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## Meditate with Virginia

Wednesday March 17, 2021 at 7:00 pm MST

Everyone experiences **trauma** in life. It's inevitable. Sometimes the trauma is easily reconciled within ourselves, but often trauma devastates us on multiple levels, altering the course of our life. Ultimately the impact that a trauma has on our life is up to us. It depends on how we choose to think of the trauma, how we choose to think of ourselves, and how we choose to think of the relationship between the two.

Often our first response to trauma is to **deny** that it has occurred. This can protect us from being subjected to worse trauma until we are in a space of safety. Once we are safe, we might begin to believe that, while we did in fact experience trauma, it is all our fault. As a result, we embody a terrible burden of undeserved **shame**.

From there, often with the help of others, many move on to the understanding that the traumatic events were beyond our control and they were not our fault. Rather we were **victims** of them. This realization can allow us to release shame that we have mistakenly taken on, for example in cases of sexual, physical and/or emotional abuse.

We might then choose to move on to another level of response to trauma. At this level we come to see that even though we were "victims" of trauma at the time, we are now actually **survivors** of it. We are still here. We are still alive! Recognizing ourselves as *survivors* allows us to begin to reclaim our personal power, a huge step forward on our journey of healing from trauma.

*Every* step we take in our response to trauma is important. *Every* level of healing that we attain is an incredible victory for us, and we can be proud of our **courage and resilience** all along our path of healing from trauma.

Some people choose to take yet another step along that healing path. While acknowledging ourselves as a *survivor* is a fantastic accomplishment, we are still defining ourselves in term of our past. To move beyond this, we can choose to become **thrivers**. We can free ourselves of the past by beginning to define ourselves in terms of the present. We still acknowledge all events of our

past as gifts that helped us to become who we are today, but we no longer are controlled by nor **define ourselves** in terms of those past events. We no longer allow our past to limit the future we envision for ourselves. We are no longer just participants in our life, we have freed ourselves to be the conscious **creators** of our life. As we are meant to be.

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## Reflections

Watch: “Are you a Victim, Survivor or Thriver?” by Sevi’s School

Link: <https://www.youtube.com/watch?v=wzIXJiGWgRI>

Reflect on the following:

1. Draw a picture of a traumatic event from your past.
2. How did that traumatic event affect your life at the time?
3. How is that traumatic event affecting your life now?

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## Meditation

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Watch: “Are you a Victim, Survivor or Thriver?” by Sevi’s School

Link: <https://www.youtube.com/watch?v=wzIXJiGWgRI>

Then meditate on the following, or just let yourself drift if you prefer.

1. Set a timer for 30 minutes. Make yourself comfortable in a quiet place.

2. Let yourself revisit a traumatic event from your past.
3. Allow yourself to experience how that event affected you when it happened, and how it is affecting you now.
4. If this event is now holding you back in some way, and you want to move forward, allow your mind and heart to explore ways in which you can do so.
5. If this event is not holding you back now, repeat steps 2 through 4.
6. After 30 minutes, gently come back.

Yes, we all experience trauma in our lives. It's inevitable. Some traumas will affect us our whole life, but even so, we do not need to allow these effects of past trauma define us now or determine our future. That is up to us. So, go for it! Be the person you want to be. Create the life you want to live. You're worth it...

With Love,

*Virginia*

Please note: I am, and always have been, nondenominational, interracial, nonpartisan and multicultural. I love and support *all* people equally. I choose particular songs and videos only to help communicate aspects of a broad, all-inclusive message of Unconditional Love.