

Beyond Healing

by Stewart Blackburn

One of the traps we can get into as we explore our inner worlds and flex our psychic muscles is thinking that all the resistances we encounter within us are just more things to heal. We've gotten this far by facing our fears, accepting aspects of ourselves that seemed unacceptable, and forgiven just about everybody for just about everything. And still there seems to be blockages that resist everything we know how to do. We tell ourselves, "Okay, we simply have to heal whatever this is, and we'll feel much better."

But I think we're overlooking one major factor. As we heal, forgive, or whatever, we are releasing personal energy that we had previously blocked. We have stopped, or at least reduced, holding back the natural flow of life energy. But we probably haven't readjusted our picture of ourselves to account for being much more powerful and competent than we were previously. Our basic self-image is still mostly as before.

When we don't allow for our changes, we continue to restrict this energy. And blocked energy feels awful. The trick here is to view ourselves in a way that allows for a self-image that is much bigger than we've ever known. We must see ourselves in ways that encompass our new reality. This means feeling larger and more spacious. It means being comfortable with this increased energy coursing through our being. It means feeling more and feeling more intensely. We still have some work to do, then, to accommodate our new situation.

This requires us to accept that things are different – that we have changed to some degree. It's similar to the change in us when we have had sex for the first time, or we've just graduated from school. Our worldview is altered.

To do this intentionally we must become comfortable with power. Power is, of course, about choice. We become more powerful as we expand our range of choices, and more energy does this. So, the first step is to acknowledge that we are becoming more powerful and that we are okay with that. It also means more personal responsibility, but we are up to the challenge.

The next step is creating a self-image that encompasses our greater power and capacity for energy. Each of us must create our own subjective self-image but some guidelines would likely include 1) seeing ourselves as coming into our natural whole selves, 2) seeing the power and energy in others we respect and acknowledging what we have in common, and 3) being confident that we can handle more and more energy by opening our hearts further than we have ever done before.

The key piece here is emotionally accepting who we are. This is not a trivial task, and it may take some extensive time, but each step is monumental. The act of emotionally

accepting anything is a combination of releasing fear and accepting change. It's not change as in having to take another bus after you missed the first one. It's the kind of change you encounter when you move from one residence to another. You need to acclimatize to your new world and solve the new challenges you find there.

Emotionally accepting your changed world requires a willingness to experience confusion, disorientation, awkwardness, and embarrassment. You won't know exactly how to be for a while. That's all natural and expected. This may do some damage to a carefully crafted veneer of personality, but that likely needed doing anyway.

Emotional acceptance is a change of identity. It requires a certain flexibility to inwardly become something a little different. It's a kind of "coming out."

We all want to develop into the best version of ourselves, and we strive to figure out what that is and how to get there. I don't think we have any way of knowing what that really looks like. If we did, we'd probably be closer to it. But let's assume that it is grander, more powerful, and more aware than we have ever conceived of. From the perspective of here and now, it's all very mysterious. What's called for then is the willingness to trust the drive within us that has been pushing, pulling, calling, and luring us all along to follow this path.

We have a guidance system built mostly around feeling good. If we allow ourselves to feel the relative pleasures of our choice and pick the ones that feel the best, we can get a pretty good indication of how we're being guided. Our job then is to trust ourselves and allow ourselves to become more than we've ever dreamed of.

This takes courage, but as the wise sage said, "You got something better to do?"

Stewart Blackburn can be reached at lomilomiman@gmail.com. He has an extensive website at www.stewartblackburn.com and has a YouTube channel under Stewart Blackburn. He starts new classes in his *Get to Know Your Inner Self* course (<https://stewartblackburn.com/know-your-inner-self>) often.