



understanding trauma,
healing & liberation



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People tend to think of
TRAUMA as a certain type
of event or circumstance
that happens to you.

however, **TRAUMA**
includes what happens *in*
response to an event ~like
how we (not just you), make
sense of and relate to
what happened



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unresolved TRAUMA
hollows us out,
allows something else to
step in as ourselves

COMMUNITY & CONVERSATION
allow us to
remember
who we are



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without the supportive,
honest edits of
COMMUNITY & CONVERSATION
all sensed information is
filtered through our
unresolved **TRAUMA**



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our overculture is set up to
keep us from having
time, energy, desire to
engage deeply with
COMMUNITY & CONVERSATION

it knows **COMMUNITY
& CONVERSATION** are
powerful tools of it's
dismantlement,
antidotes to its' poison

DO YOU?

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it is actually difficult to be
violent(complicit) when
you're engaged or willing to
be in honest conversation

our overculture signals the
values of those it's in
community & conversation
with most~ prioritizing
systems bred violence
dressed as protection,
over care



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**as we liberate ourSelves,
heal our trauma, and
create new culture-
we center & strengthen
healthy, supportive,
challenging relationships
with ourSelves and each
other (including our
elements, nature, other
beings, etc.)**



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