



PTSD: Frozen in Time: Adventures in Releasing Buried Energy

Ann E. Laurie

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I never thought my PTSD meds would stop working, but after twenty-five years, they did just that—and all my symptoms returned. The trauma energy that flooded me in childhood, when I could neither fight nor flee, remained within. I was prepared to do just about anything to release that buried energy since it came to manifest in physical pain so severe, it sometimes left me gasping for breath. From shamans and energy healers to Trauma Releasing Exercises and mindful meditation, these are my adventures in releasing trauma energy with non-traditional methods. Also included are two previously published short-reads: Startle: A True Story of PTSD and the Paranormal and Ghostsmeller: Adventures of a Low-Status Medium.

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Sheila Collins:

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Rose Heck:

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