

Natural Healing Express Weekly

Column Volume 56 Surviving to Thriving Part III

This week we'll end our three part series on our workshop – Surviving to Thriving which was held October 12th in Lena and October 13th in Galena. For those of you who attended, thank you very much: you are the true leaders in making your world a better place, freeing yourself from judgments and in turn making things better for others. I applaud your efforts and encourage you to stay in contact with the sacred partnerships that were formed in our sessions.

For those not able to attend, we will now chat more specifically on the processes learned in our workshop enabling you to pick and choose the time period in which you choose to invoke your process.

After the first workshop and prior to the second, a few learnings evolved in how as administrators, we choose to enable the process. We streamlined the Surviving to Thriving process under the acronym of APPS. APPS stands for Agreement, Progress, Process and Speaking Gratitude. Each step in our four step process contains, ironically enough, four elements.

In the first step, AGREEMENTS, we look to the tenets of Don Miguel Ruiz's book The Four Agreements as listed and loosely interpreted below:

- 1.) Be Impeccable With Your Word..... Simply put, if you say it, mean it and follow through.
- 2.) Don't Take Things Personally..This may be hard to do at first, but realize that what is happening in a situation or relationship probably isn't about you. It is more related to a person doing what they want to do more so than them targeting you on a personal level. It may seem like it is all headed in your direction, but most often, from the source there is no thought regarding a target, that person is simply doing what they think they need to do and what is best for them.
- 3.) Don't Make Assumptions.....Even if something has happened nine times in a row, don't make the assumption that it will happen a tenth. Clarify intention.
- 4.) Always Do Your Best.....That way when you look back, there are no regrets as you have peace of mind that you truly honored yourself and all involved. The truth of the matter is we are always doing our best- our best fluxuates depending on our mood, how we are feeling and our level of awareness when the action was taken. If we could have done better- we would have.

In the second Step, PROGRESS, we list the Four P's of Progress:

- 1.) Identifying Painful PAST Perceptions and Learn to Re-Perceive them. This concept revolves around the realization that the pain comes from the belief that the situation was about you. Many times this belief is centered around the Mis-Belief in perception that it is about YOUR Lack. The key to this element is identifying what the belief is and asking yourself truly and honestly whether or not this belief is True. If it is an obstacle, it is rarely true.
- 2.) PROJECTIONS – Learning how to Own Your Projections. This means when you blame others for everything wrong in your life, you are actually projecting your issues onto them.

3.) Identifying the current PICTURE of your life and asking yourself what you would like the New PICTURE of your life to look like. Do this by looking at your satisfaction level in the various areas: Friendships, Work, Romance, Play, Exercise and Spirituality. Is your life in balance? Are you satisfied with your life?

4.) PLAN at least 2, do-able action steps for each area that will increase your satisfaction level and will get you back into balance. These steps will help you get where you want your life to be.

In the Third Step, PROCESS, we learned to work the process of Issue Resolution and Self-Forgiveness bearing in mind How You Relate To The Issue IS the Issue.

- 1.) Acknowledge the REAL Issue.
- 2.) Accept Yourself (where you are in the Process) and Take 100% Responsibility.
- 3.) Take Inner Actions, utilizing Self Forgiveness and Self Love.
- 4.) Look For Creative Solutions.

In the fourth and final step, Speaking Gratitude, we simply express gratitude for the process and those who came into our lives as teachers to help make the learning possible (the former bad guys) and thanking our Higher Power and ourselves for completing the work.

Please be gentle with yourself while working the APPS process and seek help when needed. We are here to be of service.

Thank you Trent, Lisa and everyone who showed up. You have made the world a better place.

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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