

Hidden Barriers to Healing

When illness strikes, people present their physical aches, pains and ailments to a physician. These are surface symptoms. Next what happens is the inevitable, sometimes frightening disease diagnosis involving a treatment plan and many medical interventions. What rarely happens is a careful examination of the core issues that might have contributed to illness in the first place--issues pertaining to the emotional and spiritual life of that individual. Effective healing nearly always comes down to tending and mending a deeper issue, an unresolved emotional or psychological barrier. Suppressed emotions. Lack or loss of love. Trauma or tragedy.

Tools are needed to peel back layers of illness and disease to determine what cries out to be healed deep down. Here are some exploration questions that may help. They worked extremely well with patients in my clinical practice of many years.

First, scan the series of questions--don't dig too deeply in your first reading. Highlight those that jump out at you or draw your attention. Write those in your healing journal as page headings. Later, take meditative time with each; deeper contemplating, writing and healing. Be creative with your solo sojourn into healing. Feeling stuck? Reach out for help. Call on a friend, therapist or natural medicine practitioner to assist you with complex healing issues.

Deep Healing Exploration

- **Am I feeling good about myself, my life?**
- **Is my life well balanced--physically, emotionally, mentally, spiritually, creatively?**
- **What feels out of balance, disharmonious?**
- **Do I value myself?**
- **Are my relationships fulfilling?**
- **Am I getting enough attention?**
- **Do I give and receive enough love in my life?**
- **Is there something I do to sabotage my health or happiness?**
- **What are my harmful habits or addictions? Why are they hard to let go?**
- **Am I letting others or the external world control me in any way?**
- **Have I committed to feeling better? Do I truly want to be well?**
- **What will it take to get well?**
- **Am I willing to do the necessary work to make those changes?**
- **What deeply feeds or nourishes my soul?**
- **What practical steps must I take to follow my dreams?**
- **Is there specific help that I will need to achieve my vision of pure self?**
- **How will I know when I arrive? How will I express gratitude?**