

# Healing Through the Light Within

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In my earlier years as a psychotherapist, I experienced a frustration no doubt also felt by many of my clients. I wondered 'Why did therapy take so long?' 'Did it need to be difficult or painful?' and 'Was it really necessary to "remember" or re-experience every early traumatic event in order to move beyond them?'

Over time, the answers did arrive. Probably because I continued to question my role as a therapist as well as the process of therapy, because I was open-minded, and because somewhere inside myself I knew there "had to be a better way". Answers came from my experiences working with the clients who were courageous enough to stick with the process of therapy even when it was difficult, and even if my methods were unfamiliar. I learned the most from the clients with whom I shared a mutual trust, and willingness to walk the journey of their healing together, neither of us knowing where it would lead.

I now *know* (from personal experience) that each and every one of us comes equipped with an "inner healer" - a part of the consciousness that knows that person's truth, that knows everything the soul has ever experienced from a very wise and objective perspective. In my practice, I refer to this part of ourselves as the "Inner Mind" (IM), just to be generic and allow each person to interpret for themselves the nature of this phenomenon.

I *know* that each person's IM holds all their answers and knows their path of healing. It is the IM that is best equipped to decide whether or not a person needs to remember a particular event, or the thoughts or emotions associated with it, in order to be healed of the wounds imprinted on the consciousness. In other words, it is not the therapist, nor even the limited conscious awareness of the client that best knows the course of healing. It is the person's own inner wisdom.

The IM knows in which order to address the issues from the past. As a blooming rose progressively exposes its petals, the IM will first bring to awareness that issue (or part of self) which is most needing healing and release. The path of healing then unfolds in a way that is gentler, and less traumatic, than if an attempt were made to "dig up" what which the person was not yet prepared to face.

That is the beauty of the IM. It knows who you are and what you need in order to be free of bondage to the confusion, fear, and pain of the past. In order to access the IM, it is necessary to find a way to "center" yourself. I find that

achieving a relaxed, meditative state works well in therapy sessions, but you may find that you are most open to clear inspiration when you are writing, or stopping to sit on a rock during a walk alone in the woods, or during intense prayer, or whatever works for you. The method of best accessing inner guidance varies from person to person, but generally involves being both physically and mentally relaxed. The opportunity for healing is maximized when the *intention to heal* is most strong, the *intention to access the highest wisdom* is stated, and the *willingness to let go* of any beliefs that no longer serve you is present. One could call this willingness “surrender”.

Everything in the vast sea of your consciousness from the highest wisdom to your darkest fears co-exists at the same time. Your personal experience at any given moment depends upon where you have *focused* your awareness. It may be helpful conceptually to imagine the focus of your consciousness “*centered in the light*”, as if a “spotlight” of truth shines down upon the “stage” of your consciousness. What I now *know* is that when we are centered in the light, there is no confusion, no fear; rather a sense of inner peace and clear direction. What is “the light”? I believe it is that which *connects* each of us to “all that is” (God, Great Spirit, Brahman, Universal Mind, the unified field, etc.). In the moment that a person is truly centered, it is possible to ask a question and receive an answer. The answer may come in many forms; as if it were “heard” internally, as a vision, as a symbolic image, or simply as a sense of peace and relief without any other conscious insight. Answers to complex issues may come over the course of days or longer, and/or in dreams.

Our thinking is clearer when we are able to stay centered in our highest awareness. When the thinking is uncluttered with false or limiting beliefs, the emotional state is untroubled, and the choices (behaviors) are more in line with the True Self, or Who You Really Are. Therefore, practicing some form of centering on a daily basis progressively increases the period of time a person can stay centered. It may begin as a flash of a moment, extend to times of meditation, and then expand into days, months, etc. until it is a permanent state. We might call this state “living in the light”, or “enlightenment”.

An individual’s consciousness consists of the totality of memories, perceptions, beliefs, thoughts and feelings the soul has experienced. As we experience life, we are constantly interpreting what we have experienced and therefore, forming beliefs about self, others, the world, life, men, women, relationships, money, physical reality, God, etc. I consider any belief which is false or limiting a “*misconception*“. The good news is that when one is “centered in the light”, any misconceptions that are brought up are automatically corrected by the IM, as if applying the “spell check” function of a computer. When misconceptions are corrected with the higher truth, the “stuck” emotional energies that resulted from the misconceptions are also released.

I now view psychotherapy as the facilitation of the client’s own natural inner

healing process. I assist my clients in clarifying their issues (blocks) as well as their desires, facilitating a state of centeredness (higher consciousness), and then by asking broad, open questions, even regarding specific issues. Examples would be 'Is there anything the IM wants you to experience or understand today?', or 'Can the IM correct any misconceptions which may be contributing to (the identified issue)?'

I believe that if we all were to pursue Self-awareness by learning to access the wisdom within, we would behave better toward ourselves and others, because the truth is that we are all connected, and what happens to one happens to all - "good" and "bad". We would *choose* to be compassionate and loving, and to refrain from harming others because we would *know* from within that is who we are and what we want. There would be no question of satisfying one's needs at the expense of another; there would be no abuse. There would be much less need for laws to dictate morality, because the natural order of life is to live in peace with one another and with Mother Earth.

I believe that those of us who do not make choices in line with their inner guidance are simply out of touch with their True Self. Their focus of consciousness is not centered in the light and may be quite far out in the darkest periphery of their consciousness. The closer our focus stays to the light within, the healthier and happier we become. The further from the light, the more alienated we feel, and possibly more aberrant in our behavior. We have forgotten who we are.

It is also important to realize that the consciousness of the individual is divided within, such that some parts may be fairly enlightened, while other parts of the same person may be "lost" in the darkness. These individuals may be wonderful in many respects, but harbor a compulsive need to disempower themselves or others, for example, to self-mutilate, to molest children, or to steal.

A person with any characteristic that they wish to change can do so by centering first, asking for the IM to find the part of them with the issue and correct its misconceptions. It is also necessary to be *willing* to release any of the misconceptions held by that part of you. You can make these statements of intention, willingness and requests silently to yourself.

We all have "parts" of ourselves inside, as we seem to recognize intuitively when we say things like 'I was beside myself', 'Part of me wanted to stay and part of me wanted to go', and 'I was at odds with myself'. Those of us who have extreme inner separations due to prolonged early childhood trauma are diagnosed as "dissociated". I will be very pleased when society as a whole recognizes that we are *all* dissociated to one degree or another until *all* of who a person is internally is integrated and centered in the light. (See my article **Our Divided Selves**.)

Those individuals living with Dissociative Identity Disorder (formerly called Multiple Personality Disorder) can also invite their inner selves into the light. It would be natural for a lot of resistance to crop up because many of the inner selves have such a strong sense of independent identity and need for the continuation of the roles they play for the individual, that they will not trust the light. Trust is very difficult in cases of early abuse because the belief is often developed that the child has been abandoned by God, or that God must not be so great anyway, or that the child is unworthy of God's love. Again, intention and willingness are the keys.

**Summary:** There is a natural process of inner healing that can be facilitated through certain practices and understandings. First, it is necessary to find a way in which to access your highest level of consciousness, referred to here as the **Inner Mind (IM)**, or a state of being **centered in the light**. You will know this state by a sense of inner peace and reassurance, and possibly an inner vision of light. Once centered, bring to your awareness the issues that are troubling you and ask your IM to correct any misconceptions and heal the part(s) of you that are affected. The keys to inner healing are a clear strong **intention to heal** (to be happy), an **intention to access the highest wisdom**, a **willingness to let go** of old beliefs, and **asking** for healing. Don't forget to express gratitude for the healing that has been received. An "attitude of gratitude" actually raises your vibrations. This is an ongoing process that progressively results in greater clarity and sense of purpose, increasing periods of inner peace, and the attainment of higher levels of awareness.