

ANXIETY DISORDERS / THE MULTIPLE TRAUMATIZATIONS AND PTSD

The battle for humanity in times of global warfare

*Community, brotherhood,
myriads of losses and mourning,
how to keep hope.*

UKRAINE,

Narine Maltseva

- The global shock of warfare – the global rise of anxiety
- Courage - the mission of moral indignity – the mission of moral rage.
- Inimical fragmentation - or cohesiveness in brotherhood – how to keep hope.



Memories of individual decisions made 8 years later, in 2013-2014

Ви, любі борці духу в Україні,
Нехай несе вас Господь,
Нехай веде вас Христос,
Нехай захищає вас Михаїл.

Ihr Liebe Geistes-Kämpfer in die Ukraine,
Dass Gott euch trage,
Dass Christus euch führe
Dass Michael euch schütze.

Dear spirit fighters in the Ukraine,
May God carry you,
That Christ may guide you
That Michael protect you.

Вы, дорогие борцы духа в Украине,
Да несёт вас Господь,
Да ведёт вас Христос,
Да оберегает вас Михаил.



WAR?! SHOK! FIRST REACTIONS

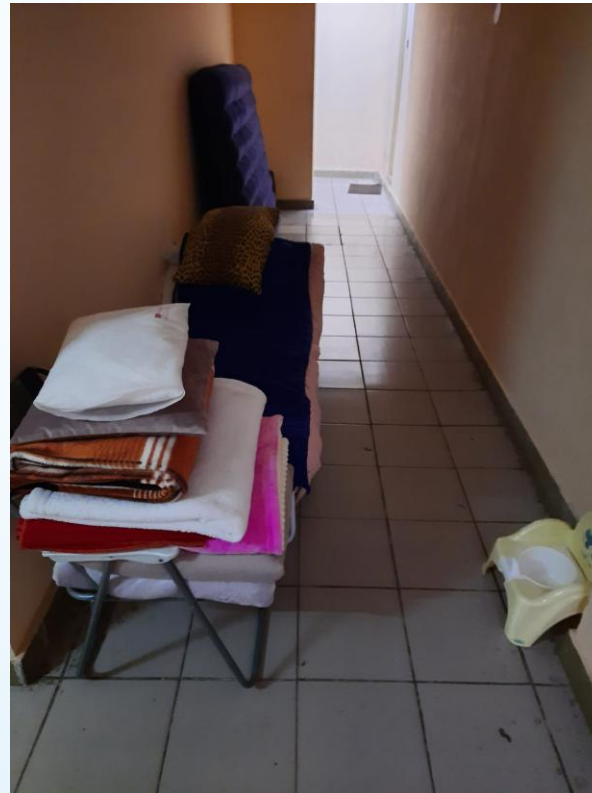
Fight – Run – Freeze

- Let's go to battle with the Dragon!
Where is your Dignity?! We must fight
for the truth!
- We are so weak... we will be beaten...
we have to survive...
- We didn't start it... we have our own
affairs... the main thing is peace and
quiet... you'll somehow manage there
yourself...

Began to wake up at 4:20 a.m.,
watching the news



Kyiv 02.-
03.2022
Anxiety, but
not panic





Map of missile strikes in Ukraine from February 24 to March 19, 2022

Horror
Rage awakens in your heart!



Inna Nikolaeva, 5 March 2022

Hearts pierced by suffering turn out roses, are filled with compassion, filled with love.

- Unity
- Suffering
- Protection

- Faith in the Ukrainian Armed Forces (ZSU)
- Love for neighbor
- Hope for the future

- Faith
- Love
- Hope

Meditation of trust



Woman Carrying Her Home

Dedicated to Ukrainian mothers whose homes and families were destroyed by the war, they have to carry their Tree further into the unknown without husbands.

- Moving
- Migration
- Escape

- Displaced persons
- Immigrants
- Refugees

The war changed the paradigm in me that I am not only for myself, but also about others.

- Volunteer warriors
- Volunteers
- Defenders
- Feeders
- Getter
- Entrepreneurs





Each day you have to collect yourself
Relying on your own forces
Keeping the balance...
You have to move ahead
Trusting Higher Powers...

The world is standing on the last chance
Swaying right and left
There is something doomed and beautiful
In this crazy dancing
And me, I am funny balancing
Between angels demons people
While through the eye of the needle

Yur Izdryk



Questions that our group worked on in March-May 2022

How did the war start for you?
(some have it since 2014)

How did you act?
(This includes both analysis and integration)

What challenges did you face?

What helped you?

How has your life changed? What appeared? What's gone?

What competencies have you acquired during this time?

What new sense / meanings have you revealed?

What would you like in the future?

Number and duration of air alarms in Kyiv 24.02.2022-20.04.2022

17/03/2022 04:49:11



Кількість і тривалість повітряних тривог у Києві



Джерело: КМДА * - станом на 21:00.



Irpin, Bucha,
Vorzel,
Gostomel,
Borodyanka,
Mariupol...

- Sorrow
- Mourning
- Rage!!!!
- I loses control
- Convulsions (seizures) of the emotional body
- Depletion of vital forces



Mariupol - every day I fall asleep with a prayer

This picture is dedicated to you, because I feel your pulsing life inside.

Clear explosion and silence...

Mariupol on fire

Clear field and sea...

God save you!

Inna Nikolaeva, 26 April 2022



Ukraine is a state of Soul and a manifestation of the Spirit

This is the first time when this amount of pressure and trials has come upon us. The awakening of the Spirit happens just in such difficult times. Going through difficulties, pain, fear, despair, anger, we have a chance for rebirth, for the awakening of that Spiritual part, which we often do not think about in everyday life. We are too busy, too engrossed, too fussy. Now our actions have become more calibrated, a lot of effort is spent on the acceptance and processing of information. Terrible information, information that affects our Soul, and at the same time stirs up an ocean of emotions: pain and anger, fear and despair, tears and clenched fists, growling and prayer, fading and silent question –

- How? How to survive all of this?
- What to do with all of this?
- How not to burn out from grief, hatred, despair?
- How to live with it now?
- How? How? How?

And then comes the question:

- Why?
- For what?
- What's next?
- Why go further?
- How can we go further?

And the last two questions bring me back to life. Why - for children! How - in a new way, now everything is different, BUT there will certainly be further, there will be a future, there will be many more „why" and many smiles and many small victories for each Warrior of Light. Ukraine will become what God has prepared for it. Ukraine will revive its history and create a new one, where no one will ever again be able to say that such a country as Ukraine does not exist. Because it will be more than a country, Ukraine is a state of Soul and a manifestation of the Spirit.

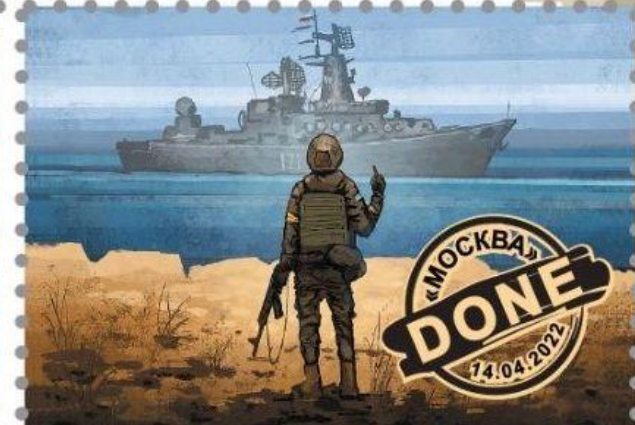


Olga Gaydamaka



РУССКИЙ ВОЕННЫЙ
КОРАБЛЬ ... ВСЬО!

RUSSIAN WARSHIP ...
DONE!



Humor and heroes

Українці в ночі:
Гроза



Ukrainians
at night:
(noises):

storm
shutting
air raid alert
the cat
belches





02/24/2022

1st day of the war

An angel listening to the first day of war

25.02.2022

**2nd day of the war 10:30 p.m.
we hear cracks from distance...
we need to calm down
Here we all are, the one who calms the fire
Good night everyone**

Natalya Yeshchenko

16.03.2022

**It's the 21st day of the war,
it's been three weeks since we
were forcibly forced into a
changed state. Our borders have
been violated on all levels, we
have been living in another world
for three weeks. Where
everything in the physical world
changes every minute, where
everything is as hot as lava,
where there are no boundaries...
But in this world of chaos of war,
you and I see that in the Spiritual
World there is something that is
completely immovable,
unchanging and stands
steadfast...**

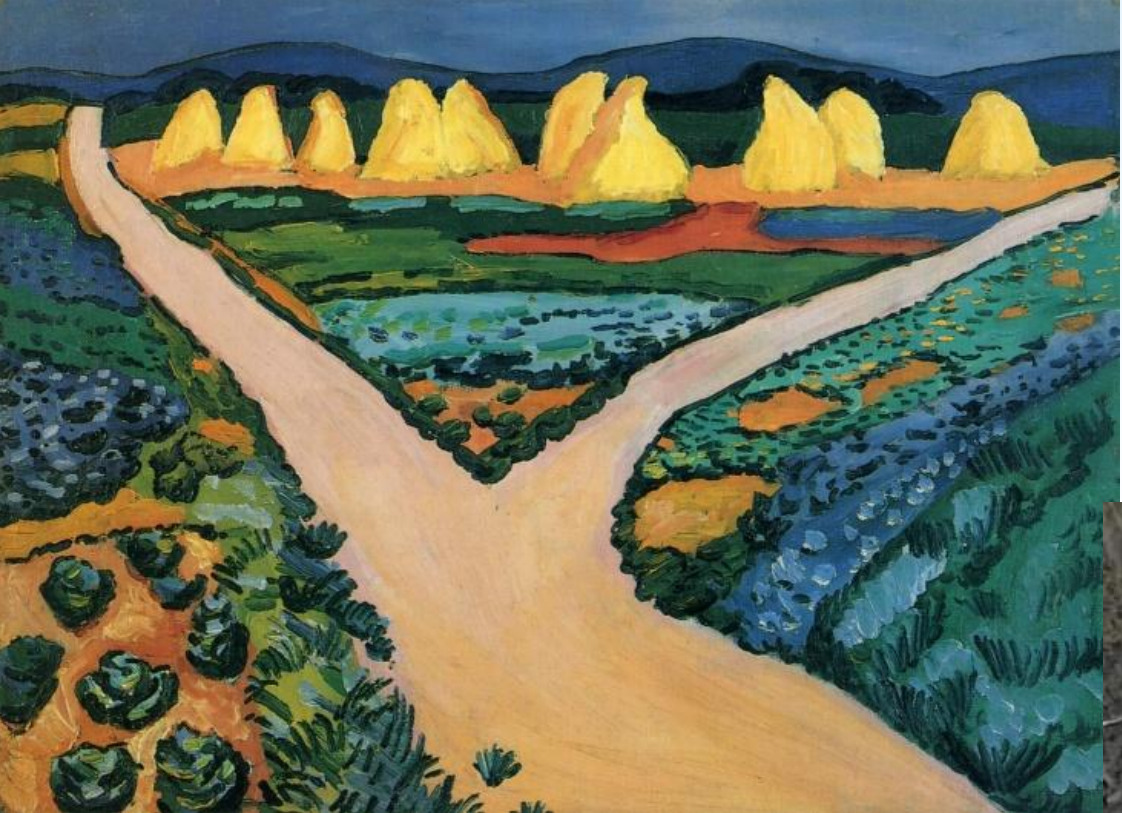
04/03/2022...

**on the 39th day of the war, I
have for us the merciless
Archangel Michael in Rage, in
a very sober rage, because for
Humans and Defenders of
Humans - Peace, Life and
Love, and for opponents of
humanity, inhumans and
murderers - punishment for
ages and eternity...
[#BuchaMassacre.](#)**



Healing

- Establish a rhythm
- Do normal routine things
- Support / provide your life
- Accept reality
- Help people around
- Care
- Talk to people
- Laugh
- Realize
- Be aware
- Trust
- Create
- Think about the future



Gardens of victory

The old will be gone,
but the new is coming





Archangel Michael protects Ukraine.
Hannusya, 10 years old

Всепереможний Духу!
Охопи полум'ям безсиля боязких
душ,
Спопели егоїзм, запали співчуття,
Щоби самовідданість, -
Яка є життєвим струмом
людства, -
Струменіла джерелом духовного
відродження.

Победоносний дух!
Пронзи огнем бессилие Робких
душ.
Сожги себялюбие, Воспламени
сострадание,
Чтобы самоотверженность,
Жизнеток человечества,
Била ключом духовного
возрождения

Espíritu victorioso!
Que flameen a través de la
debilidad de las almas temerosas.
Quema el egoísmo.
Enciende la compasión.
De modo que el Altruismo, la
corriente vital de la humanidad,
surge como fuente de renacimiento
espiritual.

Sieghafter Geist!
Durchflamme die Ohnmacht
Zaghafter Seelen.
Verbrenne die Ichsucht,
Entzünde das Mitleid,
Daß Selbstlosigkeit, Der
Lebensstrom der Menschheit,
Wallt als Quelle Der geistigen
Wiedergeburt.

Victorious Spirit!
Inflame the powerlessness of faint-
hearted souls.
Scorch the selfishness,
ignite the compassion,
so that Unselfishness and Altruism,
the life current of humanity,
surge as the source of spiritual
resurrexion.