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**VIDEO 42:04**

In this 21st century it can be easy to believe that we are superstars, at least intellectually, medically and technologically. Yet the most intimate dimension of our human landscape remains a mystery to each of us from time to time... how we hurt and what we need to heal. As the 5 common pressures express, there are many ways to hurt. It may be caused by circumstance or by another's intentional agenda. You may have been deeply hurt by another and want them to own up to their actions, and acknowledge the hurt they have instilled.

As social beings we can be very vulnerable to relationship pain. When you have been hurt by another, it is instinctive to want to resolve it to regain safety and trust. As much as you deserve their support, your healing does not depend on them. Your healing is as intimate a process as your hurting. Your intention to heal is what empowers you and leads the way. You have all the necessary internal resources you need to: understand the meaning of your pain; regain your power; heal in a meaningful way; and move forward. Spirit shines new light on your intimate and intuitive hurting and healing process.

The Mindmap animates:

- The influential force of disconnection
- How you hurt and
- Embracing your healing

**THE INFLUENTIAL FORCE OF DISCONNECTION**

Can depression cause disconnection from core self and can disconnection from core self cause depression? My answer is yes to both. As is animated in this video disconnection plays a dual role:

1. A benefit: Disconnection can protect you from pain... and
2. A detriment: Disconnection can cause deep loss when you experience disconnection from your core self, your Spirit.

As mentioned in the previous video, disconnection, can be a conscious strategy such as suppression, and an unconscious strategy, such as repression. Disconnection may be used to protect you from physical and emotional pain, but also from Spiritual pain, the most significant of all, effecting your ability to trust your world.

As I have said before, when you were born, you were pure Spirit, and as you grew you learned to be either Spiritually present or Spiritually absent in your life. When your Spirit was valued, it would have been natural to have been present in your life, as your heart and Spirit needs were being fulfilled. Connection to your resourceful core would have brought resilience, to bounce back after life challenges.

If you learned that your Spirit was not valued, it would have been just as natural to become temporarily absent. Disconnected from your core, you would have protected yourself from the pain, when your heart and Spirit needs were not fulfilled. From a reactive habit, or a new normal, perpetual self-doubt and lack of trust in the world could have impacted your ability to find meaningful connections.

It is easy to appreciate how vulnerable you could have been to temporary or chronic experiences of depression, at such times. Whether the disconnection is temporary or sustained, it is an influential force, causing significant hurt at all four levels.

How You HURT

Physically Fearful - fragile, chaotic, vulnerable, panicky, threatened, stuck
 Intellectually Overwhelmed – reactive, unresolved, confused, unclear, fragmented, perplexed
 Emotionally Powerless – defeated, isolated, self-doubting, self-critical, sad, impatient
 And last but not least...
 Spiritually Disconnected – untrusting, disbelieving, unmotivated, hopeless, lost, disoriented



Disconnected from your doorway to inspiration and possibility causes deep hurt but it doesn't have to stay that way. You have been in inspiration before, in times of laughter, play, day dreams, friendship, wonder and you can be there again. Spirit is always within you, waiting patiently for you to return.

Healthy intolerance The chaos of disconnection is intolerable at all levels. It creates a core incentive to reconnect. I call this healthy intolerance. Intolerance is not comfortable or pleasant but healthy intolerance is pivotal in shifting your focus from hurting to healing.



Sometimes you make change happen in a quiet and confident way, clarity from your core strengthens your resolve. But change is often born out of feelings of overwhelm, frustration and increasing healthy intolerance of the chaos. It is common to experience an escalation of intensity, frequency and duration of your spin experiences. This builds up an internal momentum. You may think you are not ready but the internal urgency for change is already present and making itself known.

Disconnection – fear – hurt-resentment- anger - Powerful emotions such as fear, hurt, resentment and anger express a healthy intolerance of what is causing your hurt. This is a sign of emotional awareness, complete with readiness and the intention to make a change real. Now you have a fundamental choice of mindset. *Which will you choose, to address your hurt?*

Connection to SPIRIT



Will you choose
A- SPIRIT or B - SPIN ?

RESPONDING TO:	REACTING FROM:
Healthy Intolerance	Fear
Emotional Insight	Hurt
Adrenaline Momentum	Resentment
Expanded Resources	Anger
Response-Abilities	React-Abilities



Will you choose A- Spirit or B - Spin? This may seem like a trick question. But as you know, you are hard-wired with both Response-abilities and React-abilities. Sometimes your B-reactions of fight, flight or freeze instinctively happen. This can create chaos. Therefore it is up to you to make a conscious choice re. how you will proceed.

Take an emotional step back to observer mode. Give yourself time and space to see what is really going on. You can then address how you hurt and what you need to heal. The Fundamental Choice of A-Spirit is a pivotal shift from focusing on your hurting to embracing your healing. From Spirit your energies change, adding vitality to your core. Spirit is always invested in your well-being and provides the natural capacity to heal.

Embracing your Healing

Reconnecting to Spirit's vitality and inspirational energies make healing possible. Now it is time to explore the 8th and 9th pressure words.

3 Decompression – Healing Decompression is the natural release of internal and unresolved pressures, which have been holding your healing process in limbo. Keep the Mindmap in mind as a visual reminder that hurting and healing work in tandem. Hurting is meant to flow into healing. From your grounded and meaningful pause you can release toxic energies to let the healing begin.





9 EXPRESSION gives your Spirit a voice empowers your core and releases toxic energies, to make way for healing. Reconnection, decompression and expression are detailed in the next two videos. Coming back to your Spirit is possible and instinctive. It is coming home to your true and valuable self.

This Mindmap can help you discern the different between your hurting and healing experiences.

Embrace your hurting as a part of your healing. In inspiration good things happen!

INTERLUDE Review words - Influential forces of disconnection, Spiritually present and Spiritually absent, Healthy intolerance, Embracing your healing, Hurting and healing work in tandem, "Freeze" is a meaningful pause

Now let's look at some things to Keep in Mind as you proceed in your healing process.

KEEP IN MIND

Hurting or healing? It is sometimes hard to tell which is which because sometimes healing hurts. Physical pain can be easier to relate to, such as when you sprain your ankle. You instinctively know to attend to the pain of your injury. After rest, you also know that the hurt of stretching and strengthening is a natural course of healing. The same holds true for healing at the emotional and Spiritual levels. Your experience of emotions can feel less threatening when you remember that hurting is meaningful insight into your healing.



This **Keep in Mind** section offers 6 helpful hints for navigating your healing landscape.

1. Observer mode
2. More on repression
3. Emotional bundling
4. Echoes
5. Simultaneous healing
6. Resilience

You will see how each of these hints makes a valuable contribution to your healing experience, as they work together.

1 OBSERVER MODE

Assessing **Mindset & Energies**

Observer mode is your emotional step back from the chaos, to see what is really going on inside of you. Pay attention physically, intellectually, emotionally and Spiritually. This intuitive internal scan makes you conscious of your mindset and energies within seconds. Simple questions prompt an automatic shift to observer mode where, from an emotional distance, you witness your own experience in real time. You are tapping into a wealth of intuitive insight, that is waiting for your attention.

If you listen to your self-talk you can get a good read on both your mindset and energies. *"What am I saying to myself?"* Self-talk is a highly influential force. It is best to tune in and become conscious of the chatter in your head because you might be listening. *Is your self-talk critical, curious, intense, defeated, enthusiastic? Is it about you, or about others?*

Don't be critical of your critical self-talk. Step back to observer mode to observe and listen from curiosity. From your grounded mindset consider what you are telling yourself. Your emotional energies are expressing insight and degrees of intensity telling you how you hurt. Pay attention to your complaints and the questions you ask yourself. Both can direct your focus to healing and meaningful change.

What are your complaints telling you about what you need to change?

What are your questions telling you about what you need to know?

It is important to listen to your self-talk because good or bad, it is often just the insight you need to understand your experience. If you notice you are self-critical, in fear and self-doubt then know your spin is talking. You don't have to believe it. Simply ground yourself and shift back to A-Spirit to see things with an open mind and heart.

From observer mode you will see how your mindset impacts your energies, and vice versa. The Life on a Continuum Visual provides a simple question. *Am I in inspiration, coping or surviving?* Just being human, you have experienced all three mindsets, so your sensory memory helps you to accurately assess yourself at any time.

It is all about choosing a simple question to intellectually find out what you already know physically, emotionally and Spiritually such as:

- *What are my energies telling me?*
- *Physically, am I A - Open or B – Bracing?*
- *Intellectually, am I A - Responding or B – Reacting?*
- *Are my Emotions A - Healthy or B – Toxic?*
- *Spiritually, am I A - Connected or B – Disconnected?*

With the right question, the answers are easy to access.

Influential Forces

It is important to appreciate how your mindset and energies are major influential forces in your everyday life. From a spin reaction they can keep you off balance disconnected, reactive, and limited in your capacity to navigate your life. From Spirit you have an inspired and expanded mind, to find meaning and clarity. Observer mode is the #1 tool to use to check in to your immediate state of being, mindset and energies.

2 More on REPRESSION

This is a chance to look at repression as a necessary part of the hurting and healing experience. Repression is very misunderstood. Misunderstood, because by its own nature, the act of repression is not a conscious process. As a result the specific emotions being repressed are also unknown.



**In my words, your Spirit runs the show, connected to all that is you.
Your psyche plays its role by regulating how you
experience your hurting and healing process.**

During experiences of extreme events your psyche works on your behalf, repressing your sensory experience and your memory of it. Your psyche is protecting you from realizing your pain, for the time being. If you had to repress an emotional experience, then you can believe there was good reason for doing so. Maybe you were too young and didn't have the authority to make things better, or you were living under threat so it was not safe to have a voice, or in some other way you were powerless, at the time, to resolve your circumstance.

Your psyche represses your hurt, and when you are ready and able, it reveals your pain to you so you can attend to it and heal. While stored, this repression can create an internal impression, such as unwarranted self-doubt or self-blame. When these repressed energies surface it can be very difficult to understand their sudden presence and influence, unless you know what to look for. The Helpful Hints #2-5 shed light on just that. In short, it all starts with Repression:

- #2 Repression creates a buffer between you and your emotions,
- #3 Emotional bundling is how your emotions are organized when stored,
- #4 Echoes reconnect you with your emotions and
- #5 Simultaneous healing provides opportunity for healing from past and present.

If you remember the important role that your psyche is playing in helping you in your healing, you can trust your wisdom within. Ground yourself and remember that you can heal from your hurt, past and present. Strengthening your core self creates possibilities to understand, have patience for and attend to past hurts of which you are ready to heal.

INTERLUDE 2 Review words – Observer mode, Listen to your self-talk, Your complaints and questions offer insight, Mindsets and energies are influential, Spirit expands your capacity and runs the show, Your psyche helps by repressing until you are ready to heal, Tune inward Listen carefully Honor your Spirit Respond from calm, grounded self.

3 EMOTIONAL BUNDLING Emotional bundling is how your emotions are organized when stored.

They remain connected on your emotion map. Here are three common ways emotions are bundled.

1 Bundled by Energy Frequency

Emotions that share a common energy frequency bundle together. For example, your experiences of sadness are bundled together and are connected to other similar low frequency energies as lonely, fearful or timid. Your experiences of happiness are bundled together and are connected to other high frequency energies as love, laughter, joy and friendship.

2 Bundled by the Same Experience

It is common for sadness, loneliness, chaos and confusion to be bundled together as they often coexist in the same experience. As low frequency energies they drain you of your vitality.

3 Bundled by Similar Meaning

Some emotions bundle together as they carry the same meaning. For example, when you are dismissed, put down and not heard, your pain of not being valued is amplified times three. Adding fuel to the fire, it is easy to shift to fearing you will never be valued.

These unresolved emotions are bundled, and held under pressure until such a time they have an opportunity to be released, understood and healing can happen.

Evidence of Emotional Bundling

Have your emotions ever felt out of proportion to the situation?

Let's say you are experiencing grief regarding a current issue but feel surprised by an exaggerated intensity. Your grief energy has resonated and connected on the same frequency with other unresolved grief in an emotional bundle. The merging of these energies has magnified your grief, making your emotional experience out of proportion to the situation.

This is your physical way of knowing that your current emotion has tapped into an echo of old pain. As you progress exploring these 6 Helpful Hints you will see why this experience is opportunity for healing. Even though the details of the events are different, their energies and meaning are linked on your emotional map.

4 ECHOES

Echoes reconnect you with your emotions

When you connect with your stored emotion you experience an echo. *Is this emotion from then, or now?* Echoes can be convincing because they come with the sensory memory of the incident, such as smells, sights, sounds, thoughts and feelings captured at the time.

You experience echoes all the time, as you connect with good, happy, fun memories that hold meaning for you. When this happens it is a pleasant experience and you easily accept it as reliving good times, with the sensory joy that comes with them. It is more challenging to reconnect with the echoes of your pain, especially if it is old pain you have been avoiding for some time. As you experience the echo, it is an opportunity to view it from the safety of your observer mode. You don't have to analyze the emotions, make sense of them or be afraid of them. Focus on physically letting go of the energies because they are ready to be released. Relax and breathe the energies out. Think about how natural it is to stretch and yawn, releasing tension and returning to a relaxed state. That is what this release is meant to do.

From observer mode distance you can separate the details of your story from the intense emotions influencing it.

Letting the pressure go allows you to reflect on the meaning of your story. Your psyche will nudge you to follow up on any specific details that still need your attention. They will feel unfinished. This meaningful pause gives you opportunity to decide what you need to heal in the present time.

You were never meant to live captive by your emotions. They were stored until such a time that you were ready and resourceful to heal. Echoes are signs of readiness. Simple ways to release, or decompress, will be covered in the next video. As you witness yourself trusting your Spirit and your healing process, it is a natural time to release the intense, toxic energies without becoming fearful.

**Remember it is just an echo. It is not really happening in reality right now.
This is your healing in process.**

“*Why now?!*” Countless times clients have arrived at my office expressing the same confusion, “I don’t understand why this old stuff is coming up now! I finally have my life in order, am in a good relationship and am settling into a job I like. *Why now?*”

My answer is always the same. “Because, apparently, you are ready and able to heal.” Your psyche knows you are presently more resourceful and empowered. Your psyche trusts you to: look to your emotional insight; find your meaning; release the captive energies; to heal and move forward with a new confidence.

5 SIMULTANEOUS HEALING

Simultaneous healing provides opportunity for healing your past and present emotional hurt.

Simultaneous healing is when your psyche acts on an emotional opportunity in the present to connect to, and release, similar bundled pain from the past. *Why do I feel lighter overall after dealing with that issue?* Like having a good cry over a sad movie, as you watch the movie you feel and release sadness. This experience provides an unconscious opportunity to simultaneously feel and release stored grief energies. Much of this release and relief is not conscious or articulated intellectually. One day you may suddenly experience the benefit, realizing that your grief of other issues is no longer as intense.

Since emotions of the same frequency resonate in bundles, they are available for opportunities of simultaneous healing. Remember your psyche remains dedicated and resourceful in helping you navigate the landscape of hurting and healing. Healing is a natural and powerful force of nature. When you accept and trust this, you are less likely to let toxic fear get in your way. Tune in to your core, return to A- Spirit and work consciously with the process.

Connecting Hints #2-5

As you have witnessed #'s 2 Repression, 3 Emotional bundling, 4 Echoes and 5 Simultaneous healing are very interconnected. This is good news! Let’s review how they work together to organize your hurting and healing experiences.

Simply put:

- **Repression** buffers you from your hurt,
- **Emotional Bundling** stores hurt by bundling like-energies
- **Echoes** reveal your emotional memory for you to consider
- **Simultaneous healing** of past and present occurs when you are resourceful and ready to embrace your healing experience.

This is your innate, natural healing process. The challenge is to trust that you can heal from your pain, release it and move forward with renewed vitality. When you start to doubt this, go to observer mode to reflect on how many times you have accomplished healing and releasing without fear or hesitation.

6 RESILIENCE

A true measure of progress *How can I measure my healing progress?*

Resilience is a reliable measure for progress in healing and strengthening. Resilience is your capacity to bounce back after an event. You are challenged everyday Physically, Intellectually, Emotionally and Spiritually. Your ability to bounce back, return to your core, and find inspiration again is a true measure of progress.

This does not mean you are not impacted by life. It means you are resourceful in responding and bouncing back from the impact of life. An example is, if you were in training to run a 10 km. race. You would expect to be exhausted at the immediate end of each run. You naturally measure your improvement by taking less time to complete the run, and less time to recover from the run. The same measurement applies when you are impacted and then recovering from emotional and Spiritual pain.

You can access your new awareness of hurting and healing and ground yourself within, decreasing the intensity and duration of the spin... increasing your resilience. Celebrate the small successes. They are evidence you are moving forward in your healing, and in your life. Pay close attention to your progress by tuning into how you bounce back re. your mindset, and PIES energies.

These 6 Helpful Hints help you:

- Stay grounded in Spirit
- Discern between your hurting and healing
- Appreciate how they work in tandem to help you move forward.

1. Observer mode
2. More on Repression
3. Emotional bundling
4. Echoes
5. Simultaneous healing
6. Resilience

This concludes from Hurting to Healing.

Here is a sneak peek at Video 4 Reconnection and Decompression.

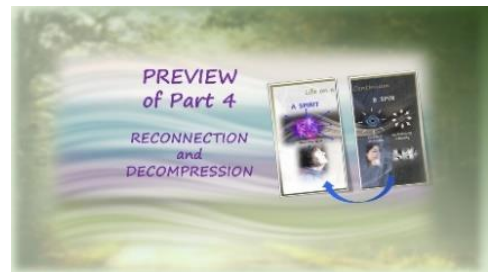
This video explores Reconnecting with your Inspiration mindset and expanded resources... through Decompression at PIES levels.

Visuals animate the accumulative gain from coming back to Spirit.

From Fearful to Calm,
Overwhelmed to Open,
Powerless to Receptive,
Disconnected to Engaged.

Limited Resources to Expanded Resources

Trust your Spirit,
Trust yourself!
Trust your wisdom!

**Credits**

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