



**Barrier
Bilateral Theory**

a) Amplified awareness of “life force” through life affirming activities (meditation, prayer, spiritual path, counseling, creative arts, exercise/therapy, communion with nature/beauty, ect.) re-energizes “I am” so it can pass through dissolved “barrier” and restore the potential for “self-actualization”.

b) Re-energized “I am” permeates ”barrier” around “trauma void” more efficiently when activities are matched to counter specific losses.

a) Grieving dissolves “barrier” between “life force” and “trauma void” so “I am ” can re-enter to restore potential for “self-actualization”.

b) Trauma creates “void” where “life force” is unable to energize “ I am ” towards “self-actualization”.