

case studies

November 2012 Healing 101: Going Within

Hurricane Sandy, in a sense, is a collective accident, a natural disaster of epic proportions. Rarely do we go through something of this magnitude. Nevertheless, it is an opportunity for us to look at how to deal with deep challenges in our life.

The personal and the global are always interconnected. When we have a collective difficulty, it is beneficial to have an uplifting personal response. So I want to share how I go within during such times. I have used this approach whenever there is a challenge. This includes something as huge as the catastrophic events of 9/11, as well as more individual challenges, such as when I am sick.

No matter how bad a situation is, I have learned that the highest power is within. Instead of struggling to keep up my "normal" schedule, I take the time to rest, meditate and go within.

I may wish I was busy with my normal activities. However, my soul has dictated something else. I have found that these times of rest and restoration aren't as idle as they might appear. It is a time for contemplation, new insights, holding light, healing, and, ultimately, rebirth.

So if I have headache, for instance, I have learned to relish the invitation to go within. I know some wonderful gift awaits me. I meditate until my pain dissolves. If there is a collective challenge, I also go within and burn off the pain that I am experiencing in myself and others.

I have had some of my deepest insights in this way. I've noticed that the longer an illness or discomfort exists, the bigger the gifts that I might receive. What we think of as a "time-out" is actually a divine gift, a time to go within.

For me these "down" times are also a time when I realize how precious my health is, and how painful even a "little" or "minor" physical suffering can be. It renews my compassion for myself and others. It allows me time to focus on gratitude for everything in my life.

I have seen people running around with a broken foot, or with a chronic illness, struggling to keep their "normal" pace. One of the first things I know is that this person needs some time off. Their body-and their soul-is begging for renewal. So I always advise the people I work with to enjoy the time that illness or injury has given them.

The same thing that happens during an illness happens when we experience a loss, or when there is an outer event--whether it is a hurricane, like Sandy, or a snowstorm, or a simple power outage. It's a time when the normal flow stops, and somehow, we can find a magical space, a special time outside of ordinary time.

Without power, without the distractions of television or radio or internet, we experience the divine gift of silence and space. It is an opportunity to reconnect with our deepest light, our deepest intentions, and to refocus and reexamine our lives. During such periods we can contemplate we are living our dream or think about what we need to do to put ourselves back in line with our dreams.

These special times also gives us an opportunity to connect to the needs of others in a deeper way, and be of service. Then we realize how deeply interconnected we all are, and that no person is truly a stranger. We are all one.