



Self-Love Journey

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Step 33: The Primary Healers of Ourselves

Self-healing is one of the most wonderful and fascinating qualities in every biological system, from the smallest creatures to the complex, experienced, and wise mechanism of the human body. The human body contains many components and sophisticated tools to cope with states of injury and illness while rehabilitating and reactivating systems that were damaged.

Moreover, there is the great human capacity to heal the pains of the soul such as conflicts, complexities, traumas that have accumulated in the body and the soul, depression, anxieties, sadness, and helplessness. All these and more can in many cases be changed through processes of self-healing, and the differences between the state before healing and the state after healing may be dramatic and very surprising.

But there is an elusive and unclear factor that will often make the difference between realizing the natural healing capacity of the human soul and remaining alien and ignorant of the possibilities to escape crises and uncomfortable states that befall a person, self-trust. The degree of belief a person has regarding the ability to respond creatively and originally when encountering an unexpected and unwanted event or change. The degree of belief a person has regarding their tools, skills, and coping ability will determine whether that person will be able to utilize their unique qualities and heal themselves or will remain without understanding and experience in this.

Self-trust is a product of self-love. The more a person experiences moments of self-love, self-friendship, and self-support, the easier it is to cultivate belief in one's powers, adaptability, range of responses available in the face of a challenging stimulus, and resilience to states of difficulty, pain, and suffering. The more a person loves oneself, the more that person believes in oneself. The more a person believes in oneself, the body and the soul respond accordingly and produce extensive healing forces. In general, the more a person believes in oneself, the environment responds well, abounds toward that person, pampers that person, and enables that person to get to know ways to care for oneself and attain the things needed.

In a state of crisis and pain a person receives a clear message that something is not all right. The complications, the misunderstandings, the distress, the heaviness, the difficulties, and the awkwardness declare to a person that something in the person's life is not conducted properly. When a person loves oneself enough, that person can reach a state in which gentle and patient questions are asked, "The problem I have now, this difficulty, what is it coming to remind me? What message is it asking to convey to me now?" A person who loves oneself enough reminds oneself that if there is a weighty problem, its purpose is probably to remind where self-love is still lacking and where that person still runs away from oneself. A person who loves oneself enough will see in the problem an opportunity and will blame the environment and external factors less as the exclusive responsible parties for the crises.

Self-healing is a natural and automatic process. We are not supposed to activate it or direct it; it occurs by itself. We, as people who strive to explain what self-love is, can assist natural healing to occur by creating the right conditions. We can stop disturbing it, can nurture it, and grant it security. But we cannot activate it with the press of a button and demand the type of healing and its pace. All we can do is develop trust in it. When there is self-love and self-support within us, we can cultivate within us the magnanimity that contains a measure of humility and perspective regarding what we are capable of doing through planning and understanding in relation to what can happen by itself.

It is not simple to become the healers of ourselves, because most of the healing work will be done within us spontaneously and without control by sophisticated systems with which we were born and of which we are almost unaware.

When self-love intensifies, we will learn to feel within us the simple truth, the astonishing fact, the human soul knows how to heal itself and to move it toward growth, change, and development.

The role of the conscious person is to help the soul heal itself often. The role of the conscious person is to till the soil from which the most wonderful things in life grow and to cope with fear, doubt, cynicism, excessive reliance on logic, excessive criticism, pessimism, and skepticism. All these qualities distance a person from the person's natural healing ability. All these will consistently diminish as self-love grows and will become less important, less considered, and less desirable. All this will occur as self-love takes its place across human awareness and in the way a person speaks to oneself, relates to oneself, presents oneself, and perceives oneself.

In continuation of what was described in previous chapters, one can return to the inner child who on the one hand contains creativity, intuition, and imagination, and on the other hand contains the traumas, wounds, and scratches that so influence the soul. That inner child, that soft, innocent, and light part, is also that part which knows well the self-

healing qualities of the human soul. In other words, the more we increase love toward the parts that represent in us the years of childhood, the years of innocence, and the years of wonder, the more we will invite into our life opportunities for healing, for change, and for the removal of prolonged problems.

It is necessary to note again what is not self-evident, self-healing of the human soul occurs by itself, at an unexpected pace and in a way that cannot be planned in advance. Even if we consider ourselves wise and sophisticated, the depths of the soul will always be one step ahead of us, wiser, more holistic, and more precise. We will not be able to determine for those depths how healing will look and in what the change will be expressed. The little that we can do is to understand our place and our role with humility and with a deep view of the way in which things truly occur.

We can only be helpers of our natural healing forces, a kind of assistants and supporters who allow the deep and sophisticated part of the soul to do its work without interference, without blockages, and without restraints. When we will learn to understand this place properly, without arrogance and without attempting to take over, then we will be able to become the primary healers of ourselves who know how to orient the soul to the right place, who succeed, through better cooperation, in realizing the potential inherent in the soul and in its expression.

Self-love will help us remove from our shoulders a burden that is too heavy and excessive responsibility for what happens and will help us forgive ourselves instead of returning again to blame ourselves. Self-blame creates a false and unreliable atmosphere regarding what is happening. Self-love will pave the way to a faster self-reconciliation, to empathy toward processes we must go through, and to an increased ability to accept without panic the problems and the frictions of life. Self-love will grant us the gift of self-healing, a quality that exists in every person but almost never finds expression in an inner environment that lacks love. We will contribute our part in the deal, we will grant ourselves love and a supportive and forgiving space. The soul, for its part, will reward us with self-healing processes that will multiply as it becomes clear that we no longer intend to prevent ourselves from this miracle, a miracle that, the more we love ourselves, will seem to us less foreign, less surprising, and less one time only.

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

1. Are you aware of your self healing abilities?
2. Do you have examples of situations or areas in which you have healed yourself?
3. How does self love support your natural healing abilities?
4. In which areas do you feel you have less access to your self healing abilities?
5. Can you now embrace with love those areas that are still stuck and not yet healed?

6. Anything else you would like to share? Feelings, thoughts or questions about this step?