



PTSD

USING *TRAUMA* TO

**THRIVE**

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**BAZ PORTER**

This is a work of nonfiction. Nonetheless, some names, identifying details and personal characteristics of the individuals involved have been changed. In addition, certain people who appear in these pages are composites of a number of individuals and their experiences.

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*“...it was at this point that I heard a voice inside of me suggest that I share my story, speak my truth, and share what I’ve come to know with as many people from as many walks of life as possible...”*

-Baz Porter

# **PART I**

## **INTRODUCTION**

At the time of this book's publication, December of 2020, most of us are reflecting on what was at best a dud of a year, and at worst, a truly tumultuous time. The year kicked off in January with a near-spin into World War III, with both the United States and North Korea threatening nuclear attacks which thankfully never came to fruition. Soon after, Australia was rampaged by bushfires that destroyed 12 million acres of land and affected 3 million wildlife, and the Amazon rainforest, which provides roughly 20% of the world's oxygen, was purposely set fire and burned for months. The United States experienced a presidential impeachment trial, and my native United Kingdom's withdrawal deal from the European Union was finalized--all in the first weeks of the year.

For some, these events may feel years, rather than months, past. Perhaps they've even been forgotten, because in February and March of 2020, the world was forced, quickly, to become familiarized with the novel coronavirus COVID-19.

COVID-19 has now been our reality for the better part of a year, and its effects on public health, safety, politics, and the economy have

many people feeling as though the world is crumbling around us. Perhaps it is, in some ways, but if I may offer another perspective...

Consider 2020 a Great Awakening, a shift from what we may call a “3D” world into a “5D” state.

Let’s explore 2020 through a spiritual lens, but first let us make clear that spirituality does not equate to religion.

Religion is a system of attitudes, beliefs, and practices often oriented to the service and worship of a God or many Gods. Spirituality is about experiencing a connection with other people, other living beings, and with our surroundings. Does religion demand some spirituality? Yes, but not necessarily the other way around. Since spirituality is an individual practice, you don’t need to be immersed in a community with the same beliefs as you, even though being surrounded by like-minded individuals can be helpful for some. Both practices can and have led to happiness, but spirituality is not attached to a moment, a person, a dogma, or an object.

So, to start, let’s examine the root of the colloquial name for this virus: Corona. “Corona,” the Latin word meaning “crown,” was assigned



by scientists due to the crown-like spikes around molecules of the virus but let us look deeper into the spiritual meaning of this name.

In energy work, the crown chakra is associated with spirituality, source, and our higher selves. It is represented visually by the sahasrara, also referred to as the thousand-petaled lotus or the seed of enlightenment.

Though there is no denying the irrevocable harm done by the spread of the virus, it's also clear that the events of the past year have forced many to wake up to the realities of our world and society. As the virus spreads, so, too, does consciousness.

With Covid hitting the United States, and now my native United Kingdom, so hard, so too were many aspects of our societal systems and structures--namely, healthcare and the economy. Hospitals became over-flooded with people, an issue related to lack of resources and preparedness that has only compounded. The toll this virus has had on our healthcare system shows the fragility of its ability to handle mass outbreaks.

With so many laid off or forced to work from home, the economy has also taken a hit, with many small businesses having gone under

and people left without disposable income to stimulate economic growth. Still now, the unemployment rate in America is hovering at roughly 7% (for scale, the national unemployment rate peaked at 9.5% during the 2008 recession). This virus not only showed us how fragile capitalism is, but how capitalists value money over the safety and wellbeing of other people, as many are risking the health of their workforce in order to keep our economic systems circulating.

This year also forced other systems to show the full face of their corruption, notably our criminal justice system. The Black Lives Matter movement spread not only throughout our nation, but the world, revealing the injustice and inequality in our world still present today over perceived differences due to race, class, and education.

It's not surprising, then, that for so many it seems like our world is crumbling, when in reality it is the flawed systems that are overdue for an overhaul. The idea that the world itself is what's coming to an end is both fear-based and an outmoded way of thinking--a belief that it's time for us to transcend through and past.

Many of us are afraid of change, and yet many of us find ourselves craving something new and different, an expansion of our horizon. This

is because we have seen these truths of our society and have realized that not everything we were expected to accept wholesale as youths are systems worth maintaining. Once we've decided that we no longer want to take part, we must do the work to stand up, speak out both against injustice and in favor of equity and equality, and follow our own guidance and intuition.

So, that shift from a "3D" to "5D" world. Allow me to explain.

We currently live in a 3D world. This world operates at a low vibration and is grounded in these energies. This is also where the vibrations of fear, survival, and safety operate. This is why so many of us battle depression, anxiety disorders, unresolved grief, and often struggle simply to survive--paying the bills, being physically healthy, being mentally and emotionally well, or some combination thereof.

The 5D is a dimension that operates from a center of love and compassion. When we enter this state, we become less focused on the 3D world and more focused on following our hearts, living as our most authentic selves. In the 5D world, we are more likely to operate with missions or purposes in life. People discover their true callings and there is a sense to aid and assist in the betterment of humanity.

Though our 3D physical world of the earth, objects, etc. will not go away when we transcend into this dimension, we will have a new shift in perspective on how we view the world. It is this change that is needed in our world. This shift to love, compassion, and humanity. This is also known as the Age of Aquarius, which we are currently transitioning into.

2020 is the turbulent cocoon state of our spiritual evolution and metamorphosis. Back in 2012, another time where people thought the world was ending, we started into this Age of Aquarius. Slowly we began our transition into this new era. This transition we are experiencing is the death of an old way of living. And with death comes rebirth. The transition into the 5D is this rebirth of our society.

The good news is that despite the deep grief many of us have felt this year, we are waking up to the possibilities of 5D and leaving a flatter, colder version of our consciousness behind. Sometimes we need a jolt or drastic shift in our lives in order for us to grow and evolve. 2020 is the year for that. We are shedding away negativity and looking forward to a brighter and better future of love and compassion. As the saying goes, hindsight is "2020."