

## ask diane

September 2011

If I have a pattern of thinking/feeling/acting that keeps tripping me up, how can I heal it?

I call these patterns “grooves.” They are ways that we approach the world that are deeply ingrained. In the Vedic spiritual literature of India they are called samskaras, meaning “some scars.”

Sometimes, we don’t even know we have a groove. It’s so innate to us. But we see the results in our lives. For instance, a man who is very bright takes one low-level job after another. Or a woman always ends up dating a man who is unfaithful, even if he seems like a perfect guy in the beginning. Or we feel that somehow we always get pushed around, no matter how hard we try to prevent it.

When I first discovered energy healing, I thought physical healing was the ultimate. It was easy to track, for one thing. But over time I discovered that dissolving these “grooves” is at least as life-changing. It can bring about relief from ongoing suffering. And healing samskaras can be an essential part of healing a physical challenge.

Early in my own healing journey, I was constantly amazed at how shifting a pattern reshuffled my whole life. For instance, if I strengthened my boundaries, then, going forward, every interaction was subtly different--and better.

Of course, the easiest grooves to resolve are the ones we can see. So first identify an area where a groove may be operating. Ask yourself, “What area of my life isn’t working? Where am I having the same experience again and again in a way that’s not beneficial?”

If, for instance, you never get picked for the big projects at work, you can ask yourself, “Why not?” Is it because of low self-esteem or is there some recurring thought that goes with this experience? Or are there beliefs that are getting in your way? For instance, have you been taught from early childhood not to take the lead or stand out?

Then, once you find the belief or energy state holding you back, you can shift it. Start by setting your intent. So if you’ve concluded that your problems stem from low self-esteem, set your intent to raise your self-esteem and self love.

Then decide on some practical steps you can take. For instance, you can decide to upgrade

the way you treat and think about yourself. You can also pray for guidance on how you can raise your self-esteem and you can also work with a counselor or healer.

Work with the grooves that you know are there first. Over time they will become lighter and lighter. Then you may also become aware of other more subtle (i.e., more fundamental) grooves, and go to work on them as well. Or a therapist or a healer can help illuminate them.

Always be gentle and compassionate with yourself. Healing a deep groove can take a lot of patience and perseverance. But the fruits of this effort are always extraordinary; your life will become easier and more fulfilling.