

Expect Miracles Newsletter

What Does it Mean to Heal?

What does it mean to truly heal? Healing to me does not mean to returning to a state to what one was before something went wrong with them. Nor does it mean to be "normal" again. It also means much more than simply curing a medical and/or a psychological condition.

I define healing as a process of moving towards wholeness, of accepting, integrating and loving all aspects of myself, even the parts I may not want to look at or see. This process of healing has become as essential to me as the act of breathing.

For me, healing seeks to bring back your energy bodies into alignment with your truth. It is an active process, which requires awareness, commitment and focus. Healing may create movement, change, and/or growth.

I see the challenges/obstacles/pains or the difficult people(s) in our lives as an invitation for something for me to heal. Again it is something to look at within myself, accept, move through and love myself more :).

When we heal, we always have a result. However, the result may not be what we are wanting, hoping for, and/or looking for. What I mean is, it may not immediately eliminate the back pain, headaches or whatever external thing you are 'wanting' to heal. Healing is not about making changes our outside world. It is about your inner work and bringing you back into alignment and finding your truth.

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~ Ask Kris ~

A very common question I am asked almost daily:

Q. How does one eliminate feelings, thoughts, grief, fear, cravings, and/or addictions if my life or while meditating? Are things like positive affirmations useful for this?

A. Stop trying to eliminate and/or change anything. It is merely your belief that a thing needs to be eliminated and/or changed, that maintains its existence. This belief suggests that something is bad and/or wrong with you.

Be an open space for whatever arises and love that what arises. When everything is allowed to arise and be loved, you have the opportunity to perceive it.

****That which does not arise or subside. You Are That.****

Have a question? Email me at kris@krisbelfry.com and I may answer your question :)