

ON PAIN & HEALING

- Abusers have all been abused themselves
- When one is desperate and manipulative in attempts to receive love; others intuitively know it and respond negatively
- Don't let heaviness keep you from playing
- Cry more often-it cleans out the heart, which must be kept open
- What the mind believes and the soul accepts, the body will express
- Accept and experience pain in order to transcend it.
- We wear on our faces what is going on inside
- Don't let heaviness keep you from playing
- Create no Wall of grief.
- Having the heart of a child includes living their resilience in the face of hurt as well as their ability to create easily
- Remember that the excretions of toxins and waste are natural and occur on all levels of existence. Accept this in yourself and others. Even great spiritual teachers still must excrete.
- Pain can propel you forward or it can destroy you. Your choice.
- When experiencing a need for healing, turn not away from the field of possibility, but rather towards it to receive insight and energy.
- Through the healing of our own psychic wounds; we heal others.
- Depression is a lashing out at the universe. It is the choice to exist in a resistive state, controlling the mood of the life around you; which you have judged to have hurt you.
- Admit and Embrace your pain, so that it's manifestation may reveal its roots.
 - Do not cover your scars; rather trust in the creator to heal.
 - We can't deal with the pain inside, so we create a pain outside
 - Be clear about your own negativity
 - Healing comes through the acceptance of differences
 - shift pain into sensation- let go of the belief that pain is bad
 - let go of judgments about hurtful, painful experiences
 - Seek not to take away the pain ; but rather bear it on the way to perfection