

But Nobody Ever Told Me... XXIII

Tradition is surprisingly fragile. Once a link of the chain is broken, it is extremely difficult to reattach—and if it effects a second link—almost impossible. What often happens in many disciplines is that an older generation assumes that the younger generation knows how and why certain things are done. We can see this in everything from sports practices to cooking recipes.

The Enemy and spiritual warfare

We stated last week that Trauma is the effect in us that happens as a result of the direct experience of evil. Whether it is from a chance physical event (car accident or tripping and falling) or being a victim of a conscious targeted abuse, or repeated low-grade irritations or deprivations, trauma is the real injury. Trauma is the permanent etchings that fear leaves on our mind, heart, and soul as a result of negative experience, and it can (and does) leave us scarred and not fully free.

The wounds on the human heart/soul are exactly analogous to physical wounds on the body. If left untended they can get infected. If the injury and subsequent infections is bad enough, it can be debilitating. The deepest problem is that as we strive to understand why I had this experience of evil and what it means, the trauma itself gets woven into the fabric of our self-identity by means of our memory—which is surprisingly manipulatable.

Lies, lies, lies...

The consequences of trauma on the human heart/soul lead us (by the ready deceit of the Adversary and our own desire for answers/reasons) to believe lies about 1) ourselves (our goodness or lovability), 2) God, 3) all relationships and 4) Love in general. Although we do not “tell” these lies, we believe them and act out of them.

That makes us complicit after the fact—even if unknowingly. We didn't rob the bank, but we drove the getaway car. As long as we believe the lie, Christ (Who is the Truth) is very limited in what He can do to help us. Moreover, He can never bless a lie. At *best*, nothing *bad* comes of it—at best.

Jesus is the answer. When we become aware of the lie, confess it and forgive the perpetrator of it, Christ can then heal us. We can then give them to Christ and experience what the saints have referred to as an encounter with Redeeming Love. This is the experience of being forgiven when there is no remedy—far beyond what could be expected, deserved, or hoped for.

Engaging on *this* battleground is the very best way to wage spiritual warfare! Turning to Our Lady and Guardian Angel to help us is powerfully effective and they delight in revealing to our minds the devil's infernal schemes against us. Furthermore, it allows us to heal the breach/wound and not be vulnerable there any more!

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