

# Healing

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Author: Ulrich Miller

In this text the word healing signifies healing from emotional wounds, releasing emotions that have been suppressed, that are buried deep inside us. The process of living our lives causes emotions. Positive emotions, like joy, happiness, excitement etc. and negative ones, like sadness, anger, frustration, guilt, shame etc. Emotions are not a problem as such, every emotion is a blessing and experiencing it is vital. It is all good as long as they pass through our system and leave after a certain time. Sometimes in our life we cannot handle the proper processing of negative emotions and we push them away, suppress them. Especially during childhood. And that is where the issues begin. Suppressed negative emotions may cause physical and mental illnesses. We have to consciously look at those emotions and deal with them, only then will they leave our system.

It is necessary to calm down our lives, to give more attention to our self. For example, to just sit in a chair and look out the window or listen to some peaceful music or to have a walk in a park or in nature, to cook something, doing yoga etc. It is about changing from doing into being and to focus on the inside, to bring a balance into doing and being. We get into contact with our self. Now our system may begin to process suppressed emotions. That may have the effect that we suddenly feel emotions or body sensations which do not feel good.

It is important to understand that these emotions and body sensations are not really life threatening so to speak. It is just a sensation that happens, not more, not less. Often times we fear those things and by doing so we give them a power that they do not really have. Many people want to run away from them and use different methods to do so. For example, alcohol or drugs, but also things like endless working, to much TV or playing computer games, over eating and so on. But only if we give space and time to our life that we have inside may old wounds heal. Otherwise they will continue to block our flow of life, we suffer and prevent our true potential to come to the forefront.

So, what is to do when unpleasant feelings or body sensations appear? The first rule is to stay calm, it is all good, it is all well, everything is welcome. Now try to be a neutral observer, as if you would observe clouds in the sky or as if you would sit in a cafe and watch people on the street go by. For example you could say, I feel some sadness in my lungs or there is a contraction in the stomach area or there is an itchy throat or there is an emotion of anger, guilt or shame or whatever it may be. The more you can be the observer the less frightening the emotions become.

Furthermore it is important to be conscious and see if there appear thoughts or pictures that accompany those feelings. It is important to not give energy to these thoughts. They may tell a story that has nothing to do with the present now moment what so ever. The point is, if we believe these stories and thoughts then they will empower the emotions and so the emotion will stay in the system. Instead we want them to slowly dissolve. So, don't give to much attention to the thoughts during this process, just stay in the present. You can do this for example by breathing intentionally, by becoming intentionally present with your senses, with your current surroundings. What colors do you see, what do hear, smell etc. And so, the emotions will dissolve, they just want to be consciously acknowledged, that is all.

Some emotions will dissolve rather fast, for others it will take a while. Don't be discouraged if certain emotions take longer than others. You are making always progress and sometimes it is like dissolving of layers. Somethings might be rather deep and so the releasing happens not in one time but in layers.

The stories in our head that accompany old wounds, often times they are around patterns such like guilt or blame. We accuse someone or we accuse our self, to have done something, to have not done something, to have said something or to not have said something. We either feel as a victim or as a perpetrator. It is important to make peace with it. Let the story go. It was all good as it was, no matter what. There is a reason for everything. The human mind doesn't want to see it this way sometimes. That is because the human mind can see things only from one perspective of the endless perspectives of the all that there is.

Also it may help to recognize, that we are not our emotions. It gets easier when we recognize our true self (see chapter "our true self"). When we see our self as the consciousness that is behind the emotions, then it is much easier to let them go, to free our self from them.

Furthermore it is advisable, to be careful with one self and to be kind to one self, to accept one self and embrace everything with love that we encounter in our inside (see chapter "self love"). It is important to drink lots of purified water, eat good food and move the body.

There is another thing that might be very helpful. To have people in our lives where we feel save to communicate our feelings. The person who is listening should not judge any of that, but just be there as a neutral listener. It is possible to be in harmony with others who have a different opinion on a subject than us. If there is the possibility that we can exchange our feelings without being judged for them, then that will result in a conscious connection with others. From that connection we can tell our perspectives on a matter and exchange it and then we don't have to be afraid of loosing that connection when we have a disagreement. Then there is no need to persuade others from our perspective and we can let them be as they are.

It is all a process, it will not be done in one day. Every little step is very rewarding. We get lighter and become free, clear, more powerful and happier, we become more of that what we truly are.

In our life we experience emotions as a result of our outside word. What we feel often depends on the our circumstances. However it is possible to intentionally choose how we want to feel no matter the circumstances. Freeing us from stuck negative emotions, will improve this ability greatly. Imagine it rains outside and yet you feel good.