

Shell Shocked

1st May 2021



Mayday! Mayday! Mayday! The world is going down! (I don't remember why saying "mayday" over the radio = emergency, but it does. Obviously, I had to look it up. 😊)

It originated during the 1920s at Croydon airfield in England. Most air traffic at that time was to & from Le Bourget airfield in Paris, thus the expression "Mayday" was proposed, derived from the French word "m'aider" (help me) a shortened form of "venez m'aider" (come and help me).

A reader asks about post-traumatic stress disorder PTSD, once known as being shell shocked (artillery, not clam, crab or shotgun) which referred to the effects of war explosions. I looked up a description; summarized it says:

Traumatic events, such as accidents, crashes, assaults, military combat or natural disasters and the lasting effects. Short term reactions to life-threatening incidents are common but lasting effects can become Post Traumatic Stress Disorder or **PTSD**. Symptoms often occur along with other conditions such as substance abuse, depression and anxiety. A diagnosis requires a trained professional, symptoms fall generally in these broad categories:

- **Re-experience:** recurring, involuntary, intrusive distressing memories such as flashbacks, bad dreams and intrusive thoughts.
- **Avoidance:** places or objects as traumatic event reminders. Actively avoiding locations or people.
- **Cognitive:** Difficulty remembering the cause and negative thoughts about oneself. Feeling numb, guilty, worried or depressed are possible. Cognitive effects can include out-of-body sensations and/or feeling the world is "not real" (derealization).
- **Arousal:** hypervigilance and becoming intensely startled by something which resembles the event, trouble sleeping or angry outbursts.

PTSD derives from survival instincts, which identify threats to then fight or flee them. When the alarm sounds, powerful hormones flood the body to "survive". Most people metabolize these inside 12-30 hours and go on.

RQ1: What causes some people to get it and others not?

C: Mostly life plan events, although exceptions occur. The exceptions are when the incident is not part of the person's life plan but affects them anyway. An recent example was in Las Vegas; some survivors did not have the concert and crowd scheduled.

RQ2: Why can a person live through something traumatic to them and be fine, but others end up with it?

C: This is written into a life plan, the process occurs in what humans call the subconscious although it is most certainly superconscious, not subjugated. The awareness of the human mind and soul beyond the human body.

RQ3: Can it be treated homeopathically?

C: Yes.

RQ4: Are some people just more empathic than others and they end up with it?

C: Yes, but empathy is also part of every soul, it can be written into the life plan. A human can be quite empathic but design an incarnation where this trait is not emphasized or is even missing. What humans call a socio—or psychopath, is an example.

RQ5: Any advice to overcome it?

C: Yes, awareness that the event was written into the life plan will do this, the reaction intentional, purposeful and now complete. Awareness is the solution, antidote and mental medicine. The purpose has been accomplished once an affected soul realizes as a human, that the incident, event or happenings were not haphazard as seemed.

This will not be an easy thing to achieve, as most humans deny the existence of a soul which transcends human bodily existence.

Q: How can and/or does the homeopathic treatment work?

C: The application and ingestion of herbs, lotions, crystals and other things transfer the positive energy of the applicant to the recipient. This works in much the same way as reiki, which would also have a greatly beneficial effect.

Q: What is the intended effect?

C: Restore normal memory of the event, through understanding. Understanding means belief a repeat is not going to happen. This is achieved with replacement energy; a human body, water tank or electrical circuit component have limited capacities. The idea is to force out the portion of capacity occupied by reactions. The memory always remains, your soul is unlimited in this way, the emergence of the memory of a certain lifetime remains available during that lifetime. Memories from other lives are generally not available during a different incarnation.

False repression of the memory is a short-term technique for coping with the unpleasant effects. The responses, reactions and emotions which arise from the memory are themselves also learned, programmed and habitual. The objective is to replace this part of the process, pattern or blueprint which produces the negative reaction.

Q: What about the de-realization or out-of-body experience reaction? Why does that happen?

C: The soul is temporarily fleeing the body which passed through the experience. Just as nearly all souls do when sleeping.

Q: Does this work? In other words, why are some PTSD symptoms related to bad sleep, trouble falling asleep and similar?

C: It works in some cases and only temporarily. Soon the memory of the event connected to the programmed reaction is re-established. The solution is to break the pattern; this is most easily done by replacing the programmed reaction. The memory itself is irreplaceable and unlosable. It cannot be discarded, erased or misplaced.

Q: Last question, how would this be done in practice?

C: The homeopathic way would be to apply crystal and herbal energy as the expert in these treatments would recommend, many humans know the techniques well. Then display reminders, trigger the reactions BUT also comfort the subject with companionship, love and images of positive things. Slowly and with increasing speed, gently at first then faster and faster as additional treatments are made, will the subject learn a new response. The older one will have been replaced.

Q: Thank you Esteemed Committee.

C: Welcome are you always. Do return.