

A pair of hands is shown holding a dried rose and other dried flowers. The background is blurred, suggesting an indoor setting with warm lighting. The text is overlaid on the right side of the image.

Trauma and Spiritual Healing

Spiritual and Mental Health



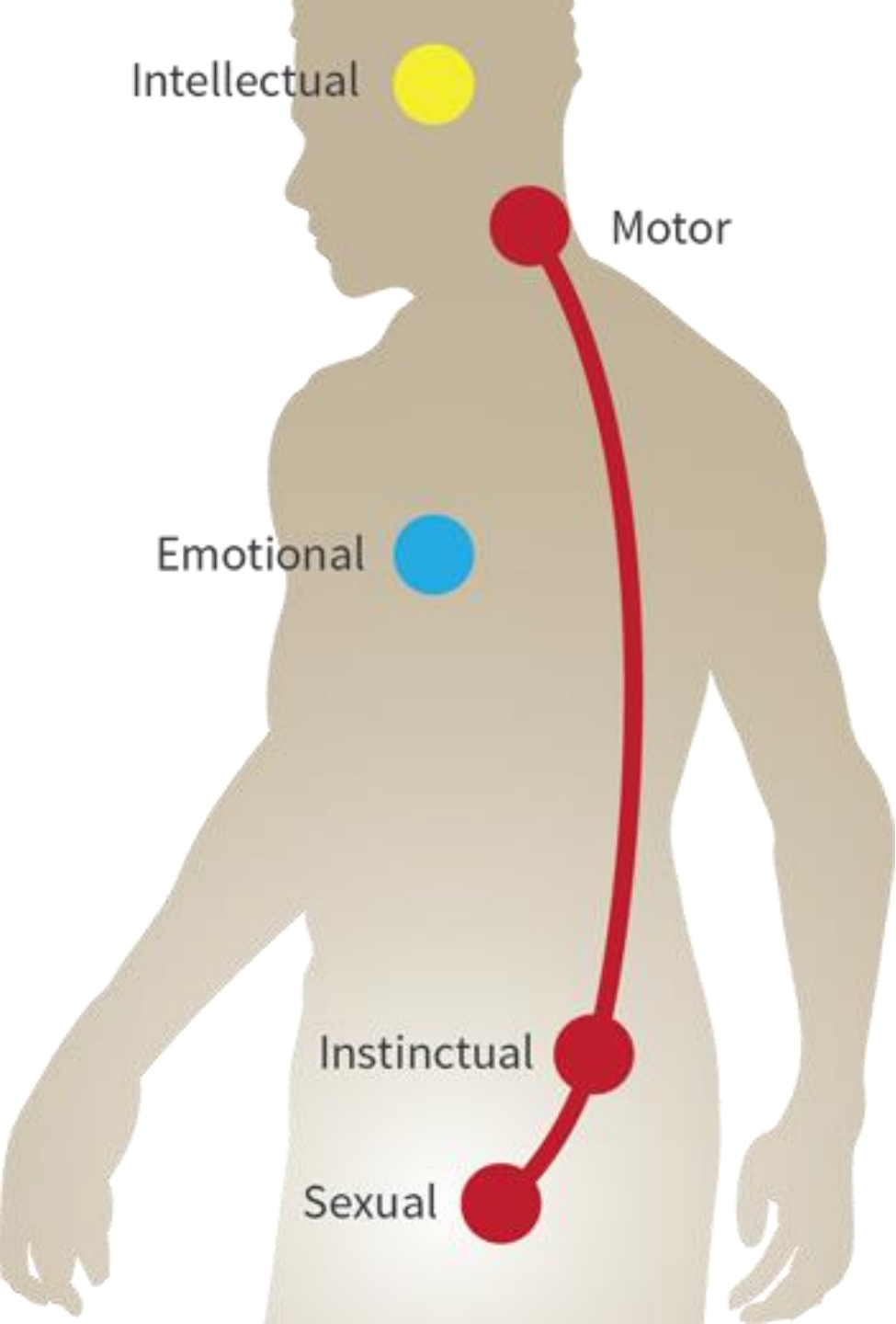
Process of Trauma

How trauma happens:

- **T**rauma vs. **t**rauma
- Situational or chronic
- Via commission or omission

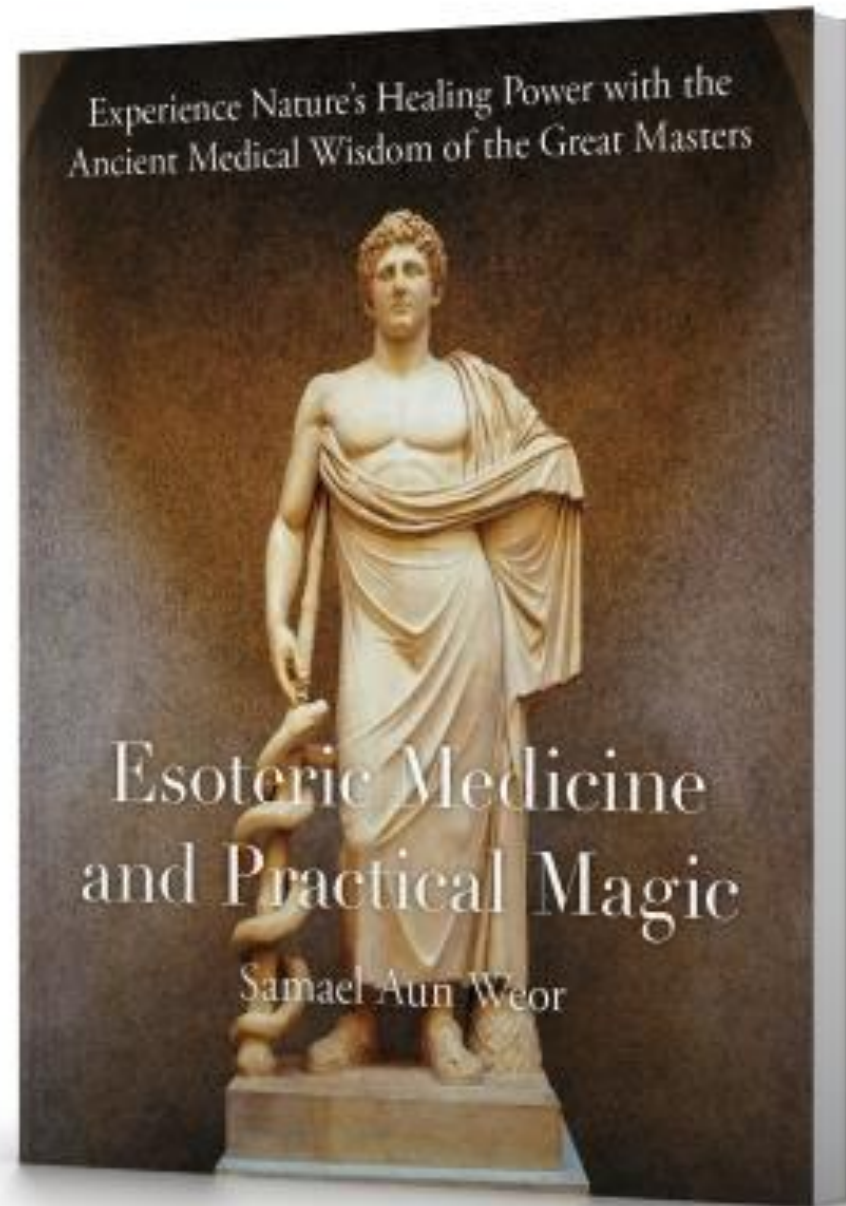
How trauma manifests:

- Affects nervous system and neural structure
- Provokes “fight, flight, or freeze” response
- Leads to seemingly irrational reactions



Traumatic Impressions and the Human Machine

- Impressions are the food of the consciousness.
- Unconsciously received impressions cause disequilibrium in the three “brains.”
- Untransformed impressions lead to conditioned behavior and thoughts.
- Meditation helps us to digest impressions and return to psychological equilibrium.



Methods of Spiritual Healing

A photograph of two red roses in clear glass tumblers filled with water. The roses are vibrant red with green stems and leaves. The background is a soft, out-of-focus light blue and white. The text 'Roses' is overlaid in a white, serif font, centered over the roses. Below it, a thin white horizontal line is followed by the text 'A NATURAL REMEDY FOR EMOTIONAL AND SPIRITUAL PAIN' in a white, sans-serif font.

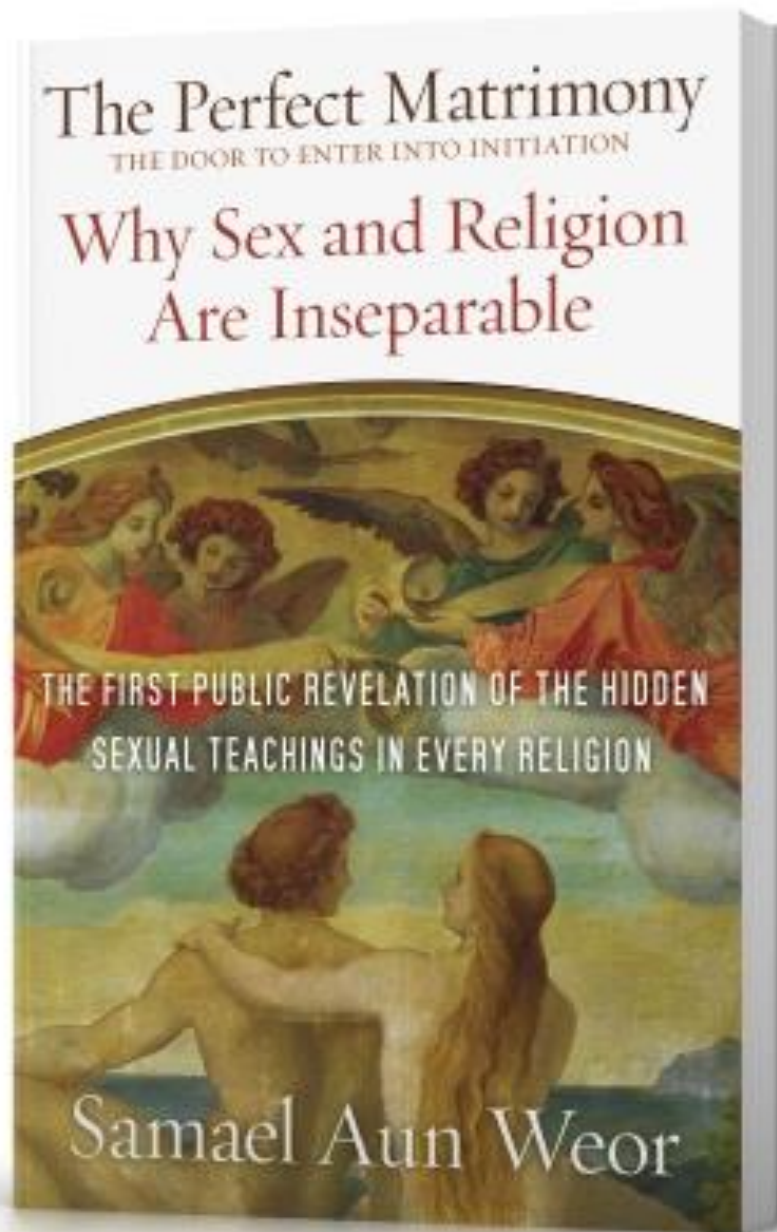
Roses

A NATURAL REMEDY FOR
EMOTIONAL AND SPIRITUAL PAIN

A close-up photograph of a hand with a ring on the ring finger, set against a background of sunlight filtering through trees. The hand is the central focus, with the ring clearly visible. The background is a soft, out-of-focus bokeh of light and dark spots, suggesting a forest setting. The overall tone is warm and natural.

1. Transmutation

Transforming and revitalizing our psychology with purity of sexual energy

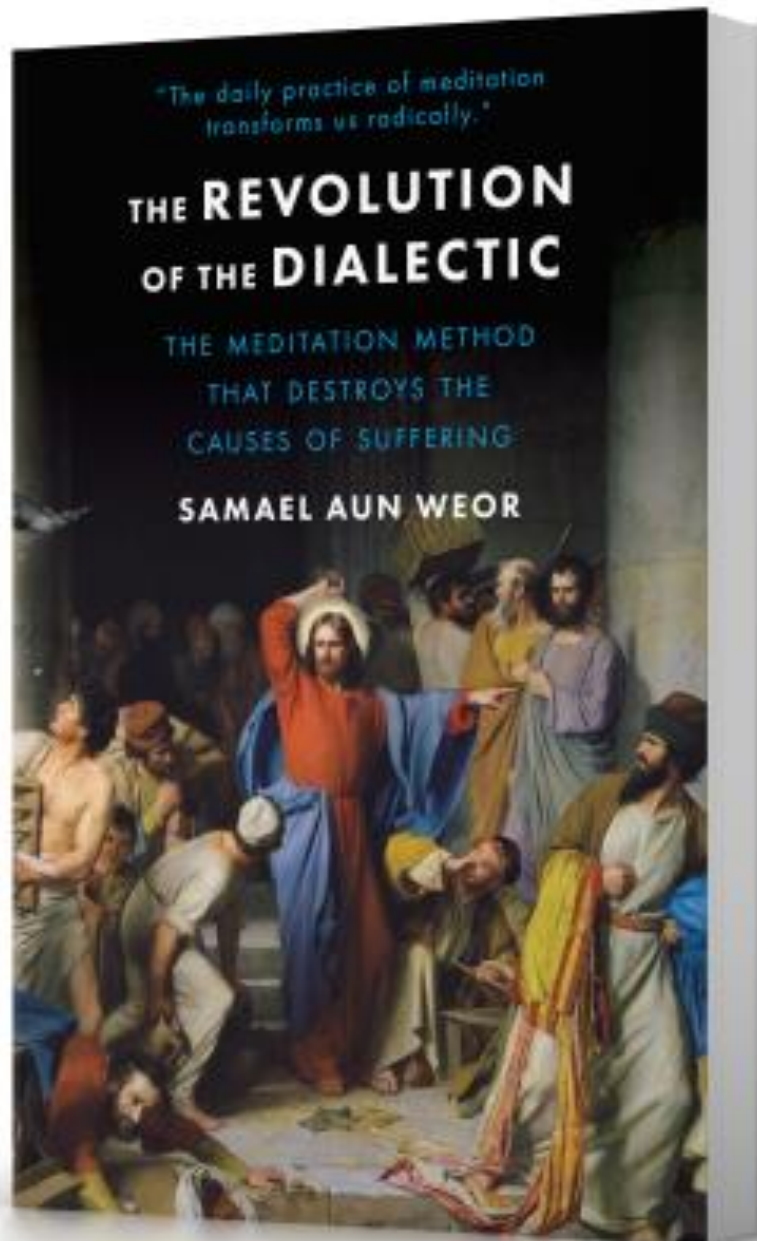


“Here, we are not dealing with a matter of believing or disbelieving, of considering oneself chosen, or of belonging to such-and-such sect. The question of salvation is very serious. One must work with the grain, with the sexual seed. [...] Only from the sexual grain is the Inner Angel born.”

A person with long, dark hair is seen from behind, sitting on a grassy bank. They are looking out over a body of water towards a sunset. The sky is a mix of soft orange, yellow, and blue. The person is wearing a light-colored, long-sleeved top. The overall mood is peaceful and contemplative.

2. Meditation

Comprehending deeply the causes of our suffering



“The difficulty of profound introspective analysis lies in ‘counter-transference.’ This difficulty is eliminated through structural and transactional analysis. It is important to segregate and to dissolve certain undesirable psychic aggregates that are fixed in our mind in a traumatic matter.”

Karma and Self-Observation

“We need to make ourselves conscious of our own karma. This is only possible through the state of alert novelty. Every effect in life, every event, has its cause in a previous life; but we need to become conscious of this.”

— Samael Aun Weor, *Tarot and Kabbalah*





“The law of action and consequence governs the course of our varied existences, and each life is the result of the previous one. [...]

Karma is the law of compensation, not of vengeance. There are some who confuse this cosmic law with detriment and even with fatality, believing that everything that happens to the human being in life is inexorably determined beforehand. It is true that the acts of the human being are determined by inheritance, education, and the environment. Yet, it is also true that the human being has free will and can modify his actions to educate his character, to form superior habits, to fight against weaknesses, to fertilize virtues, etc. Karma is a medicine that is applied unto us for our own good. Disgracefully, instead of bowing with reverence before the internal living God, people protest, blaspheme, they justify themselves, they stubbornly excuse themselves and wash their hands like Pilate. Karma is not modified with such protests; on the contrary, it becomes harder and more severe.”

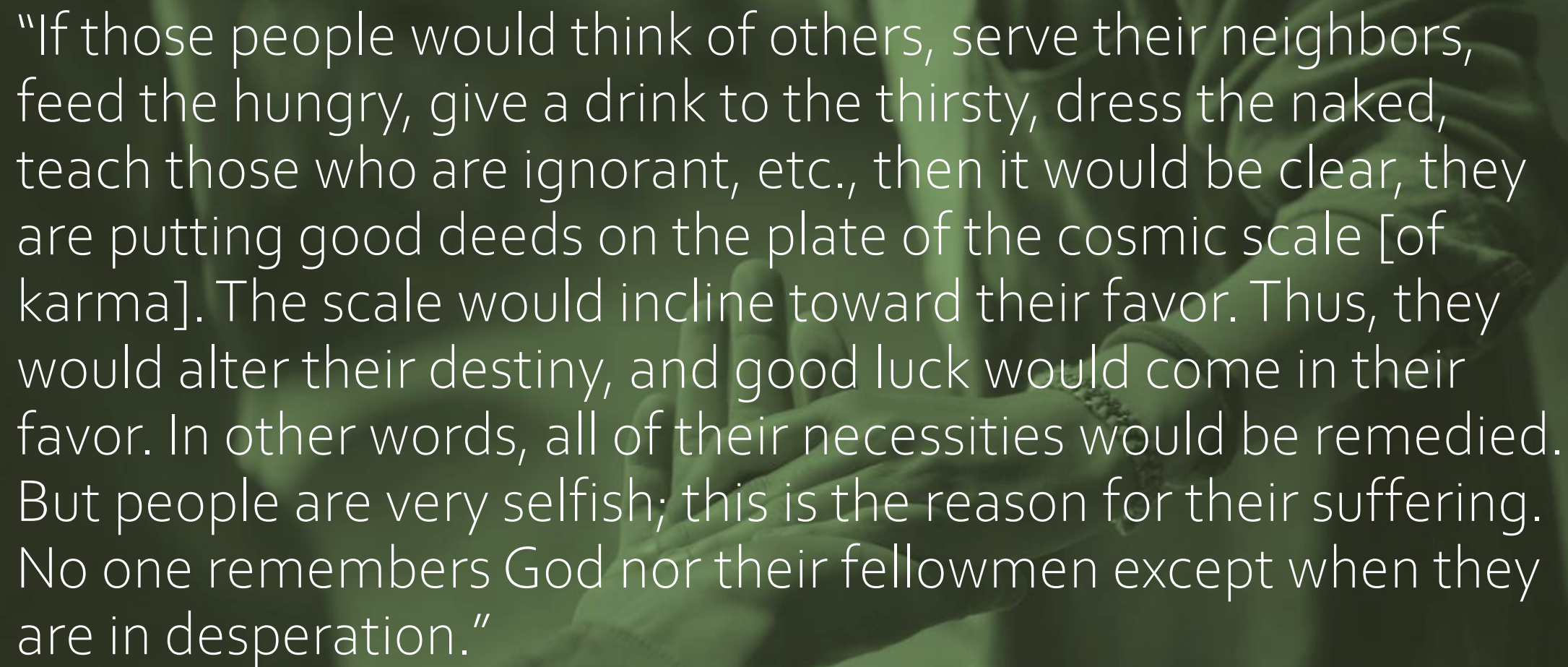


3. Sacrifice for Others

Performing acts to benefit others, particularly those who suffer similarly



“Many people who suffer only remember their bitterness and wish to find a remedy. But, they do not remember the suffering of others; neither do they remotely think of remedying the needs of their neighbors.”



“If those people would think of others, serve their neighbors, feed the hungry, give a drink to the thirsty, dress the naked, teach those who are ignorant, etc., then it would be clear, they are putting good deeds on the plate of the cosmic scale [of karma]. The scale would incline toward their favor. Thus, they would alter their destiny, and good luck would come in their favor. In other words, all of their necessities would be remedied. But people are very selfish; this is the reason for their suffering. No one remembers God nor their fellowmen except when they are in desperation.”