

Natural Healing Express Weekly

Column Volume 41 Emotional Healing Part Five – Taking Responsibility / Gaining Freedom

Let's do a quick review of our steps so far in emotional healing.

Pre-disposition – Learning and Accepting The Theory of How you relate to the issue IS the issue.

Step One-Acknowledgment of the Issue

Step Two-Setting Clear Intentions

Step Three - Accepting Self and Situation

This week we'll discuss the fourth step of emotional healing and balance which is Taking 100% Responsibility for Your Emotional Reaction. Most of us, as adults, don't sweat taking responsibility for the prices we pay for being "adults". We realize as we transition into this phase of life, we have more choices and along with those, more responsibility. For example, driving a car is a privilege and insurance is a responsibility that comes along with driving a car. With the exception of looking at the cute little lizard on the commercials, unless you are in the field, most of us don't think twice about getting and paying for insurance because it is worth the privilege and freedom of being able to drive our car where we want. Easy enough, right? We take responsibility. We mature. It's Natural.

With that example in mind, let's look at this key step as it relates to our emotional healing. As in purchasing in insurance to gain freedom to drive your car, in taking 100% responsibility for our emotional REACTION to our upsets we gain freedom from others perhaps more importantly, from ourselves.

Your feelings are your domain, your privilege and your responsibility. People don't cause YOUR feelings. Say What? Yep, it's true. In true emotional mastery, people don't cause YOUR feelings. You do, by your REACTION. Situations may occur that TRIGGER upset inside of you. It's bound to happen, but remember our predisposition, how you relate to the issue IS the issue!

And, just like choosing to drive a car to gain freedom, you can CHOOSE how you RESPOND to yourself and others when you are upset. Remember again, being upset is a sure sign your school is in session.

Here's an example -Sometimes, actually a lot of times, especially when you have had negative role modeling, or demonstrate the disharmony of being a bully, when you FEEL upset, you FEEL like you would like to blame others. For some folks who aren't as far along in maturity, this is their first reaction. WRONG ANSWER.

When you blame, you are truly victimizing and disempowering yourself. It is a low rent game being played and the only thing accomplished is holding your own self back from finding true peace and potential happiness. Why put yourself in that position? Take 100% Responsibility for your own Emotional Reaction and live free.

Have a terrific remainder of the week and weekend.

Coming soon at Natural Healing Express – Healthy Smoothies, Teas, Organic Coffee and “Mound Bread”.

Next Step: Taking Constructive Inner Action

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