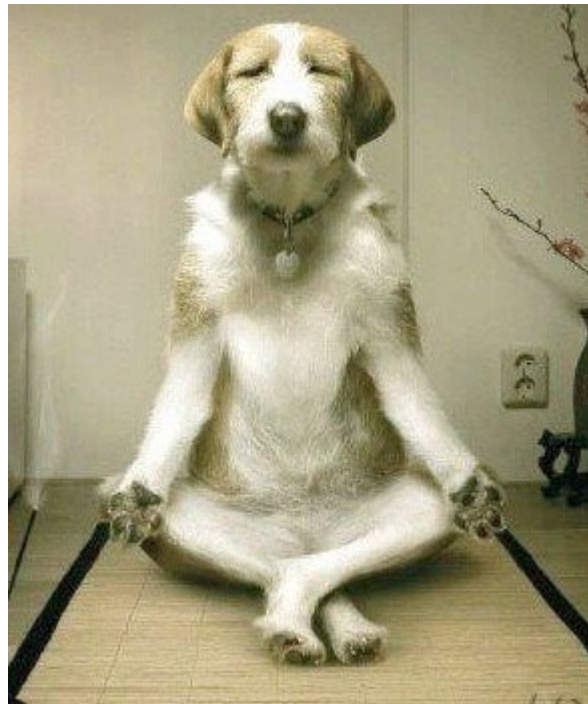
If you have further questions or would like to register contact:

Jason (seminar coordinator) at (236) 330-4703 /

seminarsjoelbrass@gmail.com or

Joel at (604) 535-4220 or (604) 732-9091

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