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Stop Fixing – Start Healing Yourself

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It's been a long year. It's actually been a long past 12 months. A stretch of weeks and months that allowed me to personally understand healing in its deepest form.

Many things happened within a year. It turned my life upside down. And there was death in my family. At a time when I needed him dearly, my father passed away.

And here is the interesting part. It is all good; it's all OK. Although I had grief and coming to terms with painful situations, I found myself resting in a deeper level of my own being. This, I call a healing experience.

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In the past I was quick to dismiss the word healing. I never thought I needed healing. I now know that this was my ignorance, not knowing what healing actually means and how profound a healing experience is. So, what is healing – essentially, it is many things to different people. Yet there is one truth.

Everybody wants to feel healthy, happy and fulfilled. I am hearing about more people than ever having their entire world turned upside down by pain, cancer and illness. And, in a world in which everything is changing – some would argue long established systems are crumbling – it causes immense stress, anxiety and fear. People want to feel better and are waking up to a new reality. Like I did.

Talking about a new reality, it takes people with courage to face their deepest fears. Healing can also mean to get to the core of who we are, and this happened to one of my healing heroes, Marina Efraimoglou. At a young age, when she was super successful as a banker in Greece, she was diagnosed with a life threatening illness. It took all her commitment and inner strength to heal ([watch her story HERE](#)). As a result of her suffering and own healing experience Marina went on a mission to create [Euphoria Retreat in Greece](#). She is an inspirational pioneer evolving the retreat and hotel business from meaningless lip service to a sanctuary for healing and transformation.



What is Healing?

Healing, basically, is about becoming **whole** again. This can mean to heal from a physical ailment, but it can also mean to recover from bad experiences, trauma or residual painful emotions, but ultimately – to me at least – it is about becoming whole again.

I'd say that healing means to shift everything from within and to take responsibility for one's life experience as a

We heal by transforming pain and suffering and by changing our perception of our lives and ourselves on a deeper level – our subconscious.

As [Rebecca Girouard explains in a blog](#), healing is about clearing blocked energy, whether in tissue, emotions, meridians, chakras or

life experience as a whole, no matter how painful.

blocked energy, whether in tissue, emotions, meridians, chakras or consciousness. And I agree with her notion that life is all about transformation – a continuous unfolding aimed at alignment and wholeness.

And as my shaman teacher puts it:

The purpose of healing is multi-dimensional, it's not to erase the past, but to make deep peace with it. When that happens the priceless wisdom comes through. This wisdom is the key to achieving the next level of your human potential. Healing is improving on a good thing, which we call LIFE.

– Lazo Freeman

What Healing is not?

It does not mean to simply offload and share, though, nor does it mean to pamper one-self and believing we heal. The notion of pampering is more like putting a plaster on a wound, a temporary solution, and yet, in the wellness industry there is a rampant practice of promising healing as a result, but short-lived pleasurable moments do not constitute healing. Sure, spas, massages, and such are enjoyable but any deep seated pain will soon again make itself known, whether physically, mentally or emotionally.

Healing goes to the roots of the matter.

Practically what does it mean?



If you want to do something, right now, to help free yourself from pain and suffering that keep you from wholeness, holiness, healing & health – [understand that it starts with you](#). It is not by changing others, or your external circumstances, but by looking at life differently which is the start to the healing process. Look at your beliefs and fears honestly. Address and change those beliefs, which keep you prisoned.

The rest – the teachers, healers, retreats come your way – in alignment with your willingness and



The rest – the teachers, healers, retreats come your way – in alignment with your willingness and sincerity for your own liberation. And, the ultimate healing experience is self-healing. We all have this innate capacity within us. It's dormant for many but yet when discovered is transformational. It is life changing.

For a start, do you believe in life as a process to become whole? Do you believe you can heal

yourself? Perhaps try shifting how you look at healing and don't get stuck as I did for too long until reality, – pain and suffering – made me to look at my deepest fears to heal.

You can also listen to Deepak Chopra's soothing music and poignant words about healing [HERE](#).

There are many resources available as healing is the only path to liberation and to deep joy, to health, happiness and fulfillment.

As the saying by Nike goes 'Just do it'; I say 'just heal yourself'.

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Interested to read more? [Food for your Soul](#) is a bi-monthly column featuring short posts for moments of reflection – to look at life from a different perspective (should you choose to!). Invest a few minutes and allow your thoughts to ponder. Awareness creates choice.

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