

Natural Healing Express Weekly

Column Volume 128 Hope

This week has been an incredibly difficult one. I have lost a best friend, a confidante, a teacher, a co-worker and maybe most importantly, a sister in Christ. It's now Monday afternoon, only minutes following her funeral and I can't find all the right words to say right now. So, since my deadline is long past and the gracious folks at the Flash are still waiting, I decided to run a previous article, originally printed on May 1, 2013. You can bet by next week I will be back in the saddle with plenty to say about a certain horrible disharmony that took my friend. Stupid Cancer. Stupid, stupid cancer.

Until then, Godspeed our dear Miss Rita Vae Lobdell. You will be missed. Here's the previous article. Thank you for your understanding.

“Even in the business of healing, we have difficult days that test our strength and faith. Some of those days require more energy and stamina. Some require more patience. Sometimes we receive news we would rather not. Sometimes we see great people in a health crisis that is difficult to explain. Sometimes there isn't a clear cut reason why. And with all this rain, sleet and dark cloudy skies, visualizing the rainbow can be harder than Chinese Arithmetic.

In knowing that life is a series of mountains and valleys, how do we navigate the difficult, painful days with grace and ease? Often at Natural Healing Express, I am asked, “How do you find the strength to deal this many people and their issues?” I love that question. It gives me a chance to tell a story.

Firstly, I am blessed by God to be aligned with my purpose. I am on the right “path” for me in the present. It simply doesn't feel like work to help folks on their healing journey. It honestly lights me up to hear someone's cholesterol has dropped 40 points, or that they are feeling better because their Ph is balanced or they have hit a new level on weight loss. I absolutely love all the feedback from my series of articles on Vitamin M, some of which were ironic, some sad and many hilarious. I love hearing from readers. I get as excited as you do- for real.

Secondly, I have HOPE. And, I have hope because I have faith. I am a Christian and I don't apologize for my beliefs, but I am not rude about them either. Mine are mine and yours are yours. I don't judge and I don't want any readers to suddenly turn a blind eye about this article because it is not about religion. It's about holding a positive belief that things can and will get better. I call that belief HOPE.

At Natural Healing Express we believe in Bio-Individuality. In mine, I have HOPE because I have Faith. My Faith gives me HOPE in the tiniest corners of the toughest times because I KNOW it's there. It is my task, my passion and my purpose to illuminate it. I will use my knowledge and experience, along with your Bio-individuality to guide you to resources that will help you find hope in your life and a plan for a healthier you. I know I will be OK and you will be, too.

Together we can find answers. Yet, this blessing was not without sacrifice.

A while ago, albeit fighting through screams of solidarity from my brain, I made the choice to marry my heart to my brain. I am not talking about the crazy Super Bowl commercial with Barbie and the Geek. I am talking an internal decision to get my systems into alignment. I have long been witness to how painful life can be without the synergy of the two working together. The time had come for a change.

As a child, I was taken to church every Sunday, so I knew the bible stories and the basics of “Faith”, so it was natural for me to turn in that direction. However, until my heart got in tandem with my brain, it was a bumpy, nauseous ride.

As a “weathered” adult, I had to LEARN to take my hands off the wheel and turn it over to the Lord. As difficult as this was at first, this is where I found an infinite source of Hope. Again, this is not a religious article; it’s about finding YOUR source of Hope. And let me give you a clue, it isn’t in your brain; it’s in the big, pumping muscle in your chest.

When we struggle, we simply have to find the way back to our path. Proverbs 25:11 says “A word aptly spoken is like apples of gold in settings of silver.” Very well said, but what does that really mean? My interpretation is that our words are powerful and they are valuable. They can be life giving, hopeful, and nourishing. They can create hope and they can be the source of miracles. On the flip side, they can be sour and destructive. So you must make a choice, are you going to be a nasty jackwagon or are you going to pay it forward and bless others around you? To me, it really comes down to just that. Will I use my words to heal or harm? What do I want to come back to me? We are all in this together folks, make a good choice.

I am not being “idealistic” or holding a revival here, my purpose is to get you to look for your individual source of hope, figure out how to connect to it and when you do, by all means share your story and your purpose with others.

Then test your commitment to HOPE. Trust your faith. On good days, when everything is daiquiris and bon bons, anyone can make having HOPE look easy. If you want proof positive, test yourself in the darkest hours, in the toughest times. That’s when you know if your “source” is real or fiction.

Here’s a fun little quiz by the late Charles Schulz that puts this in perspective.

- 1.) Name the 5 wealthiest people in the world.
- 2.) Name the last 5 Heisman Trophy winners.
- 3.) Name 5 people who have won the Nobel Prize.
- 4.) Name the last decade’s worth of World Series winners.
- 5.) Name the last 5 Miss America winners.

Fail miserably? Ya, me, too.

Try this instead:

- 1.) List 3 teachers who aided your educational journey.
- 2.) Name 5 friends who helped you through a difficult time.
- 3.) Name 5 people who have taught you something worthwhile.
- 4.) Name 5 people who have made you feel appreciated and special.
- 5.) Name 5 people you enjoy spending time with.
- 6.) Name 5 people whose stories have inspired you.

Easier, right? The point is that the people who make the biggest difference in our lives are not the rich and famous and soap opera drama queens. The people that make the biggest difference in our lives are the people that gave us HOPE and encouragement to reach our highest potential at the time. They found their

source of HOPE and they shared it with us, making our less than great days better. If we focus on returning the favor and sharing our HOPE with others, we all move forward.”

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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