

Shalom Aleichem & Healing Complex Trauma
 Rabbi Lisa Goldstein
 Limmud 2022

Shalom Aleichem

<p>Peace be with you, ministering angels, messengers of the Most High, messengers of the Sovereign of all Sovereigns, the Blessed Holy One.</p> <p>Come in peace, angels of peace, messengers of the Most High, messengers of the Sovereign of all Sovereigns, the Blessed Holy One.</p> <p>Bless me with peace, angels of peace, messengers of the Most High, messengers of the Sovereign of all Sovereigns, the Blessed Holy One.</p> <p>Go in peace, angels of peace, messengers of the Most High, messengers of the Sovereign of all Sovereigns, the Blessed Holy One.</p>	<p>שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא</p> <p>בּוֹאֲכֶם לְשֵׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא</p> <p>בְּרַכּוּנִי לְשֵׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא</p> <p>צַאֲתְכֶם לְשֵׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיּוֹן מִמְּלַךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא</p>
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The Four Worlds

אֲצִילוֹת - <i>Atzilut</i>	Emanation	The world of the soul/oneness
בְּרִיאָה - <i>Briyah</i>	Creation	The world of thought
יְצִירָה - <i>Yetzirah</i>	Formation	The world of emotions
עֲשִׂיָּה - <i>Asiyah</i>	Making	The physical world of action

Defining Trauma:

Shock Trauma (PTSD) vs Complex Trauma (C-PTSD)

Environmental Failure

Intergenerational
Trauma

Poverty

Ongoing
Discrimination

Neglect



Strife in the Home

Difficult Birth

Illness

Missing Parent

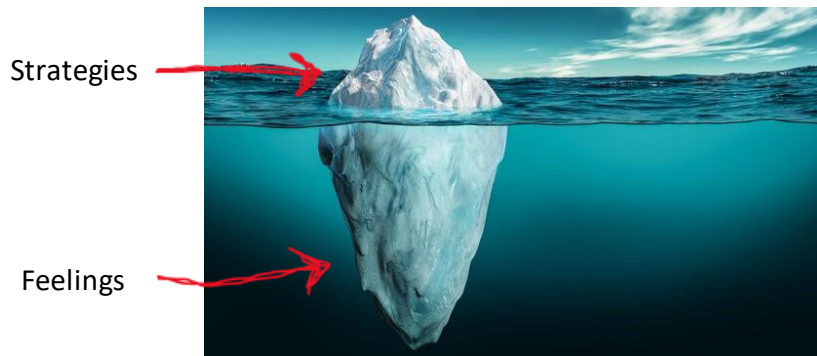
Violence

PEOPLE HAVE 2 NEEDS
ATTACHMENT
AUTHENTICITY
WHEN AUTHENTICITY THREATENS ATTACHMENT
ATTACHMENT TRUMPS AUTHENTICITY
GABOR MATÉ

Common Jewish Survival Strategies:

- I never really belong; I am always on the outside.
- Forget you all! I don't want to be around you anyway.
- Moving out of the body to the intellectual or to the spiritual
- I have to take care of everyone around me even to my own detriment.
- I have to prove my worth by overachieving.
- I put pressure on myself to always know more, do more, be better.

An essential aspect of the healing.



For more information about NARM:

www.narmtraining.com

The Practical Guide for Healing Developmental Trauma by Lawrence Heller and Brad Kammer.