



CHANGES & SHIFTS: When Life Seems to Have Turned 'Upside-Down'© by Susana Sorí

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Since I began my full-time healing practice in early March of 1998, many clients have shared their enthusiasm and excitement about finally having the inner strength to make responsible choices that support their positive spiritual, emotional, mental and physical goals. As well, a handful of clients have written me about their challenges on the road to joy and well being. They tell me that since they began working on themselves, life has turned 'completely upside down.' Does that sound familiar to you? It does to me. So, I am writing a few words about this 'challenging side to healing, for our clients' benefit.

The Challenging Side of Healing...

Challenge on the road to healing can be part of the healing process for some. It is totally okay and necessary. Do not think that just because you encounter challenges along the road to wholeness and joy, the process to positive change is not working for you. The 'dross' is surfacing for clearing. That is all. Facing the dross is making you stronger and, as a side benefit, you are becoming convinced that this 'old you' is not who you want to be anymore. These 'acknowledged challenges' are giving you a strong foundation to solidify your shift forward. Congratulations! You are going through the tunnel towards the light! Don't give up now. You have taken a great step. I often remember a quote by Winston Churchill, *'If you're going through hell, keep going!'*

These challenging times may also be known as *healing crisis*. (You may be familiar with this term, as health practitioners may readily use it.) It has been noted that sometimes after taking the appropriate medicine to combat a dis-ease, a person may actually get worse before they get better... If you have changed your diet to health-giving foods, your healing process may manifest as a physical release of toxins which you may experience as fatigue, nausea, etc... Those of you who have moved from physical 'disease' towards physical health, may already have encountered some 'set-backs' along the way. This physical *healing crisis* is normal and may even be a necessary, common occurrence on the path to greater health. I am sure you have all heard, *'It can get worse before it gets better.'* This is not always a pessimistic saying, or words from a negative mindset. There is truth here.

A *healing crisis* can also occur on the emotional, mental or spiritual levels. It may occur on whatever level you are 'clearing' at the moment... As you begin to dissolve unhealthy patterns, you may begin to face inner resistances as they present themselves to be flushed out of your system: you may temporarily reconnect to hurtful memories, old negative patterns and habits, blocks that have held you back, energetic constrictions from an early challenging experience or you may recall abusive words and actions that have cut your ability to live your life fully and with total joy in the moment. If you are getting rid of objects you have held onto (old mementos, furniture or things shared with another who is no longer here, etc.) you may feel the emotional surges... regrets, guilt, non-forgiveness, hurts, unresolved situations and unmet life needs that these materials trigger for you. These are also types of *healing crisis*... and, each present to you great opportunities for going beyond these limitations through individual healing sessions.

Undoubtedly, all of us may go through *healing crisis*, at one time or another, in our process towards positive change whether it be about creating positive intentions in eating with more awareness, losing weight, exercising the body, letting go of negative attitudes or patterns, observing the mind's workings and thinking properly or just having a sense of order about our emotional and physical habits.

A *healing crisis* over 'changing patterns' can be very similar to a physical *healing crisis*. A *healing crisis* typically lasts a few hours to a few days, sometimes longer. Please note that a *healing crisis* comes when the body/mind system has been getting stronger and cleaner, and should not be confused with a *disease crisis*, which follows prolonged stress or weakness in the body or mind. A *healing crisis* is about gaining health and eliminating disease. The *disease crisis* is about losing health.

The *healing crisis* is a sign of progress – the elimination of toxicity in whatever level of our being. The *healing crisis* occurs when you finally feel energetically strong enough to face the issues you have been avoiding until now. You **earn** this *crisis* through focused work. It comes through sacrifice, discipline, giving up bad habits, taking a new path, cleaning up your act and other great actions.

(Important note on the physical side: Please *check-in with your healing practitioner* if at any time you need help in identifying whether you are in a *physical* healing crisis or find yourself in a *disease* crisis.)

This article has been addressed to those few times in our life when we may need to remember that, *'It can get worse before it gets better.'* I have spent time writing about this challenging side of healing because in the process of positive change, we need to BE warriors from within. ALL of you know this road 'through' change may not always be an easy experience, yet, little by little as you move to your 'greater self', you begin to energetically come into phase with new positive ways of thinking, feeling, being and, you begin to support a new healthier vision of yourself. Guaranteed! This will, in turn, support you in connecting with a part of yourself that is even GREATER than that part which offers the temptation to hold on to your old way of being. Remember that the *healing crisis* does NOT go to waste. The new understanding of self, offered through crisis, does NOT go to waste. You can count on this! And, don't forget, *'If you're going through hell, keep going!*

A Suggestion...

It may prove important for you to be well versed in all the events you may go through. Learn as much as you can about the health topic or life goal you have set in front of you. Along with knowledge, comes understanding. Along with understanding comes wisdom. Then, and only then, a crisis in healing can make better sense to you and you may connect to the acceptance necessary for the challenges you may need to pass through. Even though at these times there may be 'difficulty' present, you are observing tendencies you no longer need and may be having insights that will manifest outwardly as healthy mind/body routines, when appropriate in your life. And then, guess what? When you see life in this way, life becomes more exuberant because you have a clear view of the path you are traveling and you are more of 'who you are supposed to be' from the start!