

Connection: Trauma's Healing Salve



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The Heart Nest

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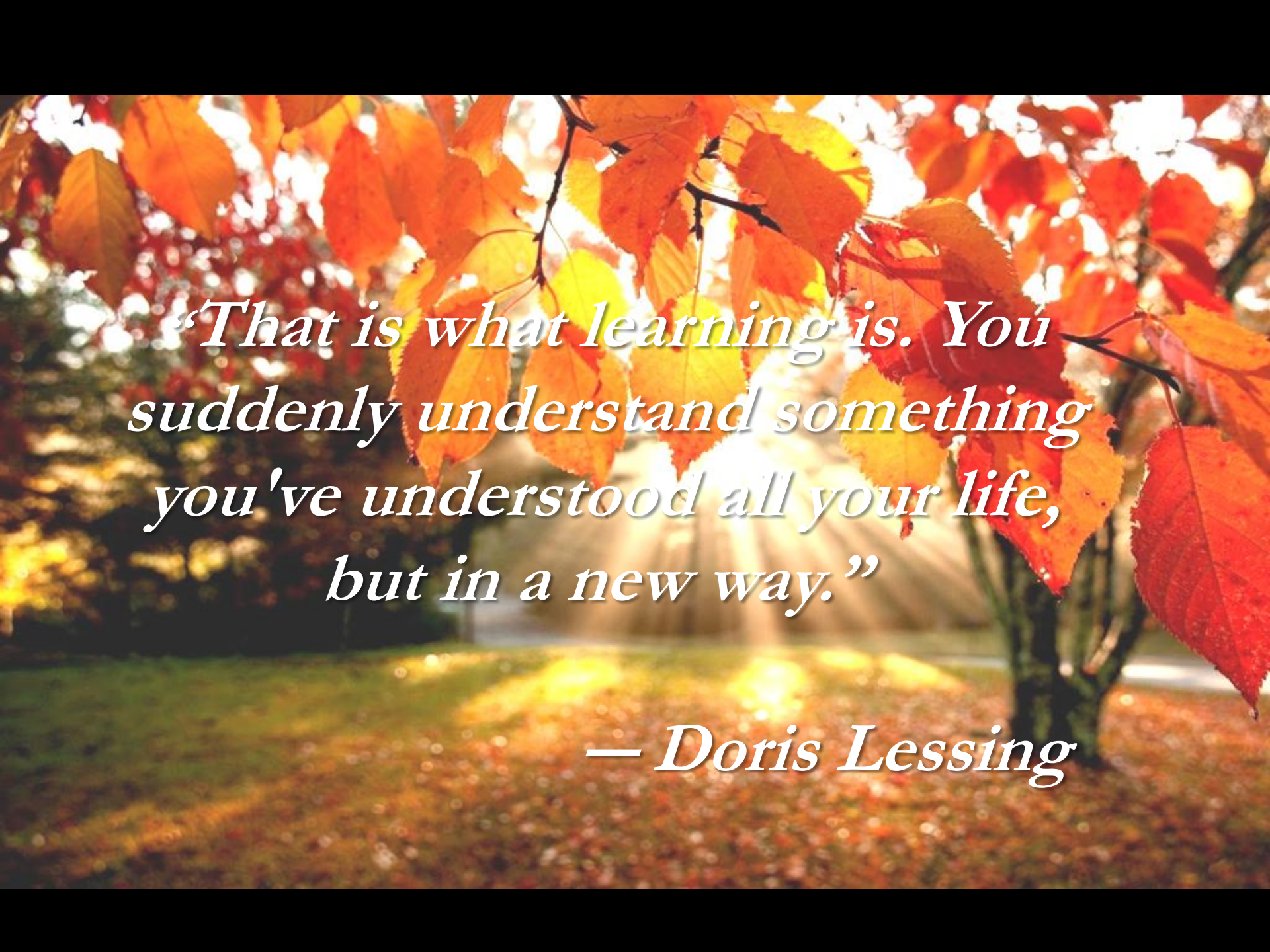
The Breath:

Setting The Intention



The Reunion...

- My Name is_____.
- I work as a healer for_____.
- My greatest challenge in this work is_____.
- My greatest joy in this work is_____.
- My intention for today is_____.



“That is what learning is. You suddenly understand something you've understood all your life, but in a new way.”

— Doris Lessing

Our stories.....

Lessons from “Big Mama”



Deepening Our Connection...

- Intention
- Presence
- Attunement





Lifting the Veils...

- **Mind**
- **Body**
- **Spirit**

Connection and The Mind...



Connection and the Body...

∞ Mirror Neurons

∞ Poly-Vagal Communication



Connection and Spirit...

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.”

— Chief Seattle

Lifting the Spiritual “Veils”

- Touch
- Community
- Prayer/Intention
- Vulnerability
- Love

Vulnerability

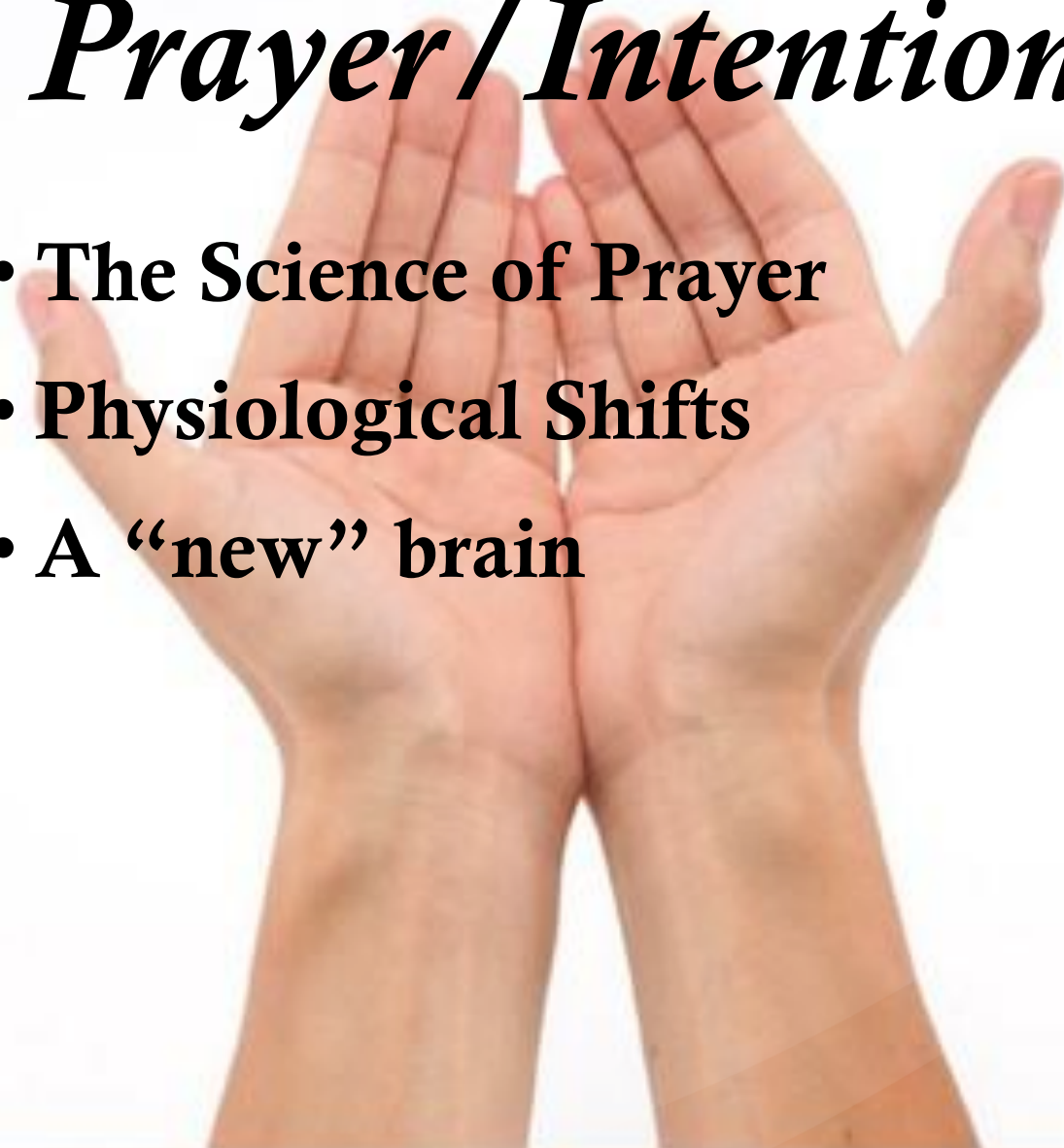


*“Being vulnerable is the only way to allow your heart
to feel true pleasure ..”*

-Bob Marley

Prayer/Intention

- **The Science of Prayer**
- **Physiological Shifts**
- **A “new” brain**



The Journey...



“And you?? When will you begin that long journey into yourself?”

- Rumi

Ritual and Healing

(Achterberg et al., 1994)

- 
- **Separation**
 - **Transition**
 - **Return**

The Power of the Group



A close-up, low-angle shot of a person's feet walking barefoot on a gravel path. The person is wearing blue denim jeans that are rolled up at the ankles. The path is made of small, light-colored stones, and the background is blurred, suggesting an outdoor setting. The lighting is warm, possibly from the sun being low in the sky.

One Step at a Time...

- Establish a practice
- Ask for help
- Be patient
- Sacred pauses
- Fall in love

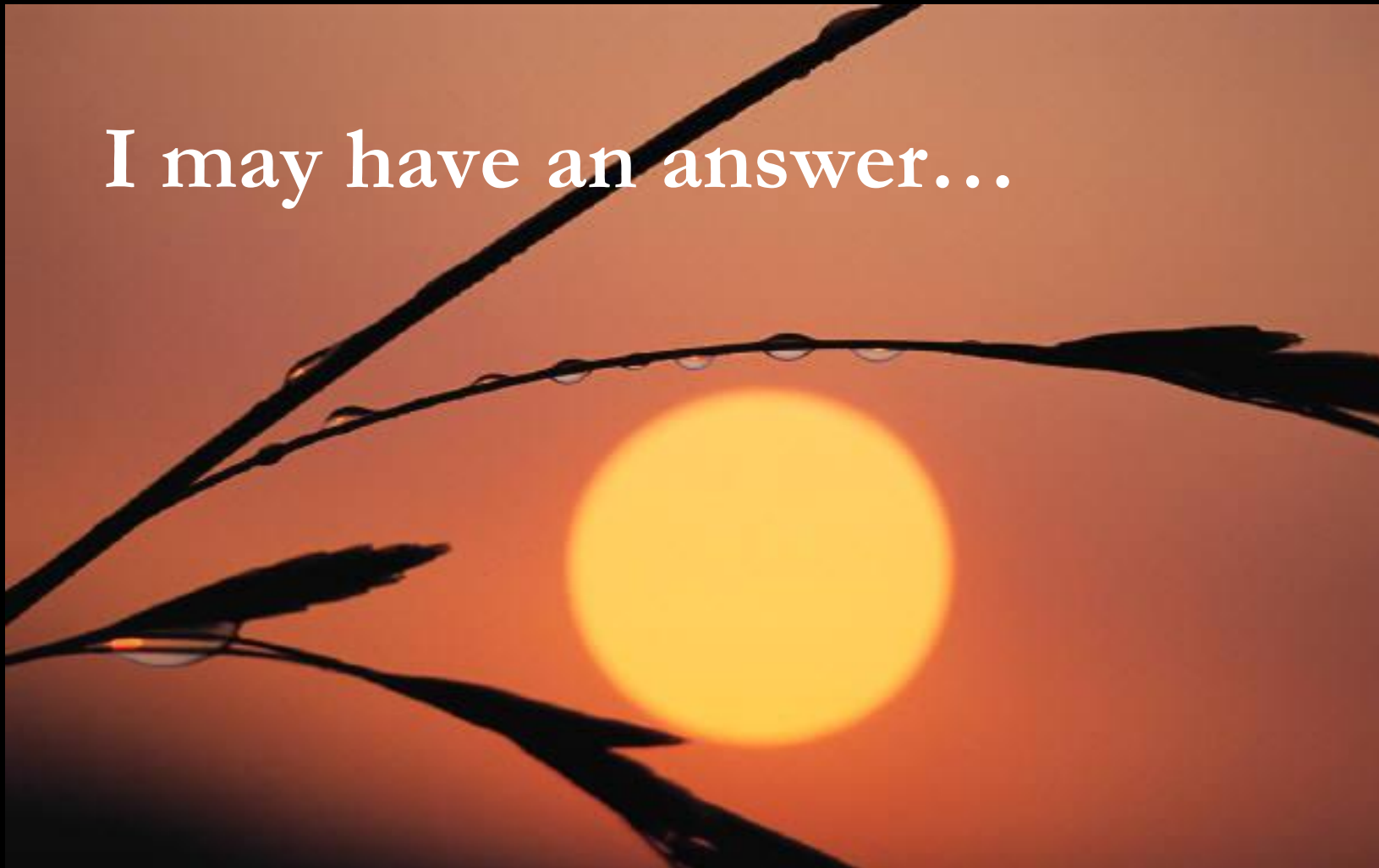
“For the healer to be a true healer you must have a heart full of love and mercy and peace. This will be the secret of your ability to heal. To carry these qualities is the secret of healing.”



- Sidi Muhammad al-Jamal

Any Questions?...

I may have an answer...



Keeping in Touch...

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