

Natural Healing Express Weekly

Column Volume 36 Twelve Steps of Healing – A Whole Approach

Next week, we are set to begin an 8 week series on Emotional Healing. In preparation, I'd like to set the stage with some examples and understandings. Please remember, I utilize the Whole Life Approach based the following aspects – Behavioral, Physical, Intellectual, Emotional and Spiritual. This means when one aspect is in disharmony, all aspects are in disharmony. How about an example?

When "Jane" demonstrates she is breaking out in hives, many people immediately look to an allergic response to some toxic stimuli, and yes, this is probably a good place to start, but my follow up question would be, what made "Jane" susceptible to hives in the first place? Was there an emotional cause? So, those of you who already have their copy of Ms. Truman's book, Feelings Buried Alive Never Die, can reference hives and investigate potential emotional concerns. For those that don't, let's just suffice it to say, that yes, there are potential underlying emotional causes.

With the physical/emotional context in mind, let's take a lesson from one of my alma mater's, The University of Santa Monica, who practices understanding of the theory that the Emotional issue one may be facing isn't the issue at all. Say What?

Example -That jackwagon cut me off, I am mad at HIM. Take a step back, Lucy, yes; the jackwagon that can't drive is a part of this lesson, but only as the TRIGGER. Jackwagon is merely triggering Lucy's emotional Response/ Reaction by cutting her off. How Lucy is RESPONDING to Jackwagon IS the issue. Get it? How you RELATE to the issue IS the issue.

Here's another layer. Ever notice how some people just seem to let everything roll off their backs and no matter what, still have a smile on their face? Ok, those are the ones that usually end up in your living room with a chainsaw (that was a JOKE) and others are always cry whining about something?

Seriously, look around at the people in your life. Now that you are thinking about it, I bet you can immediately name the ones that consistently relate to triggers, right? And usually, it's louder than you'd like. Now, think again, I am hopeful that you can name at least someone that consistently relates to the issues at hand.

Mentally, make a list, as both are useful at different times in your life, but typically, in an effort to cut out drama and negativity, hang around the ones that can relate to the issue, not the trigger. My point in sharing the difference is our LESSON in all of this; with the assumption we are aspiring to raise our level of consciousness. We learn and adapt to the issue, not the trigger and this is done by "working our process" or figuring out why we are reacting to the issue. That's the key. Working our process and doing our own healing.

As we learn to work our process as it pertains to our emotional healing during the next 8 weeks, we will bring forth the twelve steps of Healing by Donald Epstein comparing and complementing the USM theory along with tidbits, truisms and tarts from yours truly. Alas, a blended approach.

It is agreed that all emotional disharmony starts somewhere – it is “triggered” as we have discussed above. So, Here’s Epstein’s Step One= Suffering; this is different from pain, pain is relatively short and acute, suffering, well, that takes a while. It’s a feeling of “dang it, something is really wrong here”. And not too much woo, but it is when we disconnect from our Inner Self, meaning the aspect inside of ourselves that represents a core being. Some people call it their Inner Child, or their Little boy or girl. Coincidentally, mine is called my Inner Redneck -perhaps stemming from being raised on country music and John Deere, but that’s another story.

Normally step one is accompanied by confrontation with trauma, a chaotic event, a sudden loss or a devastating loss. Now, as not to end on a downer, the lesson of this STEP One, (remember, we are working a process) is the acceptance is that NOTHING works at this time and we Accept the helplessness, which allows us to move onto the next stage. TBC

Have a pleasant Memorial Day weekend! Please take a moment to honor those who have moved on to a better place. And give a special remembrance to those who fought to give us our freedom and the right to do things like write a column unsupervised. If you need inspiration in recalling what are troops are doing and have done, how about a dose of Toby Keith’s Angry American?

And for race fans everywhere – Gentleman Start Your Engines. (Ladies, too!)

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