

trauma tightens our filter we receive information thru- unresolved, the constriction continues **making it hard for any new information to enter**

the sense of belonging we feel in **community** lubricates and **allows the ability to loosen**

trauma notes

from Inspired Release

the resonant space we experience in **conversation(s)** - which includes our music, ways of sharing process, and the unsaid, **expand our filter's spaces**

gauzy now, our filter allows things thru while **layered enough, expansive enough, soft enough**, to still filter, allowing us to **engage with life more fully**



trauma
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