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I am an ordained Esoteric and Spiritual Minister. The word esoteric comes from the Greek 'esotero' and means "further in", and for me it is all about inner peace and how your inner world is reflected in your outer world. I got involved with TRE through my own struggle with PTSD (post traumatic stress disorder) after being diagnosed in 1997 following an attempted murder on me. Unfortunately doctors know little about treating or curing PTSD. The best I could find were ways to manage my symptoms, but that wasn't good enough for me. I started studying spirituality, psychology and trauma and eventually found David Berceci and TRE. This has been the answer I was looking for. realizepeace.com is my school for inner peace. Join me as we go on a journey inside. Everything you are running from is inside you and everything you are searching for is also inside you. I will show you how to bring your awareness inside, how to stop running from what disturbs you and also how to stop searching for what you want. When we remove the blocks to awareness, you will see that what you were searching for was there all along. We start with the body, using TRE.