

## Healing Trauma in East Africa

Last week a client of mine returned from a mission on the slopes of Mt. Kilimanjaro in Tanzania. She had gone with a group of twenty-one volunteers to serve the community and their growing number of AIDS orphans. They wanted to bring health to the adults and a little joy and love to the children. One team held medical clinics and AIDS education classes, while another team helped to build a dormitory for the orphan girls. Her team taught the morning English classes in two government schools and held a Vacation Bible School in the afternoons.

Before she left, she had spoken with Dr. Stephen Daniel about what she could do to help these kids who have been through so much grief and abandonment in their short lives. He suggested that she teach them the Trauma Code.

### **I had an opportunity to talk to her about her experience:**

Jody: Why did you want to go on the mission trip?

Dorane: To bring joy and some fun to the kids in the village; to show them that we care; and to share the love of Jesus with them.

Jody: What kind of kids were you working with?

Dorane: We were with all the school children, Pre-school through Class 7. The orphans were mixed in among them. Most of the orphans have lost their parents due to AIDS and are living with whoever will take them in: aunts, grandparents, or some of the elderly ladies in the church. These children have been through so much. Their culture does not readily admit to an HIV problem. There is almost no AIDS education. People generally do not get tested because there is nothing they can do about it anyway. With 20-30 people a month dying in that area, they are having to face it. In the cities, pop music groups are singing songs about it to try to reach the people. In the country among the banana and coffee farms, very little is said. However, the youth at one church we visited danced and sang a song they had composed about keeping your pants zipped up and not drinking too much.

Jody: How could you help?

Dorane: The medical team was tackling AIDS education. My part of the Vacation Bible School was the Bible story each afternoon, and I used that to bring the Trauma Code to the kids.

Jody: How did you teach the Trauma Code to the kids?

Dorane: My daughter and I had matched the Trauma Code motions (touching the Quantum Techniques treatment points) to the chorus of Jesus Loves Me, so every day I would begin story time with this chorus and the motions. The kids loved to sing in English and were fascinated with the motions. I was able to give some 700 kids (plus the translators and other adults listening in) that healing code over a period of seven days. I challenged them to sing the song with the motions as part of their daily prayers.

Jody: Do you think it helped the kids?

Dorane: They loved the song and doing the motions. I am confident that doing the code even once helped a lot.

Jody: Would you go again?

Dorane: You bet! What a great bunch of beautiful, warm, and open kids!

## **Healing Trauma in East Africa**

What a difference we could make in the world if Quantum Techniques were available to everyone so that they had the skills to self-test food and water for contamination, heal traumas, viruses and bacteria and find

True peace and health.

**Jody King Colegrove**

One of the QT trauma codes:    EB IF LF SH EB E MF SH IF OE A C