

Natural Healing Express Weekly

Column Volume 40 Emotional Healing Part Four – Accept Self and Situation

This week we'll discuss the third step of emotional healing and balance which is Acceptance of Self and Situation. This is where the rubber hits the road. As you may recall, the first two steps of our process are Acknowledgment of the Issue and Intention Setting. For those of you truly desiring to learn and master this process, you know the first steps are fairly straight forward and somewhat easy to implement. This third step is the one that takes practice, diligence, patience and clear headed thinking sprinkled with empathy. However, once you get this, the light will come on and a shift begins to occur. And, I promise, you and the others in your life will be happier.

So, let's set the intention that this column easily expresses the philosophy of this theory and simplifies the learning of this step doing so for the highest good of all involved.

It starts with a key phrase. Righteousness of Position. Learn it, then Lose it. As long as we insist upon "justifying" our upset based upon the "righteousness of our position", not much can change. Example: You find something you really want to see and potentially buy on Craigslist. You call/email the seller and make arrangements to travel from your location to theirs, but they are an hour away. You go, but when you arrive, they have sold the item. Doesn't that just fry your gizzard, as my grandpa used to say? This event becomes a TRIGGER for your Upset and the seller is a dreaded STACKER. When you are STUCK in the "righteousness of position", you rant, you rave, you project, but none of this effort will bring back the item that is already heading down Route 20 to a new home.

Here's the 10 million dollar realization. This sucky situation is an OPPORTUNITY for you to heal. Yes, this happened for a reason. When we are able to approach our emotional upset and judgments (the need for righteousness) as INDICATIONS that OUR school is in session (REGARDLESS of the Triggering outside event), the door to true issue resolution swings open and the opportunity is present for true emotional healing.

Let's go over this again with the predisposition, how you relate to the issue IS the issue; when YOU are having the UPSET, it is an opportunity for YOU to heal. The event/Trigger/Stacker was put smack dab in the middle of your path for a Reason. And the reason is for you to take the opportunity to heal. You can choose to let it pass and continue the upset or you can consciously choose to take the opportunity to HEAL from it. This takes a minute to really sink in. Wrap your head around it. When YOU are having and upset, it is an opportunity for YOU to heal.

I used an example a couple of weeks ago about noticing people in your life. You know some people who seem to be triggered by anything and everything. And there are those that nothing seems to bother. Guess who has more work in front of them? Yep, the frantic one. The difference between these two parties is their "addiction level" or their need in being thought by others to be right. This is called righteousness of position. The person with the strong desire to be right is easy to spot. They are the one who feels a need to call everyone out on everything. They perceive they are taking the spotlight off themselves. Rarely does this position work long term. Remember the quote by Abraham Lincoln, "you

can fool some people all of the time, and all of the people some of the time, but you cannot fool all of the people all of the time.” These people are typically struggling severely on an internal level and most unhappy. God Bless them. Seriously, send up a prayer and move on. They have a lot of emotional work to do, but YOU have the choice whether or not you want them to do it around you.

No one is happy to have an upset, but when you do and you master this step: accepting that the upset was put in your path for you to realize the opportunity to heal, you can accept yourself and the situation with graciousness and quickly work your process. The reward for doing the work as it comes up is that eventually you will become the person who seems to let it all roll by – you are rarely triggered in a negative emotional manner. And in this mastery of self, you reduce stress, anger and disharmonies finding peace, tranquility, health and happiness. And, as I have witnessed time and again, abundance soon follows.

Next Step: Taking 100% Responsibility for Your Emotional Reaction

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