

Natural Healing Express Weekly

Column Volume 42 Emotional Healing Part Six – Taking Constructive Inner Action

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

Step Four – Taking 100% Responsibility For Your Emotional Reaction / Gaining Freedom

This week we'll discuss the fifth step of emotional healing and balance which is Taking Constructive Inner Action. For your first time walking through this phase of Emotional Healing, it is most helpful to be with someone who has mastered the technique. I am not saying it is impossible to pull this off successfully the first time, but it might feel a little like a newborn calf. I will let you know that it is much, much easier if someone is there guiding you, being fully present and holding a safe space while you do this work. After you run through this a few times, it becomes second nature as you work your process, but it's just much easier to "get the feel of it" the first few times with a pro.

However, if you have come this far in our articles; assuming this entire emotional healing process is making at least some sense to you, I would encourage you to try it. There's nothing to lose.

Taking Constructive Inner Action is exactly what it says. Let's go over this word for word. TAKING ACTION means you are doing something here; CONSTRUCTIVE means for the better, INNER means within YOU. Let's put it all together –Doing Something for the Better Within YOU.

Let's pan out quickly so those readers seeing this for the first time on their holiday weekend have a chance to catch up. What we are working on here is based on our theory of Achieving Emotional Healing and Balance by utilizing the pre-disposition – How you Relate to the Issue IS the Issue.

To cite an example, we are assuming we have had an upset of some sort, then we moved into judgment, and THEN we reacted in a way that leaves room for improvement. We now want to learn from the issue (our upset) instead of allowing it to entrap us and further keep "our school in session". We want to free ourselves and resume peace and happiness. As we desire to achieve this, we work our process, following the first four steps above and now we find ourselves at this juncture.

We admit we now realize "WE" are the ones that need to do the work; we are take responsibility for our Emotional Reaction to whatever caused the upset. And now we begin our INNER work. We move to the place where we make way for Compassionate Self Forgiveness. This has NOTHING to do with the "rightness" or the "wrongness" of anyone's position. Let me say this again. It doesn't matter who was right or wrong here. This step is simply an act of compassion for oneself for moving into judgment in the

first place. It's a gentle way of saying to oneself, "I am using this situation to learn how to move back into balance. I am giving love and acceptance to myself." What this means is you FORGIVE yourself for allowing yourself to move out of mastery and into upset. You acknowledge it and set yourself free by giving yourself compassionate Self –Forgiveness.

Here's an example of how this part can look. "I acknowledge that I reacted when the police officer ticketed me. I took it personally and felt hurt and angry at the time. And when I recall the experience now, I'm aware that I still may have some emotional charge on it. I choose to move past this as I do not want the emotional bondage or the physical manifestation in my body. I choose to forgive. I forgive myself for judging myself as mouthy. I forgive myself for judging myself as having authority issues. I forgive myself for judging myself as being bad. I forgive myself for judging the officer as wrong. I forgive myself for judging myself as wasteful for allowing someone else to disturb my peace." Or whatever that might look like for you.

Remember, all we are looking to do in this step, is to take constructive INNER ACTION by learning to practice compassionate self-forgiveness.

I hope you all have a terrific Fourth of July Holiday. And please be Safe as we all celebrate our freedom.

Thirty five years ago today, an event happened occurred that changed the life of my brother and my family forever. Perhaps at some point worthy of an entire article, as it regards our current topic, this anniversary affords an opportunity for those still holding on to judgments regarding this event another chance to heal. The irony of it being Independence Day isn't lost. Congratulations for overcoming your daily obstacles and for being an inspiration from your wheelchair. Now stop honking that dang horn!

Next Step: Taking Constructive Inner Action

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

