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The Caverns

The Caverns are a symbol or metaphor for core issues.

A cavern issue is established when ***an external event pathologically affects our view of ourselves and the world around us (others)***, in other words, **Trauma**. Left unresolved, cavern issues can create havoc in our present reality. The reparation of these wounds represents a powerful and important aspect of healing and recovery.



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**The
CALL**

To the

**INTROSPECTIVE
ADVENTURE**



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► But if no one has ever looked at you with loving eyes or broken out in a smile when she sees you; if no one has rushed to help you (but instead said 'stop crying, or I'll give you something to cry about'), then you need to discover other ways of taking care of yourself. You are likely to experiment with anything - drugs, alcohol, binge eating, or cutting- that offers some kind of relief.

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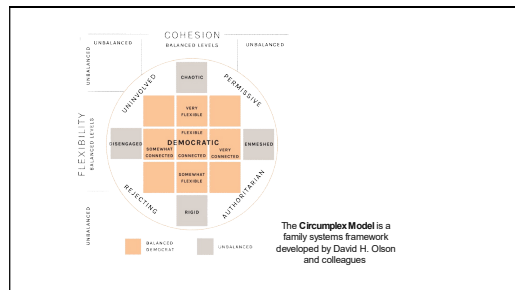
► As children, we start off at the center of our universe, where we interpret everything that happens from an egocentric vantage point. If our parents or grandparents keep telling us we're the cutest, most delicious thing in the world, we don't question their judgment- we must be exactly that. And deep down, no matter what else we learn about ourselves, we will carry that sense with us: that we are basically adorable. As a result, if we later hook up with somebody who treats us badly, we will be outraged. It won't feel right: it's not familiar; it's not like home.

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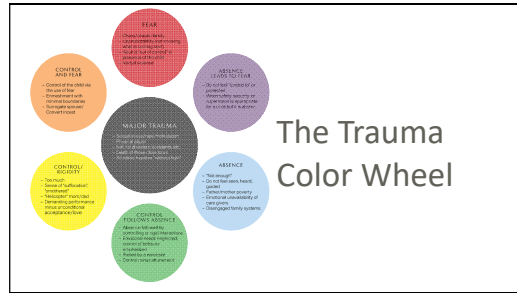
► BESSEL VAN DER KOLK M.D.

(Book - The Body Keeps the Score)

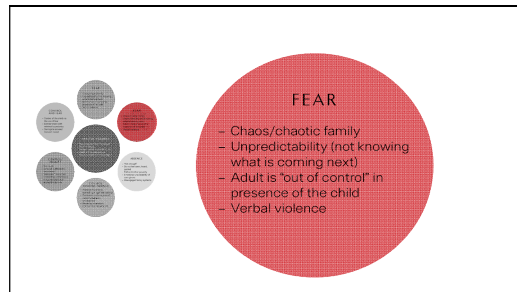
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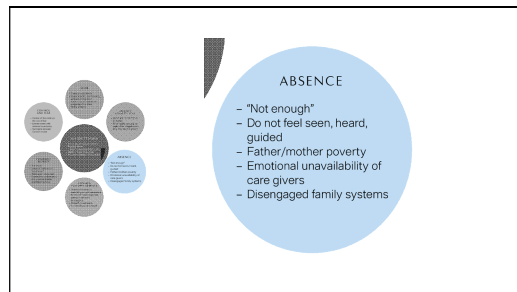
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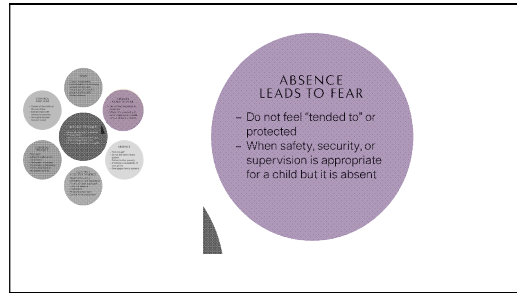
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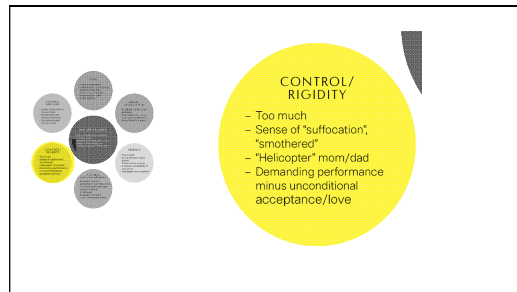
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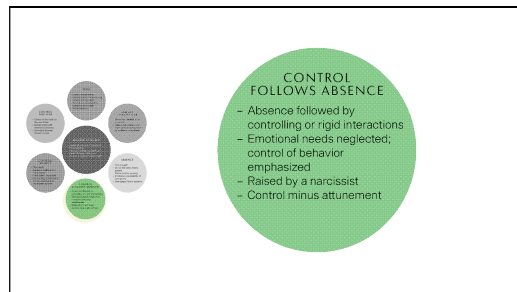
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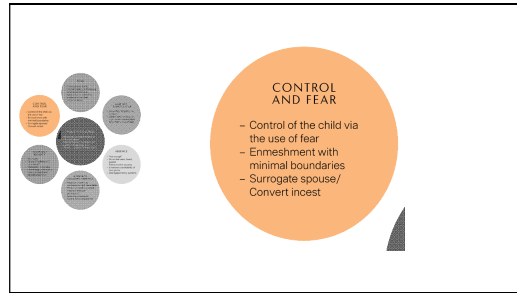
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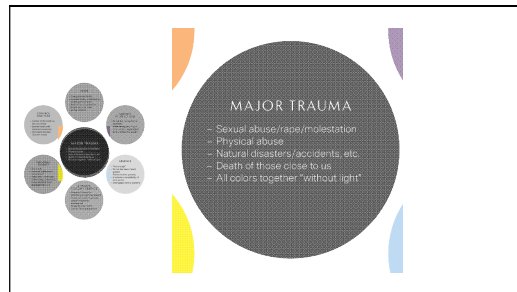
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