

Natural Healing Express Weekly

Column Volume 57 Vitamin L Part II

This week, during the first anniversary of my father's passing; I decided to take a look back at the column written during that time. Honestly, it still seems raw, but I have been so blessed by the wisdom, graciousness and kindness of folks who have walked this path, that I have come to understand the value and learnings associated with his death. At least the parts I am currently willing to consider. The intent of the column, then and now, is to somehow in darkest hour begin the healing process.

As a tribute to both Mom and Dad and a reminder to all of us that we can choose on an everyday basis to be kinder and gentler to each other, I made a decision to repeat last year's column on Vitamin L. I hope you can enjoy it and use it as you see fit in your life. Here goes.

I wasn't certain there would be a column this week. But something deep inside, as I connect to my father's farm tough heritage and survivalist roots I am encouraged to press on and be determined.

On Monday, I lost my best friend. He was the one I could turn to for anything and who could talk to me without exchanging words. A most patient man, he was a wise and hilarious buddy. He was also my father.

As my heart is bruised, I find it difficult to speak with passion about topics for this week's column that seems so sterile. So, hoping you will indulge me, I will write what comes forward in my heart, honoring the lesson without judgment.

In Natural Health, we follow the Whole Life approach, which recognizes all aspects of a person; those being: Behavioral, Physical, Intellectual, Emotional and Spiritual. It is our belief that if one aspect is in disharmony, all other aspects are as well. We move forward in healing by focusing primarily on balancing the unbalanced aspect while continually supporting the entire being.

Even though the many supplements, protocols and nutrition we may utilize support more than one aspect, only one "supplement" appears to support all. Through the gift of being with my father throughout his process of passing peacefully, I have learned its priceless value.

What I am talking about is a "supplement" so powerful it can overcome most challenges of the body. I am calling it Vitamin L.

I have learned Vitamin L can cure in an instant as I witnessed peace come between parties who have had painful differences for years and reunited only at my father's bed. Vitamin L can soothe a dying body as I watched an irregular heartbeat stabilize with the touch of a hand. Vitamin L can work miracles where there are seemingly none to be found. It can bless us with the gift of time when moments grow small.

Vitamin L can lessen stabbing pain of loss while coming forward through words and actions of others. It seems to work for and through pets as they sense one needs care.

I know of no medical contradictions for Vitamin L. It can be taken or given anytime, anyplace, anywhere and in any dosage. Vitamin L can nourish the body, mind, soul and spirit simultaneously and it works on all body systems.

Through Christ, Vitamin L can lessen the fear of death, as it promises us a better life when this one is complete.

Vitamin L, if you haven't already surmised, contains only one ingredient: Love.

The even better news is Vitamin L is abundant. You don't have to drive to a store to buy some. You already have it at the house. Maybe it's on the shelf, but I would strongly encourage you to find it, complement it with forgiveness if necessary and use it daily.

Maybe best of all, Vitamin L is free. I have seen if forcefully move hypothetical mountains and quietly accompany a last breath. Vitamin L is meant to be given and it is also meant to be received. Reach out and see what miracles it can unfold in your life. And see if you can comfort someone else. Vitamin L works best as we recognize we are all brothers and sisters.

Vitamin L seems circular. When you bless someone else with it, it comes back tenfold.

I am sure over the next few weeks, as the fog clears and I further understand the lessons of Dad's passing, I will have even more appreciation. For now, I only want to honor the man that throughout the course of my life and even through his own death was the greatest mentor and peaceful warrior I have even known.

Rest in peace, Poopsie, I will carry on your wishes. I know you and Mom are now dancing in eternity in God's kingdom. Godspeed.

FOOTNOTE- It isn't always easy to be the person that can stay in their authentic self and display Vitamin L when you really want to whack someone over the head. And most people challenge you because of their own LACK. I can promise you, if you can at least hold an honest space and take a look at the true reason for what is causing you the upset, you are on your path to Freedom. Bear in mind the saying is that hurt people hurt. It is possible to make a choice to change any given situation. You may be the one and only person who displays Vitamin L to another soul in distress. You may be the only person who can make a difference. And you can help yourself, as forgiveness begins from within. Why not give sharing Vitamin L a chance?

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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