

Where to Begin

Pursuing Podcast Episode 1

March 4, 2019

Notes	
Above the Storm (Marilyn Beecher Thaxton)	“When all your efforts and those of others cannot calm the storm in your life, there is a place above the storm for you. It has taken me years to discover that place for myself. I’m hopeful that I can shorten that process for you by sharing my observations and discoveries.”
Definition of Healing (full source below)	“Healing was associated with themes of wholeness, narrative, and spirituality. Healing is an intensely personal, subjective experience involving a reconciliation of the meaning an individual ascribes to distressing events with his or her perception of wholeness as a person” (Egnew, 2005, p. 2).
Themes of Healing	<ul style="list-style-type: none"> ● Wholeness <ul style="list-style-type: none"> ○ Complete and connected ○ Balance among the four aspects: physical, mental, emotional, spiritual (energetic) ● Narrative <ul style="list-style-type: none"> ○ The perspective we have of our experiences and the stories we create and tell from them ● Spirituality <ul style="list-style-type: none"> ○ The energy and connection to the eternal source of who we are ○ “A harmony between mind, body, and spirit, with spirit being the ‘ineffable quality that we have that propels us forward’ occurs when what you know, what you say, and what you feel are in balance” (Egnew, 2005, p. 6).
Definition of Healing (originally from <i>Holistic Nursing: A Handbook for Practice</i>)	In nursing literature that also reflected an increasing concern with healing and the aspects involved, defined healing as “the process of bringing together aspects of one’s self, body-mind-spirit, at deeper levels of inner knowing, leading toward integration and balance with each aspect having equal importance and value” (Egnew, 2005, p. 2).
RISE	<ul style="list-style-type: none"> ● Recovery ● Introspection ● Strengthen

	<ul style="list-style-type: none"> • Enlighten
<p>Action Steps</p>	<ol style="list-style-type: none"> 1. Decide where you want to be--what healing and wholeness look like for you (visualize it) 2. Take an honest inventory of where you are at <ol style="list-style-type: none"> a. Acknowledge with self-compassion and forgiveness b. Accept reality 3. Move forward with one small action in the direction of your vision of healing and wholeness
<p>Reality (Marilyn Beecher Thaxton)</p>	<p>“Thinking how it could, or would, or should have been, is a futile waste of precious time. What it’s likely to do, is create in you, A largely negative state of mind.</p> <p>Objectively analyze—look at your life. It’s quite possibly perfect for you. Those falling in love with their reality, Know contentment enjoyed by so few.</p> <p>Accepting yourself and your life as it is, Gives you something on which you can build. You must dig your well deep, by caring for self, Before others can drink and be filled.”</p>
<p>To Begin Anew (Marilyn Beecher Thaxton)</p>	<p>“It is such a wonderful thing To truly begin anew. ‘Oh,’ you say in a casual way, ‘That’s something I often do.’</p> <p>‘Possibly not,’ would be my reply, ‘Please listen to what I’ve learned. For it’s brought a special kind of peace, A feeling for which I’ve yearned.’</p> <p>The road before us looks rough and long. In dark times it’s unsure and dim. And our load grows heavy because what we carry Is the ‘garbage’ from where we’ve been.</p> <p>Deeply desire to let all of that go. Decide to leave it behind. Included here is forgiving yourself; This will free your spirit and mind.</p> <p>Fault finding with self is too often done, Putting road blocks on every turn.</p>

	<p>Progress becomes then so terribly slow, A lesson to thoroughly learn.</p> <p>That having been done you now focus in On, 'How You Want it to Be.' Ideals are important, but it's best to remember To touch base with reality.</p> <p>This picture in mind, you look 'till you find A map bearing its' location. Then you not only <i>try</i>, but you <i>know</i> by and by That you'll reach that destination.</p> <p>Believing in you, you then trade the thought, 'This road just can't be right.' For the one, 'I know, and I'm sure before long, A sign will appear in sight.'</p> <p>As you travel the road grows smoother and straight. It becomes quite clearly defined. But if after a while, it gets bumpy and vague, Don't leave what you've learned behind.</p> <p>Don't make a new start or begin again, For there's something better to do. You can make your road straight and lighten your load. You know how to begin anew.</p>
Source	Egnew, T. R., (2005). The meaning of healing: transcending suffering. <i>Annals of Family Medicine</i> . 3(3), 255–262.