



TASTE Reflection Questions
March 13, 2025

The Heart of Healing: Mind & Body
Elizabeth Leon

*And remember, I am with you always,
to the end of the age. ~ Matthew 28:20*



1. What did you find most interesting about this talk? Was the 4th response to trauma (**FAWN**) new to you?

2. Elizabeth said that the goal of this series is to have a firm and renewed conviction that **“Healing is not just possible, it is the PROMISE.”** There is nothing the Lord wants more than to heal our hearts for freedom and flourishing.

- How does that make you feel that if you want healing, God promises he will heal?
- Why do you think that Elizabeth has said this in both talks?

3. On a slide Elizabeth defined **TRAUMA** as: a) Any experience that causes overwhelming pain and emotion, b) My response to the event, c) The presence of something harmful, and d) The absence of something good. She noted that all trauma impacts your mind, body and spirit.

- What do you think of that definition? Did any of them surprise you? Which ones? Why?
- What does it mean that trauma is stored in the body? What do you think about that?

4. Elizabeth quoted Dr. Bessel Van Der Kolk, “The lingering effect of trauma is that you continue to react to mild stressors as if your life is in danger.” To heal us, God gave us the gift of **NEUROPLASTICITY** which enables us to rewire the connections in our brain. She quoted Phil 4:8 as a scripture resource and aid.

- How can thinking about whatever is true, honorable, just, pure, lovely, & gracious help us to rewire our brain?
- Have you ever tried thinking of these things to counter negative thoughts? How did it affect your outlook?
- How important do you think repetition is in this process?

RESOURCES FOR ASSISTANCE

- **RETREATS**

- **Dr. Theresa Burke, past TASTE speaker**
<https://grief-to-grace-lsi.squarespace.com/>

- **BOOKS**

- [Let Yourself Be Loved: Big Stories from a Little Life](#)
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) (secular book)*

- **JOURNEY OF THE BELOVED**

- [Sacred Story Healing Group](#)
- [Healing Workshop for Women \(Made for More\)](#)
- [Inner Healing Coaching](#)
- [Sacred Suffering Meditation](#)

- **YOU ARE MADE NEW MINISTRY**

- [Inner Healing Retreat for Men and Women](#)
- [Coaching Group – Discernment of Spirits](#)
- [Coaching Group – Sacred Story Healing Group](#)
- [Work with a Coach](#)

- **THERAPY**

- [Eye Movement Desensitization and Reprocessing \(EMDR\)](#)

*[The Body Keeps the Score](#) is a secular book and while many have found it to be helpful, there are some recommendations for practices such as yoga that Catholics ought to avoid because of its origin from pagan religions and its connection to New Age practices.