

"An enemy is someone whose story we haven't heard."

"Behind every act of violence is an unhealed wound."

Gene Knudsen Hoffman

Shaking, trembling, crying or sweating are normal responses to threats and are helpful to the body and mind—releasing and using up the energy accumulated during the freeze response.

**Most people know intuitively
how to calm the instinctual
and emotional brain naturally
through drumming, dancing,
singing, praying etc. -
releasing blocked trauma
energy.**

Hurt people hurt people.

When we turn trauma energy against ourselves we are "acting-in". When we turn it against others we are "acting-out".

