



# **The Blooming of the Lotus: a spiritual journey from trauma into light**

*Robin Lynn Brooks*

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## **The Blooming of the Lotus: a spiritual journey from trauma into light** Robin Lynn Brooks

This is about the process of one woman's healing from brutal incest, violence, and torture. A story of hope and victory, this is a rare and distinctive resource for women incest and trauma survivors and for the professionals who impact these survivors' lives. This poetic memoir is unique in that it is not only a record of Robin's pain and anguish, but also a testament to how she survived, healed, and became whole. Her fervent desire is for this book to be a healing vehicle for you. Healing tools are demonstrated throughout as well as messages of hope, comfort, release, validation, courage, strength, empowerment, and inspiration. This is also a powerful instrument to inform those professionals who impact survivors' lives — therapists, healers, educators, and those who make laws. Here, professionals learn what it means to be a survivor, what the repercussions are for a survivor on a daily basis, and how debilitating this form of abuse is for a woman's life. In this way this book becomes a vehicle for change. The Blooming of the Lotus is written in clear, easy to understand poetry. These short, finite pieces of inner dialogue allow survivors to move quickly in and out of the material. Brooks collaborated with trauma specialist Dr. AnDreya Wilde who organized the poems into chapters that follow the natural order of healing. Whether you read these poems sequentially or choose a chapter that resonates with where you are, you will know you are not alone. The first part of Brooks's memoir is the story of what happened; the second follows the major portion of her healing as she learns tools that, along with therapy, help her to heal; in the third part, she continues to heal as she slowly moves out into the light, using more and more of the healing tools she has gathered. This is a rare account of trauma captured perfectly and expressed with candor, beauty, and grace. Robin's inexhaustible courage, perseverance, and insight through the maze of self-discovery and healing are reflected on every page. She poignantly reveals her deepest vulnerability in an effort to share her story and healing process with other women survivors. With great success she conveys that the journey from the darkest imprisonment to the light of freedom is indeed possible. This memoir is Robin's gift to us all. Brooks is currently available for speaking engagements including readings, keynotes, lectures, and healing workshops. Her lectures and readings are teaching/healing experiences. Please visit [www.bloomingofthelotus.com](http://www.bloomingofthelotus.com).

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