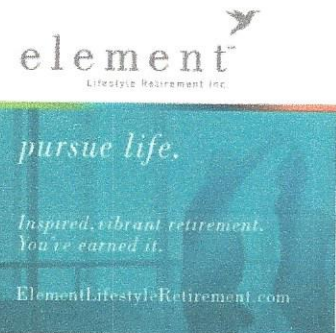


HOME FINANCE FOOD HEALTH HOUSING LEISURE RELATIONSHIPS STYLE TRAVEL
ABOUT US ADVERTISING BLOG BOOKS CONTACT US EVENTS MAGAZINE NEWS SHOPPING RADIO

INSPIRED *Senior Living*

Inspiration for people over 55.

Inspiring People. Inspiring Places. Inspiring Passions.



Magazine Home Latest Issues Articles Recipes Reader's Corner Newsletters Distribution Submissions Subscriptions

Search Articles

Latest Articles

Arts / Entertainment

Computer Tips

Employment / Education

Fashion / Beauty

Family / Relationships

Finance / Insurance

Gardening

Health / Wellness

History / Antiques

Housing / Property

Humor

Inspiration

Legal

Planned Giving

Reader's Corner

Recreation / Leisure

Retirement

Seasonal / Holidays

Self Help

Shopping / Consumer Tips

Travel / Transportation

50+ Marketing

Quizzes, Fun Facts and Trivia

Thriving After Trauma

By Melodee K. Currier

View all articles by this author

Like 20

Tweet

G+ 0

Email To A Friend

The Chinese word for "crisis" is composed of two Chinese characters signifying "danger" and "opportunity." After experiencing a traumatic event, you will experience either danger or opportunity, depending on your thoughts. The choice is yours. As Carl Jung said "I am not what happened to me, I am what I choose to become."

A relatively new term for thriving after a traumatic experience is Post Traumatic Growth, which is defined as "positive psychological change experienced as a result of adversity in order to rise to a higher level of functioning." It's more than being resilient -- it's flourishing and emerging better than before.

Those experiencing Post Traumatic Growth may notice they:

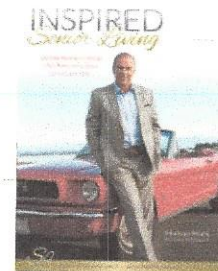
- Have a greater appreciation of life
- Feel stronger physically and mentally
- Enjoy closer relationships
- Make new goals and priorities
- Experience stronger spirituality

I have experienced twelve major traumas in my life -- from being a battered wife to recently being a passenger in a serious car accident. I bounced back from the first eleven traumas, but the car accident has been the most life changing and, as a result, I have experienced Post Traumatic Growth. Trauma has a way of waking you up.

My transformation actually began at the site of the accident when I noticed strangers jumping out of their cars to help us. Two women identified themselves as nurses, two men served as witnesses and another man helped get my husband and me out of the car and to a safe place to wait for the ambulance. I was, and still am, overwhelmed by their selfless caring.

Readers
Corner
where the
author is YOU

Current Issue



June 2016 INSPIRED Senior Living

Search For Articles

Search

GO

☒ Keyword ☐ Author

SUBSCRIBE TO
THE MAGAZINE



Say Good Bye to Dentures,
Say Hello to Teeth in One Day!

The breakthrough dental implant procedure that provides you with perfect teeth. Imagine, the problems that have plagued you for so long, gone forever in just one day!

CLICK HERE FOR MORE INFORMATION

BC PERIO
DENTAL HEALTH & IMPLANT CENTRE

Unbelievably, a few minutes before our car was totaled, my husband and I were discussing buying a new car (which my husband was against) and I was thinking "The only way we're going to get a new car is if this one is in an accident." The Law of Attraction was clearly at work that morning. Be careful what you wish for – the Universe is always listening.

As a result of Post Traumatic Growth, I have received numerous blessings:

- I now have a much greater appreciation of life and the beauty all around me. On a daily basis, I am thankful for all my blessings large and small.
- My top priority is becoming physically fit. I wasn't fit before the accident and I believe it would have made the healing process easier if I had been.
- My nearly 25 year marriage was good before the accident, but the love and appreciation I feel for my husband is magnified now. Even though he was also injured in the accident, he cheerfully helped me with everything I needed – and more.
- My spirituality is much stronger now. I know Archangel Michael performed divine intervention that morning and Archangel Raphael is helping me become healthier now. My gratitude is overflowing and I let them know daily.

After the accident I was overwhelmed with anxiety and planned to see a psychologist for PTSD as soon as I was able to drive. After calling four psychologists and being told I needed to be put on a waiting list, I realized the Universe was telling me I should try to heal myself.

So I took action. I talked with my husband regarding my anxiety about the accident and fears of getting back into a car; wrote extensively about it; watched numerous YouTube videos on trauma, anxiety and Post Traumatic Growth; reserved several self-help books at the library and re-read many books which I already owned.

In the process, I was divinely guided to books and videos that really resonated with me and answered my questions. My turning point was the realization that worry is useless. Even though life is unpredictable, we each have the strength, by living in the now, to handle whatever happens. Issues I had with anxiety, before and after the accident, have dissolved. As they say "When the student is ready, the teacher will appear." Thanks to the many teachers who wrote the books and made the videos, this student no longer needs professional help.

Several years ago when I met one of my favorite authors, the late Dr. Wayne Dyer, I told him "You are my guru." His reply? "You are your own guru." I now know what he meant. And as author Truth Devour, writes in her book, *Wanted*, "Perhaps the gift you seek already resides within you awaiting the day you choose to unwrap it." Don't waste another moment -- unwrap it now, let your journey begin and become your own guru!

To read more of Melodee's article visit her website here; www.melodeecurrier.com

This article has been viewed 40 times.

Comments

Showing 1 to 1 of 1 comments.

This is written from a profound sense of strength. The author is a terrific writer and, with this brilliant article, will be helping countless other women. Worrying is using your imagination to create something you don't want. So why not use your imagination to create something you do want. That's precisely what Mrs. Currier did and invites us to do the same.

Posted by Jeanie Henderson | June 10, 2016

[Report Violation](#)

Post A Comment

Name

Email

