

Natural Healing Express Weekly

Column Volume 45 Emotional Healing Part Eight –Appreciation and Gratitude

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

Step Six – Looking for Creative Solutions

Step Seven – Appreciation and Gratitude

This week we will move onto Step Seven, the final step of our theory and series. In this step, we take a look at the whole process and focus on the RESULT or the true meaning of why this incident/issue/person crossed your path in the first place. The assumption throughout this “working our process” is the gifted realization of “how we relate to the issue IS the issue.” With hope, we are disciplining ourselves, learning and practicing this method and achieving good outcomes. Or at the least, better outcomes more frequently.

I had one reader send in a hilarious letter regarding this aspect. “When I heard about this, I didn't believe it. But both my wife and me agreed to give it a chance. Pretty much we had nothing to lose. I was shocked at how big a difference mostly in her is going on. I'm not perfect, but now I have way less things that suck, too. Keep up the good work.”

This made me giggle, and it proves the process. This man and his wife gave it a chance as he says and things are going better for both of them. And, isn't that all we really want? Just for things to be better? We have choices, every day and in every conversation. Those choices are everything as it pertains to your joy. Don't let anyone take it from you. You can choose to be happy anywhere. Don't have to wait for something to happen to be happy. Just choose to do it, and now is as good a time as any.

So, if you haven't been willing to give our theory a shot until now, here's your chance, it won't let you down. Try it for a weekend and see what happens.

Thank you to the person who sent that letter. I admire your courage and think you are doing terrific. Yes, you deserve fewer things that suck!

Onto the final step – if you have gotten this far, you most likely have experienced some peace regarding your issue. It may have been a bumpy ride getting there, but you have now learned better ways to get positive results. And, hopefully, you are doing so easier and quicker than before.

You have learned how to acknowledge the true issue, set the intention to learn from it, accepted yourself and the situation, took responsibility for your emotional reaction, agreed to work from the inside out, learned self-forgiveness, got creative about the possible solutions and now to bring closure to this process, we will express appreciation and gratitude.

Here's how that looks, "I am grateful for the opportunity to work my process and heal at a deep level. I appreciate myself for my willingness to do this work. I am happy for the opportunity to move into my own acceptance while showing compassion for all involved."

At this time, it's appropriate to list other things in your life for you are grateful for such as your spouse, children, rain, etc., to further the icing on the cake.

I hope you have enjoyed this series. I applaud those who have stuck with it and those who are just starting to try. You are doing courageous, life changing work. You are making a difference!! Thank you.

**We are happy to report on our website there is a newsletter tab where you can access our previous works. Also you may sign up for notices regarding future classes, workshops, specials, etc.

Have a great week!

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: Natural Healing Express