

Natural Healing Express Weekly

Column Volume 97 Seven Steps to Issue Resolution - Condensed

As many of you know, Wednesday night is class night here at Natural Healing Express. When we are not in a formally structured class or a Multi-week program, many in our group continue to meet as an “open class”. This means the topics vary weekly, and to be honest, sometimes, hourly. Everyone is invited to attend the “Open Class” and there is no cost associated with it. We begin at 6pm and like to finish by 8pm. You are welcome to attend.

This week, during our discussion time, one of our attendees indicated they were desirous of making healthy changes once and for all. This appeared to be a long time coming. They did not feel they had an internal process to help resolve these issues outside of class. Immediately, I referenced back to the Seven Steps of Issue Resolution Series that ran over 50 articles ago. If you care to go into critical detail regarding each step, you can find the articles on our website, www.naturalhealingexpress.com, click on the NEWSLETTERS Icon and reference articles 37-45. I guarantee you it's worth the read if there are continuing issues in your life. This gives a step by step, detailed process of how to help you help yourself.

In this article, I will recap the Seven Steps. Obviously, it will take some time to practice to get good at these, just like anything else. I promise you, once they become embedded, you will be so glad you have learned the process and saving yourself countless headaches, heartaches and drama. This leads to a healthier lifestyle and life transformation.

Essentially, there are two predispositions regarding Emotional Healing;

1. Recognizing the concept of how one relates to the issue IS the issue.
2. Recognizing the misconception of relating to a Trigger instead of the True Issue. Call it whatever you want, but that thing/person/event that caused you upset is the Trigger, NOT the issue itself.

Quick example, you spend good money buying steaks for a party and “Johnny” agrees to cook them. Johnny has a couple of beers too many, walks away, and burns the steaks. This action ruins your meal hence wasting your money and ruining the party. The Steak Burning Trigger creates an emotional response. Perhaps it is anger, disappointment or maybe even excitement since Johnny might take everyone to dinner. Whatever emotion presents itself, your reaction to it provides an opportunity for you to work your process.

The concept is simply when emotions arise, choices arise. If you don't have an emotional reaction to the trigger, then guess what? It is NOT a trigger. Congratulations. You passed the test. However, if the Trigger did illicit an emotional response, please read on.

Utilizing our previous example, many choices arise, but to keep it simple while staying topic focused, we'll limit to three.

Choice A – The Emotional Reaction of Relating to the “Trigger” of Johnny and the grill. An example would be swearing at Johnny or the grill resolving nothing other than releasing emotion from your body

with the added risk(if you are within earshot of Johnny) of creating more emotional complications depending on whether he has mastered his process yet or not.

Choice B – The Emotional Reaction of Relating to the “Trigger” of the burned meat. Perhaps in this instance, one places the value on their appetite and sulks while trying to eat the burnt meat simultaneously to starving. While sulking, the emotion is not released; therefore manifesting the emotional response inward. This to me is the perfect storm leading to disharmonies in the body, potentially created chronic issue.

Choice C – THE HEALTHY ONE-The Emotional Reaction of Relating to the “Issue”. This means you recognize you are in upset and begin to work your process toward Issue Resolution. Remember, in working your process, everything is predicated on how you relate to the issue. The first step is recognizing you are in upset and know it is TIME to work your process. So what does this process look like?..... CLIP AND POST ALERT...

Seven Steps to Issue Resolution:

1. Acknowledging/Recognizing the Upset --I am UPSET.
2. Establish a Clear Intention---I want to Resolve this.
3. Accept Self and Situation---I accept this is happening for a reason.
4. Take 100% Responsibility for Your Emotional REACTION to Situation—It’s mine to solve.
5. Take Constructive Inner Action(s)---I forgive myself for the upset, work on mastery.
6. Look for Creative Solutions—I can choose not to react with outburst-I do not like Outcomes that suck. I choose to resolve my emotions as they arise by working my internal process.
7. Appreciate and Bring Gratitude for the Learning—Thank God/Higher Power for opportunity.

When we go with Choice C, everyone wins, essentially diffusing a powder keg and more importantly, building upon the trust and communication of the parties involved. Now really, in this particularly case, it wasn’t life or death, it was a steak. And, the steaks provided the opportunity for learning, so they did have some salvage value.

Stability in most situations can continue and flourish as long as all parties are willing to work their own process, being honest and respectful while coming to resolution individually (this means taking responsibility for oneself and the emotional response) and then working together toward mutual resolution. Don’t you go trying to solve everyone else’s crap with your new found knowledge; you will only exhaust yourself and get kicked out of the book club.

This will work constantly and consistently for whatever upsets arise in your life. However, if the trigger was indeed another person, two very important keys are necessary. Number one, resolution lies in collective environment of valuing the Person more than the Behavior. And Number two Success requires always separating the incident from the whole person. This allows for growth and predicates seeing the situation as a learning opportunity versus an opportunity to blame and belittle.

Remember that regardless of the other party/trigger; you are in charge of working YOUR own Process. How you RELATE to the issue IS the ISSUE.

Issues are OPPORTUNITIES for learning.

Unresolved Issues (ya, those things that have peeved you off for a long time) aren't necessarily bad; they are merely the platform for further growth and development on the emotional level. And you know what? The prize here is a living in a relatively drama free world. Hello? Wouldn't you like time for other fun stuff instead?

Outer experience (Re: your personal world/situation) is a reflection of your Inner Reality.

Drama Reaction = Drama Life.

Stable Reaction = Stable Life = Healthy Life.

Enjoy! 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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