

A person wearing a white robe is shown from the waist down, reaching out with their right hand towards a field of flowers. The field is filled with orange and purple flowers, and the background is a soft, out-of-focus landscape. The overall mood is peaceful and healing.

The Heart of Healing: *Mind & Body*

THE JOURNEY OF THE BELOVED WITH

ELIZABETH *LEON*

The background of the image features a soft-focus photograph of pink flowers, likely geraniums, with green foliage. The lighting is warm and golden, creating a bokeh effect with out-of-focus light spots in shades of yellow and orange. The text is overlaid on the left side of the image.

Behold, I make
all things
new!

Revelation 21:5

OBSTACLES TO LIVING AS THE BELOVED

✱ TRAUMA

✱ THE ENEMY



TRAUMA IS:

- Any experience that causes us overwhelming pain & emotion
- My response to the event
- Presence of something harmful
- Absence of something good

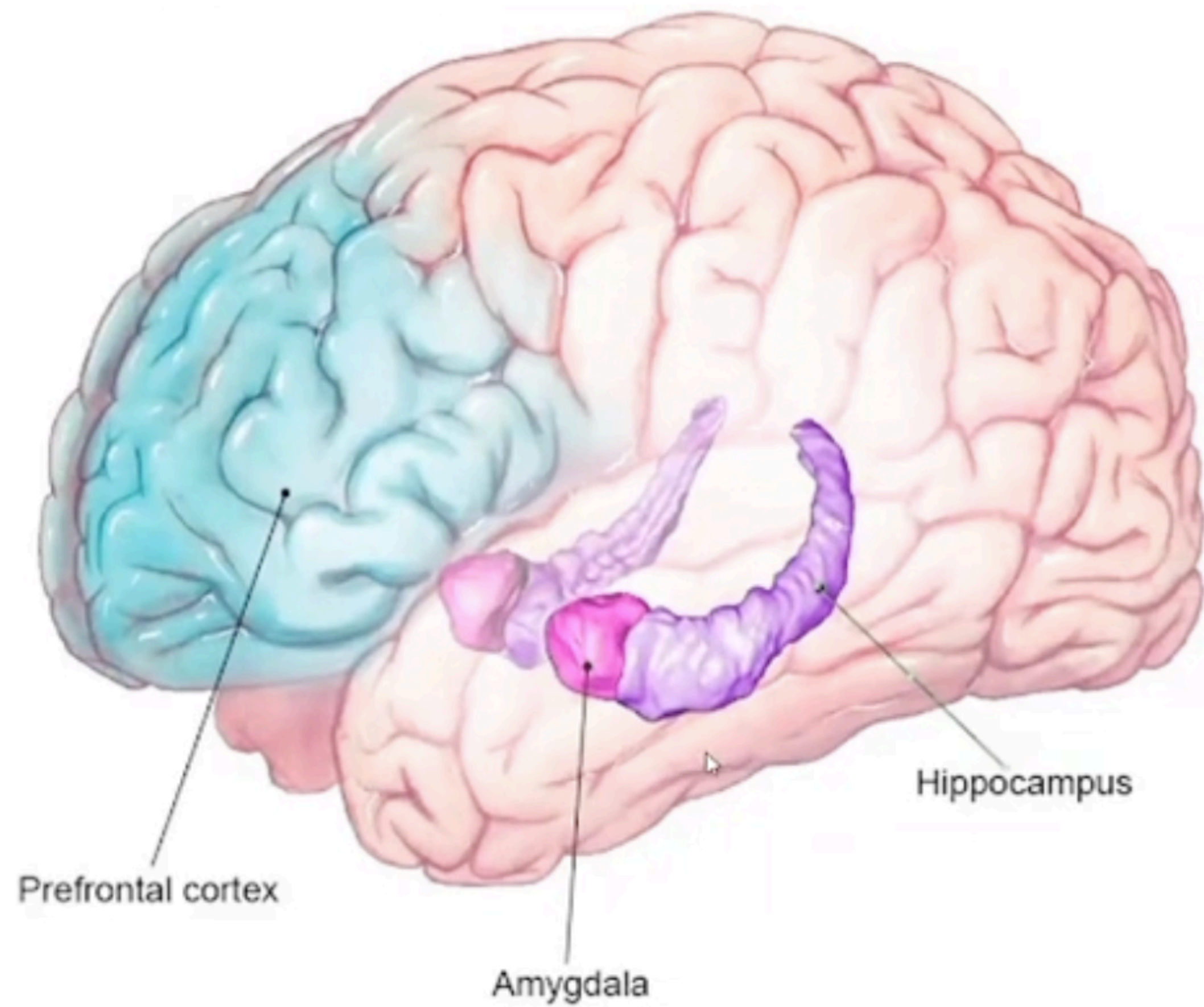
*All trauma impacts
your Body, Mind,
and Spirit.*



You are not the problem.

There is a problem, but it is not you.

The problem is what happened to you
and how your body & mind made sense of it
in order for you to *survive*.



THE TRAUMA RESPONSE

FLIGHT

"run away from the bear"

remove self from situation

FIGHT

"fight the bear"

when flight is not an option

verbally or physically attack

FREEZE

"play dead"

when flight and fight are not an option

body shuts down -
inability to think, speak,
fight, or flight

FAWN

"keep the bear happy"

when there's no other option

do whatever it takes
to avoid/diffuse
danger





Healing in our *Mind*:

1. Self-Awareness
2. Creating a Climate of Safety

Healing in our *Body*:

1. Deep Breathing & Mindfulness
2. Bilateral Movement
3. How we sit/stand/move



The Truth
will set you
Free!

John 8:31

Be transformed by
the renewal of your
mind!

Romans 12:2





Journey of the Beloved

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Let yourself *be loved!*

