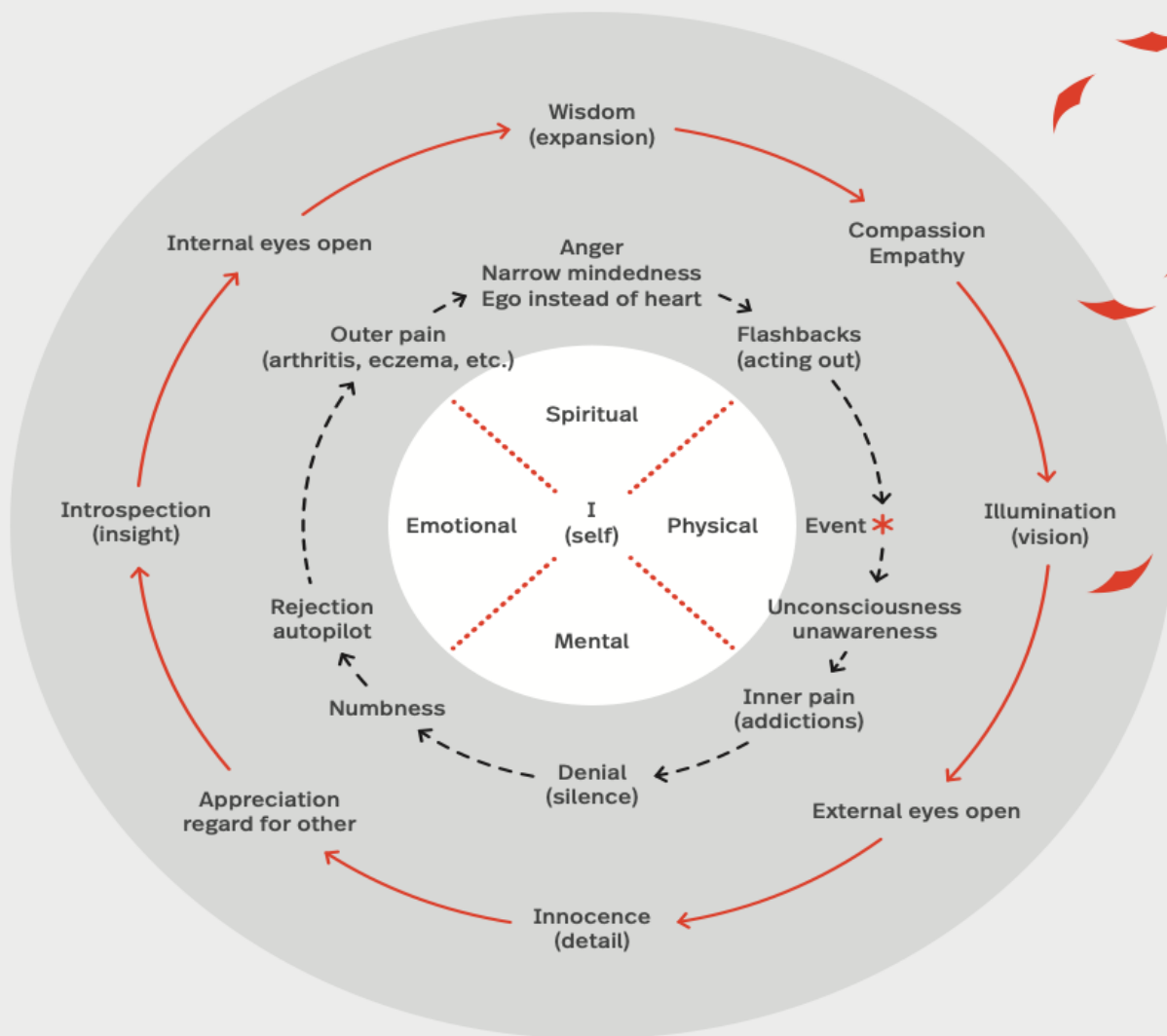


Circle of Trauma

Truth and Reconciliation Through Right Relations

DR. CYNTHIA WESLEY-ESQUIMAUX



The above circle attempts to highlight some of the turmoil and growth that we pass through on our path towards healing and compassion for ourselves and those who have hurt us.

The inner circle creates symptomatic or structural (outside) change, while the outer circle contemplates and creates systematic (inner) change and growth.

The most fascinating and frightening journey you will undertake in your entire lifetime is that which takes you

within to your heart and expansion of your soul. Walk with courage because you never walk alone... the Creator travels with you and the spirit travels lightly, which means that we must learn to leave the baggage we have accumulated behind and trust that the future will be good, and we will be strong.