

## **10-2-2016 Readings: *Why We Don't Heal – An Introduction to Breaking Barriers***

Spiritual Solutions<sup>1</sup> Somehow life manages to bring difficult problems, the causes of untold suffering and struggle [what I and others call “a healing crisis”]. How you meet challenges makes all the difference between the promise of success and the specter of failure. Is there a reason for this, or is life simply a random series of events that keeps us off balance and barely able to cope?

Spirituality begins with a decisive answer to that question. It says life isn't random. There is a pattern and purpose inside every existence. The reason that challenges arise is simple: to make you more aware of your inner purpose. If the spiritual answer is true, there should be a spiritual solution to every problem—and there is. The answer doesn't lie at the level of the problem, even though most people focus their energies at that level. The spiritual solution lies beyond. When you can take your awareness outside the place where struggle is ever-present, two things happen at the same time: your awareness expands, and with that, new answers appear. When awareness expands, events that seem random actually aren't. A larger purpose is trying to unfold through you.

...Every problem is open to a spiritual solution. The solution is found by expanding your awareness, moving beyond the limited vision of the problem. The problem begins by recognizing what kind of awareness you are working from, because for every challenge in life there are three levels of awareness.

**LEVEL 1: CONTRACTED AWARENESS** [to a healing crisis] – This is the level of problems, obstacles, and struggle. Answers are limited. Fear contributes to a sense of confusion and conflict. Efforts to reach a solution meet with frustration [and anger]. You keep doing more or what didn't work in the first place [resistance and attachment to beliefs and strategies that don't work].

**LEVEL 2: EXPANDED AWARENESS** [to a healing crisis] – This is the level where solutions begin to appear. Obstacles are easier to overcome. Your vision extends beyond the conflict, giving you more clarity. Negative energies are confronted realistically. With greater expansion, unseen forces come to your aid. You move forward according to what you desire from your life.

**LEVEL 3: PURE AWARENESS** – This is the level where no problems exist. Every challenge is a creative opportunity. You feel completely aligned with the forces of nature. Inner and outer worlds reflect each other without confusion or conflict. Because solutions arise from the level of the true self, they meet no resistance. All your desires lead to the result that is best for you and your surroundings.

What makes this possible is that awareness can expand without limits. Although it may seem that it takes long experience on the spiritual path to reach pure awareness, the truth is exactly the opposite. At every moment pure awareness is in contact with you sending creative impulses. All that matters is how open you are to the answers being presented. To be completely established in pure awareness is enlightenment, a state of unity with everything in existence. Ultimately, every life is moving in that direction. Without attaining the final goal, you can tell that you are in contact with pure awareness if you feel truly yourself, in a state of peace and freedom.

I'm afraid your chief obstacle [to change] is your belief system, which you have absorbed from others around you. . . . So the answer to your dilemma is that you must examine your stuck beliefs and old conditioning.

Healing by Human Design.<sup>2</sup> Knowing how to stay healthy is not a luxury. It's a vital part of the evolution of consciousness. When we feel "bad", it muddies our connection to Source and the quantum field of possibility, to the Sub-manifest Reality and it runs the risk of dropping us into old conditioned patterns and habits that keep us from expressing our full potential. You can't tackle health with only a mindset, or body manipulations or just prayer. You have to address wellness in a multi-dimensional way, including knowing how to harness quantum

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<sup>1</sup> Deepack Chopra, *Spiritual Solutions – Answers to Life's Greatest Challenges*, 2012

<sup>2</sup> Karen Curry, *Healing by Human Design* Facebook page, March 8, 2016.

possibilities, how to feed your body, mind AND your soul. Until you integrate the re-alignment of the body, mind and soul, healing is only temporary

Why We Don't Heal<sup>3</sup> So many people in the process of healing are, at the same time, feeling stuck. They are striving to confront their painful experiences, valiantly working to bring meaning to past traumas, and exercising compassionate understanding of others who share their wounds. But they are still not healing. Rather, they have redefined their lives around their wounds and the process of accepting them. When we define ourselves in this way—what I call “woundology”—we lose our physical and spiritual energy, and open ourselves to the risk of illness. We are not meant to stay wounded. We are supposed to move through our tragedies and challenges and to help others move through theirs. By remaining stuck in the power of our wounds, we block our own transformation. We overlook the greater gifts inherent in our wounds—the strength to overcome them and the lessons we are meant to receive through them. Wounds teach us to become passionate and wise.

### ***THE MYTHS***

There are five central myths that make healing nearly impossible. Each supports the consciousness of woundology. These beliefs are so powerful that they sometimes seem to be stronger than our beliefs about the possibility of healing. The way to break the controlling force of a myth is to recognize that you personally believe it and that while you may share this belief with others, it is not necessarily a fact. Then, you need to work consciously to detach yourself from its influence. No myth releases itself from the psyche without a fight, yet if you are intent on genuine healing, you must carry on that fight and develop thought forms to supplant these myths and support your health.

#### **MYTH 1: My life is defined by my wound.**

It is virtually impossible not to be influenced by a personal history of emotional or psychological wounds. Both literally and symbolically, what we experience permeates our bodies. Your biography is your biology. Many people come to believe, however, that their lives are only a compilation of psychological wounds that they feel they can do little to heal. They project their past experience onto everything that has since come into their lives. Although this state of mind is sad, self-limiting and defeatist, some people derive great power from maintaining it because it gives them permission to lead a life of limited responsibility. It allows them to lean on others for assistance, playing on their guilt to keep that assistance coming. As the years go by, and you become accustomed to this kind of power and self-protection, it is more and more difficult to change. The only way to release the grip of this myth is to take more responsibility for the quality of your life.

#### **MYTH 2: Being healthy means being alone.**

For many people, the fear of independence —and by extension, of being alone —lies at the core of their inability to heal. Moreover, they believe that once they are healed they will always be healed and that emotional and psychological support will evaporate. The truth is that whether we are healed or are in the process of healing, we will always need loving friends and family; a community based not just on wounds or neediness but also on shared interests and emotional nurturing. The requirements for healing are tough; they may demand that you let go of old friends. If so, keep in mind the cyclical nature of life. Loneliness and friendship can each play a role in your healing at different times.

#### **MYTH 3: Feeling pain means being destroyed by pain.**

Often pain signals the presence of illness, either emotional or physical. But pain is also a teacher, pointing to an area that is begging for repair. Drugging pain can mislead us into thinking we are healing when we are not. Instead of immediately medicating ourselves, we should examine why we have a pain or a pattern of physical aches and pains. One way is to begin by studying yourself. Pay attention to how many thoughts and attitudes you hold each day that are painful. Write them down so that you can see them clearly and can recognize the physical damage they can do to your body. You may come to realize that you dwell on painful images of

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<sup>3</sup> Caroline Myss, *Healing: Why We Don't and How We Can*, from [www.iloveulove.com](http://www.iloveulove.com)

yourself or on pain-filled beliefs about life. You may even realize that you are, at your core, a pessimist. Or you may come to recognize that it is not your pain that you are carrying but the grief of others whom you want to protect. It may even become possible for you to understand pain as a spiritual challenge that has come into your life as a means of making your state of mind stronger than you ever could have imagined.

### **MYTH 5: True change is impossible.**

No one likes to change. Yet the truth is, healing and change are the same thing. They are composed of the same energy, and we cannot heal without first investigating what behavioral patterns and attitudes we need to alter. Once those characteristics are identified, we have to do something about them. And action brings about change. To work change into the depths of our nature, we need to come to grips with those characteristics within us that we have avoided. We are often completely unaware of parts of our personalities, either because we do not want to recognize them or because we have never paid attention to our shadow side.

### **A continuation of the Myss article for additional reading at home**

It's one thing to understand intellectually the steps you need to take to heal. It's quite another to understand what you need to do on an emotional level. To ignite the healing fire, you need to believe something with your heart. The heart holds the catalyst that causes the rest of the body-mind to heal.

### **Here are 12 ways to maximize your healing potential:**

#### **1. Learn to say no.**

The most important thing you can do for yourself in a crisis situation is to **learn to manage your time**. You have to put yourself first. Whether you're healthy or trying to heal, ask yourself: Is this what I want to put my time into right now? Whenever you find yourself in a life crisis, ask the following questions:

- A) Who are the most important people in my life?
- B.) Am I investing my time in the people and things that matter most to me, both for healing and for living a meaningful life?
- C.) If not, what am I willing to do about that?

You may need to cut down on the time you spend with people whose orientation and behavior no longer fit in with your need to heal. Using time wisely also means leaving empty space for yourself, time to do nothing so that you allow new ideas and feelings to come to the surface. An illness, a trauma, or a life crisis can become an opportunity to explore life at a slower pace.

#### **2. Change course immediately.**

People often tell me that until they can figure out what treatment is best for them, they feel safer not doing anything. I take that to mean that they are not ready to make the necessary changes in their lives. Healing is a "present time" challenge. **Postponing the decision to shift gears is dangerous.** It is much wiser—and safer—to start anywhere than to do nothing. Every positive choice activates a new current of energy in your life. A change does not have to be big to be effective: Introducing a shift in your nutrition or adding an exercise regime is a good beginning.

#### **3. Practice cyclic thinking.**

The perception that time and life are linear handicaps the healing process. Example: "If this treatment does not help within a month, then it's not working, and I'm not healing." **Healing is, above all, a learning experience,** and one of its biggest lessons is that life is characterized by impermanence and flux. If you can learn to accept change with equanimity, you will have mastered a lot more than just an illness. Cyclic thinking is also one of the most effective means of learning to forgive. **Forgiveness frees up the energy for necessary healing.** Part of the problem with the victim mentality is that it overlooks the ways in which we ourselves perpetuate what was done to us.

The next time you are caught up in angry thoughts about a past injury, try this exercise: Look closely at your actions over the past week and see if you are committing the same kind of injustice or abuse that you have suffered. You may feel, for instance, that during your childhood, you were wrongly judged and that this judgment has influenced how people think of you today. When you start to feel the weight of that memory, look at whether you have judged someone else in a similar fashion. You need to both forgive yourself for making the judgment and forgive the person who judged you unfairly all those years ago.

#### **4. Have realistic goals for yourself.**

Just as no one can train to run a marathon in one day, living a healthy life or healing an illness requires that you practice regularly whatever disciplines you adopt, whether they are medical treatments, nutritional changes, an exercise regimen, visualizations, or meditation. Many new fears may emerge following the diagnosis of an illness, or when you experience a setback or tragedy in your life. You need to be patient with yourself. If you feel depressed or anxious, step back and see when and in what context those feelings appear.

If you do not notice any change in your body in the first month of your effort to heal, it does not mean that changes are not happening. They may be occurring at an energetic level and will eventually cause positive mental, spiritual, and even physical changes. You may be a lot closer to your goal than you realize.

#### **5. Develop your will power.**

Desiring to heal is not the same as having the will to heal. You need to **train your mind and emotions to respond to the positive commands you create**. And these positive thoughts must become the dominant perceptions with which your mind and emotions connect. Doing a thirty-minute visualization once or twice a day and then returning to fear-filled thoughts the rest of the day negates the influence of your positive work. Keeping your focus in a positive direction takes practice. You do not need to develop your focus as completely as a meditation master, but you do need to **achieve a working relationship with your inner resources so you can quickly eclipse a negative thought with a positive one**.

The use of a mantra—a word or phrase you repeat silently to yourself—is very effective in learning to focus. Another way of learning to control your mind and emotions is to work with the distractions in your everyday life. Suppose you become irritated while waiting in traffic. This is a perfect situation in which to practice commanding your energy to remain within your body instead of leaking out.

#### **6. Healing is not a quest to solve your mysteries but to learn how to live within them.**

Illness remains one of the great mysteries of life. You may wonder if your disease is tied to your traumatic marriage, or your childhood, or toxins in the environment. Get past the questions. The purpose of the mysteries in our lives may well be to lead us out of our dependence on human reasoning into acceptance that Divine intelligence is in control. **Practice placing your questions in the hands of the Divine**. Visualize God or Buddha or Mary or the Tao pulling your questions away from you and your energy. Feel yourself freed from concern and doubt and filled with a gentle healing glow that suffuses every part of your body and mind.

#### **7. Cultivate grace.**

The spirit needs nourishment to heal, just as the mind and body do. **Build up the courage to act by inspiring yourself with the stories and wisdom of those who have changed their lives** forever by taking action, through entering the dark night of the soul fearlessly. Sample the wisdom of unfamiliar traditions: Explore the Kabbalah; entertain yourself with Sufi parables; study the sermons of the Buddha or the simple teachings of the Vietnamese Zen master Thich Nhat Hanh; examine the mystical writings of the Christian Desert Fathers or the text of the Upanishads. As you absorb truths and stories that nourish the spirit, you will feel a release of energy in you. **This energy can only be called “grace”. It is a vibrational force of such power that it can lift you for an instant out of your immediate circumstances and fill you with the perception that there is nothing you cannot handle.**

Every situation in your life has been created with the energy of grace. Pay attention to the ordinary moments as much as to the extraordinary ones and recognize that behind the scenes of those events is the energy of the Divine.

### **8. Use sacred imagery.**

Whether you use visualization or actual objects, **sacred imagery is a profound way to feel a connection with the heavens.** If you have a favorite representation of the Divine, a personal saint, or a revered spiritual teacher, keep it with you. Although you can't carry around your altar or sacred space, you can carry a small image, reminding you that you are never truly alone.

[Think about your own personal Solar Angel. Esoteric Philosophy maintains that you have an advanced Being that has been with you for 18 million years and remains dedicated to your evolution and will be with you until you are ready to “fly solo”. PF]

### **9. Learn something new every day.**

Learning activates passion, and passion is power—in fact it is one of the strongest forms of **energy that we can generate within our body.** Passion is a connection to life itself, giving us a reason to want to see tomorrow. Like meditation, developing and pursuing a passion is its own reward, but it can also generate many valuable side effects. We don't know where our passions will take us or what subsidiary benefits may accrue from following our hearts and our bliss.

### **10. Create a new vocabulary for yourself.**

Although there is no harm in expressing the pain and fear that illness brings into your life, you want to avoid falling into the pit of constantly “speaking pain.” Toward that end, **create a new vocabulary for yourself that describes your condition in optimistic, healing, or spiritual terms.** One woman I know referred to her illness as a friend “who has come to teach me great truths.”

Calling her illness a friend helped her lessen the fear of her situation and helped her feel she could communicate with her illness; she also felt it would leave her when their time together was complete. Once healed, she actually held a ritual saying farewell to her friend—a fine antidote to lingering woundology.

### **11. Review daily where you have plugged in your energy circuits.**

Pay attention to any feeling that energy is leaving your body and assess why and where it is going. **If your energy attaches itself to a target that is draining your energy, tell yourself to detach.** Learn to sense the flow of energy into and out of your body. You already know the sensation of energy leaving your body when you are angry or frightened—you feel instantly weakened, or develop a headache or backache. Any physical symptom is a signal that you are losing energy. As a preemptive action, direct your energy circuits each day into positive sources that can help you feel filled with power and light.

### **12. Practice gratitude whenever you feel overwhelmed.**

Feeling appreciative makes life thrive in our systems. **Make gratitude a practice.** Do not look for only the large and obvious reasons to be grateful. Learn to see your life through a wide-angle lens that includes every detail. In your effort to appreciate all that is in your life, include yourself. Spoil yourself with gifts of time—time to know yourself better and to appreciate those who are part of your life. Indulge yourself in ways you have always wanted to. Wander off your beaten path. . . All things are possible, and heaven is always listening.