

Natural Healing Express Weekly

Column Volume 43 Emotional Healing Part Six – Taking Constructive Inner Action, Part Two

Let's do a quick review of our steps so far regarding emotional healing and balance.

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

Step Five –Taking Constructive Inner Action, Learning Self Forgiveness

This week we will take the time to discuss in more detail this step and offer some feedback. We received a few questions, many stemming from polar opposite viewpoints regarding this step of the process. So, let's review and clarify before we move on to the next step.

Again, taking constructive INNER action means you are doing something for the better WITHIN yourself. We are not working outwardly here, meaning influence from the "outside" (someone else), has no bearing on YOU attempting to "work your process" and taking your own INNER action. None at all.

For those of you who offered feedback about someone else interfering in your process (we heard several serious and a few hilarious remarks about this), all I can say is God gave you your own brain. It is yours to control and do as you please in your own mind. You are also in control of your own emotions. That's the direction we are trying to head.

Allowing someone else to "think this out for me" isn't taking you to the next level. We do recommend you work with someone INITIALLY who has mastered this step of Taking Inner Action. It's just plain easier to learn that way. This should be someone who can hold safe space and gently "guide" you along without judgments or interference. If they begin to do the work for you, guess who benefits? Yep—them. They are getting more practice and you have not gained ground. The process is designed for you to experience a walk thru once or twice and then take it on your own, allowing your own INNER ACTION.

As we recall the first five steps, we understand our emotional reaction to an issue is our responsibility. We admit when we are "triggered" (upset) our school is in session and an opportunity to heal is presented. As we desire healing, we begin to take constructive inner action – meaning we practice compassionate self-forgiveness and move past our judgments.

So, let's clear up a few things in this regard. This doesn't grant permission to act out against our integrity and then carelessly say we forgive ourselves. Nor does it mean we go dormant and repress our upset. Someone near and dear to me (who is historically a bit more emotional than most) came away after reading the article thinking that I was somehow asking folks to stick their head in the sand. His exact

quote was “so you just don’t want anyone to get mad about anything”. After choosing not to become triggered myself, I asked, “where exactly in the article did you read that?”

He said, “Well, that’s the gist of it, isn’t it?” Huh? Say what? So, I clarified, albeit loudly. He has a better understanding now or at least he said he did.

So please indulge me regarding this element. Doing this work is NOT designed for us to become robots and not feel our feelings. That is ri-donk-cu-lous-ly very far from the truth. Remember, what we are attempting to do is to balance our emotions and utilize our upsets as opportunities to heal. Yes, people will whiz you off. It happens – maybe daily. And I am seeing more darkness, perhaps even to the point of spiritual warfare in recent days – there is negativity abound. So, the very last thing we need to do is “stick our heads in the sand”.

We are attempting to learn this process as it pertains to emotional freedom resulting in peace and happiness. Our goal is to master our own emotions making life easier and while avoiding creating more obstacles for ourselves; obstacles that stand in the way of happiness.

We are working on ourselves, we remain calm while isolating the issue for what it is – an opportunity for learning/healing. When you are emotionally in control, you can very much become an activist for change. You make a difference by logically thinking through the steps that are needed for you to accomplish your goals. And you do so with freedom from blame or righteousness of position.

And unless there are sociopathic tendencies, for the most part, when in balance, one tends to make more ethical, positive and altruistic decisions benefitting not only yourself, but the folks around you, your community and quite possibly the world at large. This is a win for the good guys and why the effort is so worth the learning process.

Hope this helps clear a little fog.

Next Step: Looking for Creative Solutions

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