

# *On the Path of Healing*

## *The Top Five Reasons Why People Don't Heal*

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# *On the Path of Healing*

## *The Five Most Common Obstacles to Healing!*

The natural world provides us with many examples of our own abilities to heal. When there are areas that are disturbed or even destroyed, nature has an incredible way to restore balance, create new life and continue to thrive when left to its own means of restoration.

We are part of this natural world. We have the ability to heal and to thrive. It's truly our complexities as human beings that get in the way and block our healing potential. But the energy to heal ourselves emotionally or physically is always there. We just need to learn what's getting in the way. Most often these blocks are the result of unprocessed emotions and/or a mental state of mind that is not conducive to our most natural way of being.

Here are FIVE of the most common obstacles that get in the way of people's healing. These are all common blocks that stop the healing and transformation process from happening. Once released, the energy is restored and healing and renewal can happen, often times quite quickly just as it does in nature.

### **1 - Looking For Answers Outside Ourselves**

Most of us aren't taught to resolve our struggles by looking within ourselves. It's been a common trend to seek happiness, fulfillment and love outside ourselves. Whether it be the belief that more money or a bigger house will bring us the happiness that we've been searching for, or the new relationship that will finally give us the love we've been seeking.

Most of us haven't been taught that we are truly the creators of our lives and that the answers to our struggles, conflicts, emotional despair and even physical illness lies within our own inner world. And if you aren't used to "going inside" to discover what may be getting in your way of experiencing a beautiful, healthy life, then it can feel pretty scary. Many people are afraid they'll find some deep, dark secret. This is a common deterrent from seeking answers from within. But I can assure you, the one thing that we're most afraid of is our own beautiful and magnificent selves.

When we are willing to take the steps to begin to listen to our own wisdom, our own inner voice that will reveal to us what it is we need, then we open the door to what we need to restore ourselves back to wellness, to resolve and learn from our struggles and to create a beautiful life. **We're not used to trusting ourselves more than others in a place of authority.** But when we begin to really listen to ourselves, a whole new world opens up for us!

## 2 - Stuck in the Blame Game

Blaming others for our struggles is probably the number one road block for most people. It can be an easy escape from taking responsibility for changing our situation. But guess what? We'll continue to struggle as long as we are wanting to hold someone else responsible for our current situation. I know that there are many situations where it's easy to point the finger at someone else. And some of you reading this right now may be saying "But, I actually have a reason to blame, because I wouldn't be in this place of struggle if it wasn't for this person.....". That may be true. The situation you are in may be the direct result of the actions taken by another person. But here's the thing, does it mean that you just sit in the struggle and accept the pain?

If we continue to stay in the place of blame, then we are giving ourselves permission to do nothing about changing our situation. We can complain all we want, but we are making a choice to place all the blame on someone else as an excuse to do nothing to create change. We are either not taking responsibility and activating our own incredible power to create change, or we are using blame as a way to **not** deal with our feelings. So often when we are holding onto emotional pain, just as we are about to touch upon the difficult feelings, we go into blame mode as a way to not feel the pain to the extent we can finally release it. But the pain continues in other ways as a result of holding onto the feelings.

When we let go of blame, the floodgates open and movement begins and we begin to have new ideas as to how to change our situation. Our power to create change is freed. We release old, stuck energies that have been preventing us from experiencing our beautiful lives.

## 3 - Shame

Shame is like a heavy blanket that is thrown over us. It blocks us from receiving in light, abundance and weighs us down creating even more shame. Shame is when we have something happen to us or something that we've done that is considered bad and we go beyond viewing the situation as bad and instead to seeing ourselves as a bad person. Our feelings don't actually become shame until we decide to hide it. **It's the hiding of our feelings that turn it into shame and makes everything much worse, much heavier than the initial feelings.** It's a beautiful, healing journey, when we've had something bad happen and we begin speaking about it. Many victims of rape turn their tragic event into a healing journey as they begin to speak out about it and begin helping others. It's the act of bringing something that we are compelled to hide out into the light. Whether you feel the need to bring your experience out into the world or to a friend or therapist, please do. Don't let your experience be a blanket of shame that will dim your light and weigh heavily on your shoulders.

#### 4 - Caught in the Caretaker's Trap

Taking care of the needs of others before we take care of our own needs, is a very common pattern that so many of us get trapped in without ever really knowing why. As children, we have an incredible ability to observe the needs and desires of our families and as a way to insure being loved, we will step into the role of taking care of our parents' unconscious needs. This can also be a learned behavior from our parents. As the keen observers we are as children, we observe our parents closely as to how to handle life's situations. If one or both of our parents habitually take care of the needs of others before their own, then most likely we'll follow their example. This can literally deplete ourselves as all our energy is being poured into someone or something else. We can actually feel fear in taking care of ourselves, as though that someone or something won't survive without us. However, if you aren't taking care of your own needs and are running on empty, you're not going to have anything else to give. You will eventually run out of fuel.

This dynamic is often an issue of self-worth. As caretakers, we are looking for our self-worth through our ability to take care of others. We often attract situations and people who need taking care of as a way to both validate our worth and to feel needed. After all, if you are taking care of the needs of another person then they'll never leave, right?

This is really an issue of loving yourself and believing that you are worthy of being loved. It is often times combined with the fear of abandonment. It begins when we are young children as a way to secure love, and in the end, it's about us loving ourselves; knowing that we are worth taking care of. So many beautiful things can begin to happen when we turn our care and our loving toward ourselves.

#### 5 - Opening Pandora's Box

If we're not taught how to express our feelings and work through them, then often we can find ourselves feeling disconnected, not fully present in our lives. Sometimes we can lack passion and purpose and even power when we have a well of unprocessed feelings buried deep within. Honoring your feelings and allowing them to surface will help you to feel embodied and able to create the life you want and to feel passionate about your life! We are very feeling beings. Yet we've learned to hide our feelings, suppress our feelings, deny them, and bury them. This leads to such unhappiness. If you're in a situation where it's scary to let out your feelings and share, find someone who will listen. Find someone who will help you to work through your feelings and understand them. Having feelings that we haven't given expression to literally cuts you off from your feeling self and can lead to not only depression, anxiety or numbness, but can also create disease and physical pain. Don't be afraid - your feelings are meant to be expressed.

*Thank you for taking the time to read this! I hope it has helped and given you some insight to your situation. Life is a healing journey and our exploration and discoveries on how to heal, grow and transform our lives is endless and exciting and worth pursuing! Trista Haggerty*