Delving into Emotional Wounds, addressing them as Issues to be solved, as one of the Reasons we choose to be Incarnated; with personal research into their Origins

I'm going to set my scene, with some relevant quotations, beginning with David Lorimer, one of the founders of The Scientific & Medical Association, who said that the anecdotal had as much worth as any other evidence in scientific research.
I'm not sure who first said: 'Nothing ever happens until it happens to you," but, if we do come to The World to understand what being 'human' is all about then it is, truly, a 'Happening Event.'
Right now, in the 21st Century, far too many of Us are being bedevilled by mental and emotional issues (which medically prescribed drugs do not address) and which have their origins, either in previous lives, the histories of the families we are born into, or for us to discover as an ''educational experience.'
And, by not being addressed, are taking far too many deeper into their own torment.
So, what to do?

Religions have, largely, failed to take this on board, ever since Reincarnation was declared a heresy, in AD 533, when 165 church officials voted to remove what had been a fundamental belief (that Karma is a process by which we remedy and resolve past errors of judgement) and that decision being encouraged by Theodora, wife of the Emperor Justinian, for her own reasons.
It was Socrates who said: "Know Thy Self: the unexamined life is not worth living-" and who was punished by Senators by being told to take hemlock, for this excellent advice.
It was Plato (the philosopher who recorded his words) who said: "The worst form of Justice is Pretended Justice."

Attributed to Vine Deloria (although it goes back much further) a Native American author, theologian and activist are the words: " Religion is for those who are scared to go to hell. Spirituality is for those who've been there, and don't want to go again."
The Poet, John Berryman may have one of the best solutions, when he said "The artist is extremely lucky, when presented with the worst possible ordeal, which will not, actually kill him. At that point, he's in business."
Which, up to a point is how I've worked my way through!

My presentation will be mentioning knowledge gained from my training to becoming a Healer (courtesy of the NFSH and, later Chair for its Region 12, in Scotland) for more than five years; currently bring a distance healer for a global healing network; six journeys to USA based Science & Consciousness Conference; several held at Findhorn, on a variety of topics; to an illuminating Workshop in Sedona on "Soul;" from my work as an intuitive Tarot reader, and a self-taught Astrologer; being invited to the first Insight training programme, in 1979; working alongside a Medium, as her road manager and so it goes…….
More importantly being born to a mother who was never to resolve her own emotional trauma, and choosing to marry into a family who didn't have the wherewithal to address their collective one.

And, even more importantly, addressing my own 'unfinished business,' left over from four previous lives, and all based in Ancient Greece.
"What's for you, will not pass you by."
"What goes around, come around."
You bet it will!

An answer, this time, from William Wordsworth, as encouragement:
"To begin, begin."

Best Wishes,
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