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EMPOWERMENT



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**January 16th 2018: Healing: Going Back to the Foundation**

Everybody has experienced some kind of trauma during their lifetime, either physical, emotional, spiritual or mental. Surrender is necessary if resistance is present healing cannot happen. Also, you have to go all the way to the foundation in order to allow healing to follow its course. If you had trauma in the past, you cannot skip over it, it will come back to remind you that it has unsolved issues which need to be addressed in order to overcome the limitations and open wounds. We create safety mechanisms that will prevent us from facing the truth and choose beyond it. These mechanisms work

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