

Trauma, Iquique, living with ellipses

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Trauma can be hard to get over - whether it is abuse, war PTSD, rape or other the emotional scars can last a long time and affect all parts of your life. I remember being hit by a classmate when I was 8 years old just because he could, and I was afraid of people who looked like him for years. I also got teased for being effeminate at high school - which took me until I came out trans about ten years ago to deal with. Maybe these are small trauma compared to what others have and they affected me a lot, living in fear. Living in love space is much better. So this week's Wednesday Gathering on new research on healing trauma is interesting.



Here in Chile I traveled to Iquique in the north coast near Peru. The land here is a desert right up to the beach - in fact I think that nearby is the driest place in the world. It is weird driving by sand and rocks with no plants and yet all that water is right next to it. I thought that might be how the Earth looked billions of years ago before plants and animals moved from the oceans to the land... or how Mars with water might have looked as the sand was red in color.

I have been practicing living my life with ellipses (...) - that means I don't plan out months in advance but leave space (the ...) in my life story for new stuff to occur. Often chance meetings and synchronicities lead to exciting new things. I think in these times of changes and chaos leading up to 2012 this is a good way to live. Be flexible and follow your heart over your head - intuition is much better at dealing with chaotic times I feel.