

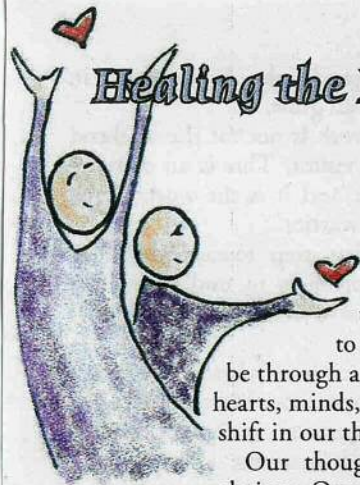
Catalyst for Conscious Living

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Healing the Healers through Conscious Thought and Compassionate Language

by Carolyn Berry, MFT and Bibi Caspari

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We healers enter into our work with compassionate hearts and thoughtful resolve to make a difference and help others. Sometimes, however, we become depleted by those we are helping. Consequently, we may find ourselves unable to do our best. At that point, it is necessary to heal ourselves. The most powerful way to do so may be through an awakening to the interconnectedness of our bodies, hearts, minds, spirits and the world around us. This can start with a shift in our thinking.

Our thoughts affect our emotions, attitudes, behaviors and choices. Our inner dialogue reflects and feeds our thoughts and beliefs, functioning interdependently and contributing to a healthy supportive process or a negative draining process. The process between inner dialogue, thoughts and beliefs can be transformed by injecting compassionate language.

Problematic language is rooted in a win-lose paradigm in which situations are either/or—either I care for myself (and am selfish) or I care for others (and am generous). The healing truth lies in the win-win interdependent paradigm in which caring for self and others exists simultaneously.

We can learn to create a flow of conscious thought and compassionate language that provides us with a dependable and clear path to healing. We can learn to expand and draw on the endless loving flow of energy that is ours to use freely.

Energy is everywhere. It is outside of and within us. We consist of and live in a world of neurons, protons and electrons. When we think, those atomic particles are affected and stimulate energy. When we are aware of our thoughts and direct them, we can conduct the composition and projection of our energy field. When we create a message of compassionate language to give to ourselves, our inner dialogue then projects positive messages toward others in our environment.

Wayne Muller, extended faculty of the Institute of Noetic Sciences, said, "... even as we serve others we are working on ourselves; every act, every word, every gesture of genuine compassion naturally nourishes our own hearts as well. It is not a question of who is healed first. When we attend to ourselves with compassion and mercy, more healing is also made available to others. And when we serve others with an open and generous heart, great healing comes to us."

Compassionate language consists of loving words and tones that manifest into loving actions. Our conscious thoughts, given strong positive attributes by the infiltration of consistent compassionate language, streams into our energy field engendering healing connections, which then loops back to support our positive thinking and compassionate language.

This is a method of indigenous healers. By seeing the interconnectedness of all things, they practice harmonious connection between the unseen, the body, the heart and the mind that manifests into experiential healing.

In *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, author Bruce Lipton, PhD, wrote, "The latest discoveries in physics and cell research are forging new links between the worlds of Science and Spirit. The latest science leads us to a worldview not unlike that held by the earliest civilizations, in which every material object in Nature was thought to possess a spirit. This is the world of quantum physics, in which matter and energy are completely entangled."

This concept of interconnectedness propels the flow of conscious thought and compassionate language, opening the door to heal the healers.

Carolyn Berry, MFT, and Bibi Caspari, Founder and Executive Director of Forward Step will present "Healing the Healers" workshop March 26 at the Holy Spirit Retreat Center in Encino, CA. For more information, call 818.231.0708 or register at turnkeytrainings.com.