

## **THE BODY REMEMBERS**

23 August, 2020 Issue

After our third dinner date, I invited him up to my place. I was really attracted to this man with the sensual lips and hazel eyes enunciated by dark, thick, long eyelashes. He was a catch: handsome, courteous, gallant. Our conversations were engaging and he was always a gentleman, opening doors for me and pulling out chairs.

I offered him a glass of brandy before sitting next to him on the sofa. He took a sip the glass and set it aside on the coffee table. He seemed to hesitate for a moment. The nervousness endeared him even more to me. As he leaned in, I noticed that his breathing was ragged. His arousal had such a powerful effect on me that when his lips touched mine, I thought that my heart would fail from the exertion of beating so fast. He was a prodigious, passionate kisser. I felt each touch, each breath, each palpitation of his heart and mine. Nothing else existed except him and me and the sensations inundating me in that moment. I remember thinking that if there were a heaven I was in it. For the first time in my

life. It felt so good. It felt utterly right.

I lifted my hands to his neck, opening my eyes just enough to guide my fingers in opening the buttons of his blue shirt. Suddenly a thick gold chain spilled out into the small space between us.

I don't remember much after that.

Disjointed images. Hazel eyes vanished. Fingers closed in around my throat. Suffocation. Lips turned into a vise. Air not reaching my lungs. Scorpions stinging. Leeches penetrating. My raw skin. Horror.

No. No. No.

Words stuck in my throat. Past. Present. Future. All crushed into one. My dismembered body floating above. Looking down. Sensations frozen. Senses burning. Scorched flesh.

Overload.

Nothingness.

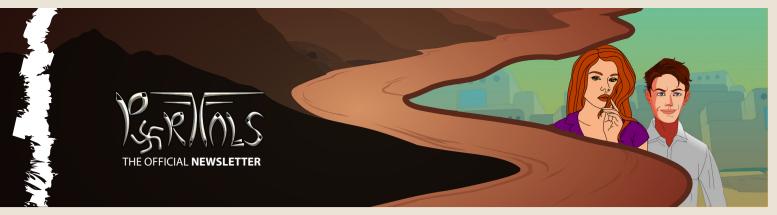
I have heard this sequence of events narrated to me over and over again, in many variations. But in essence the same. When something terrifying happens to us, as children or as adults, our system becomes overwhelmed and shuts down. As a result we don't form an ordinary memory of such an event, but a traumatic memory. Our body internalizes the horror and reenacts it reflexively when something, a specific trigger, reminds us of it. In this woman's case, the gold chain. Traumatic memories are just one remnant of abusive relationships, one

destructive that can continue to destroy

stolen moments of peace unless processed through—years of introspective effort or therapy or both.

## I COUNTY TO SERVE

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Art Corner



Our featured artwork is á scene showing two characters from the Svevi Avatar universe, Paul and Beatrice. Each is highly troubled, but for different reasons. The cruelty, abuse, and insensitivity with which humans treat each other and the consequences of such behavior are major themes explored in the novellas and novels of Svevi Avatar.



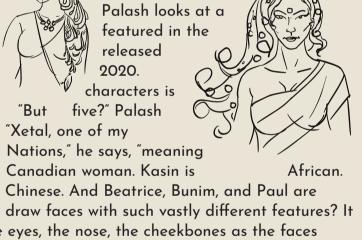
Palash Das, Director of Illustration, shares his thoughts on what he finds most challenging about bringing the graphic novella, Svevi Avatar Glimpses: The Pandemic Begins, to life, "One of the aspects of this

project that drew me of the characters meets characters of ethnicities."

collage of all seven characters upcoming graphic novella to be globally on September 22<sup>nd</sup>, "Three or more different types of rare," he observes animatedly. shakes his head in wonder. favorite characters, is First she's an indigenous

Maya is Indian. Qingshan is

Canadian woman. Kasin is African. Chinese. And Beatrice, Bunim, and Paul are to draw faces with such vastly different features? It European. Do you know how difficult it is requires a lot of thought. What happens to the eyes, the nose, the cheekbones as the faces move?" Palash laughs in his deeply resonant voice, "But it's the challenge that makes Svevi Avatar



represented. Usually,

one or maybe two

so strongly to it was the true diversity



Featured Video

fascinating!"

https://tinyurl.com/yawelhx2

Next issue 6 September, 2020



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