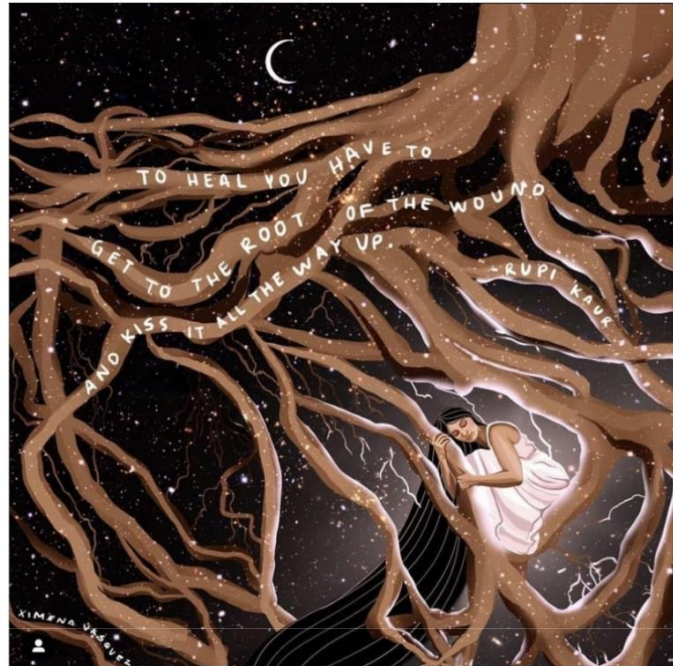




Healing

A very long time ago, I thought healing was fixing everything that was wrong with me. Since that time, I've learnt healing is **loving** every part of me that is hurt or broken.

However long a specific pattern or behaviour has been part of your psyche/thoughts/behaviour 'work' and compassion are needed to heal it.

I use the word 'work' because learning to love the thing that ails us is work.

Loving what we don't like, takes effort.

Learning to be tender with those parts of ourselves is something we must learn - all requiring our time and attention.

'Get to the root of the wound and kiss it all the way up to the top'.

When I read this, I feel all kinds of scrumminess at being kissed from the root all the way up to the top. AND, to know this is something we can do for ourselves - pure delight.

We so easily love another for their imperfections and misgivings. We are far more like to accept, forgive and love what ails them.

What would happen if we did the same things to ourselves?

In order to love who you are, you cannot hate the experiences that shaped you.

Love is always the answer.

With all my Heart,
Amanda x