



FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

My Daily PTSD Experience

Behind every PTSD experience is not just a mountain of overwhelming pain and overwhelm – there is a mountain range of emotional agony that cannot ever be fully put into words, replete with impasses, dead ends, unsuspected micro climates, inhospitable weather, predators, and not enough air at the top. On Mt Everest and its Himalayas, one may die only once. With PTSD, it is a daily struggle that is daily lost; one is, more or less, the walking dead.

It has taken me decades of work to put behind me the trauma of, amongst other abuses, being rented from age 4 to savage pedophiles. I could have been diagnosed with almost all of the shortlist of 'comorbid' diagnoses listed in the first paragraph of this section. I had several addictions, I was suicidal, I had complex visual hallucinations and heard voices. I had bouts of catatonia – it was all very severe PTSD. Almost 25 years of traditional psychotherapy had left me free of all hallucinations but still, for instance, having dysfunctional, abusive relationships and PTSD symptoms just under diagnosable levels.

Learning and practicing energy techniques (EP) helped me - not get my life back – I had never had one before. It was EP that helped me truly have a life, and one that is deeply fulfilling, with the reliable experience of daily joy instead of brutal flashbacks. It was only by using energy techniques that I was able to come alive. Let me be clear: there is no dosage or intensity or type of traditional, conventional interventions that would have brought me so fully out of the mountains. Not ten years more, not twenty, not the rest of my life.

AG.