



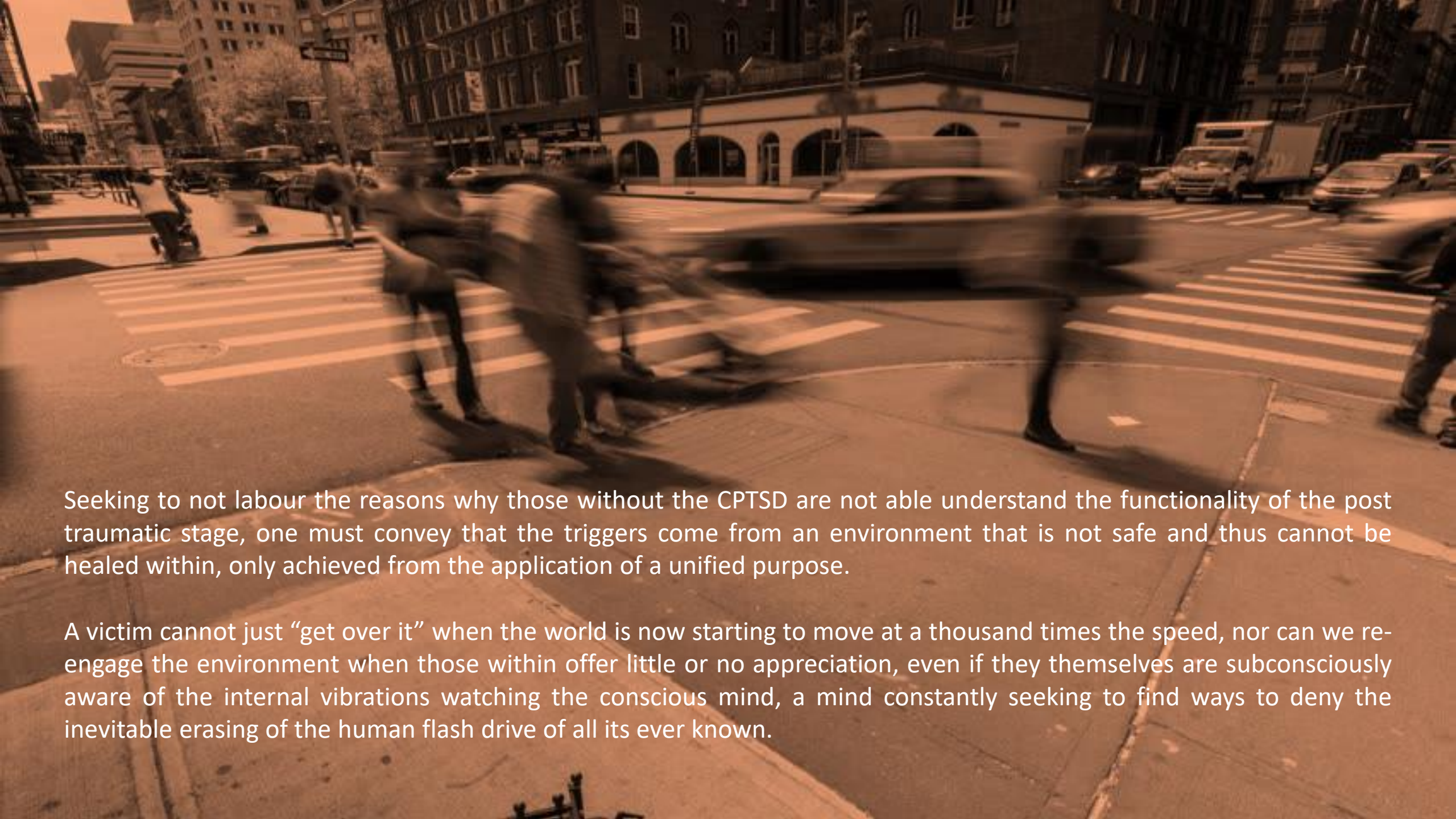
**WALKING BACK TO HAPPINESS
ONE TRUSTED STEP AT A TIME**

“And if the darkness is to keep us apart and if the daylight feels like it’s a long way off and if your glass heart should crack and for a second you turn back..... oh no be strong”

U2 Walk On.

As a victim of Complex Post Traumatic Stress Disorder the issue we have with the words “be strong” is the misconception of others believing we have any form of control over our reconfigured nervous system. A system that is now constantly calibrating its defence mechanism due to the trauma experienced and in doing so has seized control from the conscious mind and working in natural synthesis with the world we have been misguided into.





Seeking to not labour the reasons why those without the CPTSD are not able understand the functionality of the post traumatic stage, one must convey that the triggers come from an environment that is not safe and thus cannot be healed within, only achieved from the application of a unified purpose.

A victim cannot just “get over it” when the world is now starting to move at a thousand times the speed, nor can we re-engage the environment when those within offer little or no appreciation, even if they themselves are subconsciously aware of the internal vibrations watching the conscious mind, a mind constantly seeking to find ways to deny the inevitable erasing of the human flash drive of all its ever known.



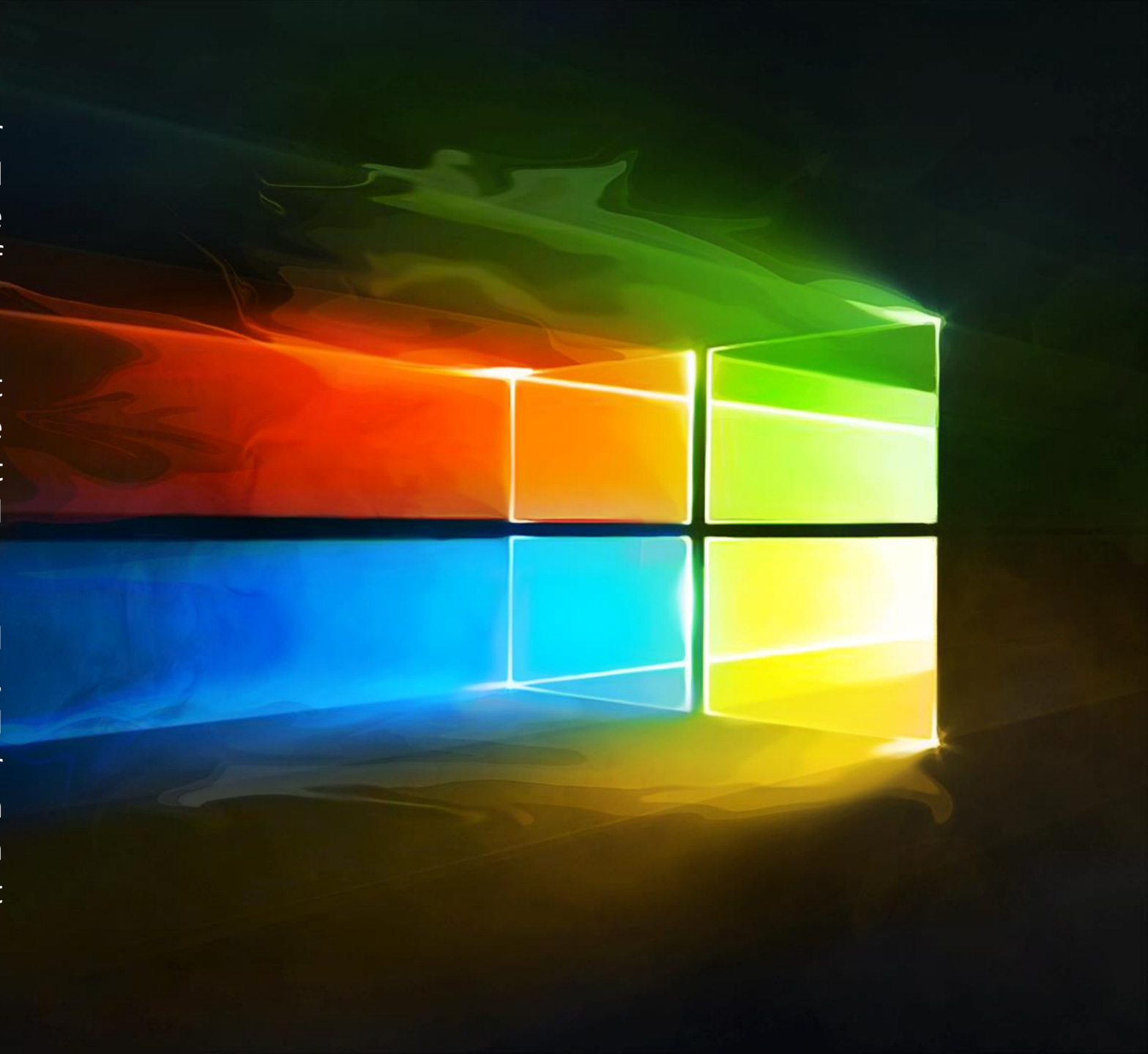
Step forward we shall, for this is not about you it is about the “child” and the symptoms they are suffering, each of which derived from the realisation that every experience was based upon fiction and not one of reality. Dopamine spiking and thus addiction, trauma, abuse and the later listed symptoms result in COMPLEX PTSD cultivated from situations that were meant to be a place of TRUTH – TRUST – TRANSPARENCY and of LOVE.

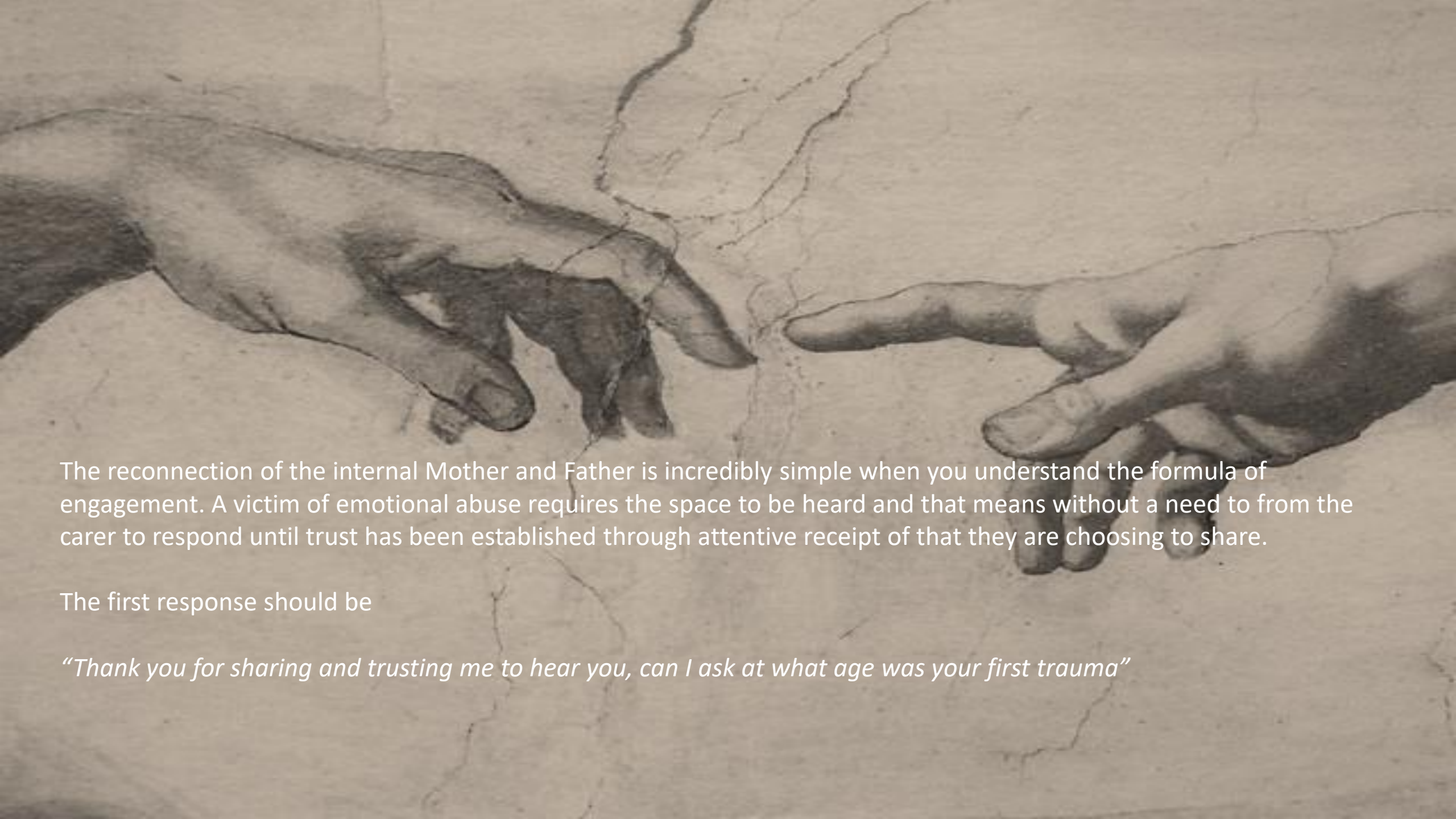
Until the protective system can find a place of absolute clarity and security the internal garrisons of self protection remain on high alert and engagement, thus the human battlespace within is literally waging war with himself and if the digital world could offer a space of absolute truth then very swiftly the super troopers of society could calibrate and thus apply the discernment to the real world, defusing its survival mode and thus the internal conflict rising up through the global population.

Our online world is at the centre of our children lives and one being delivered minus qualified supervision and or true understanding of the implications of such a fragmented approach.

To reduce the impact of the illusion that the digital world represents and the thus the trauma it conveys, we must approach this paradigm from a unified position.

Much so in the way a “mother and father” should approach the family unit, done so with “Love and Truth” blended so as to protect the child’s intuition, for it’s the inner voice that will guide them to discernment and thus self protection from confusion becoming the battle that walks them toward emotional collapse.



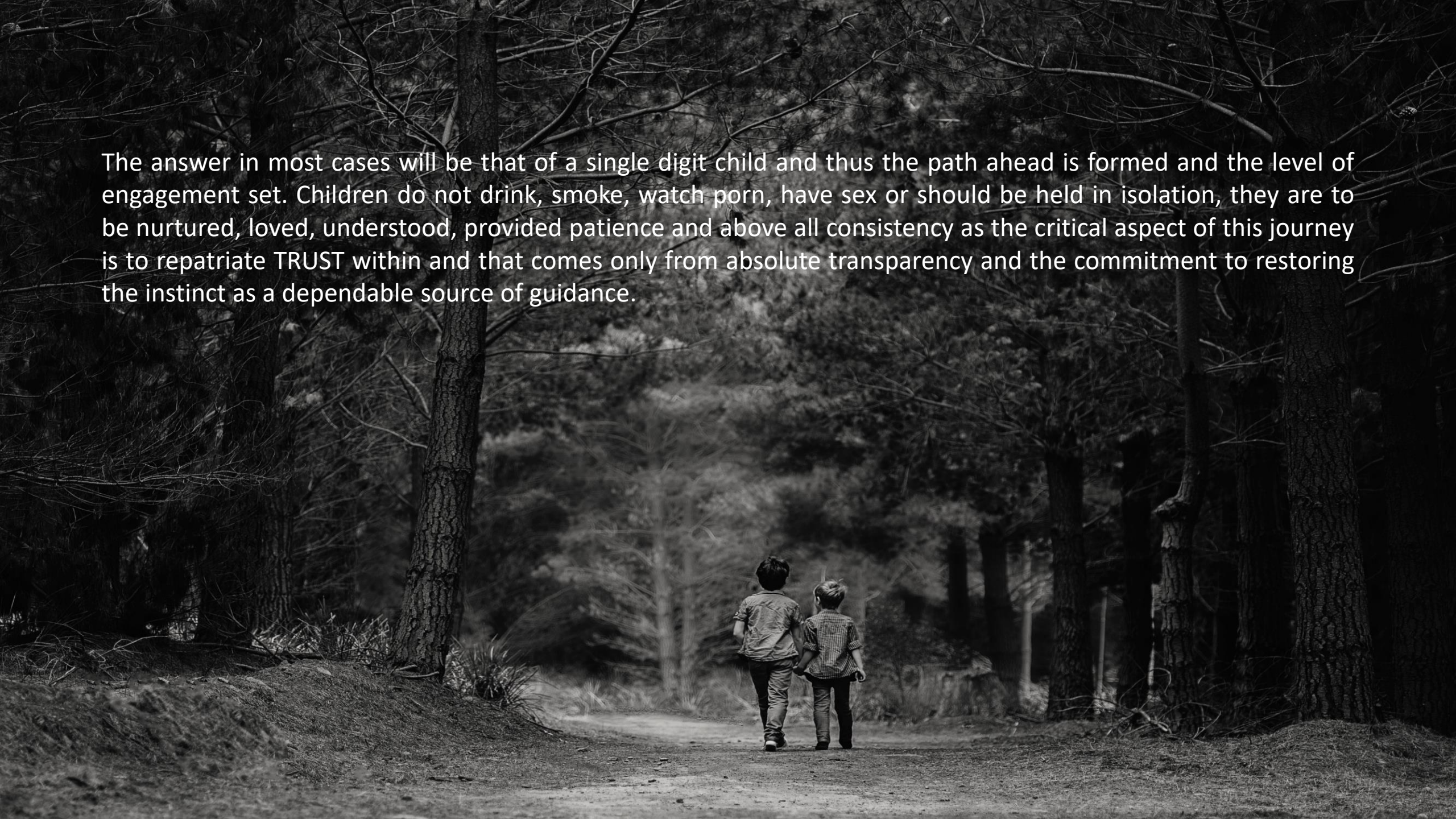


The reconnection of the internal Mother and Father is incredibly simple when you understand the formula of engagement. A victim of emotional abuse requires the space to be heard and that means without a need to from the carer to respond until trust has been established through attentive receipt of that they are choosing to share.

The first response should be

“Thank you for sharing and trusting me to hear you, can I ask at what age was your first trauma”

The answer in most cases will be that of a single digit child and thus the path ahead is formed and the level of engagement set. Children do not drink, smoke, watch porn, have sex or should be held in isolation, they are to be nurtured, loved, understood, provided patience and above all consistency as the critical aspect of this journey is to repatriate TRUST within and that comes only from absolute transparency and the commitment to restoring the instinct as a dependable source of guidance.





The above shows the destination, for the journey is an arduous one of constant recalibration, however with truth, trust, transparency and LOVE at the centre of all that is communicated we can rebuild the children within and at the same time those holding their hearts, each journeying back to happiness..... *“one step at a time”*