



Here is the URL to the Adverse Childhood Experiences test

<https://www.ncjfcj.org/sites/default/files/Finding%20Your%20ACE%20Score.pdf>.

Remember there are positive experiences in early life that can help build resilience and protect a child from the effects of trauma. You may discover you have trauma or experiences that you previously did not identify as trauma when you take the ACE's test. Having a grandparent who loves you, a teacher who understands and believes in you, or a trusted friend you can confide in can intervene upon the long-term effects of early trauma. Also, our beings are resilient and when we continue to learn and grow, and heal we are changing through our neurochemistry as well as our thoughts, emotions, and spirit that impact our physical body because we are composed of body, mind, emotions, feeling awareness and spirit.

We know there are profound and potent healing resources like the power of music and sound, ceremony, meditation, and connection. I refer you to the video on the Free Resources page [To A Mystical Life, 14 Ways that Dynamically Change Energy](#) and the video [15 Ways to Heal Depression and Anxiety](#). Also check out the healing sessions and the Store for music, meditations and other healing products.

“Between stimulus and response is a space. In that space is our power to choose our response. In our response lies our growth and freedom.” Taken from the book, *Man's Search for Meaning* by Viktor Frankl. We develop that spaciousness through practices, specific music and meditations as well as ways that develop our inner awareness and connection. These are enhanced by letting go of the old.

