

Natural Healing Express Weekly

Column Volume 43 Emotional Healing Part Seven –Looking for Creative Solutions

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 move onto Step Six of our theory and part seven of our series. In this step, we assume we have already worked through the majority of the issue and emotions are back in balance. We can now begin to look for Creative Solutions to our upset while turning the opportunity into a true learning experience where healing can occur. This is where we find gold.

We look at the situation (upset/trigger) for what it is – an *opportunity* to heal. What this means is we have a chance to leave this trigger behind for good, NEVER having to return if we conduct ourselves well and seek to find the correct creative solution to bring complete resolution.

To accomplish this, after we find ourselves back in balance, we seek the best creative solution to the correct ingredient – the one which truly caused the upset. Then simply, we list all the positive ways to resolve the variable which tripped our trigger.

What does this look like exactly? Well, to begin, we briefly ask for the highest good for all involved to come forward. Setting intention is critical. So, after we set intention, the remainder is best shown by example.

Imagine the situation/upset was a nasty argument with your spouse about money. He said this, you said that, he said some more (of course) and Kaw A Bunga – World War III. You then come to realize this is a PERFECT opportunity to “work your process.” Possibly you even went scrambling for previous issues of the column intending to walk through the emotional healing steps. Or you actually committed to learning them (A +, you over achievers) No matter how you got here, KUDOS to you, you have successfully worked your process to this point.

Now that you are back in balance (if you are not, repeat steps 1-5) you can isolate what was really the trigger that caused you to fall out of balance in the first place.

Think back, what was that one molecule that converted you from Sugary Miss Nice to the Queen of Mean? Was it the money topic itself? Perhaps the tone of their voice? Their seething below the belt

sarcasm? Their eye color? All of the above? Think back and attempt to isolate the variable that caused the fulcrum to shift and you will find exactly the place where work needs to be done.

Think, think, think. Most of us struggle to keep our wits about us in today's economy, so talking about money isn't really anything new. So, let's eliminate the topic variable and go with –“it was just *the way* he was talking to me. Ya, it was just downright disrespectful. It really peeved me off.” Is this example believable enough for you all scoring at home? And no, I haven't been spying on you.

In this case, the creative solution works a little like this. “I can now understand when my mate approaches me with that tone and in that manner; I can quite simply let him know that I would very much appreciate him talking to me in a much kinder way. The tone and exaggeration of language hurts my ears, not to mention my feelings. In fact, I am going to write him a **kind and loving** letter to share my feelings in this regard.” (I used “he” this time, but feel free to insert your own pronoun.)

This approach accomplishes several things. You are acknowledging what caused your upset and taking creative solutions to avoid it for the future. You are taking responsibility for your own feelings and letting a person you love know where your boundaries lie. You are no longer REACTING to the situation in an emotional, out of balance manner; you are doing so in a positive, constructive, caring way. And you are not “sticking your head in the sand.” You are moving to resolution.

This approach moves mountains. Even the toughest situations can shift because of you choosing to conduct your business while in emotional balance... Bear in mind, effective OUTER ACTION follows successful INNER ACTION. Again, OUTER follows INNER. This work does pay off, but it starts with you.

A couple of kernels of wisdom regarding this step; if you are being mean, negative or vindictive – check yourself, make sure you are in balance and begin again. These low level variables have no place in true healing and you will just end up having to repeat the lesson which is punishment enough.

Second, be outrageously creative if necessary. Thinking outside the box here is a great, great thing. Being “theatrically” kind is cool. Last, giggle where you can, a sense of humor goes a long way.

Next and FINAL Step: Appreciation and Gratitude.

WooHoo, we have just kicked off our new website, so please check it out! Lots of new products and more to follow - [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com)

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