

GENESIS

IN THE BEGINNING, GOD





Exodus 16:2-3

² And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, ³ and the people of Israel said to them,

“Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”





“Trauma is not the story of something that happened back then; it is the imprint left on the mind and body that shapes how a person expects the world to treat them.”



THE BODY KEEPSTHE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, MD

In the beginning, God created the heavens and the earth.

Exodus 16:2-3

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“Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”

Exodus 16:4

⁴ Then the LORD to Moses,
“Behold, I am about to rain bread from heaven for you...”

John 6:35-40

³⁵ “I am the bread of life... ³⁸ For I have come down from heaven, not to do my own will but the will of him who sent me. ³⁹ And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. ⁴⁰ For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.”

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