

How to Heal our Wounded Heart

In my last message, I wrote about how wonderful it is to gain even the slightest glimpse of the infinite well of unconditional, universal love that lies at the heart of all of us. However, I did not point out that if our heart is still totally closed after being wounded by past traumas and betrayals, we may well feel nothing after we set our intention to merge into infinite love energy for a while during some kind of heart-centred meditation practice.

Tragically, in virtually all adults, our heart will now be at least partly closed up to protect us from further unbearable emotional pain and betrayal after we have suffered from so much betrayal and so many heart-breaking events in our early life.

Even if you had two exceptionally kind, together parents, I am sure you can easily recall moments in your early childhood during which you experienced heart-breaking rejection or even shame. A small child cannot process painful events in the same way as an adult. If the parents of a young child get divorced for example, that child may assume that the absent parent no longer loves them. They may even believe that their 'bad' behaviour drove the absent parent away.

The dark, fearful energy of this heartbreak then inevitably gets pushed down and stored in the child's energy body. This dark, heavy energy then forms an energetic shield around their wounded heart without them being consciously aware that they have now closed off their heart to protect them from more heartbreak in the future.

So the key question this month is: 'How can we gently re-open our well-defended heart so that we can come home to bathe in an infinite, indiscriminate sea of love energy at the core of our being?'

Well, the first step in this wonderfully healing process is simply to acknowledge that our heart was wounded as we grew up and that we now instinctively protect our heart from further heartbreak. Next, we can take a conscious decision to begin to heal our wounded heart, even if we do not know exactly how to do this. All we really need do at this stage is to say a prayer such as, 'I

really want to heal my wounded heart now, but I have no idea how to do it. Please, somebody help me!’

In my now pretty extensive experience of healing myself emotionally and energetically, as soon as I make this genuine request for help, my request is answered – usually in a way that I could not possibly have foretold.

Although healing can come to us in many unexpected ways, there does seem to be a pattern to a deep, heart-centred healing.

First, we find ourselves in a situation where we feel safe enough to touch base with our wounded heart – maybe in a counselling session, some kind of healing workshop, or during a guided self-compassion meditation that we found on You Tube. Next, we somehow find the courage to feel the emotional pain that we have tried to suppress for so long.

Now I do have to warn you that this stage in healing our wounded heart can be pretty challenging at times. You may feel for example as though you are going to keep crying forever. But I promise you that nobody cries forever, even in the most challenging of healing processes!

I think the key here is to remember that you are only re-experiencing old wounds in order to heal them and that you do not have to do this in an over-dramatic way. You can simply touch base with an old emotional wound incredibly gently and cautiously. You then send yourself wave after wave of self-compassion as you whisper to yourself something kind but simple, such as ‘Let go, let go, let go. I’ve got you. Everything is going to be alright.’

Now I do need to point out here that some individuals constantly rehash old emotional wounds from their past with the secret or subconscious intention of staying the victim of an unfair, unkind world. They may even adopt the image of a saintly martyr. This type of victimhood can become quite narcissistic – I know so because I played this ‘Poor me!’ game myself for quite some time when I was a young woman. I blamed my adoptive parents for all my emotional pain without realising that without taking responsibility for my thoughts and feelings in the present, I was condemning myself to repeat the painful experiences of my past over and over again.

So the key to emotional healing is to feel the pain but with the core intention of letting it go rather than wallowing in it.

In my experience, letting go of stored emotional pain from our past is a miraculous form of healing. But it is definitely not a once in a lifetime healing practice. As we go through our day to day lives, however much emotional healing we may have done in the past, current events will almost constantly trigger fears and resentments that we have stored deep within our psyche from a long, long time ago.

A loved one shouts at you and instantly you re-experience the fear you felt when your father shouted at you for spilling your milk when you were just four years old. Your dog is ageing and your fear of losing your dog triggers a much deeper old fear of losing your beloved grandmother when you were just a small child. Your partner flirts with a stranger at a party and immediately you feel so afraid of being abandoned just as you were when your father left your mother when you were seven years old.

What a wonderful opportunity these trigger moments present us with to simply pause, breathe deeply for a moment or two, connect to the stored pain the trigger moment has exposed in our system, and then let it go or offer it up. You feel the emotional pain rising up in your body and mind and then say something to yourself such as: 'Oh I feel afraid of being abandoned right now, maybe I have not yet released all of the stored pain from my parents' divorce, maybe now would be the perfect time to simply breathe out a little more of that stored heartbreak whilst I hold myself in unconditional self-compassion.'

If all this is quite new to you, this month you might like to search You Tube for some short, guided meditations on self-compassion and use those as a way of gently beginning to let go of some of your stored pain from the past.

I started my own healing journey in my mid-20s, and I have to tell you that although I have been blessed to release so much fear and anger over the years, current events still 'trigger' my 'pain body' from time to time. But these days I see these anxious, sad or angry moments as presenting me with a wonderful opportunity to release yet more stored emotional pain from my system.

At one point, I truly believed that I had healed my painful past completely. But then my daily life showed me that was not the case! So, I now believe that one of our main purposes for being here on this planet full of challenges is to keep letting go of our stored fear and anger. We just keep 'letting go' day by day and moment to moment until finally there are virtually no more emotional or energetic blocks anywhere in our system. At that point, we will quite naturally extend radiant love and light out into the dark, troubled world around us.

So, during this marvellous month of March, shall we set our intention to nestle into the safety of our own compassionate heart for a short while each day? Then, if at any point, fear or anger rise up from deep within us, shall we see this discomfort as a wonderful opportunity to let go of yet another layer of defensive, dark energy around the edges of our own infinitely loving heart?

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