

case studies

September 2013 Healing 101: The Magic Mirror: Healing An Emotional Charge

When we have a strong emotional reaction to a person or situation, it is often a sign that there is something within us that needs healing.

It may take some time, but if we go within, we can get to the deeper pain, some place where our emotions or thought forms aren't flowing freely. Often there is an immediate healing. Conscious awareness is a very powerful tool.

I have excerpted a brief segment of a chapter from A Call to Heal that illustrates this almost magical process.

From "A Call to Heal"

"The Teacher Within"

The Teacher often had specific lessons for me. It could be a correction in my thinking, understanding or behavior, or an expansion in my perspective.

At one point, for instance, the Teacher illuminated my tendency to judge others. At the time I was serving as a welcome host at a meditation center.

When the coordinator moved on to another volunteer position, I was invited to step up. Even though it was an honor, I declined. Soon we had a new team leader, Angie, and she rubbed me the wrong way. I had a tendency to be late for our meetings. But now it was impossible for me to get to them on time.

The depth of my irritation at the situation was far more intense than seemed rational.

After deep contemplation, I realized she was judging me. The judgment was like a force field, reinforcing my tendency to be late. Yet even with this insight, our relationship continued to deteriorate.

I continued to meditate on the situation with Angie because I sensed that there was still some insight that was eluding me. Finally I saw that I had been judging her at least as intensely as she had judged me. The epiphany sent a chill through me. I suddenly felt enormous

gratitude and love for her. She had been a divine mirror, showing me my own self.

I never discussed my insights with Angie, but she must have sensed the change in my heart. Whenever we ran into each other, we fell into a loving embrace. It was the only way we could express our intense gratitude for each other.