

Facing the pain of Trauma and Abuse: One Holistic Look at the Restoration of your Being a Woman through Reflexology

In the 21st century, the place of women in society continues being a vulnerable, fragile, a disadvantaged site, it could be said, given the approach within the plane of reality that today frames the issue of abuse.

The first thing a woman experiences from abuse is deep pain in each of their planes. A pain that leads to internal isolation that prevents and does not allow contact with otherness and the outside world.

Emotions that are anesthetized before the feelings and that sometimes they are active and stored in the memory of the heart.

This episode occurred in her life marks an important point in relationship both with herself and with each of the roles she plays in your Being Woman.

Values are cracking, principles are shaken, their reality is undermined possible and attack their sense of Life.

As a stalked prey it slides its wounded being towards the point of fade and fade simply to avoid remembering and reliving the felt and vibrated inside.

She feels humiliated and abandoned. Stripped of something that was taken from her and trampled. Reduced to its lowest value, the woman finds in pain her greater strength.

Recognizing that my Being a woman has been the victim of abuse is a very important that you can only face when you are ready to ask for help after touching that deep pain that has first led her to denial, then to anger, followed by sadness and finally the path that leads to the acceptance and resignification of what has been lived.

Recognizing is a process that involves an internal surrender of being, able to give It tells where I am, how I am and before what life places me today.

It is to lose fear before the abuser and face my own strength, take each one of my internal strengths to be able to re-know and re-discover the sense of inevitable suffering that would lead me to give the right place to event that I want to transcend.

And this is where we begin to ask the question:

In the face of the pain of abuse, what internal tools do I need Activate ?

A Holistic Look is to Enter the Human Being, is to look completely our entire Being.

It is to recognize that we are spiritual beings experiencing a human life.

It is knowing that we have a physical body, an emotional body, a thinking and cognitive area, an energetic and spiritual body that allow us to live our fallible humanity.

The pain of abuse leads me to feel invaded, denigrated, outraged, exposed ...

It is a fact that talking about abuse does not only imply the sexual aspect before an act of violation or offense but contains the full meaning of the word within the physical, psychological, emotional, verbal and financial framework of the woman.

Sexual abuse is violence of a sexual nature, with or without physical contact, committed through violence, coercion, threat or surprise, that is, without the consent of the victim.

Consciously or unconsciously we will block from the beginning any attempt to physical contact, to permeate and anesthetize the feeling, to protect ourselves from the danger of external and it will manifest in our emotional and psychological body.

The body gives us a language of its own through each of our organs and systems. It expresses through the symptoms the signals that we must turn to see and before the pain of abuse, our physical part is not the exception.

If he was sexually abused, on the level of the symptom language he will talk about frustration, of the loss of the sense of the carnal act of union with the couple, of completely close myself to the manifestation of bodily love and speak also my resistance to feeling, controlling and even prohibiting sense of pleasure.

The intimacy that a sexual relationship engenders can trigger various feelings linked to memory or fear. Fear of feeling abused, hurt or misunderstood again I can even self-punish myself if I don't transcend the issue of abuse

Although I have not had to experience abuse on the sexual level, perhaps I have been abused in other ways.

If I was the victim of a robbery I can live an intense feeling as if I they would have raped.

The way I allow people to treat me with regard to my tastes personal, choices, my ideas, my values can also be perceived as a violation.

I can experience a violation also within my marriage. I can get u feel guilty for any kind of abuse.

The feeling of abuse is intimately linked with guilt and shame

It is crucial for the person who has been abused to understand that their guilt It is associated with the gap between what was lived and the reasons why it was impossible to avoid abuse

Shame is a mixture of fear of rejection and anger towards the abuser; it has to do with the way the victim looks at herself; she looks as stained for life.

Shame leads the person to two ways: to belittle himself or to hate those who resemble the abuser.

In both cases the result is the same: self-destruction, since self-hatred Same as hatred of the other are both destructive behaviors.

Restore myself to my Being Woman, which means then: To restore is to recover ... is to return to their original state all dimensions of human experience from the material to the spiritual.

It is to recover from the separation that we had internally and that caused us heartbreak, guilt and fear. By nature we try to build our own bridges trying to cross our chasms, but sometimes, efforts are insufficient because we need to be accompanied in this process.

It is a great time to make changes. Those changes that allow us to turn direction, not outward but inward.

That change from true homecoming. My house, my interior home where inhabits true restoration.

From the encounter with myself walking the traces of my creation, from what known and experienced in wealth of wisdom to achieve stop living in the fragmentation and give me back my unity in the totality that I am.

This path of true restoration is what I come to share with you today. each one of you. If there is a therapeutic way to transcend pain facing abuse in all its planes and forms ... The approach and the task of accompaniment and support through the therapeutic approach of Reflexology

Reflexology is a recognized Holistic complementary therapy in the world for the scope and internal work that it promotes through the homeostasis by performing self-healing in the body.

Reflexology gives us the possibility of experiencing being again touched after experiencing pain from abuse.

What a woman needs at first is to feel contained, understood, safe, accompanied and the Reflexology allows us to do it without only through the hands of the therapist who lovingly and delicately do, but get the true encounter of the person with himself to through the stimulation of each reflected zone worked.

Allow to be touched by a stranger ... regain the ability to feel and feeling myself is one of the great contributions that this complementary therapy provides us.

Building the bridge back home through Reflexology is connecting with the feeling of helplessness, with that abandonment of all lived hope. It is touching that sensitization that will give me the touch of deep suffering to transform it into self-love, abandoning the loss of the feeling of existing under conditions of only pain and fear.

I am reunited with my possible humanity. I allow myself to realize the true alchemy of suffering towards love in self protection, self forgiveness, self Trust and self-provision by re-believing in myself and in human relationships. I will be able to work and free myself from the sadness, emptiness and depression that led me to a I have been anesthetized of my Being and Being before the moment of life transited.

Reflexology restores my whole being. In the physical part he works impeccably with the

nervous system to provide us with substances biochemicals like dopamine, serotonin, endorphins to name a few that will take me to a phase of tranquility working with anxiety, anguish and depressed state that any type of abuse has caused me The metabolic and hormonal endocrine system will allow me to restore my internal circuits of order and balance towards each of my glands excretory, regulating the function of the main organs of the body

The locomotor system, bone, joint, soft tissue and muscles will show me the way to be able to walk painlessly in front of the events that may occur again in my story without paying the bill for subsequent psychosomatic disorders.

Reflexology makes a comprehensive crisis intervention with Women

Accompanying patients for more than 20 years of work in the field of Clinical reflexology in my country, MEXICO, I have witnessed that there is a world before Reflexology and a Universe after it.

Reflexology allows us to better understand HUMAN NATURE

We realize that nature is Human and that behind all differences there is something that unites us: Our humanity possible despite ...

Reflexology values the uniqueness of each Being, sharpens consciousness and expands the senses: It makes us see beyond ...

Gently whispers to us: You are the Perfection in the imperfection that makes you most beautiful expression of the consciousness of your humanity that exists for lighting the path that leads you again to unconditional love, there, from where the light of the bonfire emanates that has warmed you even in the most cold and inhospitable.

A woman in pain experiences the alchemy of her aching heart transformed and understood beyond reason in the inner journey through this therapy that dazzles with its simultaneous simplicity and greatness....

Having mentioned all of the above regarding the path of a Woman in abuse, the proposal that I present today before this forum is aimed at legal representatives, legislators, humanists and each of you to the that the great importance of the intervention of the Reflexology has resonated to them as the first therapeutic meeting point to help in a way more comprehensive and dignified to every woman who comes to an instance to ask for support.

REFLEXOLOGY must be the FIRST STEP of any human being after having suffered some kind of abuse.

I proposing and showing a path of RECOVERY, BALANCE AND INTERNAL ORDER through therapeutics of the Reflexology before the pain of abuse.

CLAUDIA CHAVEZ ROMERO
Reflexologa Clinica
Puebla,Pue MEXICO
chavezrclaudia@yahoo.com.mx