



Responsible Healing

When we talk about responsible healing, we want to make sure we understand the meaning of the word “responsible.” Yes, eating right, taking vitamins, herbs and necessary medicines are important, however that alone does not guarantee perfect health. It sustains us as food and nutrients are a crucial factor in health.

What is known as responsible healing is when we make better choices that serve us differently. When we run into a conflict, or a loved one is having issues that affect us emotionally, we must see from a new perspective and recognize that absolutely nothing happens by accident. Some would say that when we think this way, it might be a cop out as to not take responsibility. However, there is truth in this statement that nothing happens by accident... the question is “then why did it happen?”

Responsible healing is to understand that we are interconnected on many levels to each other, yet we have a choice as to how much we take on. If we understand that everyone has lessons to learn from, we will consciously recognize that we don’t have to attach to someone else’s pain, no matter what that might be. Instead, compassion is the ticket and as it’s proved by science, (The Institute of HeartMath) the heart will send out electromagnetic energy to the appropriate place when our passion, desire and intent are focused on, not obsessed on. You never know when your intent and compassion might even heal someone. After all, isn’t prayer based on asking and receiving?? So ultimately, we become a beautiful prayer with the same energy as asking for something when we deliver compassion. (You might look at it like we are partnering with the Divine!) Here are some points to contemplate for creating responsible healing:

- Strength is in the solution. Disappointment, dissatisfaction, anger, etc. are the emotional lesson and it takes courage to let go and realize that much of the time, someone’s pain is projecting toward you... it might not be you at all in a predicament.
- There is no such thing as a victim. The body is a result of our beliefs and our thinking. Old patterns can get in the way if we get too set on protection, denial, fear, blame, etc. We are simply a mirror to all that is happening in our lives in order to teach us maturity in our spirit.



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- Question your opinions! Trying to run the world is a big job and can be exhausting!
- When we have something happening in the body, we need to ask our body, “What are you trying to tell me?”
- Sometimes what we don’t know CAN hurt us. Knowledge is power. Pay attention to your lessons and learn from life.
- Challenges are from our subconscious mind teaching us to become expanded in who we are. That provides us a stronger field of healing ourselves and others.
- There is always a light at the end of a tunnel; A window opens when a door closes; The Sun coming out after it rains; Blessings after a challenge, etc. Focusing on old loss, pain, resentment, etc. only leads you to another lesson!! We don’t become free if we hold on to emotional ties that no longer have meaning.
- The “big picture” is always accessible.
- The Cosmos and all the planets are working to our highest good. It is in “cahoots” with humanities soul!
- Give yourself credit and remember we are making everything up as we go along. Lessons always serve as long as we learn.
- After you witness a change you feel lighter. This is spiritual growth.
- Gratitude for all circumstances teaches us we are co-creators in a Universe that awaits our recognition.
- Remain flexible in a tough spot. All things are possible. Audrey Hepburn once said that the word impossible breaks down into “I’m Possible!”

Based on these conceptual truths, we can change our life. It was not ever really set up for us to be healed by others, even though that’s still the concept many carry. Looking outside yourself only keeps you looking. However, recognition, acceptance, self forgiveness, and compassion will always rise to the occasion once we see that we can trust in a new way of experiencing what once we might have been fearful of. Responsible healing keeps us balanced, free, and much more tolerant in any circumstance. Soon you learn you don’t even have to get wrapped up in wondering what your purpose is!

YOU ARE THE PURPOSE!!

With love and appreciation,

~ **Mona Delfino** | www.sacredreconnections.com