



The Healing Journey

5 steps leading to soul's path

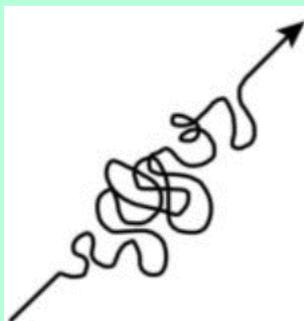
Our lives are often described as a journey as its starts with birth and finishes with death and we fill the bit in the middle with every experience imaginable. Some of our experiences are magical and we're happy and then some of them will take us into every negative emotion known to man.

The way I see it is, that to live a happy, successful and fulfilling life we need to heal the emotions that are keeping us trapped where we are. Healing the emotions that block us from living a full and rich life is what I call the healing journey.

Our healing journey involves healing the pain of our past.

The past is not a place, it is an attitude that we bring into the present and throw out into the future. You can't go into a magnificent future while you drag the pain and regrets of the past into the present.

And there is much to be healed in the past for all of us. However, it doesn't need to be overwhelming. As the past is creating the present, so all our unwanted feelings come from the past. So, by healing how you feel in this moment of time – you feel better now while the remedies do their work to heal the past too.



Not a straight line

If you think about it, no journey takes you in a straight line, directly from A to B, and the healing journey doesn't travel in a straight line either.

Do you remember a childhood toy where you carefully moved a wire ring along very wiggly piece of wire, and every time the wires touched the bell rang?

Well, our healing journey is a bit like that. It often feels as if we take two steps forward and then one step back. We deal with strong feelings like anger, and all is well for a while and



then suddenly you're in the fire of anger again! And you're thinking – "but I dealt with that! Why has it come back again"?

To me, the healing journey is not so much a higgledy-dee path but it's more like a spiral that dips and soars and is bit like a ride at a fun park.

While you do your healing with awareness and you are consciously healing your fears, anger, blame and pain, you're doing well on the spiral. Even when you have what you could call a relapse, it isn't a relapse really, it's just another layer of emotions that have surfaced for healing.

1. First step. Awareness

Awareness is the first step of the journey.

You can reach for Rescue Remedy to help you get through a stressful day; you can take Larch to give you the confidence to face your stressful situation and the remedies will help you.



But unless you're aware of how you feel, and work out the thoughts behind your feelings you're not being aware. While you still blame someone else for how you feel you're not on your conscious healing journey.

It all begins with you becoming aware of your thoughts and feelings and studying the remedies to help you understand where your feelings come from, and if you're not doing that, then you're not really on your healing journey.

When you consciously choose to heal your negative beliefs, thoughts and feelings, you soon become aware that you're on a journey of self-knowledge.

We each will have a different path to walk on our journey of life. But to successfully walk the path it requires self-knowledge.

Bach's thoughts "There is no true healing unless there is a change in outlook, peace of mind and inner happiness". Edward Bach



2. Changing negatives to positives

Have you ever tried to change negative thoughts to positive thoughts? It was a rhetorical question really, because I know you have. We all have. And how did it work out for you?

It's a really difficult thing to do isn't it?



Refining your negative ego

Our poor ego receives such bad press these days, but our ego is a very essential part of your personality and has some vital jobs to do, one of which is to keep our bodies running. We need our ego.

What we don't need is our negative ego – the part of us that wants to keep us safe and keeps us stuck where we are. We blame our negative ego for all the parts of us we don't like.

When you don't like how you feel and perhaps you take a few remedies and they don't lift your mood, then it's time to go over your Bach Flower course again or to reach for your Bach Flower book and start studying.

Just because the remedies you've taken haven't lifted your mood, it doesn't mean that the Bach Flower remedies don't work or there isn't a remedy for you. It means that you haven't taken the remedy that best suits your mood.

As you study, you'll recognise parts of you in many of the remedies. When you'll find one that absolutely suits you, you'll recognise yourself in the remedy description.

When you read about the thoughts behind your feelings, and you can relate to them, then you've learnt a little about yourself.

Recognising that part of you, recognising your behaviour and your response to life brings you self-knowledge. Self-knowledge in its self, is healing.

So, you get a double whammy from studying the remedies, you gain self-knowledge and then the remedies help you heal your unwanted emotions and thoughts.

3. Release the past by healing it



To heal the past and you have to change your negative feelings. Your fears and anxieties, anger and blame, hurt and pain, your loss of faith and trust all need to be healed before you can live a life that's filled with deep love and is rich with meaning.

There are many energy healing methods of healing these days, but for me, Bach Flowers has always been the foundation of my healing process. It is a complete practical system that works that stands on a spiritual foundation.



Responsibility – no blame: no excuses

One of the most difficult parts of our healing journey and healing the past is that we need to accept responsibility for our lives. If your happiness depends on what someone else says or does, then your happiness is very fragile and you can't trust it.

***Your happiness depends on you and how you heal your feelings,
so you can do what you want to do.***

4. Develop a positive picture of your personal power



What is personal power? There's a lot of talk about it these days.

Personal power is the power you have to make your own choices and then take action on those choices to bring your new choice into your life. Your power lies in make a choice and taking action.

We have the gift of free will. We are free to think as we please. We are free to make our own choices and live our life just as we want to.

If you find this sentence difficult to accept, ask yourself what's stopping you from being, doing and having all you want.

Its your fear that's stopping you. Keep asking yourself what's stopping you, until you get to your fear – and then take the Bach Remedy to heal it.

Fear separates us from love and from our own personal power to make choices.

As you travel your healing path and you learn about who your really are, you uncover your gifts, talents and your strengths. You'll discover your weaknesses and endeavour to strengthen them (the remedies help you do this). And you'll come to recognise your strengths and acknowledge your wisdom.

The remedies you take will heal and peel back the negative layers that cover up the real you: your inner being; your soul. And you'll come to realise who you really are.

That's a phrase I don't like to use, but I can find no other. It took me a long time to work out 'who we really are". We have a personality and a soul. The purpose of life is to 'live from our soul' so that the essences of our soul's love and goodness are expressed through our personality.

Becoming more of who you are, means living and expressing more of your soul's love in your daily life; And this happens naturally as you heal your unwanted beliefs and feelings.

This is the time to pay attention to your intuition, for intuition is the language of the soul.



Inner peace

I've mentioned earlier that Edward Bach said that true healing brings a change of outlook; (you'll be experiencing this as you take the remedies) inner peace and happiness.

What is inner peace? We all have our own ideas about inner peace and we've been there more often than we realise – sometimes for just moments and sometimes for hours. So, we know what inner peace feels like.

So, it's a bit of trick question! Somehow, we expect to have peace when everything outside of us is running smoothly.

But inner peace comes from within – not outside – of us.

Part of our healing journey is to learn to create inner peace without it being dependent on the response of others or needing experiences to turn out a particular way. As we travel on our healing journey, we realise that we can be happy any time we want and all it takes is healing our unwanted emotions.

5. Living your higher purpose

We all talk of purpose. We talk of having a purpose in life – something that gives us focus and our lives meaning.

Do you know that human beings can give meaning to anything they like? When something holds a lot of meaning for us, it's usually something we love doing. We can then work with that and it becomes our purpose in life.



Your healing journey is about your spiritual growth

As you heal your feelings: as you heal the layers of your negative beliefs, thoughts and feelings, you're walking the path of your soul. You're healing closing the gap between your strongest feeling and the resonance of your soul.

Higher purpose is always something you love to do

Your higher purpose will always be something you love to do and it will be something that is of service to your community or mankind generally. It won't seem like hard work! It'll be easy and fun.

However, for you to work your higher purpose effectively, you may have to learn new skills. Learning the new skills might be hard work and bring you down. I needed to learn technology to be able to do my higher purpose. Learning how to work even a little technology brings me to tears quicker than anything else.



You can choose your purpose in life. Free will is our birth right and we can choose to make anything we like into our purpose in life. No matter what it is, you'll love doing it and you'll be offering a service to mankind.

There's more to Bach Flowers Remedies

There's more to Bach Flowers than most people realise. It gives us a practical way of healing the unwanted parts of our personality so that we can come into alignment with our soul, and walk soul's path to happiness, success and fulfilment.

The Bach Flower School offers courses tailored for online learning.

www.thebachflowerschool.com

The Foundation Course which will give you a solid foundation to confidently use the remedies yourself and give them to your loved ones.

The Practitioner Diploma Course. This course is a professional accredited course that will allow you to practice.

Having at least 6 months experience of using the remedies, or having done a foundation course with another company is a pre-requisite to taking the Diploma course.

The Practitioner Package. This is a combination of both courses at an advantageous fee.

Support and further development.

The Bach Flower School have a closed Facebook group for their student. This is the place where you can ask your questions about the course and remedies and ask for help about yourself or your family. It's a brilliant group for support and continuing your understanding of the remedies.

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