

Author, veteran hopes to help others by sharing story about how he healed

- [By MELISSA ST. AUDE Staff Writer](#)

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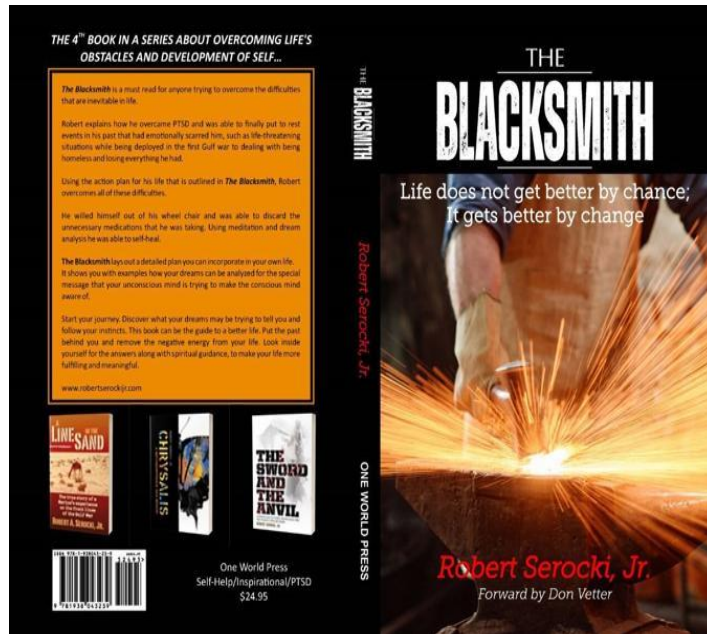
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THE 4TH BOOK IN A SERIES ABOUT OVERCOMING LIFE'S OBSTACLES AND DEVELOPMENT OF SELF...

The *Blacksmith* is a must read for anyone trying to overcome the difficulties that are inevitable in life.

Robert explains how he overcame PTSD and was able to finally put to rest events in his past that had emotionally scarred him, such as life-threatening situations while being deployed in the first Gulf war to Beirut with being homeless and losing everything he had.

Using the action plan for his life that is outlined in *The Blacksmith*, Robert overcomes all of these difficulties.

He willed himself out of his wheel chair and was able to discard the unnecessary medications that he was taking. Using meditation and dream analysis he was able to heal.

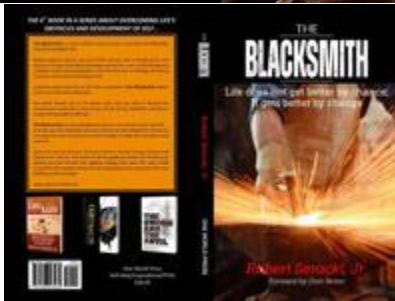
The *Blacksmith* lays out a detailed plan you can incorporate in your own life. It shows you with examples how your dreams can be analyzed for the special message that your unconscious mind is trying to make the conscious mind aware of.

Start your journey. Discover what your dreams may be trying to tell you and follow your instincts. This book can be the guide to a better life. Put the past behind you and remove the negative energy from your life. Look inside yourself for the answers along with spiritual guidance, to make your life more fulfilling and meaningful.

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PHOENIX — Robert Serocki Jr. has had a lifetime of struggles.

From a childhood as a victim of bullying to later serving in the Gulf War in the Marine Corps and finding himself in several life-threatening situations, his experiences led to despair, post-traumatic stress disorder, financial ruin and even homelessness.

“Imagine the feeling of having no one to turn to for help and feeling like you are an outcast in society,” he said.

But he overcame his obstacles and in his new book, “The Blacksmith,” he shares his story in hopes that it inspires others.

A self-help book, “The Blacksmith” is the fourth title written by Serocki that aims to empower people to overcome obstacles, using his life as an example and his plan as a template.

In the book, he talks about how he overcame PTSD by putting “to rest events in his past that had emotionally scarred him.”

“He willed himself out of his wheelchair and was able to discard the unnecessary medications that he was taking. Using meditation and dream analysis he was able to self-heal,” a description of the book says.

The book lays out a plan for others to follow.

“It shows you with examples how your dreams can be analyzed for the special message that your unconscious mind is trying to make the conscious mind aware of,” he said.

Serocki lives in Phoenix but visits Casa Grande often.

“I used to be a professional archaeologist and did some work in the Casa Grande area many years ago,” he said.

His other books also focus on self-help and natural healing, including:

- “The Sword and the Anvil,”
- “Chrysalis: a metamorphosis has begun” and
- “A Line in the Sand: the true story of a Marine’s experience on the front lines of the Gulf War.”

He maintains a website, a podcast and a [YouTube channel](#), entitled “Robert Serocki Jr.,” in which he educates people about natural healing from PTSD.

Serocki said it took him years to find healthy, natural ways to healing.

“I’m proud to say that I got back on my feet — literally, because I’ve been out of my wheelchair for years, but also metaphorically, because I am now completely medication

free,” he said. “I used to have post-traumatic stress disorder. Back then, I felt like a drugged-up zombie in a wheelchair. I thought there was no way I could live my life like that. I decided to get off all seven of my medications and begin my journey to healing.”

In writing his latest book, Serocki said he was inspired by a Civil War photo of a soldier who had an uncanny resemblance to him.

He turned within for answers, he said, and “accepted and incorporated spiritual guidance,” adding that he began his journey to fulfill his divine life purpose.

Seroki joined the Marine Corps in 1988 and served during the Gulf War. PTSD led to him losing his job, two houses and filing for bankruptcy. He attempted suicide twice and was wheelchair-bound for several years.

In “The Blacksmith,” Serocki walks readers through the process he used to analyze his own dreams, which began by keeping detailed notes about each dream.

He combined the dream analysis with meditation, prayer, healthy eating and goals to move his life in a positive direction, he said.

“This book lays out a detailed plan that the reader can incorporate in their own life. They can use this process of self-awareness to overcome whatever obstacle or difficulty they are having,” he said.

As well as examples from his own life, the book includes some of Serocki’s research.

The result, he said, is meant for those who feel hopeless or need to overcome traumatic events that have negatively impacted their lives, overcome suffering and found their own divine purpose in life.

More information is on his website, robertserockijr.com.