

Trauma **Entering a healing relationship with Trauma by getting to It.**

This is about the origin of Trauma, but only in the Western Cultures. I don't mean to suggest that Trauma isn't running wild in other cultures for it obviously is. It's just that I'm an American from the United States and while I am deeply sad about Trauma in all cultures, the only possibility of me having any affect on diminishing the cause of Trauma is within my own culture, and only the English speaking segment. I have no fluency in any other language.

In the Western view of life, in the beginning is Creation and I'm not too sure about the ending since I haven't been there, at least not in this life. A couple of times I was within its grasp, but fate had ordained otherwise.

For some beings it's cell division, and then pop, there is a clone. For insects such as bees and ants it's community from birth to death where the eggs are well cared for and protected and the newborn immediately have a role in the survival of the group. For the bugs that are laid under a leaf, hope the cow doesn't eat you.

For others there are eggs that are laid, incubate externally like in warm sand along a river or on a beach, and then hatch. For turtles it's all about survival: in the sand, on the way to the water, and then in the water.

For fish, reptiles and amphibians sometimes it's lay and see you later...hope you make it. For other's it's all about hunkering together in your age group...schools of hatchling fish staying together until death do us part. In other births like for crocodiles the mother protects her offspring by carrying them in her mouth from their place of hatching to a protected waterway and she remains with them for about a month. After that, you're on you own.

With birds there are parents and they protect the babies until they can take care of themselves except for when food is scarce and there is more than one hatchling and then it can be only the strongest survives for the strongest will kill or drive the siblings out of the nest to their death.

For mammals like the herbivores, say for giraffes it's "Bombs away" and the newborn drops to the ground, kerplonk or is it kerplock? Then for other's it's a more gentle homecoming with the birth being level with the ground. As soon as the birthing is complete mom pops up and begins immediately to lick clean the newborn to rid it of the smell of birth so as to keep the predators from closing in on the smell of blood. The newborn once cleaned, it's better get up pronto and get those legs working for the herd is already on its way to the next pasture and what better target for predators than a newborn calf and it's mother. For carnivores it's an extended family life like for coyotes, wolves, and lions or more insular family life like for bears where the mother takes care of all.

For us humans, birthing can be squatting, birthing chairs, pool births or lying down. Now for what makes us unique from all other beings, it all depends upon the mental state of the parents for what happens next. It's definitely more nurturing and communal in tribal cultures unless you're born with a defect. In agricultural cultures it's all about the extended family. But for the largest industrialized and most aggressive military cultures, some parents have that nurturing thing and others don't and if you are born into a society like the one in the United States where the most precious value is Individuality then good luck...it's a matter of tossing the dice, woops, craps.

Crap shoot, the draw of the cards... a matter of luck. Sometimes it's good and sometimes it ain't. As they say, "When is good it's real good and when it's bad, it's real bad." We all know what happens when it's good, but I'm not so sure that most of the people who would be reading this article are people who have lived the "real bad."

Well, in a way all of us are living the real bad in that as a species the humans are pretty much out of control and are actively destroying the resources that have allowed us to survive and unfortunately, for all other life, to dominate. In that light, you know, pollution: water, air, land = Global Warming, droughts, starvation, and if that wasn't enough, humankind has a group that endeavors to get their way in the world through war. Of course, no other species attempts to wipe itself out. I mean even death viruses have enough sense that before they consume their host; their offspring slip over to another body that is still healthy. Not humans...every great civilization tends to destroy its environment and then dust to dust.

This article isn't a criticism of human choice for in my experience it's just that it's not in the human gene pool to have common sense and without common sense then how can there be choice? All the migratory animals know not to destroy themselves by remaining stationary when their environment degrades as it does every year which gives rises to mass movement to greener pastures. Also all the poop that is dropped is then spread out over a greater area and instead of causing disease it fertilizes the ground to prepare it for the next year's rain. Not city living humans. They poop where they live and multiply and thrive and continue to poop where they live. I mean where is the common sense? There isn't any. Oh, people with technology will pipe it and dump its partly processed poop into the ocean...deferred disease, but these same people won't process the runoff from their agricultural fields carrying the fertilizer residue into their drinking water when it rains. Cancer, Autism, Immune System problems...Hello...anyone home?

For us city dwelling "go get em" folks it's all about NOW and the near future...not about the long run. Greed is another word for it and greed is as American as Mom and Apple Pie. Take it and take all of it until there's no more. \$ in the hand is worth it all, never mind the two in the bush. Just think that at one time the buffalo roamed freely with food for all, and then the entrepreneurial Americans figured that by killing all the buffalo, thus getting rid of free food, in their place they could herd cattle and then they could charge for putting beef on our plates. Money, money, and more money. Take all the people off the land where they could grow their own food, and put them in little boxes called apartments and houses and then everything they eat can cost. More money, money and more money. They're after privatizing the sources of water so that water can be charged and if they could they'd go after the air. It seems that it's just all about control and charging for everything.

But is it really greed? If it looks like greed, tastes like greed, and feels like greed then It's Greed...ah, but not necessarily. I mean to suggest that it might be something else. I know that greed has something to do with having and not practicing values of sharing. However, doesn't this require free will and choice? I mean can you be greedy without free will and choice?

Somehow if I was greedy, but didn't have free will and choice, then yes I would be taking more than my share, but I wouldn't know it because in my mind it's mine. I guess it requires the presence of ethics and values for greed to exist, and if I had no free will and choice then values would be non-existent. My behavior would still be present,

but there would be none of the judgment, which the word “greed” requires for it to have meaning. I would like to ask, “Doesn’t this make sense?” However, again in my experience I have to suggest that Western humans, like all peoples, lack common sense at birth and it rarely ever develops, but once in a while it does. Ok, at birth, no common sense, just urges and reflexes such as sucking for nursing because we civilized scientific Western minds have concluded that humans don’t have instincts, only animals have instincts. Hmmm. So much to ponder; it could almost start to hurt my head. Animals know what to do at birth and humans don’t and yet we claim we are the “Higher” organism. An interesting conclusion.

But the Western theologians are adamant about people having free will and choice and that is the foundation for heaven and hell, good and evil. The Creator gave humankind free will and choice and the instruction books (The Torah, The New Testament and The Koran) on how to behave. Yet, unfortunately The Creator forgot to leave the manual on how to do what we are supposed to do. Do this, don’t do that...it’s all very clear...but not a word on how we are to do or not to do these things. I mean look at the supposed first case of poor choice and free will. The first time that Adam and Eve supposedly used their free will and choice they were punished and thrown out of the only home that they had ever known; being tossed from ease into hardship. Well, that’s hardly reinforcing for using free will and choice. Just put your self in their footprints...they didn’t have shoes or any other clothing...didn’t need them. I guess urges didn’t exist at that time.

Hi di hi, hi di ho, snake and an apple. “Pssst. Lady, Come over here. Yes you. Come over here and lookie at what I got.”

“I haven’t seen you around here before. What you got there?”

“An apple...Like mom and apple pie.”

“Mom? What’s that?”

Woops, uhhh, ummmm. “Noo, it’s not about what’s mom. It’s about what’s an apple. See, so nice and red and delicious. (Funny that in Snow White the apple, which looks so good can be so bad. But what about, “An apple a day keeps the doctor away?”)

“Can I see it?”

“See it. Hell, (ha, ha, ha) of course you can. You can not only see it, give it a touch”

“Well I don’t know. I guess a touch couldn’t hurt, could it?”

“Hurt? Nah. How can a little touch hurt anything? That’s right. That wasn’t so bad was it?”

“Umm, no.”

“Of course not. So, how about giving it a wee bit of a bite and then if you like it why not just carry it over to your hubby and give him a peek and maybe a peck also.”

“La di da, la di doe. Hey Adam, come here and see what I got.”

“What that be?”

“An apple. Want a bite?”

“Sure do. I always want to try something knew. (Spelling is correct.)

Chomp. “Yao Wee Wow, you’re naked. Whoopie.”

Thunder and lightening, a howling wind, whistling clouds... a hand reaching down with the finger pointed at them.

“You did it. I saw ya. Now you’re in for it!”

Wait a moment here. Did what? Took a bite of the Tree of Knowledge. Well, before taking that bite they were completely without knowledge. Knowledge came with the bite and so then how could Adam and Eve have had free will and a choice before that bite? So, (I love logic) if there wasn't free will and a choice before taking a bite from the apple, then they were innocent I tell you. Innocent and thrown out of Eden on a Trumped Up Charge. They chose to defy The Creator...No they didn't. They didn't choose any such thing. They didn't know what they were doing because up till the bite they had it all given to them from the moment of their creation. No need for anything that wasn't provided free of charge. Sure they were told not to take from the Tree of Knowledge, but then they had no knowledge by which to obey this command. Sure, after they took a bite, well then if they did it again now that they had knowledge, OK, out you go to suffer in the wild. But, come on. Be reasonable. They were condemned to be outcasts and so have all their offspring from that time to the present, and they were innocent I tell you. I demand justice and compensation. Justice and compensation.

"Wow, man. This isn't what this article is about. It's about Trauma. I mean just look at the Title."

"Yes, you're right. It's all about Trauma and **JUST WHAT DO YOU THINK TRAUMA IS? IF EVE AND ADAM ARE THROWN OUT OF EDEN ON FALSE CHARGES OF WILLFULLY HAVING MADE A CHOICE TO VIOLATE AN EDICT OF THE CREATOR AND UNTIL ADAM BIT FROM THE APPLE HE HAD NO KNOWLEDGE, FOR IT REQUIRES KNOWLEDGE TO HAVE FREE WILL AND CHOICE, THEN THEY WERE INNOCENT. INNOCENT I TELL YOU. INNOCENT.** If that ain't trauma, I don't know what is. Nothing more traumatic then to be doing time and never had done nothing.

"**WE'RE INNOCENT. WHY WON'T ANYONE BELIEVE US?**"

Well, you kind of got to look at the credibility of the Witness. The snake was the only one there. No witness needed when the all-knowing Creator is in the house.

Well because The Creator is all knowing then the crime that led to the expulsion from Eden was always in the Master Plan, and so all Adam and Eve were doing was what they were created for. I mean what is the lesson from their expulsion. Screw up once and Pay Big Time. Did that help? Has it ever helped? For wasn't the next big lesson when people messed up the flood? The Creator threw out the Baby with the Dish Water...I mean **WHAT A FLOOD.** And how did that ever help anything? I mean look around and my **GOODNESS...** what a mess.

TRAUMA in capital letters...that's the result of The Creator's response to the famous apple fiasco. I mean, how did Adam and Eve feel when they suddenly had the knowledge to know that they had made a mistake? I mean if they hadn't eaten from the fruit of knowledge I guess then that pretty much would have been the end of the Creation Story. Adam and Eve living forever in innocence...no children...just them.

"Once upon a time The Creator completed creation and Eve being the last creation just hung out in Eden forever with Adam. The Never End."

The Greatest Story and the only Story ever told and all in twenty-five words if "The Never End" is also counted. Hey, this could be the Never Ending Story. Succinct, to the point, and I guess Adam and Eve would be the only ones to ever have heard this story. I mean from each other. I guess all of us wouldn't have had a chance at life. Not much of a story.

So with the expulsion, the story was able to keep on going and maybe that's the reason The Creator did that to them. But did anyone ever get to know how Adam and Eve experienced this?

"You're out of here. Go into the wild and suffer you, you ungrateful beings, you."

"But Dad, we're sorry."

"Sorry nothing. RAAAAAAAAAAAA. Be gone."

Whimper, if they had tails they would be tucked under their legs. "Ow, Uh, eak, oh, waaa."

So out into the wild they wandered, bare feet stuck with thorns and stones.

"It's all your fault. If you hadn't given me the apple none of this would have happened."

It's an interesting point that when Eve bit into the apple nothing bad happened. It was only when she brought the apple to Adam and he bit into it that the storm of The Creator's wrath struck them. Is this chauvinistic? Hmmmm. OK, not good for them, but what of the snake... The Creator tore off its arms and legs... Wow. Intense. The snake... what got into the snake that... now was the snake also told by The Creator to keep his hands off the Tree of Knowledge? I mean did anyone ever wonder what got into the snake? I suppose the snake just woke up one morning and visualization took place of picking an apple and handing it off to Eve... wonder where that visualization came from. I have to wonder whether the snake had some kind of relationship with Eve that would justify this behavior or was it just in the script? Then I have to wonder how the snake felt about this, being cast as the bad guy? Probably pretty resentful. There ever after because the snake couldn't reach The Creator for revenge so the snake went after the nearest victim... Mankind who was created in The Creator's image. Can't really blame the snake can you? Can't blame the snake for having hissy fits. Hsssss.

To be rejected by The Creator and subjected to punishment that felt like torture definitely could cause Trauma and the subsequent and yet the first Post Traumatic Stress Disorder Experience. **So, from the very beginning Trauma was the major influence on the history of humanity.** I wonder what the Trauma was like for Isaac when his father was about to impale him with the sacrificial knife? Trauma. True the angel held Abraham's hand back at the last possible second.

"Thanks Angel."

But for Isaac... hmmm Shear terror and the impact on his psyche... terrifying. Trauma reinforced... the expulsion, then the flood, then the near sacrifice.

"Dad, were you really going to sacrifice me?"

"Well, The Creator told me to, what else could I have done?"

"I don't know, maybe tell him no thanks."

"I couldn't say no to The Creator?"

"So if the Angel hadn't arrived in time, you'd of done me in?"

"Would have had to, Son. You know how it is."

"How would you have lived with yourself if you'd of done it?"

"The Creator moves in mysterious ways. It's not for us to question The Creator,"

"Well, from now on I'm not so sure how I'm going to feel about hanging out too close to you."

“But think of it son, when they write about this. You’re going to be exalted right along with me. We’ll be famous. Man, that was exciting. Can’t be more on the cutting edge than that.”

I wonder if The Creator took that to heart. Aahhh, nope. That’s what led to Jesus, being willing to go along with it all the way to the Cross. And when he turned to The Creator and whispered, “Isn’t this going a bit too far.” And when the spear entered his side, “Hey pops, enough is enough.” But no hand reached down and the body of The Creator’s Son expired...whoops, all for the effect of him being resurrected and how that was supposed to affect everyone. As far as I know it just led to Christian persecution for about three hundred years. How was this supposed to affect the children hearing of this? Oh, yeah, that Faith thing. That’s the answer when things are going baaaaaad. Jesus getting skewered on the cross, was it supposed to be inspirational or another example of the terrifying? I can just hear the child thinking, “If The Creator’s son get’s taken out, resurrection or no resurrection, then wow, I’m not sure I want to get into this thing. I’m not sure that this Christianity thing is going to work out for me.” And yet having to go along with it. Oh yeah, the turning of the other cheek. Not much role modeling for this in our history in any country that is part of the Christian Judeo Islamic Western civilization.

And again, what of Jesus on the Cross?

“This is all in the Master Plan, my Son, don’t worry.”

“Worry? Who me? What with the spear wound in my side and me in the human form experiencing the pain of humanity” Ahh. Trauma. Then there was this big debate amongst people of the Christian faiths whether Jesus was just a man and truly suffered on the Cross or was He both a man and The Creator. It is clear that those who supported Jesus being both a human and The Creator won the debate, but then if Jesus was also The Creator did suffering on the Cross really take place? I mean, being The Creator one would suspect that The Creator only suffered as much or as little as The Creator chose. So this whole story of Jesus dying for our sins and taking on our sins through the suffering on the Cross...and that people are born into Sin, which leads to the belief that suffering has to be an inherent part of any good human being is well, questionable.

I know that Christians believe that Jesus died for our sins and so suffering is an inherent part of Christianity, and I suppose Christian adults can kind of handle that, but what about their children? I mean the imagery of Jesus on the Cross, the Son of The Creator, the all powerful, using Jesus as a sponge to soak up the sins of humanity. How does a child process this? Then of course the horrors of Revelation, the last book of the New Testament which wasn’t even from Jesus, but from some mad hallucination of John’s...warned him about those mushrooms, but no he wouldn’t listen...kind of scary for adults, but again what for little Christian children who aren’t yet of the age to differentiate between reality and imagery? Trauma. Trauma, Trauma, fear, anxiety...doubt.

Now what is the affect of this trauma on the history of humanity? Not too good. I mean being Adam and Eve being expelled from Eden, which was kind of like heaven on earth, to be cast into a predatory world without a guide, well obviously Adam and Eve survived and even had enough survival skills to procreate Cain who kills Abel because Abel was shown favoritism by the Creator and then Cain was thrown out of his home to wander deeper into the Wilderness. Then Adam and Eve had another son, Seth, who then was the progenitor of the line of Jewish Creation. Then the knocking off of almost all life

on earth except for Noah's family and the Two by Two who made it into the Ark...then the Tower of Babel and the nerve of people wanting to get close to The Creator who for this transgression stripped humanity from one common language into a seemingly infinite array of languages and cultures, a split humanity that is spending the rest of its time on earth trying to get back together as one Great Family, as all offspring of the same Creator. Instead of such family unity, all fighting each other because of some trick of Creation that causes people of different languages to fight each other.

"You ain't one of us. Attack." Got to look over your shoulder all the time and trust no one. Darn tootin hard. And what was so wrong about building a tower to reach The Creator. Isn't that what spiritual practice is all about...the reuniting with The Creator in one's life?

Trauma and the attached Role Modeling. Spare the rod, ruin the child. Get to blame the creation, not The Creator. Isn't that the story of humanity?

"We didn't do it. They did."

"No."

"Yes they did."

Or, how about, "If we don't do it first, they will."

"Hmmm. Makes sense. Ok...ATTACK!"

If The Creator doesn't take any responsibility for all of this, then how can we expect us, Its Creation to do any different? I mean if you make one mistake and then you are tossed out of the home, then that's our Role Model. If Jesus was unconditional in His love, and He charged through the Temple throwing out all the moneychangers and of course the Inquisition. "Our way or we just gonna burn ya," then that's our Role Model. If Moses has a problem with Pharaoh, then Kill all the First Born. Then that's our Role Model. If Islam isn't accepted, then kill them. I mean, how can we ever really trust ourselves to take a chance and to grow with that kind of hammer sitting over our heads? How can we really be attached to our children when The Creator can step in at any time and ask us to sacrifice our loved ones for The Cause? Like War...Onward Christian Soldiers...The Creator was even willing to do self-sacrifice on the Cross. How can we, Huh? Completely attach.

"Ma, the President has called upon us to send our children to War. Hey Billy, you're not doing much...get packing. You're going off to war. See ya when I see Ya."

Good Role Modeling.

"We all got to stick together, Right or Wrong."

"Dear Billy's parents. Billy is a hero. His Humvee fell on him. Good he wasn't killed, but sorry though because he wasn't injured in combat, he doesn't get medical coverage once out of the military. You understand. Got to save money for the war. Anyway thanks for your kid. And sorry about those legs."

Remember, the newspaper and TV announcement: "After an extensive search of Iraq including digging under each grain of sand, "Watch out for those scorpion," the commission concluded that there never were any weapons of mass destruction. The President, George W. stated that he didn't lie to the American Public. He was just using the information that he ordered, I mean received from the CIA, who got the information from a professional informer who has a history of fabrication and "Give me the Money Honey." The president said in the face of Liberal Criticism, "Well, since we're there destroying the infrastructure and halting the flow of oil, and killing a five or six hundred

thousand civilians, by golly we sure aren't going to leave until we restore order in this place. Right?

Hell no we ain't going to leave especially since V.P. Dick Chaney's Halliburton had received a contract for the reconstruction of Iraq, "Well we can't back out of a contract with an American Company, no siree. ...we're in there for the long haul...Heave Ho, it's off to Iraq and Afghanistan we go, haul those contracts to the Bank day-by-day...money, money, money."

Or, "No, No, America...it doesn't bother me that the vast majority of the public disagrees with my policy of war. No it doesn't. This is a democracy and the public has the right to voice their heart-felt opinions. I listened to America, but as the President, I got to do what I feel is right. I got to make the tough decisions that will protect America and it's my decision that this war is what we're going to do. But don't worry. I'm going to privatize this war as much as I can. It won't cost the American people much that way. Ha, ha. Can you believe it? They bought that hook, line and sinker."

Great Role Modeling. Couldn't really blame George W. He was a born again, and he's got The Creator on his shoulder. He listens only to The Almighty. Get's it from the Original Number 1. "Do and take no responsibility. If there is a problem, blame those Bleeding Heart Liberals." I wonder whom he's talking about. It seems to me that's what they called Jesus, "Damn bleeding heart liberal." But that don't matter when you have power. Power is Might. Power is Right. "God talks to me." Hmmm...a bit psychotic don't you think? A country run by psychosis. "Yee Haa. Ride'm Cowboy. Send them to war...sorry about the medical care...didn't think of that when we went in or what we'd do when we won."

"So Mack. You went in and got your leg blown off. What's your plan now?"

"Well, sir, as soon as I get my prosthesis, my fake leg, I'll be good as ever, and I plan to rejoin my unit, my brothers, my buddies. They're out there and I going to get back a fast as I can. We got to protect America from those Towel Heads. Sorry, not supposed to say that. We're there to protect the women from those men who want to keep them from showing us Marines what they got. Can you imagine how ungrateful they are to want to keep their women hidden? Now, that's not American, not one bit. For all that we've done for them...they can a least give us a little."

And having to bury all this deep inside. We all know it. We have to, you know, to remain part of the group. During the Vietnam War, "Love it or Leave it. Screw Democracy. Got to go along with it if we want to have the advantages of Power. Got to bury our differences, as long as it's my way or the highway. Got it? Now let me hear them platitudes. One, two three, all together now."

Yeah, got to bury it. Let dead dogs lie. So what that there were no weapons of mass destruction. Osama Bin Laden is the reason we're blowing Iraq and Afghanistan to smithereens. We got him, didn't we, just like we got that madman Sadam? That's what counts (BS) now we're going to get the Taliban, that's what counts. Bury it. The Truth stinks. It's better to let bygones be bygones.

Trauma. It causes you terror and then blames you for it and if you ever speak of it, It'll punish you.

"You mean it was my fault."

"Yep. That's very good. The hardest part is admitting it. I'm very proud of you. Now we can concentrate on helping you fit in again. You'll be much happier now."

“Thank you for saving me from my self.”

“You’re worth it. That’s what we’re here for. Just doing our duty.”

“Wow. Do you think one day...I can be just like you?”

“Sure kid, absolutely. Just keep with the program and one day you too will be able to do our work. We’ll be partners. Just think of that. Wouldn’t that be something?”

Bury it deep, bury it sound...but way down deep no matter how deep it’s buried, it festers, and leaks and we just spend the rest of our lives trying to keep it shoved back down. What happens? We pass it on to our loved ones. We take love and pervert it with the need to keep the Truth buried. We make our loved ones suffer if they don’t do as we direct, just like our Role Models did for us. And this creates anger and resentment, but it can’t be expressed safely to the one causing us this strife, and so we direct it at others, other’s whom we love and now must destroy so that they too keep it all a secret.

Why do you think people are so willing to go to war over just one transgression? War is the greatest release for pent up anger caused us by the one’s we most trust. I don’t mean it’s conscious. It’s normally far from conscious. It’s all cooking as a result of the repressed Truth. That’s the way of Trauma and it all started at the very Beginning with Adam and Eve being turned into the bad guys by our inability to cope with the contradiction that The Creator could have been such a poor parent.

Still, can’t really blame The Creator...no role models for parenting. All the creations had instinct...(Ok, not all, but most. It’s not about being exact, but in general, the points are good enough.) How did the mammals not get a full set of instincts? OK? But, let’s get back to Trauma. I wonder how The Creator felt when these human creations didn’t know which end was up and maybe The Creator wanted to have more daily contact with the people, but couldn’t for some reason...not allowed, but by whom or was it just because that’s the way it was? In any case Adam and Eve just had to make do with Free Will and Choice, never mind they didn’t know anything and The Creator wasn’t allowed to make any corrections, or something like that. Then in this case, The Creator was also innocent, but didn’t necessarily feel innocent; no, probably felt guilty and couldn’t do anything to make it better. That could be the beginning of Trauma for The Creator.

Oh, then George W. and now Barak and soon to be Donald have to be innocent too...war is the outcome of Trauma which makes sharing very difficult, for the essence of Trauma is the violation of Vulnerability and the mind will do anything to protect itself, even fabricate and lie to itself and this is what leads to misunderstandings, and righteousness, for righteousness is the prime cover up for vulnerability and vulnerability is the prime outcome of Trauma. WOW. All this death in innocence. Doesn’t seem right. Doesn’t seem fair. The leaders get to be excused for their behavior, but a hungry man steals a loaf of bread three times and off you go to jail for life...hmm...not an even playfield is it? Nope, but that’s the role modeling from the beginning of time. The winner writes history...never mind the truth.

So how about a little bit of compassion, hey? After all, we’re all in this together. Sooner or later even the strongest will drown when the ship goes down in a storm. Right now people are fighting to get into the life boat...thus the Christian belief of the Rapture, the 141,000 making it to heaven...woops, sorry about the rest of us... gone. But, when everyone is on this earth...the space program just ain’t going to do it even for the wealthy, well, then we all got to pull together or we’re all going to sink. In reality we’re all living in the depths of Trauma, only some of us know it and the rest don’t.

The craziness of trauma is that it reinforces itself. Once the trauma is experienced the mind will constantly be trying to evade it there ever after. So the trauma lives in how it controls the person's efforts to evade it. It is a deep seated paranoia; sure with a reality base, but even when there is no possibility of it ever happening again, the person lives their life in full evasion of that past unexpected violation of their vulnerability. So, it's like the bogeyman; every night when one tries to go to sleep and the deepest shadow in the room is waiting to leap out and get us. So safeguards are put up as simple as leaving the lights on, or more sophisticated by putting an alarm system in the home, or living in a gated community with roving patrol cars, or if one has power, to create laws that keep the threat out of one's neighborhood, or if one really has power, to maybe do a pre-emptive strike and wipe them out before they can even leave their homes...hey, like WAR. Some Saudi Arabian fundamentalists take over four planes and we go blow the crap out of Iraq. Got to blow up someone for the dirty deeds. Trauma. The attack doesn't even have to be against the ones who did it. It's just to get the feeling of empowerment that comes from beating up someone of some other group that is defenseless.

Remember the photo of George W. dressed up in a military flight suit standing on the deck of an Aircraft Carrier with all the young flight jockeys standing around with big smiles. Of course, he didn't really take a jet up into battle. It's the impression that counts and the feeling of strength that comes from it...Trauma.

Or remember Barack standing up and saying, "When I'm elected I'm going after Osama." Uhhh... what up blood? You go get him. Get him good. Got him and dumped his body in the ocean...Yeah, he's the bogeyman that stalks us under the cover of darkness. Go get him, but go get the homeboys who took us all down? Trillions of hard earned dollars out of the hands of the poorest folks just trying to get a piece of the pie. No punishment...just chased down some Jew. "Got me Bernie Madoff...See America...I'm tough. I got me a Jew Swindler. Got me a Jew and going after an Arab...but I FORGIVE all them White Christian Folk. When it's White Christian Folks it's, "Got to look ahead, not behind. Got to turn the other cheek and forgive." Trauma. Well...once Trauma gets into power...values kind of deflate.

Trauma becomes the beast that caused it. I once became such a beast. I remember reaching a point where I went into a rage to break out of my life of fear. It was like Mount St. Helens. It just built up over the years and one day I snapped and I rose up out of the fire and smoke like a Phoenix and I went after anyone who would abuse someone weaker. That lasted for about ten years. Eventually I ran out of gas and besides I was no longer living in fear for I was fear itself, and no one was ever going to attack me again with me shaking in my boots. Attack me and you got to be willing to get hurt. I am still a volcano but quiet. That quietness opened up insight to my experience with Trauma and it led to me to look at the circumstances that traumatized me and I saw that the people who did me wrong were done wrong to also and when I looked at those who did them wrong, they were done wrong too...and so forth and so on back to the very beginning...as described above all the way to the top of Page One.

It can stop. At last the Medical Arm of the military is recognizing Post Traumatic Stress Disorder, (PTSD). It's much more pronounced amongst the aggressors not so much from any actual past physical experience, but it generalizes from the awakening to the conscious awareness that what one is participating in isn't right and there is no way out. I can only imagine the Trauma of awakening from the mesmerizing fantasy of first

responding to propaganda to enlist, then to being brainwashed in boot camp, and then before you can count to ten, your plane is descending into a war zone that we created, attacking people who had nothing to do with 9/11 and participating in the destruction of their infrastructure and in the process killing hundreds of thousands of civilians.

“Innocent people get hurt in war. It just comes with the territory. Collateral Damage, we call it. Sure we work to minimize it, but if there is one terrorist in the crowd who might hurt one of our boys and girls that we chose to put into harms way, then blow the crap out of that crowd. Now, doesn't that, to the Iraqi and Afghani population just sort of makes the USA terrorists on the largest possible scale and a bit cowardly with us hiding within the framework of a Multinational NATO Force...it's the world against Sadam...oh yeah, he was captured and executed a few years ago...or The Taliban...who ran their nation according to strict Muslim standards, I don't quite catch the difference between the Taliban and the way Saudi Arabia is run...oh yeah, they're our friends...wasn't it George W. who during the immediate aftermath of 9/11 when George W. was reading a story to a class of elementary kids and kept on reading when he was told because he didn't want to upset them, and then when he got up the first call he made was to give permission for his family friends, the visiting Bin Laden family to fly out of Texas back home without so much as, “Hey, any one of you know where Osama is? Maybe like you have his cell number?”

Oh well, right, Christian conservatives, our American Fundamentalists who would like to emulate the Taliban and set up a Religious Order to run this country, but for all their trying and crying about morals and such, but can't quite get there...yet...Any one for some Tea? Hey, any of you all actually ever read the Declaration of Independence and The Constitution and Bill of Rights? Something about the separation of Church and State...wonder why? Man, just look around. THE TALIBAN. SAUDI ARABIA. MAN, I WONDER ABOUT RELIGIOUS FREEDOM AND THE PILGRIMS who fled from what, to where? WHO?

TRAUMA IN THE SOUL OF THE TALIBAN...They are just working hard to get it to go right according to the Word of The Creator who sent an Angel to hang out with The Prophet. Wow. Jews, Christians, and Muslims all siblings of the same Creator just running the Cain and Abel story FOR EVER. Enough already. It's all the result of the Original Trauma...Creation It Self. Ever wonder how getting born feels? Ever wonder why the first sound an infant makes is “Waaaa” instead of “Ha, ha?”

The real challenge of being a victim of the Original Trauma is that it prevents awareness unless one can accept the depth to which genetically, environmentally and culturally Trauma has been etched into the Western human psyche. The key to this entrapment is to acknowledge how trauma has been linked to sin; Original Sin. By being taught that the significance of eating from the Tree of Knowledge is Original Sin it then etches a pathway into which all Western religious thought runs. It's mind bending to have to believe that Jesus, the bringer of Love, or so the Christian's teach, also taught that by being born we are born into sin. To be frank, to be taught that one is born in sin is a sin. It blocks consciousness, free will, and choice while at the same time the interpretation of the Creation Story is that what separates humans from animals is free will and choice. The terrible reality is that while the animals have instincts and millions of years of evolution, thus leading to their survival, humans are on the edge of self-extinction in so short a span of time because their intellect is in fact not ruled by free will and choice, but

the effect of having those wonderful attributes blocked by an incorrect thought that led to an incorrect interpretation of the Creation Story.

The pathway that has crippled Western humanity is the incorrect interpretation that the significance of the eating from the Tree of Knowledge was that Adam and Eve were sinful in this act. The correct interpretation is that by The Creator overreacting, feeling the loss of complete omnipotence, in a rage threw Adam and Eve out from their home as a punishment, leading to the Original Trauma of rejection that damaged their ability there ever after to feel safe enough to be unconditionally loving. Cain feeling this and then in the attempt to assuage this hurt prepared an offering to The Creator, only to have his offering rejected in favor of his younger brother. This was just too much for Cain who then in an impassioned moment snapped and exploded into violence causing great harm and death to Abel, the apparent cause of his rejection. But of course, this behavior caused by the trauma of rejection was reinforced by his then being thrown out from his home with his parents, a repeat role model by The Creator when his parents were thrown out of Eden. Then the reinforcement was not only in just Cain being thrown out, not only to suffer, but to be “protected” by an edict of The Creator that no one shall harm Cain leaving him to a long life of misery separated from his family. (Just as we do in the West when we imprison a human into a barred cell for years or for a lifetime to make sure they suffer from their transgression.) Being so punished and cursed by The Creator, that his offspring then had to carry this burden and be the people with whom the line of the Creator through Seth would be forever the antagonist, the enemy, against which they would have to fight free from persecution.

An aside: (It all started with Cain and not Ishmael, Abraham’s child by Hagar, the handmaiden of Sara, Abraham’s wife that was the progenitor of the Arab people...the historical enemies of the Adam’s line through Seth, etc.)

Trauma for Adam and Eve and now Trauma for Cain; two generations of reinforced Trauma. Of course, one can only wonder about the feelings of Adam and Eve when Cain slew Abel and the further Trauma of their first born being cast out by The Creator...PTSD? I guess so, huh? While The Creator was all knowing and didn’t want to share knowledge...The Creator sure was stuck. From the way it looks, The Creator is still stuck and so are the children of The Creator...The Jews, the Christians, and the Muslims. Got to break the cycle. What? Can’t do that until we break the hold of Trauma of which War is its worst physical manifestation.

It’s about motivation. **There is one aspect of PTSD that is highly motivating. It’s the drive to protect oneself from ever being so vulnerable again.** Once we understand that Trauma is the progenitor of vulnerability and thus is the greatest threat to one’s peaceful existence, then the motivation to protect ourselves can be redirected to loosening the grip of this threat. This means that while arming to defend one self is wise it is nonetheless insufficient. What is missing is the realization that when one has been traumatized, such as the USA was with 9/11 that trauma stripped free will and choice right out of the psyche of Americans. One can’t be under the influence of trauma and maintain free will and choice. Free will and choice have requirements.

The most important qualification for free will is that one cannot be under the control of reactive behavior, which is emotional, and manipulated and controlled by fear. Fear undermines the ability of one to be truthful and without self-honesty one’s ability to

rationalize one's behavior to justify actions becomes rampant. Rationalization is the mind's ability to justify ill thought out behavior, to achieve short-term benefits at the loss of long-term health. Smoking is a good example. People who smoke have numerous rationalizations, however it is clear that in the long run these rationalizations will face a moment of reckoning when the doctor says, "It's cancer." Get it?

One must be able to manage the sense of vulnerability to escape from the sea of fear; and fear is the great inhibitor to clear thought and right action. Facing the truth is the starting point of regaining a sense of control over one's emotions. This is always the first step to reestablishing Free Will and Choice, the two partners that are a balance to Fear and the resulting Vulnerability.

This leads to the value of wise and equitable use of Power, which is the only true safeguard to one's or to a nation's health and welfare. Yet, are there any examples of wisdom manifesting by people in the position of Power? Few and far between and then only for a very short time. To me it all goes back to the beginning as described above. When one takes the stand that the existing power is infallible and that any dissent is heretical one has the formula for tyranny and tyranny results in the loss of free will and choice for all subordinates to that power. I am deeply aware of power and its affect in my life and in the life of all who live within its influence. It all goes to what type of political system one lives in. In the USA, which is a democracy of sorts, it was the concept of Check and Balances of the Executive, Legislative, and Judicial Branches of government that kept everything more or less balanced. And of these three branches it was only the Supreme Court that I viewed as infallible, certainly not the executive or legislative branches. However with it's corruption as evidenced by its behavior of not allowing the Florida recount or better, revote, and then choosing to assign the presidential office to George W. the very foundation of infallibility was forever shattered. To me, in my lifetime, being born in 1945, The Supreme Court carried the endorsement of The Creator up to that point. When all else had failed, it was the Supreme Court that rectified all wrongs and maintained the inherent integrity of the Constitution and Bill of Rights. My viewpoint was a soul-to-soul attitude where equality of rights formed its foundation. Then, when the Supreme Court was completely politicized by George W. placing justices that were selected for their support of the Republican Party's conservative platform; my illusion, my illusion no longer. Now, it's all politics and there is nothing infallible about politics.

So, now it is possible to accept that vulnerability is connected to fallibility and if the Original Sin was not the fault of Adam and Eve, but that of The Creator's Plan then everything that has happened since makes sense. It's all been one great cover up. It is a form of Trauma for a young person to come to the shocking realization that one's parents are fallible. Then is it not an even more formidable form of Trauma when one realizes that The Creator is Fallible for isn't the very foundation of Western religion based upon the infallibility of The Creator. Still the Christians separating from the Torah and viewing it as the Old Testament implies a sense of fallibility in The Creator, who changed from a wrathful Creator to a generous, forgiving and loving Creator with the advent of Jesus. Before, a stern Creator, and with the advent of The Creator being one and the same as Jesus, now a Creator of Love and Forgiveness. Except there hasn't been a moment of Love and Forgiveness as evidenced by the lions and lambs laying down together, or in other words, a lack of violence and the need to consume other life form in order to live.

Nothing can change for the better unless one can accept fallibility in The Creator, whether the creator is The Creator or your mother and father, or yourself. Life is not meant to be full of strife and conflict. It is not this way because of humanity's free will and choice to stray and disregard the Teachings. It is this way because humanity actually lacks free will and choice and we lack free will and choice because we live in a state of overwhelming trauma that has been going on since the Beginning of The Creation of humanity and is a direct result of Creator's Role Modeling Errors and the human denial of this direct experience.

To escape from the tyranny of Trauma and its uncontrolled feeling of extreme vulnerability we must have the courage to take the first step away from the chains of fear and impotence. This first step requires us to accept fallibility and that our denial of it has required us to distort reality through the endless rationalization and delusion that The Creator is infallible and that the human history of suffering and abuse is the outcome of humanity's free will and choice to live in this manner.

NO FREE WILL, NO CHOICE. NO CHOICE...SLAVERY. Maybe a comfortable slavery, but slavery none-the-less. We may be living well as house slaves, but we are slaves. We may be "mastering" over the field hands, but we are still slaves. Original Sin causes the belief that We Aren't Good Enough to be Free. We Need a Master...and that Master is The Creator. Ahh, Nope. That just hasn't worked now has it? War, famine, poverty, homelessness, the plague, AIDS, pain, suffering...It does appear that there is something not quite right.

TRUTH, is not what we have been taught to believe, rather it is what we have actually experienced life to be. A long time ago I learned not to listen to just what is said but to also carefully watch what is happening. What is happening doesn't lie.

So, in my experience living this life The Creator has been cast into this infallible position by Western Theology and if one doesn't accept this, one is a heretic and will suffer the ills of judgment from the religious hierarchy and those that support it. Instead of being infallible, the Creator is Fallible and has been living under the pressure of acting as though there is infallibility...what a strain. In fact the whole Human Creator concept is a strain. It's just so unreasonable in its expectations and that only the human priestly hierarchy of Western theology whether in Judaism, Christianity and Islam can "properly" interpret "Right Behavior" and apply the consequences when people who are imperfect attempt their religious path. And looking at the historical human path in the Western sphere of influence it's just sad. The guides are no less than imperfect and though doing their best in their imperfection they have been misguiding us and so Western humanity is totally lost.

Do I know how to refind the path, and should I refind it would I have any idea in which direction to go. I mean what are the markers that would be recognizable if one is suddenly dropped onto the path without any previous passage? Right or left? Finding the path is an imperfect purpose. There is no path that leads sequentially either from the left or the right to perfection. There are no paths. It's the incorrect concept, but the only one our Western Theology allows. It's the Three Books that are studied by imperfect beings, whether priests or laypeople. All three books cause Trauma by forcing us to accept the Creation Story as the Perfect Truth.

Once each religion gained dominance they went to war. Judaism in the land of Milk and Honey. Christianity by being co-opted by The Romans exploded again into

wars of dominance to spread their arm veiled by the mask of Christianity through military might and through missionaries that subsumed every culture they could enter, and Islam through Jihad. In this manner the Way of Trauma was spread; not of peace love and harmony, but Trauma. Thus the entry into harmony must be through understanding Trauma, its origin and its ability to be transferred from generation through generation. When this understanding is in place then we will have the Free Will to Choose to manage its presence in our lives.

I know how challenging it is to gain this understanding. One can do it intellectually but this is insufficient. This level of understanding requires one to travel emotionally back into and then through one's personal experiences of the pain and terror of the Trauma. The people who have been able to go through this emerge into a multi-dimensional world; the one that one was born into; where all are victims of Trauma and concurrently, into a world in which one can manage the effects of Trauma. In releasing from the mastery of Trauma one now is in the position to initiate change in the crowd of life. One can be like Harriet Tubman who knew how to travel into the South and lead those who were willing to escape slavery into the land of Freedom.

I guess this is what I am suggesting now. One doesn't escape the culture or its affects by learning to manage Trauma, instead one is now in the position to contribute in a positive manner to culture and dilute to some degree its control. It's like a shower that has only the hot water running and should one be in it, one is burned. The solution is not achieved by turning off the hot water and establishing only the cold. For in that situation it results in the same dysfunctional state where now only cold exists and should one step into that shower one will find it too uncomfortable to experience the purpose of the shower. So what makes sense is to seek a balance. The state of balance can only be achieved by mixing the hot and cold so that warm, the acceptable state of showering can be achieved.

The first step in achieving warm, the balance between hot and cold as in the first example is to turn on the cold water then the hot water. Well, the first molecules of cold water to enter the hot water have a tiny affect on the flow of water but should the cold water behind keep entering the stream then within a short time period the feeling of the water become reasonable and functional. So a balanced and healthy experience in the shower requires the safe mixing of the two extremes; hot and cold. So too in life. It's obvious that the polarity that exists in our life is dysfunctional and that there is no balance between having too much and not having enough. We currently live our cultural life as a body in which some of the cells are taking too much nutrients and others are receiving too little nutrients and so the body suffers illness. This manner of inequity is a direct result of the surviving beings of Trauma, who are the most resilient and powerful, taking over the rule of societies and being under the full influence of their Traumatic lives, use their power to protect themselves through the domination of the those less able to defend themselves. This is an accurate description of human societies interacting.

So, may I suggest that to some degree, somehow, I have come into your life to share this point of view. In no way is it a criticism of our society or our leaders, for all of us in their position would be behaving in a similar manner. As a great example, look at what happened to Barak Obama once he gained the presidency. If by chance we who have come to a functional relationship with our personal Traumas rise to prominence and we cross the line into politics, then if we are not willing to compromise our awareness by

fitting in, we are historically eliminated. Jesus is a prime example where he became a political threat. In our generation most recently Martin Luther King. Some believe toward the end of his life Malcolm X. Maybe John Kennedy. Certainly Mahatmas Gandhi. This is a dilemma. How to be effective without becoming a political threat. Yes, only by surviving can the “liberated” person be helpful in assisting one’s culture to escape the enslavement and control of Trauma. By staying alive as an example, a role model one can then teach people how to achieve the ability to not rid one self of the Traumatic experience but to learn how to manage its emotional affect on us and how to integrate the experience of Trauma so that it gives us insight and power to be compassionate by choosing to live life in balance.

I realize how unusual it is to believe in the existence of The Creator and yet at the same time to understand that we humans couldn’t be living this life of imbalance unless there was an element of fallibility within the core of The Creator. In all of us, is our soul and that’s the connection we have to The Creator and through which The Creator works in our lives. And it’s not about believing in The Creator for a belief is something we need when we aren’t sure that something exists. Like faith. When something terrible happens to us or to others we care about it is not understandable as to how a loving Creator could allow such to happen. To cure us of this dilemma we have to have faith that it is all for the best. “The Lord moves in mysterious ways.”

To me the Creation and The Creator are one, and I don’t have the need of a belief or faith for I experience that unity in my own fallibility. This is what allows me to be somewhat non-judgmental and at times unconditional in my relationships. Not always, but often enough to keep the balance.

How do we cope with The Creator’s fallibility? Humanity’s inhumanity to Humanity all out of Trauma and all out of the Role Modeling of a Fallible Creator. Do we love This Original Parent any less? Perhaps initially, but as we mature we do as we do with our birth parents, we come to accept their nature of imperfection and not see ourselves as much removed from them. Thus at least at holidays we get together as a family and have a meal together and put any “hostilities” on hold for at least a few hours, a truce if you will. Now wouldn’t it be wonderful if all the religions could just for a few hours be seen as just one large family; an affirmation of their belief in the One Supreme Creator from which we all come.

Hmmm. It is time to take the management of the outcome of Trauma into a family and world concept. It is our national dilemma that the ills of our Trauma lead to inequity, war, and global warming and are all outcomes from living within the confines of The Human Experience. So, PTSD isn’t new, and though it is certainly grave for our returning coalition forces, it is no less damaging to those who we believe are our enemies and who have suffered from our intent to be safe.

The only way to move into a better frame of mind is to realize that we are all in the same trap and by continuing to be in conflict with each other, we just reinforce the power of Trauma. We need a Key, kind of like the Declaration of Independence, that will provide the acknowledgement of the intent to break free from the Tyranny of Trauma and to do this we have to accept that our manner of thinking has been misguided in the interpretation of The Creation Story. No human is capable of interpreting correctly for no human is perfect. Only with the presence of The Creator can we be realigned and to date

if you're Christian, the Messiah, Jesus has already come and left and they are waiting for His return, and for the Jews and the people of Islam, the Messiah has yet to arrive.

Peace is the state that will allow us to know that the Messiah is in our presence, and until that time or until the Messiah returns, it's best that Western Humanity behave as if the Messiah was going to step into our lives at any moment. Got to put down the guns. Got to make sure everyone is clothed, housed and fed. It has to be like teenagers who while their parents were away had this wild party they are due back in a short while. "Quick everyone, clean up." Or what if the Messiah was watching those of you who are wealthy and is taking notes on who is taking more than their equitable share and you suddenly get an email that the Messiah is arriving in a week. Wow. Philanthropic endeavors at every corner. That's what needs to take place. Or if we are just regular people, no yelling at your children this week. If we see a hungry person, give a meal. If we see a homeless person, give at least a tent in the backyard. That's the urgency that is needed to start our Western cultures on the right path to finding some balance and harmony. That's how we need to live to ensure that we are managing Trauma rather than having Trauma control us.

In concluding this article, I would like to share the following. My foundation is based on the experiences of a lifetime that supports an enthusiasm to enter the mysteries of life, to become familiar with them, and to be willing to incorporate a relationship with them so that I live to serve an ever increasing awareness that dictates that being on a path of balance is demonstrated when there is an equal amount of sharing to foster a healthy life for all beings.

I can be reached at Jonathan@Outfar10.com and would be pleased to dialogue with you on any aspect of what I have shared.