

Healing



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"Healing is a process" – Erengai

Since going for therapy, I have had various moments of reflection. In the beginning I truly believed I would go there, blurt out my problems and go home with a solution that would fix all my problems. I was so wrong!

It turns out, healing is not just about arriving at a destination of being whole, but rather a process of first un-wiring all the routes my brain normally takes and rewiring it with healthy patterns. Sounds so easy yet one of the hardest things I have had to do. The healing process also required me to bring to the surface things that I had buried deep inside hoping they would disappear. That process was quite messy. Confronting old demons is not for the faint at heart.

Through recognising healing as a process, I took the pressure off myself to get it right. I started being aware of certain parts in my body, soul and spirit that needed different interventions to heal. All these areas need to be in harmony for me to be whole.

My healing is in progress and I'm so ready for it!

May you learn about the amazing human that you are as you continue with your healing journey.

Be and Stay Blessed Always!

