

# The Role Of 'Letting Go' In Healing

By Jini Patel Thompson



In a recent interview, I was asked, "What are the top things you've seen get in the way of people's healing?" As I thought back over all the emails I've received, plus my private consultation clients, several concrete saboteurs came to mind, which I shared with the interviewer.

However, there is also another, more nebulous saboteur at work in many people's Healing Journeys, that I didn't talk about at that time. And this phenomena is simply the balance between doing everything you can to effect healing, and then also forgetting about the Healing Journey altogether and dwelling in joy, positivity and peace – for as much of the day as you can.

Many of you have heard the aphorism: What you resist persists. Or, whatever you focus on, you will call to yourself. Or, whatever you focus on, grows. When applied to the Healing Journey, these concepts dictate that you focus on the positive outcomes you want to achieve. That you look for and celebrate each step forward – no matter how small.

What you do not want to do is focus on your fears and 'what ifs'. You do not want to think about how far you still have to go and everything that's still wrong with your body. But yet, as anyone with a life-threatening condition knows, it is still important to keep a realistic view of what's happening with your body. So that if you get too malnourished, you're aware of it and can take steps to address it, before it's too late and you're on TPN (tube feeding). Or, if you need a blood transfusion, you can go get one *before* your body goes into shock.

It's an important distinction to keep in mind that being aware of your reality and framing that reality in a negative way, are two different actions, energetically. Let's use the

example of malnutrition and look at the two different ways that issue can be managed – one of them positive and the other negative.

### **Malnutrition – Negative Framework**

If you address your weight loss within a negative framework, you're either ignoring your weight until you reach a crisis. Or, you're stepping on the scale obsessively checking and rechecking your weight and then panicking, or, berating yourself over every pound lost. Your guts are clenched with worry about what might happen if this continues. You're wracking your brain trying to figure out what could have caused the weight loss. You're calling up your mom or your friends and generating as much drama and concern over this worrying new turn of events.

You allow the fear of another flare and plummet off the cliff to fracture your thoughts and leave you twitchy and sweating. "What can I do? What can I do? What can I do?" runs on a never-ending loop inside your head. You try one thing for few days, no that's not working, so you switch to something else for the next few days, no that's not working either, what else can I try? You're not sleeping well because you're so worried.

In this scenario, the emotional worry, tension and fear alone is enough to make you lose even more weight by causing your metabolism to rev even higher and your hormones to go further out of balance. Combined with a lack of deep, restful sleep and there's more weight dropping off.

Meanwhile, flooding your mind/body with such fear, negativity and stress has exacerbated or triggered some other symptoms in your body. So now you've also got an increase in diarrhea, or bloating, or your blood pressure has shot up. If you deal with these symptoms the same way you're dealing with your weight loss, then you'll quickly ramp yourself up into a full-blown flare.

The other negative response of ignoring your weight loss will avoid many of these pitfalls. But in doing nothing to address the problem, the end result will likely be the same – a full-blown flare, likely resulting in hospitalization.

### **Malnutrition – Positive Framework**

Conversely, in a positive framework, you have a set schedule where you weigh yourself weekly, so there are no surprises. Let's say one week you notice you've dropped three pounds. So you calmly sit down and go through your list of options for weight-gain strategies. Maybe you re-read the section on Malnutrition in *Listen To Your Gut* for ideas. Then you outline your options: you could start having one or two raw egg/raw milk shakes per day, or you could use Absorb Plus instead.

Perhaps you want to book a few EFT sessions to deal with the emotional issues underlying your weight loss – often a lot of ongoing tension in daily life can cause your metabolism to run higher than it should. If you resolve these tensions using EFT, your metabolism calms down and the weight almost magically stabilizes.

When you meditate on it for a while (again, another calm, positive activity), you realize that your intuition is signaling you that something is unbalanced with your hormones and you need to see a doctor who specializes in hormone testing and balancing. Keep in mind, that these last two factors apply equally to unwanted weight gain – since both weight gain and loss involve your endocrine system and metabolism.

Now that you've looked at all your options, you write out your plan of things you're going to try and avenues you're going to explore and you get started with item #1 on your list. Now that you know you've addressed your current reality, and you have the logistics handled, you take your mind and thoughts and focus them on positive, encouraging things. Perhaps you take soothing, gentle walks in the forest, or on the beach. Or you cozy up with a good book, or a funny new movie – anything that will uplift your spirit, or make you laugh, or completely take your mind off thinking about weight loss.

So you see, in both scenarios above, you are addressing your health concern and trying to find a solution. But in the positive framework, you take it a step further and once you have got a plan in place and begun actioning it, you then take your mind away from the problem and free it up to focus on positive, enjoyable activities – that have nothing to do with healing yourself.

This "forgetting about the problem" is a vital part of the Healing Journey. As long as you are pushing, striving, searching, your energy is still tense and constricted. So although these are necessary activities in a Healing Journey because you have to do research and try different remedies and search out different healers, these activities must be balanced or alternated with relaxing, expansive, mañana-energy.

What is mañana-energy? Imagine you're on a tropical island (and perhaps you've already been to one) and you're the Type A, stressed-executive – whining and shouting about why your air conditioning isn't working. And the island people are loose-limbed, relaxed, laughing, no worries, maybe mañana (tomorrow). If you can transition to mañana-energy, or island energy, you'll realize that things are different here and you'll give up blustering and just go put on something loose and comfy, get a cold drink and relax in the ocean breezes. At night, you'll sleep naked with the windows open and the fan on and realize that you don't even need air conditioning. And actually, it's preferable this way.

You've taken your mind off the problem and allowed yourself to just relax into the beautiful, positive possibilities that exist in that place, at that time. It is only in the "letting go" that these possibilities can reveal themselves, or occur to you. As long as you are in a place of pushing, anxious, constrictive energy, you have built a wall around yourself keeping these gentle, simple energies and ideas out.

This is one of the main saboteurs to healing that I see people get caught up in. It is so much easier to "do". Then we don't feel guilty, because we're doing everything we can, right? This doing-searching-striving energy is also hugely rewarded by our culture and so we feel very justified and self-satisfied engaging in it. And as I said, it is necessary and it does have its place. But, without the balancing effect of the "letting go" energy and forgetting completely about your Healing Journey for periods of time, the healing will not occur, or it will occur very slowly.

A key point to remember is that when I talk about "letting go" or "forgetting", I am not talking about rushing around pursuing your normal, busy, stressful life and ignoring your body. That, obviously would still be a constrictive, anxious energy and not conducive to healing. I'm talking about relaxing into a place of peace, acceptance and pursuing activities that are fun, relaxing, joyful, peaceful, etc.

Just as a child's body takes in nutrients, water, sunshine and other factors needed during the busy daytime, those elements are not used to grow the child's body until it is asleep. Without the sleep, there would be very slowed or stunted growth in the child. Likewise, the healing of our bodies takes place most potently during the "letting go and forgetting" times. Without the balance of the two disparate energies in the Healing Journey, healing will likewise be very slow or halted.

© 2009 **Jini Patel Thompson** is a natural health writer and consumer advocate. She has had numerous books published on natural healing for digestive diseases. Her articles on natural health topics have appeared in publications in the U.S., Australia and U.K.  
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