

Natural Healing Express Weekly

Column Volume 153 Interesting times? They are happening FOR us!

This week, I have a bit of a surprise for you. It will become apparent as you read through the article exactly what that surprise entails. I hope you enjoy this one ! Here we go.

We are certainly living in interesting times! So much craziness is happening on a global level, while simultaneously many people, including myself, are experiencing challenges individually. This greatly affects us on the physical, mental, emotional and spiritual level- making us question everything in life. Is this happening by chance or is it happening for us? Interesting question, don't you think?

I say the latter because it is my firm belief that everything happens for us; everything- bar none- which is not an easy statement for me to make right now given what is going on in my life! Death, loss, doubt, transition and the like! YUK! I/we might not understand why in the moment it is happening, but Truth states that what IS happening in our lives today is happening FOR us-for our growth, healing and evolution as Spiritual Beings. And I Trust this Truth- which often is not easy!

When such situations arise, we have to do some work by asking ourselves certain questions to discover the internal answers, such as "Why is this happening FOR me" or "How can I look at this situation differently in a positive manner." This moves us from victims of circumstance, to conscious co-creators of our own destinies. The answers will eventually come- they always do- but you must have patience and Trust that all is in Divine order. You will receive the answers when you are ready to hear and understand them. Having patience for that process can be the tricky part! Believe me!

We have spent countless years, since the time we were children, buying stuff, getting things, accumulating initials before and after our names. Some building empires of wealth to prove our worthiness to ourselves and others because of our society telling us that we are not enough unless we have such things. This is simply not Truth. With our return to what is True, we will see the enormous waste of precious time and energy we have spent on such an unnecessary task. I remind you to be gentle with yourself at that time, as you were doing your best you could, given what information you had.

The time is upon us to question the illusions we have been living with. We, as a collective consciousness, have created what is happening in our world, to force ourselves to take inventory of how we are living our lives *without*, based on external things. Beliefs like "I am only important if I have a full roster of clients." "I am only worthy if I have a partner in my life." "I am special only if I have a house and fancy car." "I am a good person only if I have perfect credit" are big ones for me that simple are not Truth. Do any of them sound familiar to you?

These challenging times, which make us question who we are, are happening FOR us, so we can return to what is True- that worthiness is our natural inheritance as children of God- and all we need do is BE. That is enough- we ARE enough.

As Jesus the Christ states in *A Course in Miracles*, the world is our mirror. Currently, it is showing us that we have been putting our worthiness in external things, which can only end in suffering. Anything resulting in suffering is a sure fire way of knowing that you are not in alignment with the Truth of who you are and that something is based on an illusion. We have been looking "without" for way too long. We

have been living on illusion. It's time to go within, return to Truth and gain the peace that is your birthright.

When we look inside, we find that everything, in the end, is an illusion. That is, everything but God. We have been living so many years with the illusion that external things bring us worthiness. We have been basing our happiness on things outside of ourselves. We have been living with the illusion that we have control over what happens in our lives. The truth is, we don't - it is all an illusion. What is in our control is our own ability to surrender to God and to the process.

The process of surrendering, trusting and having faith takes practice. To go from holding on tightly, controlling every little thing, to letting go and floating through life can take some time. But remember, any decision not in alignment with surrender, trusting and having faith is just downright silly.

Every event in our lives is an opportunity for healing, growth and evolution as spiritual beings. We now have the sacred, wonderful chance to return back to the Divine energy of who we already are. All we are called to do is get out of our own way and just BE it.

These interesting times bring forward the opportunity to come back to the present moment, where we are reminded that simply BEING is sufficient. There is great solace, peace and joy in that Truth.

At this point, you may be wondering, this article is written a bit differently than Susan normally writes. "Now, who is heck is this guy, why is he telling us this and why is he sharing it now in this article?" Well, let me answer those questions in order.

To answer the first questions, my name is Trent Blanchard, MA and I am a dear friend and colleague of your beloved Susan Schafer. Some of you might remember me from a trip I made to Lena a few years ago to co-facilitate a workshop with Susan called "Surviving to Thriving." Susan and I went through graduate school together in Los Angeles and early in the two-year program, we learned we had much in common yet also recognized how differently we approached life. We knew then we would, at some point, be working together in helping people heal their lives and return to their nature state of being, which is JOY!

To answer the second question, I share this information with you because I feel it's time to move from just surviving in life- to THRIVING. So many of us are just existing- wandering around the planet like the "walkers" from "The Walking Dead" -living our existence instead of enjoying it; which affects us all. One who walks with negativity or even indifference, affects the next person with such energy, causing that person to be changed in a like way. We must collectively do something if we want to see change in our world. Don't you want to live a happy life? Don't you want to see more happiness in the world? I know I do!

And finally, I write this to you now because Susan and I are again bringing this workshop to Lena on Saturday, October 25th. We are so excited to be able to teach people a process we created, which assists in the removal of the obstacles that get in the way of thriving in life: mainly learning and acknowledging our own limiting thoughts -which we give far too much energy, and to our painful perceptions of past experiences-which are the very same perceptions causing us to suffer in our lives.

I do hope you will consider attending the workshop or perhaps scheduling a 1-1 session with Susan or me. You can gather more information on me at TrentBlanchard.com.

Until next month, I send you JOY! See you soon in Lena! Trent.

So now, dear readers, you have witnessed a column which depicts the energy, joy and magic which is Trent's authentic self. I hope you didn't mind my first guest columnist. If you are interested in attending the Workshop which is INKED for Saturday, October 25 in Lena, please contact us at 815 990 8732. We will limit the number of attendees to 35 so we can provide a lot of individualized and small group time for further facilitation of this skill set. So, if you are interested, please call Natural Healing Express and get on the Pre-Registration list. We will be back in touch around October 1 to confirm pricing and location. It is certainly not very often that someone as talented as Trent comes to our area. Please take advantage of this opportunity. Susan

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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