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# Healing In Difficult Times

*Life is an illusion*

*Most of what we've been taught about life and the conclusions we've reached are illusions. Our experiences have an impact on our lives based on the meaning we give them, yet the meaning we choose is usually formed from the opinions and beliefs of others.*

*We* are all touched by the events we see unfolding worldwide and are affected in ways we may not fully understand. We see how quickly life can be lost and feel compelled to re-connect with what is truly important in life. The impact of recent events and times of difficulty have caused us to take time to reassess our lives and purpose for living. In times of difficulty, families come together and are more likely to forgive each other for past transgressions. We start realizing that our most precious resource is love -- but it is not only when tragedies occur that we should seek to heal.

Although we seek healing when we experience discomfort in our bodies, this is only one form of healing. Lack of physical health is easiest to recognize because we feel the dis-ease in our bodies. Likewise, emotional stress is easy to identify

because we feel discomfort in how we relate to others. However, problems in our spiritual health are subtle and the most difficult to recognize.

So, how do you heal spiritually?

- First by forgiveness. Forgive yourself and others. Try saying, "I accept responsibility for my life, releasing blame and the judgment of others." In truth, no one causes us pain. There are only actions, and it's our perceptions and judgments that cause us pain.

- Find out what inspires you. Inspiration awakens our strongest feelings, providing us with the energy to create. And creating is what connects us to God. Experiencing the joy of living creatively can be



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reached through meditation, or may come upon you at any moment when you look within for guidance.

If we do not go within, we go without.

To feel inspired, we need to live “in-spirit.” Living in-spirit means having faith in ourselves, and doing what brings us joy. When we live and act joyfully, our light becomes a beacon for everyone we encounter. Our joy can open the doorway and shine a light to a new path for others.

We all have a magnificent tool called free will, which we use to create the life we desire. We create in each moment how we choose to re-present ourselves in the next moment by the choices we make in this one. Choose love and we will never have to feel guilty for our choices. Guilt and shame are two of the most damaging emotions there are. If we do not like a choice that we’ve made for any reason we only have to cease making a similar choice in the future. We do not need guilt, shame, envy or any other negative emotion to guide us. These types of emotions only makes us feel “bad” about ourselves, and limit the amount of energy we use to live.

We are co-creators of our lives with God, “The All That Is.” If God is all that is, are we not a part of all that which is God?

We either live our lives as a part of God (love) or apart from God (fear). Our journey to healing our spirit, mind and body begins with remembering our true selves.

Member is defined as “a distinct part of a whole” or “one that belongs to a group or organization.” Healing comes from re-mem-bering our true selves, that is, to put back together, to rejoin, the part or parts of ourselves that are not in harmony with nature and with our divinity. We are all connected, we are all one: what we do for another we do for ourselves.

Meditation, yoga and exercise are just three ways that can help us reconnect to the loving energy available to us always, in all ways. Meditation gets us in touch with our spiritual essence, the part of us that is always connected to our God source. Yoga and similar exercises align our spiritual being with our physical self.

Love is the capacity to allow all other things to grow into their fullest expression of self. We must give ourselves permission to do the same. This is where true love and healing begin.