

Natural Healing Express Weekly

Column Volume 39 Emotional Healing Part Three – Establishing Clear Intention

This week we'll discuss the second step of emotional healing and balance which is establishing Clear Intention. As you may recall, last week, we discussed the first step which is Acknowledging/Recognizing the Upset. Several examples were given regarding techniques for doing so and many of you acquired new terminology including "working your process" and identifying those dreaded "Stackers".

So, after acknowledging the TRUE nature of your upset; how you relate to the issue IS the issue, steps in healing yourself or "recovering" from the upset can begin. The entire point of learning to "work your process" is to masterfully achieve the ability to shift consciousness from emotional upset and judgment (anger/rage/hate) to self-forgiveness, harmony and acknowledgment of good (love).

Not only does this approach create opportunity for one to take better control of their own destiny and in doing so help themselves; it enables one to help others. As this begins to occur more frequently, the paradigm is shifting from chaos to harmony. To keep this in the positive light, surely we all understand the need in our times for better understanding and harmony. If you don't, here's a hotline. 1 800-Don't-Get-It.

On to step two- Establishing a Clear Intention. Even though this is one of the easiest steps to master, at first, it feels almost unnecessary. Let me assure you, without this step, your work and efforts can go off onto tangents or as I lovingly refer them – side stories. When you are working to master your process and work through emotional healing, it is very easy to get side tracked or perhaps feel like there are many layers of the onion to peel off to get to the heart of the matter. Yes, there may be, however, we want to deal with the issue at hand and possibly one or two other aspects that arise. Reason for this is when several "particles" are thrown at us, with our new colt legs, it can be overwhelming and being overwhelmed can lead to shut down. We do not want repression or give ups. You can do this.

You have already made the decision in your subconscious to educate yourself for a fuller, richer life and we want you to stay on track. So, it's simple. Set the intention! What does that look like? When I work with clients, I have learned not to judge them or their process, but it is imperative for us to set the intention for the session. It goes a little like this. "For this session, we set the intention for grace, healing and learning to come forward regarding "Susie's" acknowledgment of (insert issue). We ask that whatever comes forward in this session to be utilized for the highest good of all." And, with that, we are off and running. We utilize this step to merely set the architecture for what we are looking to accomplish, yet not judging whatever God chooses to bring forward regarding the learning. Never underestimate "the Big Guy".

Next Step: Accepting Self and Situation.

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