

Facing Fears and Dealing with Trauma

“When there is fear love cannot exist” –This isn’t just some cheese quote, it is actually science!

We all have trauma. Some experiences are worse than others, some easier to deal with. For many we pretend we aren’t dealing with trauma and thus keep our survival brain operating instead of our socially engaged learning brain. This hurts us all and gets worse with time. Trauma impacts your physical health, relationships, and ability to be successful. Is it time you faced your fears and healed your trauma?



As we move through this season of endings and watch Mother Nature let go, it’s a good reminder to reconnect with parts of ourselves that have been wounded and ignored.

During this time of year many holidays and spiritual practices focus on reconnecting us with the past, honoring those who have come before. It reminds us that we’re connected to a much larger system – nature, family, seasons, history, ancestors, and even traumas.



I do not have any connection to this movie, I just really like it! I like the expression of spirit of how important it is to honor our ancestors and ourselves at the same time while holding space for all that the family story may contain

Trauma and relatedly fear keeps us stuck and living as though something bad will happen. This year what might happen if you faced your fears, looked deeper at your family stories, beliefs, patterns, and trauma to truly heal your body and soul?.

The way the brain is set up, the amygdala is wired to help us understand danger, where it comes from, and what to do about it. Its signal inspires for us to get away from things we deem as dangerous. Unfortunately sometimes things we believe are dangerous are just what we believe, they truly aren't dangerous for us, but caught in belief patterns of fear based on past experiences. What they are doing is hitting the danger, danger, danger button of our brains based on past experiences. It is linking to times when we were afraid or when our ancestors were in danger. But it may not be true today.



“Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity.” – Henry van Dyke

When the amygdala gets going it can be hard to break from the cycle of fear. This is part of what is not working in Post-Traumatic Stress Disorder (PTSD). As a result of a traumatic experience – physical or mental – our nervous system gets high-jacked. This high-jacking keeps us “looping” in hyper-vigilant states looking for what is wrong, even after the danger is over.

In addition to being on edge for what danger is coming at us, we can also go into what is known as a hypo-arousal state. This numbed out feeling, lack of connection, and sense of being apart from our experiences is a survival mechanism to keep us alive. Often we bounce between the two states and feel more and more fearful and confused.

Our bodies are pretty brilliant when it comes to making sure the species goes on. However if we do not heal traumatic wounding and reset the nervous system back toward health it wreaks havoc on our immune system, cardiovascular system, our relationships, our ability to work, and our concentration and thoughts to name a few items. Research continues to link trauma to a number of chronic conditions, like chronic pain, cardiovascular disease, obesity, sleep disorders, headaches, and digestive issues. To heal it we must work with our dysregulated state and allow ourselves to build capacity to stay present to what is happening in front of us now, not what we have experienced in the past.

