

Acceptance:

A Powerful Catalyst for Self Healing



The key to healing my health wasn't found in the doctor's surgery, the health food aisle or even the latest healing modality; it was uncovered somewhere much closer to home: within.

We are all given life experiences that are designed to test us to our inner core; experiences that either propel us forward or drag us down, and sometimes they do both.

Rewind five years and I was in a very different place to where I am today. Put quite simply, I was in a whole lot of pain. My unresolved emotional issues showed up physically as the beginning stages of a thyroid disorder/auto-immune disease and an inflamed skin condition.

So, did I calmly respond and process these physical-emotional changes? No, I took the alternative approach: I absolutely freaked out!

Then I temporarily soothed myself with the delusional notion that I could control this healing process. I thought I could use my mental strength to override what was happening to my body. At one stage I even took two weeks off work/social commitments and I bunkered down to 'get this healing done'.

You can probably imagine the end result: no change at all, apart from an even deeper sense of hopelessness.

In a word I became desperate; desperate to get back to my old life and the old me. My inner dialogue and ego-denial went into overdrive: "My life is NOT supposed to be like this!" This path of resistance and non-acceptance saw me engage in nearly every conceivable method as a means to regain control and return to what I considered normality.

I'm talking multiple medical tests, extreme diet approaches, hundreds of dollars of health supplements, numerous health practitioners and modalities, incessant internet research and obsessive scanning of every bit of relevant literature that crossed my path.

My non-acceptance kept me locked into an unending battle with myself. And the more I resisted and bought into the identity of being sick, the more unwell I became. I shutdown from life; I stopped working, I avoided socialising, I became reclusive and deeply isolated.

I was clearly being shown that life doesn't yield to my control. I was relying on old modes of thinking, struggling and doing, and yet it was this self-destructive mindset that had created the very situation I now found myself in. I had reached my limit.

Life was giving me a clear choice: I could continue to carry this pain and watch my health deteriorate, or, I could choose to surrender and trust in the healing process. In other words, I could hold onto the cliff's edge (scrambling and clawing) or I could let go and willingly accept the life lesson I was being given.

Weary and exhausted, I held up a white flag; I chose acceptance. Choosing acceptance in the face of what felt unacceptable proved to be the hardest and the easiest choice I was to make; it was also the most powerful catalyst for healing myself.

I stopped searching and I started sitting with myself. My focus was no longer externalised. If I was to start healing, it needed to come from within through stillness and surrender.

The physical symptoms and emotional pain didn't disappear overnight, but a new level of awareness entered my life. I let go of mind/ego-imposed timeframes and I settled in for the ride. And, boy, has it been a ride!

The more I started to connect with my body and listen to my inner guidance, the more I effortlessly and synchronistically came across beneficial people, information, practitioners and courses; a calm resolve had replaced an obsessive desperation.

Don't get me wrong, this new approach was not necessarily comfortable. It was often deeply confronting and took ongoing commitment to keep 'showing up' when I wanted to run and consciously choosing to peel back the layers when I wanted to hide.

The main difference was my actions were no longer ego-directed; I sensed there was a deeper power at work and I trusted that I was going to be alright. And when I returned to moments of fear and unconsciousness, this knowing remained with me like a patient friend holding my hand.

My health today is radically different to five years ago. My thyroid issues have not progressed and continue to improve. I'm medication free and my skin condition has cleared naturally. I regularly check-in with my body, and if physical symptoms do arise, I look at where I'm creating imbalance in my life and I take conscious action.

In fact, working through my own health issues has led me to where I am today, writing this very article and reflecting on the life experiences that propelled me to become a Mind-Body Practitioner and Facilitator.

Would I be on this path now if I hadn't gone through those necessary - and painful - experiences? I don't believe so.

In light of my own situation, I choose to no longer label life events in terms of 'good' or 'bad', 'right' or 'wrong'. I don't presume to know the mysterious workings of the Universe or the Divine plan at play, and I'm okay with that.

But I do know this: However painful or challenging your present life situation, the bigger picture will sooner or later reveal itself if you choose to accept what is and connect with the healer within.

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