

**TOPIC: HEALING**

**SUB TOPICS:**

**INSIGHTS:**

SCRIPTURE

**STORIES:** FOOTPRINTS IN THE SAND

**FILM:** MUSIC VIDEO: EVERYBODY GOT TO SUFFER

**MUSIC:**

PROPS:

**ACTIVITIES:**

PRAYER: HEALING OF MEMORIES

PAIN IS THE GREAT EQUALIZER & GREATEST TEACHER IN LIFE. IT ENTERS INTO EVERY LIFE & BRINGS US ALL TO OUR KNEES. IT MAKES US MORE HUMBLE & SENSITIVE TO OTHERS. IT UNDERMINES ALL HIERARCHIES; DISSOLVING SOCIAL STATUS & INVALIDATING RICHES.

WE TOUCH OUR OWN PAIN & HAVE GREATER COMPASSION FOR THE PAIN OF OTHERS.

THERE IS NO PERMANENCE IN THE WORLD. WE CAN BE UP & DOWN IN NO TIME

FIRST STEP TOWARD HEALING ACKNOWLEDGE YOUR PAIN & BE WILLING TO BE WITH IT- FEEL IT. NOT HOLD ONTO IT OR BUILD A NEW IDENTITY AROUND IT. OPEN UP TO LOVE OF GOD & OTHERS

THERE IS NO NEED FOR DENIAL. NO NEED TO PROJECT YOURSELF AS A WELL-ADJUSTED SPIRITUAL BEING BEYOND SUFFERING; PROUD OF THE SPIRITUAL ADULT & ASHAMED OF THE WOUNDED INNER CHILD.

DENIAL CREATES A WORLD OF PRETENSE & SHAME. RELATIONSHIPS BASED ON MUTUAL DENIAL ARE PRISONS. WE NEED TO TELL THE TRUTH ABOUT OURSELVES.

THE ONE IN TOUCH WITH THEIR PAIN CUTS THROUGH THE PRETENSE IN HUMAN INTERACTION, BY BEING EMOTIONALLY PRESENT.

FOR THOSE WILLING TO BE WITH THEIR PAIN, A SACRED PASSAGEWAY OPENS UP. THE CLOSED HEART STRETCHES & OPENS, THE BODY BEGINS TO BREATHE & BLOCKED ENERGY IS RELEASED.

AWAKENING EVENTS TAKE CHRONIC PAIN & MAKE IT ACUTE. GOD RESPONDS TO OUR MUTED CRY FOR HELP

WE NEED LESS HOSPITALS & MORE HEALING COMMUNITIES & RELATIONSHIPS. CREATING SAFE SPACES TO HEAL

## ADDICTION TO PAIN

THIS WAY OF LIFE IS JUST AS DYSFUNCTIONAL AS THE DENIAL OF PAIN. PEOPLE GET ATTENTION & BUILD AN IDENTITY AROUND BEING WOUNDED VICTIM, ADDICTED TO TELLING THEIR WAR STORIES.

WE TELL OUR STORIES FOR THE PURPOSE OF HEALING. ONCE WE HAVE INTEGRATED THE EXPERIENCE, WE NO LONGER NEED TO TELL THE STORY.

ACKNOWLEDGED PAIN IS A DOOR THAT OPENS TO TRANSCENDENCE, TRUST & COURAGE. WE GO THROUGH FEAR & PAIN & TOWARDS JOY. WE HAVE GREATER EASE, FREEDOM FROM DISEASE, SELF-ACCEPTANCE & CONFIDENCE. AS WE SHARE AUTHENTICALLY, WE EMPOWER OURSELVES & OTHERS. THE LIFE OF PAIN IS UNNECESSARY. SUFFERING ONLY HAPPENS WHEN THERE IS RESISTANCE TO OUR LIFE. PAIN & SUFFERING ARE UNIVERSAL, BUT TEMPORARY. THEY ARE MESSENGERS THAT WE CAN SEND AWAY WHEN WE HAVE RECEIVED THEIR MESSAGE.

FOR THE PERSON NOT TRULY INTERESTED IN HEALING THEMSELVES OR OTHERS, THERAPY IS A FORM OF DENIAL, PATIENTS ARE MADE INTO VICTIMS, DEPENDENT ON THERAPISTS, DRUGS. A PROCESS OF DEGRADATION & ENSLAVEMENT, SCAPEGOATING DOES NOTHING TO HEAL. OVERCOMING SHAME IS MORE IMPORTANT THAN FINDING PEOPLE TO BLAME,

ACCEPT YOUR EXPERIENCE, BE WITH IT WITHOUT JUDGMENT, EMBRACE IT UNCONDITIONALLY. THIS INTEGRATES THE EXPERIENCE & ITS LESSONS INTO THE FABRIC OF YOUR LIFE= AUTHENTICITY. THE DENIAL OR FABRICATION (AMPLIFICATION) OF PAIN IS UNSPIRITUAL & CREATES IMBALANCE. SECRETS NEED TO BE DISCLOSED.