

Subconscious Rising to Meet the Light

Several years ago I visited my family who lived 1,200 miles away. I decided to drive and enjoyed the solitary journey because it gave me time to reflect and go deeper into the process of trust while going with the flow. When I arrived I had a great time sharing experiences with relatives and making new memories and friends along the way. Many answers to questions I asked myself over the years came to mind while visiting, even questions I had forgotten that were once very important to me. I learned more of who I am and what I was capable of than I did before the journey began.

After I returned home, my sister and I started emailing quite often in an attempt to ease the pain of not being able to jump in the car and spend a day or two together.

One night after reading an email she sent, I wrote back that during life we have different layers of healing to go through, but as challenging as it can get at times, it's really a gift. Sometimes it seems like no one has gone through and survived what we're experiencing, but once we get through it we're amazed at what we've accomplished. We may find our pain threshold isn't what it used to be and many people and things don't 'fit' us anymore, but it's at those times we're sent special guidance through people, books, a headline, or even a thought, to help us through. This, in turn, helps us address the way we think, our emotions, how we physically feel, our lifestyle, and a host of other things to help us move on. Trust and patience are important keys in this process, but once we make the decision to make changes and go forward, amazingly, what we need starts to appear.

As I wrote those words I thought, "Where did that come from?" and the answer immediately came: "It's the subconscious rising to meet the light." Maybe that's what healing really is, allowing our minds to meet the light which lovingly waits for each one of us when the time is right. I have no doubt we'll get there, but as I learned from my journey, it takes trust, patience and going with the flow.

Inside each one of us is a place that knows when it's safe to start opening up and let healing begin. Trust that knowing, and remember, it's simply the subconscious rising to meet the light.