

HEALING CONNECTION



When we get hurt, we close in to ourselves... close off to others. Our natural impulse is to protect our hearts and souls from further harm. They are our treasure chests... filled to the brim with all our precious life's dreams. We guard them ever-vigilantly. However we can, and as quickly as we can, we create space between ourselves and the source of our pain. We detach. We disconnect. We stay away. We stay safe... but in that safety we can become saddened by isolation. Our deepest need pleads for fulfillment and we cannot quell our yearning to feel a sense of belonging. Our spirits call out for connection.

Healing calls you to relax your watch and begin to open up, to reach out and to join with your world again. It asks you to let it take you from fearful detachment to loving union, from lonely disconnection to joyful, abundant connection. It promises belonging.

You have all you need to answer the call... courage, belief, strength, will, but one thing has been broken and needs careful nurturing along the way. That thing is trust. Without it, the day when you are ready to open your treasure chest and take out a dream will forever stay waiting for you. Take the time you need. Have patience. Listen to the quiet voice of the innermost you. Step carefully, go cautiously, but follow that guiding voice. Restore trust in yourself. Build trust with others. Slowly healing will take you into the life of your dreams... where you belong.

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