

# Healing from Post Traumatic Stress

(excerpt from a healing e-group, also shared with a psychiatrist friend)

To introduce myself, somewhat:

I am a biophysicist. I began my life as an architect.

...

After 5 1/2 years in architectural practice, I learned that what people wanted,  
in architecture, more than anything else, was familiarity and low cost.

This had no interest to me.

So, I went back to school and studied math and physics.

My initial studies were in material physics.

I progressed into instrument physics, studying observation and measurement.

From there I progressed into biophysics.

I worked for two medical schools.

I contributed to the design of the psycho-physics laboratory at one university.

I've worked in the Man-Orbiting Laboratory program.

I attempted to learn as much as possible about supporting life in space,  
until I realized how little we knew about supporting life on earth.

Hence, that describes, somewhat, my **viewpoint**.

Memory is state specific.

So, in order to remember, one must re-establish the state,  
within which the memory was formed.

Trauma occurs, when the event intensity exceeds the processing capacity of real time.

Processing capacity is defined by our ability  
to relate the components of an experience to one another  
and to the environment, within which the event occurs,  
and belief structure one holds.

Trauma is thus the source of obsessive and compulsive re-submissions  
of elements of the trauma for processing.

The sub-conscious is simply directing life experience,  
in terms of the unprocessed events.

This is why we are compelled to write to one another on this Message Board.

This explains why we are compelled to see films like Schindler's List  
or The Nightmare Years (William Shirer), why one would go to the bookstore  
and search for books about the holocaust  
or about the relationship between Hitler and the Pope.

There are three things I always use

in determining that to which I direct my attention:

- 1) Sense
- 2) Relevance
- 3) Truth.

Some things are **true**, they're just not **relevant**.

Some things make **sense**, they're just not **relevant**.

Some things seem **relevant**, but they're not **true**.

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So we must employ a ratio of **sense, relevance** and **truth**.

...

In some sense, everything is related to everything else,

by some means, howsoever remote.

So, the real question is not whether they are **related** or not, but, how directly,  
or how immediately is the subject **related**

and in what context is the subject **related**?

There is a discussion of the French terminology for “*déjà vu*”, etc.

Before we enter this life, or before we enter a particular life span,

there is a scripting of our lives, in terms of the insufficiencies,  
discontinuities and obstructions we have to process.

A lifetime is a special exploration,

configured by a particular set of insufficiencies, discontinuities

and obstructions we need to face.

The famous astronomer, Fred Hoyle,

makes the statement, in Frontiers of Astronomy,

that the everyday events of our lives would not be the same,

were it not for the most remote parts of the universe.

With the advent of the Hubble telescope, the remote parts of the universe

are of the order of 10 to the power of 14 lights years away.

So, the connection of **relatedness** is by means of a circuit or network.

The physicist, Hermann Weyl, said that there is no such a thing

as one and the same increment of energy out of which a charge is constituted

at any two adjacent increments of time.

That means there is a constant influx of energy into every charge

and out of every charge.

The question is:

What is the pattern which determines which charge is connected to which charge

by what flux of energy, according to what pattern or what rules?

In one sense, everything in the physical universe is nothing

but charges and charge fractions in motion (having kinetic energy).

Motion relates! Motion is responsive to forces at a distance.

In the probing of the whole neocortex,

Wilder Penfield was never able to stimulate a thought.

All he could yield were memories.

That is one of the reasons he concluded that the mind and the brain were different.

But this is very much in the same way, that the current,

which is the motion of a charge in a coil,

is different than the magnetic field that corresponds to it.

I need to comment about healing, about making whole.

And I mean to bring to bear the issues that I've scanned

during the early hours of this day on the Message Board.

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Atonement can be seen to be at-one-ment, or making whole.  
So what we need to see is that it is not a matter of rewards and punishments,  
so much as it is a matter of consequences for us to attain at-one-ment.  
From my prior communication on this Message Board,  
you will see that Free Will is generated by a delay in consequences.  
If there were no delay in consequences, we would have no free will.  
But we have been deliberately situated in a set of dimensions,  
the space-time continuum, where these dimensions are sequence providers,  
that grant a delay in consequences, which yields free will.  
The purpose of the free will is for us to learn how to choose.

Many of us wait, trying to gather more and more information,  
trying to gain some kind or degree of certainty,  
diminishing or eliminating the need for a choice, to the greatest extent possible.  
However, we never have, and never can have, complete determinism,  
as though we were separate from the forces that play out in our lives.  
We are submerged in the reality.

Quantum mechanics shows us that there is a limited degree  
to which we can know the location of a charge or the momentum of a charge.  
The hypothesis has been that this uncertainty,  
about which Heisenberg has informed us,  
provides a residue that we ascribe to randomness, to chance, or to accidents,  
when that increment is really a residue available for choice.  
There are simply choices that combine well and choices that combine poorly  
and yield consequences.

We reap what we sow.  
Some of us sow wild oats and hope for a crop failure.

The question has been posed:  
Is there a limit to the duration of post traumatic stress disorder (PTSD)?  
The limit is when the processing, by means of encountered choices,  
such as the choices we make about what we think, what we imagine,  
that to which we give our attention, that from which we withhold our attention,  
is composed in a synthesis that grants us understanding and values,  
that dismisses the trauma.  
Therefore, you carry PTSD from lifetime to lifetime, until you can process it.

Indecision is toxic!

I've stated earlier, {in a previous message}, regarding the Tree of Life  
and the endocrine gland system: everyone has different deficiencies or insufficiencies.

Let's look at one example, the pituitary,  
since one of you suffers from a deficiency secreted by the pituitary gland.  
This is considered a master gland.

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The pituitary gland is one of the spinning energy centers we call a chakra.

The pituitary gland is the indigo chakra.

Indigo is a frequency of the color spectrum, between violet and blue.

It is related to a particular kind of discontinuity.

Developing that theme, spirit can be seen to act as a shuttle

between the universe and the mind.

When we close off, when we close the port to the shuttle of the spirit,

between the universe and the mind, when we deflect,

when we deny the reality and the relevance of spirit,

and tell too much of the universe to shut-up,

we suffer from this kind of a discontinuity.

I recommend meditating on that intense color, indigo, with a sense of openness,

and a sense of benevolence of the universe towards us.

In order to repair the port, there are some nutritional remedies.

These are the essential fatty acids, in particularly appropriate ratios

of omega 3, omega 6 and omega 9.

The best product about which I know to supply the myelin sheath

for the oligodendroglial cells in the area of the pituitary,

is Udo's Choice Oil Blend - 3 tblsp. per day

(how and where to get this also referenced in Jennifer's first communication).

When I make this recommendation, I presume that one is somewhat diligent

regarding the avoidance of sweets, pastries, pasta,

carbohydrates such as bread, rice, potatoes,

which block the transformation of one particular essential fatty acid,

cis-linoleic acid from its transformation into gamma-linolenic acid.

If there is a lagging residue from a long-time intake of food of that category,

jump to include the intake of Evening Primrose Oil,

in addition to the Udo's Choice Oil

{a missing page} ... Enrich Paraway Pack (USA) or Enrich ClearStart Park (Canada).

I am attempting to address the issues of healing, ... in the most direct fashion.

But that does not incorporate deep relaxation and the release of tensions,

in free association, associated with those tensions.

I have a 16-page document called Advanced Relaxation Orientation,

which I would be pleased to transmit by snail mail

to those who would like to provide such an address, in confidence,

and with some gesture of adequate funds to cover reproduction

and funds for postage from Canada.

I do not believe in owning truth or conditioning access to understanding.

My willingness to help is only limited by finite energy and resources.

Perhaps my next postings will be on fear and closure, and the nature of questions.

Warmest regards,

Zee