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**You say you want to heal -  
but, do you really?**

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Let's be honest up front. Most folks don't really want to heal. What they want is less pain and suffering. This is an important distinction.

What most folks want is a magic bullet," a microwave approach to alleviate their pain, their discomfort, their frustration at work, at home, at play, and/or in their relationships.

The truth is that while most folks say intellectually and emotionally they to want to heal, their solution is the quick fix the pill, the chemical or non-chemical drug (e.g., food, alcohol, TV, sex, surgery) to mask their discomfort and treat their symptoms.

Their drive for healing exists with their pain; but the real choice to take action to heal is non-existent. Once the discomfort disappears, the move is back to normalcy," not towards healing.

For most folks, true healing is scary and threatening. Why?

True healing requires asking two questions:

1. How am I contributing to my own discomfort? How am I responsible for the situation (mental, emotional, spiritual, psychological, social, financial, health, etc.) in which I find myself? Which of my thoughts, beliefs, preconceptions, values, expectations, assumptions, "stories," choices and actions are responsible for the imbalance, dis-harmony and unhappiness I'm experiencing in my life at work, at home, at play or in relationship?
2. Am I willing to make the necessary life changes and take action to reduce and eliminate the imbalance, dis-harmony and unhappiness I'm ?

Simple, right? But, not easy which is why many folks often think about change (simple) and rarely take positive and sustaining action (not easy) to effect true and real change.

So, what's the real deal about healing? What stands in the way of most folks willingness to change is ego.

Ego is necessary. Ego supports us to navigate how we live our life "down. here." Ego is our personality, our individuality. Ego is like a suit we put on in the morning that helps me be me when I go out into the world. Ego helps us to pretend we are individuals and ego helps us remember where we left our wallet and what time the team meeting is.

Unfortunately, our ego also feels it's its job to keep us safe and protect us from harm, and in so doing, the lenses that the ego wears often see the world as scary and hurtful. Thus, we spend much of our life defending ourselves again others being in judgment, being critical, defensive, resentful, jealous of, and resistant to others in some way, shape or form all in an effort to avoid pain and suffering. Fear arises from our ego.

Our ego defines our thoughts, beliefs, assumptions, preconceptions. Consider: how many of our thoughts are healing or loving thoughts and how many are killing," i.e., fear-based, judgmental or negative thoughts? The latter, most likely, for most folks.

Remember, our ego's job is to feel safe and secure. So when it comes to changing our (egos) beliefs, thoughts, preconceptions, assumptions, etc. about our life and living in the world, our ego becomes scared, afraid and, in subtle and insidious ways, attempts to insure that we continue to think, believe, and behave exactly as we have in the past - to feel safe. Change is hurtful to our ego; it wants us to feel its acting on our behalf, to keep us safe, by "not acting," i.e., not changing, not healing.

Our ego believes that even our most painful, limiting beliefs are necessary because the small amount of pain that we experience actually protects us from a much bigger pain: "death" in some way, shape or form.

Often, when we consider true and real change, we begin to feel there is something bad or wrong about our current thoughts or beliefs. This triggers our ego and then we spend lots of time beating ourselves up for thinking we are, in fact, bad or wrong for what we have been thinking or believing.

The deal with true and real change is to *allow* our beliefs, our thoughts, whatever they are just observing them, allowing them and not judging them. This action quiets the ego and our Inner Judge and Critic - who wants us to feel small, invisible, scared, wrong and bad (the "devil" we know vs. the one we don't).

When our ego senses there's actually nothing "wrong" with our thoughts or beliefs, we sense the freedom and have the opportunity to introduce new thoughts and beliefs and, with these, we create the capacity to make new choices, and take new actions.

The point to understand is that we created most of our limiting and painful beliefs we hold about ourselves and the world in childhood, using whatever resources we had at that time, so we could feel safe, secure and garner mommy and daddy's love, attention, approval, recognition and acknowledgement.

Our beliefs worked then. They don't work so well now. So, they need to be updated.

The bottom line is that we can change our words, our thoughts and our beliefs. We can, in fact, change our lives at work, at home, at play and in relationship by creating new, supportive thoughts and beliefs by choosing to do so and then taking action that supports our new way of thinking. That is healing.

So, if you really do want to heal, that choice is yours to make. What better time than now?

So, some questions for self-reflection are:

- What stories do you tell yourself that keep you from making true and real change in your career, home, play or relationship areas of your life? What beliefs prevent you from experiencing change in your life? Do you recall having any of these beliefs when you were young?
- Do you ever follow your intuition, your "gut?" Do you trust your intuition? What's that like?
- Do you constantly beat yourself up? Why? Would you allow your friends and colleagues to speak to you the way your Inner Judge and Critic speaks to you? Do you constantly judge yourself as "bad", "wrong" or "not good enough" in some way? Why? Really, why?
- The average person has "16,000" thoughts a day. Would you characterize the majority of yours as "healing" (love-based) or "killing" (fear-based)?

- Did you ever simply observe your thoughts without getting caught up in them, or in a "story" about them? What is that like?
- What one or two debilitating or limiting beliefs would you like to update right now? Can you do it? Will you?
- What one or two baby steps can you take this week or next to make changes in your life by creating new thoughts and beliefs about your self and then taking action?
- What beliefs do you have about: career, teamwork, meaningful work, money, health, men, women, relationships, appearance, fun, chores, children, personal or spiritual growth, marriage, clothes, hair, pets, etc.? Do these beliefs bring you true and real happiness (be honest) or pain and suffering (be equally honest)? If the latter, why do you continue to hold these beliefs and allow them to run your life? If the latter, how can you heal yourself?

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