



Self-Love Journey

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Step 32: Open Traumas for Healing

It is customary to say that sunlight reveals, disinfects, and heals.

This is usually connected to the exposure of things that people tend to hide and because of that concealment they suffer. It is also about revealing crimes, corruption, and dark things that occur quietly in our society and harm most decent and honest people. In any case, exposing unpleasant things and ending the period of concealment and hiding usually signal an exit from the complicated, harmful, and sick place toward a new place that is cleaner, freer, and healthier.

The traumas we carry are like stuck masses of energy into which we invest resources, without noticing it, so that they will not completely overwhelm us. We spend a large part of our time in an unconscious emotional survival battle in which we try to pass one more day and one more day in the shadow of deep wounds that continue to create conflicts, difficulties, blockages, entanglements, anxieties, pains, heaviness, and more.

Part of our mental forces are regularly mobilized to protect us from the heavy mass of unpleasant memories that we were forced to repress and set aside when we did not have tools to cope with them and with the pain they left in us.

As adults we are not sufficiently aware that we have possibilities to heal, to soften, to dissolve, and to reduce the load of inner burdens that manage our life. It begins with a lack of awareness that quiet traumas indeed dwell in the depths of our soul, it continues with a lack of awareness that it is worthwhile to apply healing moves to them, and finally there are alienation and a lack of motivation to open our Pandora's boxes for fear that we will not withstand the repulsive and painful flood that will wash over us when the concealment mechanisms are shaken.

One of the reasons we find it difficult to create changes in our life is the lack of understanding of the decisive role of love in processes of emotional cleansing and in saying goodbye to what has bothered us for a long time. As long as we do not grasp the

contribution of love, which is so important in addressing what is stuck within us, we will not be able to do anything for ourselves and we will not be able to free ourselves from what has narrowed our steps for many years. Without proper use of self-love we will not succeed in changing anything, even if we insist very much on doing so.

Traumas are traumas and one cannot belittle this fact. Traumas are contents that contain great anxiety and a real sense of danger toward the body and the soul, even though the danger belongs to the past and is no longer present here. Traumas are a kind of inner demons that we do not feel like meeting, confronting, and listening to. Traumas are a place where we are weaker, more childlike, more frightened, and more confused.

As long as we do not use self-love to heal distresses of the past that have remained in the present and continue to influence in unwanted ways, and as long as we try to approach the dark and frightening areas in the soul in ways that do not use self-love, we will not truly be able to begin a move that will create change. Nothing will happen. All the defense mechanisms, the blockages, the warnings, the smoke screens, and the misunderstandings will intensify quickly and push us away from the danger zone. But when we approach those places under the guidance of our self-love, doors will begin to open, slowly and carefully, and we will be able to do what we could never do before, open the traumas to a state of healing.

There is no benefit in trying to be brave in order to withstand the shock waves of our defense mechanisms. It will not help us, we will remain outside. When we get close to the roots of our traumas, the wounded child within us awakens and we are filled with that child's experience and difficult feelings. We connect to that child and experience the helplessness. In this way we will not be able to progress. Even if we muster courage and determination from within us, it will not succeed. We will remain outside. The soul is sophisticated enough not to allow us to do the wrong thing. The soul will insist that we come with great love; otherwise it is better to go back and return only when we are more ready for this important move.

I will illustrate this with the case of guilt feelings. A substantial part of the traumas we carry is the feeling that we are guilty for what happened to us, even if we did nothing and were in fact victims of a harsh reality that hurt us arbitrarily and unfairly, meaning guilt feelings were cultivated there. In any case there exists quietly, in a childlike and primitive manner, self-flagellation over the fact that the event occurred, even if as children we could not prevent what happened. A child takes upon themselves guilt because the child experiences that the whole world is connected to the child, to the child's actions, thoughts, and very existence. If something bad happened to a child, and of course if the event was repeated and not corrected, the child interprets the event as connected to the fact that something in the child was not all right. The child supposedly could have prevented what happened, although this is not the case.

Guilt feelings are a very significant part of the trauma drama and of our difficulty in saying goodbye to the heavy burdens that are stuck deep in the expanses of our unconscious. Guilt feelings are one of the elusive components that keep us stuck in the painful memories without giving us a real escape option.

When we try, supposedly with tools of logic and realistic and adult thinking, to trace the painful memories, we are not capable of grasping the depth of the guilt that exists within us in connection to the repressed traumas. As adults there is no reason to feel guilty for something others did to us. It is difficult for us to feel that something is defective in us only because we were hurt and only because we did not manage to prevent the harm. As long as we do not succeed in joining emotionally to this guilt, which we experienced as real as children, we will not be able to progress. We will not be able to air out the wounds, we will not be able to enjoy the disinfecting and healing sunlight that will allow them to scab and to finish their historical role.

But when we connect to ourselves equipped with self-love, with great compassion, with empathy, with consideration toward ourselves, with a willingness to forgive ourselves even though we did not do wrong, with the ability to contain, to listen, to caress, and to truly understand the intensity of guilt feelings that are not logical but are very present, then there is a chance that the soul will permit us to see and reveal what it has always carefully hidden from us.

For us to be able to reach this state, self-love is supposed to flow in our veins with ease. We have work to do, the work of a lifetime, the continuous increase of self-love so that it will rise to levels at which we can rely on it to do what in the past there was no chance to do. Self-love will gradually cancel the guilt feelings, allow us to be again innocent children who deserve to receive full warmth, nourishment, and protection, and deserve to be as they are, children who love to live, to play, to experience, and to try. Self-love will allow us to visit the children within us, to listen to what remains painful and burdensome, and to offer a patient and healing touch that will move the soul to activate its natural recovery mechanisms.

Practice Questions (Answer in handwriting or share in a practice group):

1. Are you aware of traumas that still weigh on you somewhere within?
2. Do you recognize that within these traumas there is a lack of love?
3. Can you now “send” powerful rays of love toward the points of pain in your heart?
4. Do you remember a situation in which self love helped you heal emotional pain?

5. What is the first area in your life where you feel there is a strong need to greatly increase self love, where it is currently lacking?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?