

Natural Healing Express Weekly

Column 281 Empowerment, Part Three

This week, as we continue our series on empowerment, we reflect on last week's discussion about building personal power. Those methods involve Commitment, Discipline, Support System, Inner Guidance, Lightness, Love and Finding Your Own Truth.

This week, we will discuss, quickly, the process of developing Core Beliefs. Our Core Beliefs are the ideas you hold about yourself and the world around you. Most of the time they are unconscious and unexamined. They begin in childhood and are influenced by the beliefs our parents hold and how they act and communicate. They are also shaped by teachers, siblings, family members, religious teachers, community and life in general.

A core belief is something you are so certain about in life that you hardly even think about it or why you believe it. Part of this dialog is self-responsibility, as in how much "blame" you take in the circumstances of your life when things don't go your way. When misfortune happens are you quick to blame EVERYONE else in your life or do you step up and say, yes, part of this was because of my poor decision making? What can I do about it? Remember, we always have a choice in how we respond to any circumstance.

How you RELATE to the issue IS the issue.....Simple and true.

Self Esteem also has a lot to do with how you feel as well. Do you feel like a lovable person? Do you feel confident in your abilities? Do you believe you have what it takes to be successful in all areas of your life? Do you BELIEVE you are worthy of a happy and abundant life?

Many times in life we are criticized and/or "graded". If we do not process these experiences for what they are worth as part of our development, they become part of our negative belief system. This becomes part of our negative self-attitude and undermines our self-empowerment.

Believing in God, the Universe and/or a Higher Power is also a big part of Empowerment. People who trust the universe feel supported in life. Belief in God gives you a feeling of safety and a sense of security that all will end well. If you are not part of a Bible based church and would like to be, please reach out. We do not push religion down people's throat. We work with several different types of pastors and belief systems. If you are lacking in this area, please reach out and help us help YOU to find some peace.

A positive attitude is always a plus in working with empowerment. A positive attitude simply means you have the ability to look REALITY (not drama or other people's BS) yes, REALITY in the eye and see what CONSTRUCTIVELY be created the situation you encounter. Or, in layman's terms, turning LEMONS into Lemonade.

Another key to empowerment is learning how to flow with change. This just means that you shift into Plan B as easily as Plan A.. The nature of life and of the universe is that the only that is constant is CHANGE. Learning to accept change means you get into the "flow" of life.

So, let's review. We understand that part of the path to Empowerment is learning to understand and perhaps change our Core Beliefs. We now understand that our Core Beliefs are a huge part of our Mental Programming and consist of the following components: Self Responsibility, Self Esteem, Trust in the Universe, Positive Attitude and Flowing with Change.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

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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