Healing Pain

MIND, BODY, SPIRIT, BUSINESS

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Healing Pain

"Awakening is not changing who you are, but discarding who you are not."

[Deepak Chopra]

Healing brings a wonderful light and energy of beauty, ease and flow. The feeling of peace and contentment we often are caught searching for at some point in our life.

Healing is often referred to as a journey - soul journey or awakening. But what is more often hidden is the other side of healing...

Emotional and physical pain and loss come with transformational healing. It's not to say you must experience pain and loss to have healing, however in some form, for transformation to take place, there is a loss.

The growth after the loss can be likened to healing pains or growing pains. A period of time where you regroup, relearn, and reset your emotional, physical and spiritual compass.

Join me now to revisit your transition moments in your lifetime and where you have experienced loss and perhaps not even fully realised the impact the loss has had on your life.

It's time to raise awareness to allow the healing to begin so you feel more empowered and free to travel lighter into your future.

With Love Emma x

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Healing Pains

"The soul always knows what to do to heal itself. The challenge is to silence the mind."

[Caroline Myss]

Awareness of Significant Events

We underestimate the impact of significant events throughout our life. We either have forgotten them or placed them at the back of the mind to hopefully just disappear.

Yet every significant event plays a part and impacts your life today.

Your Time Line

Create a timeline to bring to your awareness a list of key significant events that have occurred in your lifetime from birth to now.

Here are some significant events:

- Birth
- Birth of a sibling
- House move(s)
- Playschool
- Junior School
- Secondary School
- Leaving School
- College/ Uni
- Friendships
- Relationships
- First intimate encounter
- Changing jobs/ careers
- Being married
- Becoming a parent
- Separation
- Divorce
- Hormone changes
- Health/ illness
- Starting a business
- Close Bereavement

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"In the space of loss, we have the opportunity to create new experiences."

[Emma Lannigan]

My Significant Events TimeLine

List out the Year and the Significant Life Event/ Transition Points.

Notice which events you can now reflect on and gift you happy memories, ah ha moment memories and notice specific times where you still feel the emotion. It's in these last events the emotion can be impacting your growth today.

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"The other side of healing is light."

[Emma Lannigan]

Owning Loss

While Loss can be all consuming it can easily carry us away into its depth. We can feel lost, numb, in shock, very sad and heavy. Not wanting to move forward.

There is no defined process to heal through loss, it's something you feel and choose at the time.

Know there is support for you with healing through physical loss of loved ones.

In the case of owning loss through your choice of healing there is an empowered way to own the loss.

Awareness

Choice

Acceptance

Acknowledgement

Space

Creation

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"Death is not the greatest loss in life. The greatest loss is what dies inside while still alive. Never surrender."

[Norman Cousins]

The Healing

After recognising where you have experienced loss and transitional change in your life now you are in a place of healing.

You have an empowered **choice to:**

- Learn from the loss and its meaning to you.
- Bring the supportive learnings for the future.
- Let go of the unsupportive learnings and leave these in the past.
- Honour the space to grieve for your experience of loss.
- Forgive yourself and the events.
- Offer Love to the events and your younger self.

"When pain is embraced it offers us great opportunity to grow."

[Emma Lannigan]

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"The other side of healing is light."

[Emma Lannigan]

Your Healing

After thinking about what you have learned through loss, now think about what you need for you to heal the loss.

This is not about forgetting the loss, it is about acknowledging it, honouring it and living with it through love.

The highest intention of love and healing will gift you empowered strength to move forward in your life and business when you let go of what you no longer have.

Be ready to welcome:

- Freedom of mental energy
- A feeling of lightness
- A sense of peace
- Knowing you have released your future

All loss is a guide to teach you a new way of feeling and thinking. It offers you a new way to experience this physical life you contracted to.

Embracing loss gifts us an empowered life.

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