

Community Circles

August 11, 2021

3 Cornerstones for Personal Healing, with Asha Lightbearer

Aired 08/08/2021 – [Watch on YouTube](#) (high-speed available)



“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity...Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

— [Brené Brown](#)

Our August theme is healing, and last Sunday Asha gave us some wonderful insights from her own healing journey. With courage, wisdom, and vulnerability, she shared the power of experiencing our emotions of sorrow, pain and grieving without labeling them as “negative” and managing our way out of experiencing them fully. As adults, we are so good at hiding, dismissing, or managing negative emotions that we miss the gift they offer us.

Her Fiona project (www.thefionaproject.org) marks her journey from child sexual abuse victim to survivor, and extends a healing hand to others who have experienced such trauma. During the course of her own healing, she has learned three lessons, which she passed on to us. Here are her three “cornerstones” for healing.

First, don’t ignore your inner child. For those who have not done this work, Asha encourages us not to regard it as too (her phrase) “woo woo,” even though it may be unfamiliar or even scary to contemplate. It’s our inner child who contributes to our sense of innocence, joy, wonder, and creativity, even as adults. When we experience trauma as children, it’s the child within who needs to be healed before we can move forward as healthy adults.

Second, step past your fear of experiencing the emotions that arise. In other words, healing comes through **courage** and **vulnerability**. Dr. Brene Brown teaches that the ability to be vulnerable, to be open without fear, is the wellspring of healing and resilience.

Third, watch out for **fixers** – those who instantly give you solutions to your problem instead of simply being present for you. Why? Asha suggests it’s because they want to avoid the pain they are feeling at being forced to witness your pain. We don’t need fixers – we need compassionate friends.

At the end of the day, healing is a choice that we can make. As she said, healing doesn't come in an instant, but is a path we take with intention, awareness, commitment, and gratitude.

So, what are your thoughts on the above? What does a healing journey look like for you? Have you experienced the gifts of sorrow, grief, or pain? What are these gifts? Can we grow without them? Have you ever gone through a challenging life event and, at the end of it, told yourself (as Asha did) "I'm still here, and I'm better than I was."