

Natural Healing Express Weekly

Column Volume 38 Emotional Healing Part Two – Acknowledging the Upset

After beginning our series last week on emotional healing, you are possibly beginning to adjust, or at the least, acknowledge, the emotional balancing concept of “how you relate to the issue, IS the issue”. Maybe, kind of, sort of. To help steady the ride, this week we’ll delve into key terms and learnings that will help along the way.

Remember step one of issue resolution is Acknowledging/Recognizing the Upset. Most people do not struggle INITIALLY with this part. You believe you know what or who “caused” the upset and perhaps even why the upset is occurring. Those are what we call a no brainer. However, this is exactly the moment in time where learning paradigm can occur.

When you are upset, typically, many emotions are flying around and it’s a bit difficult to “think” while reacting. How does one shift from reacting to the issue to calming it? To break the reaction down, calm it down and focus on what it truly the issue (how you’re relating to it) we must begin with the most fundamental and effective “self - counseling” ideal.

Ready? Buckle up. This is not a skill, technique, method or something that comes in a bottle or available at retailers near you. This is an attitude. It is a way of being. In order to help yourself and to eventually help others, this core understanding begins from within.

One of my favorite quotes for healers, including those doing self-healing is from Deepak Chopra who states “One true self speaks to another, using the language of the heart, and in that bond a person is healed.” Get it? What he means is the essence of healing begins with the relationship you have with yourself, and in turn with others.

If you are at peace with yourself and can see your own “loving essence”, it is much easier to see it in others. Meaning, if we are in balance and see the good in ourselves, from that viewpoint, we can begin to see the good in others. When everyone operates from this angle, conflict is greatly reduced. But it takes practice and honesty. Remember the Michael Jackson song, Man in the Mirror? Ya, we start there.

Within this concept of “how you relate to the issue IS the issue”, we have come up with a word for what causes the initial upset which we spoke of a couple of weeks ago. The word is TRIGGER—this is what set you off. TRIGGERS essentially are not the problem itself, they are merely the method that presents the opportunity for one to learn how to achieve balance and steady their way of being.

You may have previously recognized the Triggers as the people and things that peeve you off, but now you are armed with a new tool in your quiver – one that gives you the ability to reframe your perception, using your powers for good, not evil. You now have awareness. Woo Hoo.

And there is a name for the person/situation that continually adds lots and lots of TRIGGERS to your life. They are called STACKERS. Mostly, because they “stack” triggers. Recognize your STACKERS? They are the embodiment of your opportunities for learning, there for your growth. Or your entertainment, for once you know how to react to them, and see them for what they are, responding accordingly, their power ceases and you outgrow them. And, down the line, you may appreciate them. Good work so far.

Historical Note: When I was first exposed to this concept while in Los Angeles, I was very judgmental and began to wonder why in the heck I was spending so much money on a master’s degree education only to learn how to “see my loving essence”. I figured with a couple sips of Jack Daniel’s and good ole country song, I could see my loving essence” anytime I wanted.

So, the concept of “Namaste”, (the Buddhist greeting of conscious recognition that the Soul in me or what I call the Good Redneck, recognizes the Soul in you) was quite foreign and distant to me at the time.

However, I kept learning more while judging less and over the two years’ time it took to complete this intense work, I learned firsthand the value this attitude. My way of being with myself, and in turn, with others has helped to disengage the intensity of the many situations that have presented themselves on my “learning line” since. And Lord help my STACKERS.

Congratulations on at least bringing this concept into your awareness. We eat the elephant one bite at a time. If you have questions, feel free to stop by, call or email. We are no longer accepting smoke signals.

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