

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

Comments on the book and the speaking engagements:

“Along with all of the comments below, many therapists have relayed to me that the reading of the first poem in the book (prior to the Table of Contents) had a profound impact and resonance for their clients. These clients welcomed their therapists caring enough to read it. They felt more understood and recognized as having experienced the deepest levels of their pain.

“Therapists have stated that, for many of their clients, reading about someone else’s experience of healing from incest was greatly comforting and definitively facilitated their healing process.

“The therapists also emphasized that the reading of How to Use This Book within the Foreword was particularly salient and helpful to a client’s individual journey of healing.”

— Robin Lynn Brooks, from *The Blooming of the Lotus for Professionals*,
within Recommendations for Therapists and Healers

“You are doing very important work for the world. I hope you feel the power and strength of that mission, both for yourself and for many, many other people.”

— Marjorie Ryerson, *The Journey of Healing: Wisdom from Survivors of Sexual Abuse*

“The experiential healing ignited for each individual woman upon reading this book is monumental. I keep hearing from so many of them that they started reading it and couldn’t put it down!”

— Dierdre Rose, *trauma specialist*

“*The Blooming of the Lotus* by Robin Lynn Brooks is a very deep healing, transformational and poetic book especially for women, but also for men. It is an immense piece of work and baring of the Soul. All men and women need to read it, just for awareness if nothing else, and it is time for it to come to the Light NOW. It is very courageous and so easy to read. A wonderful gift to the world.”

— Heather Joyce Wolfe, RN, RPP, *Spiritual Healer*

"I've been reading your book. I decided to read it from beginning to end... Your writing is amazing. Your poems have just swept me away... I'm kind of immersed in your world. Thank you for this gift of your book!"

— Meredith, *art therapist*

“Since I began reading, I’ve sent you many thought bubbles—to the tune of, “Omigod, oh, no.” “How did you survive this?” “How could all this have HAPPENED?” “Where did your kindness come from when your mother was dying?” And most recently, “GO, ROBIN, GO!” I am a cheering crowd of one. You are a knock-out, Robin, and you will have a profound impact with your story. Know how much I honor you.”

— *Edna C. Groves*, current writing workshop leader and former psychotherapist

"It's beautiful. I've been lying in bed at night reading, and it's so powerful. What a labor of love and cleansing. It's just amazing. And a terrific service." — *Deborah Feiner, Holistic Physical Therapist*

“Your book was so deeply moving, the story of your journey back through all of the trauma, your struggles toward having an understanding of the actions and choices made by those who should have been keeping you safe and nurturing you. It touched so many parts of me. To give voice to the children that allowed you to grow and survive, offers hope to so many, for healing and for a future that is not held hostage by demons from the past. I applaud your courage in bringing this to light. May your gentle soul enjoy many years of peace and love! I read this book cover to cover in one sitting!” — *Vickie, facilitator, Women’s Resource Center*

“To have this material in poems! It allows such light as such difficult things are being told. And that they are short and quick, rather than reading a whole essay or book. Just incredible!” — *Marcy*

"It was an honor to hear you. Your voice adds so much. The depth of your voice. There is so much power, vulnerability and kindness in the spoken word version of your poems. So many people will want to hear you reading your book, like on an audio book. I know I want to!" — *Laura, survivor*

“Robin, I want to thank you for finding the strength within yourself which has helped you and continues to help you heal and love and do what you want. My mantra has been for so long to please help me find my inner strength, please, please, I know I have it. Your reading last night helped me to notice that I do have it. I have my inner strength. I just never noticed or really felt it before hearing someone else tell their story. A huge inspiration, thank you.” — *Tina, survivor*

"You take us on a spiritual journey, whether we believe in God or nature or the angels. This book is a spiritual journey as well as a healing one." — *Susan, survivor*

"I cannot tell you how powerful your work is... I don't know how you determined which poems to read last night; they are all so compelling! ...your ability to choose the right calibration, the perfect combination of words to take us on such a long and evolving journey in such a short time is amazing. What an incredible woman you are... I have almost finished reading your book, and I noticed that, despite this great body of work, each poem can stand on its own and does not diminish in its ability to share a new dimension of your experience. The power and impact of your words continue throughout... You write from the depth of your feelings. As others read this, they will feel encouraged to seek out and allow their own feelings to come."

— *Sally Mixsell, Head of School, Stoneleigh-Burnham School (private girls' secondary school), Greenfield, MA*

"I read this book cover to cover over many weeks, and never lost the sense of being, at times, stunned, furious, uplifted, devastated, relieved, enlightened, and overjoyed. The poems create an image of a terrified child, her life shattered early and often. Brooks's journey, told in poems that read effortlessly, is incredible. It reads fully like a novel. Her thought-provoking, deeply considered imagery is a pure act of courage, from a person who has moved through and beyond anguish into the desire to share her own healing. It's meant to be a healing book. Read it as pure literature or as a tool for climbing up and out of despair. But do read it."

— *Frances Erbetta, editor*

"A long time friend of my metaphysical bookshop in Rockport, MA, Robin Lynn Brooks is a wonderful person and an exceptional poet. When I first read the poems in her book, I was struck not only by the extremes of the abuse she suffered as a little girl, but by the simple, stark beauty of her poetry. I have never seen a book like it, and I recommend it highly." — *gera shumaker, Dark Star Philosophia*

"Robin's memoir is a brutally honest retrospective with amazing rays of hope filtered in. The verse is an inviting blend of the simple and the complex — words on the page that stop you in your tracks at times and, at others, hold you in peaceful resolution. Poetry that recollects trauma is difficult to write and difficult to read, but it is the very essence of doing so that frees both writer and reader — to acknowledge that while one may never forget, there is a sustaining ray of hope — like light filtering in from a gently swaying lace curtain in a safe and beautiful bedroom of white linen — and that ray of hope will sometimes be strong and sometimes fade to shadows, but it will always return. When we need it." — *Emily Stone, writer*

From the Economic Justice Summit at Smith College, June 8, 2016, from listeners to a panel of survivors on which Robin was the last speaker:

“The presentation was powerful. The last speaker in particular really touched me. Her story was heart felt.”

“I was taken aback by the ability of one able to overcome with nature, writing a book, and speaking in public. (I want a book).” (Both of these comments referred to Robin and the original *The Blooming of the Lotus*.)

Comments from women who have taken Robin’s healing workshops:

“I would love to be involved in another group you may do. The experience was one I will always treasure.” — *Donna Covino, outpatient therapist specializing in trauma work and former co-coordinator of the Greenfield Women’s Resource Center/Domestic Violence Advocate.*

“Thank you! One of the writing exercises you gave us brought out thoughts that surprised me. Repressed memories came out which I have been able to process in a healthy, productive way.”

— *Tina, survivor of childhood sexual, physical, and emotional abuse and adult emotional abuse*

“I felt ‘held’ with respect for whatever I bring to the group and honored — receiving this helped me to honor myself and what I contribute to ‘holding’ this circle. And something that went well for me was Robin’s tenderness and passion to offer/share this path here and now. (Lucky me!)” — *K.D., North Leverett, MA*

“I thought you did a great job in presenting the different ideas and how we might like to experience them. You didn’t ‘force’ us to do things or to believe things if they weren’t comfortable for us. You allowed us to be ourselves and gave us the feeling we were just fine being who we are.

“I really appreciated your being so open to folks with all kinds of beliefs to take part in your workshop. I did notice that even though we all seem to believe in something different — the core of it all was that we all believe in something greater than ourselves who help us along the path each of us is meant to take.” — *Judy*

“The level of safety was so present. You are helping me heal, Robin, already!” — *Martha, survivor*

“This has been a wonderful experience for me. I have gotten a lot out of it. Robin was great as a facilitator. I loved the fact that she is able and willing to listen to the women in the group and to actually take suggestions in the moment. I love Robin's quiet energy which helped to create a safe space. I am honored and blessed to know you in my life.” — *Susan, survivor*

“Robin is a great facilitator. She is inspiring, with her gentle open approach to healing, and she makes the space feel welcoming and relaxed. Her workshop adds depth and intention to the process of art making. The guided writing prompts were helpful to uncover aspects of my process of healing and growth.”

— *Laura, survivor*

“Thank you for guiding me through the darkness into the light!” — *Doreen, survivor*

“These have been three wonderful weeks! You did great work here. Thank you so much, Robin, for bringing your wisdom and guidance to the center.” (After a 3-session workshop series, 2014)

— *Christine Diani, Programs Coordinator at the Women's Center at MCSM*

“The pacing of the workshop was wonderful. Robin was very well prepared, relaxed and there was an openness in her demeanor — in her presence — that set the tone for all of us, individually and as a group. I'm so grateful to Robin for her courage, compassion and for her great generosity, in bringing her considerable talents to offer this workshop to the Women's Center.” (After a workshop, 2016)

— *Christine Diani, Programs Coordinator at the Women's Center at MCSM*

Comment about Robin's healing work in general:

Can people be around you and not bloom? — *Kathleen Bowen, Center for Biography and Social Art*