

# Trauma resides in the Nervous System: Nomi Fredrickson in Anuradha Roy's, "Sleeping on the Jupiter"

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**ABSTRACT---** *Human life comprises of Infanthood, Childhood, Youthhood and Old age. The childhood days are the days of enjoyment of a kid. A child is tuned, moulded during his/her days. Despite their birth the environment in which they are trained, grownup would exhibit them as perfect citizens. Childhood days are the days of happiness, enjoyment, innocence, undefined pure love etc., here is a girl named Nomi of six or seven years who witnessed slaughter of her father, brother. Later she was left in the hands of monster natured Guruji. As a child she lost her sweet smile, innocence and pure love. Instead she was entangled by horror, terror noises, brutal attacks, violent acts that led her to be traumatized which retained in her nervous system later bursted in her teenage as Post-traumatic stress disorder. At times she started to behave as Psychic trauma patient. This paper deals with "Trauma is not in the event itself; rather, trauma resides in the nervous system".*

**Key Words -** Trauma, violent, dreams, Guruji, emotions, memory, attacks, fear.

## INTRODUCTION

Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood and untreated cause of human suffering. It is antithesis of empowerment. It affects persons of all age and the vulnerability differs depending on various factors. Every one of us is biologically programmed in such a way that during our danger times we try to defend ourselves within our limited capacity.

## OUTRAGED NOMI

In the book "Sleeping on the Jupiter", Roy tries to figure out a group of school students and a teacher who lived in the ashram were vulnerably traumatized. The ashram was run by a Guruji at Jarmuli. He pretended outwardly to be a spiritual saint, adorable person, pious, tender hearted, messenger of God, rendering service to orphans, helping the destitute, dedicated himself to religious works and in service to humanity. In reality he was monstrous, brutal, merciless, violent, abuser of abandoned personalities, sexual harasser, sexually ravenous etc.

Trauma is categorized as i. Accidents and falls ii. Medical and surgical procedures ii. Violent acts and attacks iv. Grief and loss and v. Environmental stressors. Our protagonist and her friends, their teacher can be listed under the violent acts and attacks category. It is said that the people who falls

under this category would have witnessed violence, physical and sexual abuse, neglect, violent attacks etc. They had experienced listed trauma in the category description attacks. While Nomi suffered in the hands of a religious leader whom she trusted to protect her, the complexity of betrayal, secrecy and additional shame is in itself overwhelming. Quiet often she dreamt that she was held as a baby by a man lying on the bed, rocking her keeping the face to face."There is a dream I often have; I am a baby in it, held aloft by a man. He is on his back on a bed, his legs are bent at the knee, he is holding me high above him, my face is above his face, his hands are under my arms and he is rocking on his back.....He takes me each time to the brink. I want to beg him to stop but my voice has died...." "I woke from my old dream of the man rocking me as a baby, with the familiar terror suffocating me."pg:34

Protagonist knew that her memories were true, concrete and detailed about the incidents happened."Like fungus that takes birth in warm and wet places, memories ooze from the cervices of your brain spawned there, living and dying there..."pg:37, She also remembered during the day time schoolwork and at nights' a girl's grinding teeth noise and another's sobbing sound. "I would hear one girl grind her teeth fiercely enough to set mine on edge and another girl sob."pg:39. She had returned from Oslo to Jarmuli for a documentary work. One day, while taking snap shots, she viewed a monk who reminded off her past; made her to run down the beach, crossed hotels, moved away from crowded area, entered a birch forest, where a house was burning, in a faraway place blood was streaming down its wall and heard a girl cried for her brother again and again.

Normally the person who undergoes sexual harassment, abuse at any stage is not only physically even mentally traumatized, thus the impact lies on their nervous system hence it is said trauma's part is not only physiological, even has psychological effect. Our protagonist carried the impact of trauma that retained in her cervices turned into phobia in her later stages bursted out as Genophobia. This phobia arouses the physical or psychological fear of sexual intercourse. It induces panic, horror, terror and fear in individuals, like panic attacks. Nomi who suffered from the phobia was intensely affected by the attempt of sexual contact. It was one evening in the hotel room she argued with Suraj the guide for leaving her half the way and

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demanded to give her computer to complete the documentary work. Accidentally both ended in showers where she was slipped off, hurted with bleeding, unable to listen to his explanation; she sprayed anti-mosquito spray into his eye. He felt as if his eyes were burnt away. He could recognise the low monotone that heard was not hers. With an eye open he could see her coming towards him with a knife ripped open his cheek and he tasted his own blood. She continued throwing a whetstone that split opened his forehead. He fell down to his knees, without stopping she continuously flung chisels and gogues at him. She slammed her foot into his crotch. He assessed that he had been trapped by a psycho and managed to get out. "She pressed....He felt something in one of his eyes, was blinded by a fiery pain...The pain shot through the eye into the back of his head. He could smell his anti-mosquito spray. She lunged for his eyes, he ducked, and this time the knife ripped open the skin on his cheek. He could taste the salt of his own blood as it streamed down his face. He tried to move away and she threw the whetstone from the tool kit at him, splitting the skin on his forehead. He fell to his knees, but she would not stop, she flung all his gouges and chisels at him. She aimed a vicious kick at his side. He doubled with a howl as her foot slammed into his crotch. He was trapped by a psycho."pg:230-231 Being genophobic, Nomi should have avoided the intimate relationship with her guide Suraj, eventually the terror attacks took place.

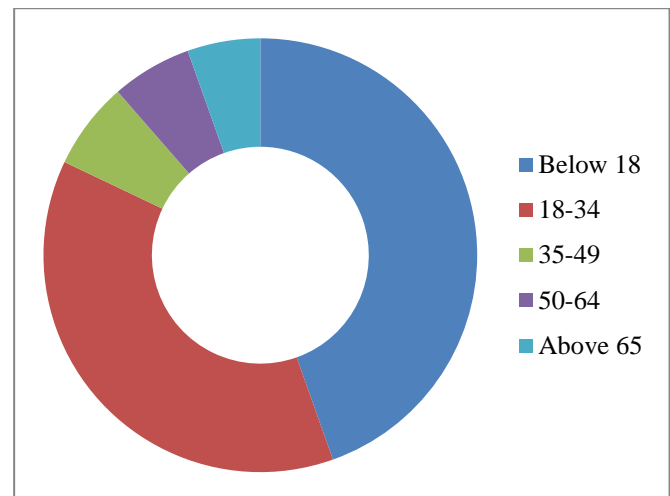
## RESULTS & DISCUSSIONS

- The feeling of being choked
- Thoughts of death or dying
- Sweaty palms
- Extreme terror
- Anxiety attack

On a particular day, after she woke from sleep in the hotel room started admiring the ceiling, the lamps, doors, windows, outside bloomed crimson flowers, leafless tree etc., by chance suddenly her heart started to thud as if it would burst also felt the burning wire around her skull, sobbed, scoured herself with nails, scratched her skin, wanted to harm herself by slamming her own fist into a brick and to lick the bleeding blood. "My heart thudded as if it would burst, the iron rod in my head was on fire, but that wasn't the worst of it, the rod twisted and turned, there was a burning wire around my skull, and I tore off all my clothes...I would attack. I could slam my fist into a brick, not feel the pain, lick the blood away, and hit the brick again. I would kick a ball hard and cry with joy...it made me weep because that ball wasn't a ball, it was a man's head, it was that man I was kicking dead."pg:120. Generally those who have experienced sexual trauma show symptoms of nausea, vomit, left with a bad taste in the mouth. Noses, mouths and tongues will scrunch up often as a prelude to a memory. Here our protagonist experienced the same. "I remember how night after night I would run to tap and sit under it, clothes and all, to wash it away: the smells, the touch, the bad taste in my mouth after Guruji summoned me to his room."pg:174. The intense fear of shameful secret being exposed caused Nomi to bear the scar of this sacred violation to hide from her peers. "Her heart hammers her

ribs. She has never done this before, not in changing rooms, or doctors' clinic, or dorms. Never before people. Tonight she unbuttons her shirt....There is no body looking. Nobody to gape at her scraggy; stubby, knock-kneed body striped with welts and pockmarked with burns."pg:117. Nomi the protagonist range under below 18 years of age attacked by Genophobia.

## GENOPHOBIA REPRESENTED IN % – AGE WISE



Trauma cannot be prevented; bad things will happen. That is a fact of life. But it can be transformed, the physiological "Chain of Events", within the body only becomes traumatic because of an interrupted process. Whenever possible this process could be completed by itself. The researches clearly says even common events can affect children adversely. As the heroine of the story was chronically traunt that branched as phobia in her cervices later made her as genophobic. The emotional inflict trauma brings reality changes in her behavioural pattern. Medically speaking her hormone levels would significantly vary from unharassed girls. Hence she was grown with a poor sense of self, few negotiation skills, and a lack of healthy communication skills, boundaries and pleasure.

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