

Natural Healing Express Weekly

Column Volume 37 Emotional Healing Part One

This week, we are set to begin an 8 week series on Emotional Healing. Last week, we briefly mentioned two predispositions regarding Emotional Healing; those being the concept of how one relates to the issue IS the issue and the misconception of relating to a Trigger (call it whatever you want, but that thing/person/event that caused you upset) instead of the issue itself. In review, Emotional Stability is based on one being able to “work their process” through an issue. This means relating directly to the issue itself, not the trigger/messenger/event/mother-in-law.

Quick example, last holiday weekend you spent good money buying steaks for the grill and “Johnny” agrees to cook them. Johnny has a couple of beers too many, walks away, and burns the steaks. This action ruins your meal hence wasting your money. This Trigger creates an emotional response. Perhaps it is anger, disappointment or maybe even excitement since now Johnny has to take you to dinner. Whatever emotion presents itself, your reaction to it provides an opportunity for you to work your process.

We’ll explain more in a minute, but basically when emotions arise, choices arise. If you don’t have an emotional reaction to the trigger, Guess What? It is NOT a trigger. Congratulations. You passed. However, if the Trigger did illicit an emotional response, please read on.

Utilizing our previous example, many choices arise, but to keep it simple while staying topic focused, we’ll limit to three.

Choice A – The Emotional Reaction of Relating to the “Trigger” of Johnny and the grill. An example would be swearing at Johnny or the grill resolving nothing other than releasing emotion from your body with the added risk(if you are within earshot of Johnny) of creating more emotional complications depending on whether he has mastered his process yet or not.

Choice B – The Emotional Reaction of Relating to the “Trigger” of the burned meat. Perhaps in this instance, one places the value on their appetite and sulks through while trying to eat the burnt meat. While sulking, the emotion is not released; therefore manifesting the emotional response inward. This to me is the perfect storm leading to disharmonies in the body. Feelings Buried Alive meets poor nourishment and contradiction.

Choice C – The Emotional Reaction of Relating to the “Issue”. This means you recognize you are in upset and begin to “work your process” or working toward Issue Resolution. In working your process, everything is predicated on how you relate to the issue. The first step is recognizing you are in upset and it is TIME to work your process. So what does this process look like? This week, I will give you the nutshell version by listing the steps and next week we will go into them in detail.

Steps to Issue Resolution:

1. Acknowledging/Recognizing the Upset

2. Establish a Clear Intention
3. Accept Self and Situation
4. Take 100% Responsibility for Your Emotional REACTION to Situation
5. Take Constructive Inner Action(s)
6. Look for Creative Solutions
7. Appreciate and Bring Gratitude for the Learning

If we go with Choice C, everyone wins, essentially diffusing a powder keg and more importantly, building upon the trust and communication of the parties involved. Now really, in this particularly case, it wasn't life or death, it was a steak. And, the steaks were utilized to provide the opportunity for learning.

At first this approach may sound "a little easier said than done" and I admit, it does take practice. Stability in most situations can continue and flourish as long as all parties are willing to work their own process, being honest and respectful while coming to resolution individually (this means taking responsibility for oneself and the emotional response) and then working together toward mutual resolution.

Two very important keys lie in collective environment of valuing the Person more than the Behavior – always separating the incident from the whole person. This allows for growth and predicated seeing the situation as a learning opportunity versus an opportunity to blame and belittle. Remember, how you relate to the issue IS the issue.

So, the only "homework" we have this week is to begin wrapping your head around the concept. How you RELATE to the issue IS the ISSUE. Issues are OPPORTUNITIES for learning. Unresolved Issues (ya, those things that have peeved you off for a long time) aren't necessarily bad; they are merely the platform for further growth and development on the emotional level. And you know what? The prize here is a living in a relatively drama free world. Hello? Would you like time for other fun stuff instead? Outer experience (Re: your personal world/situation) is a reflection of your Inner Reality. Drama Reaction = Drama Life. Stable Reaction = Stable Life.

As we move forward, we will reference a few different perspectives on steps to emotional healing and weave them together as tapestry so you may pick and choose the approach that best resonates for you. All roads/disciplines lead to the same destination which is emotional balance and healing. And, quite possibly, for you over-achievers; you may begin operating at a mastery level. Get Ready for the Ride.

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Susan Schafer or like Natural Healing Express

