

Healing Wisdom

With SaraKay Smullens



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True power is showing up authentically, being able to feel into a sense of gratitude, a sense of safety, and a sense of ease. It also implies that, whatever life throws at us, we will be able to stay connected with a sense of peace. Moreover, depending on the person's beliefs, true power can manifest in different ways. Either it can appear as a form of spirituality, or understanding the mind-body connection, and knowing how to self-soothe and self-regulate. Overall, true power feels in the body as a sense of ease and a sense of safety.





There are nuances regarding safety.

One of them is a physical sense of safe-

ty, clearly defined as far as not being

directly threatened. Another is emo-

tional safety, which is being safe in ex-

pressing our ideas, our thoughts, who

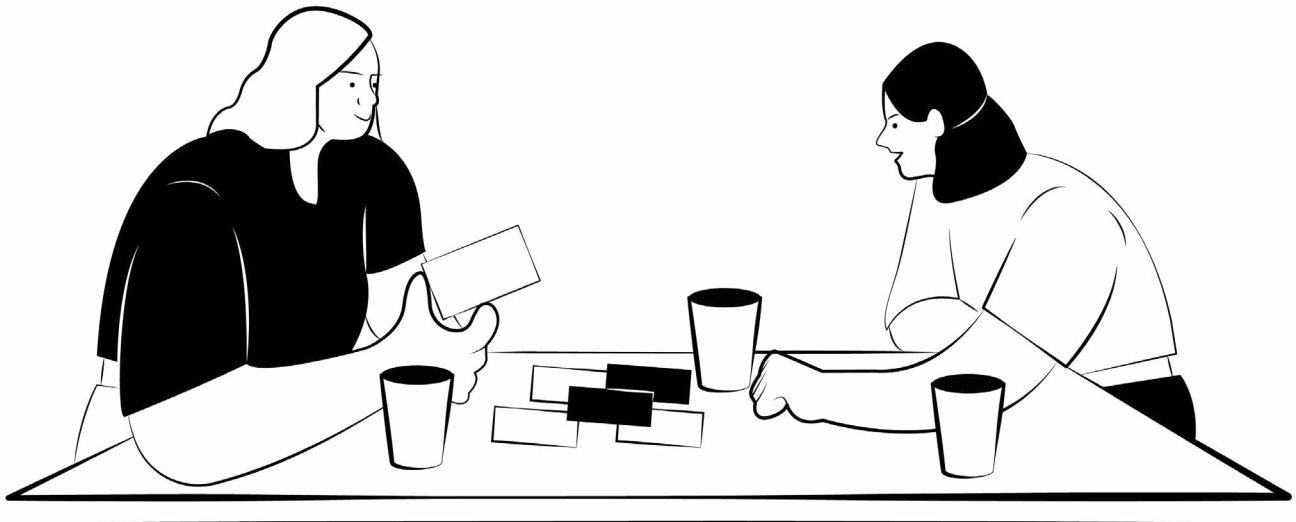
we are, in an environment.

Emotional safety is connected to authenticity and identity work, where we feel safe to show ourselves no matter what the expectations are. They can be parental, societal, or self-imposed expectations. This opens up a gateway in a pathway for us to tap into creative self-expression. It can be scary to feel that our sense of belonging to a community is threatened.





Finding safety implies inner work and something that can hold us. Some of this work is relational because to experience relational and emotional safety, we also need to experience a safe relationship. When I work with clients, I give them a space where the body trusts and the emotions move into a space of feeling held, taken care of, and nurtured.

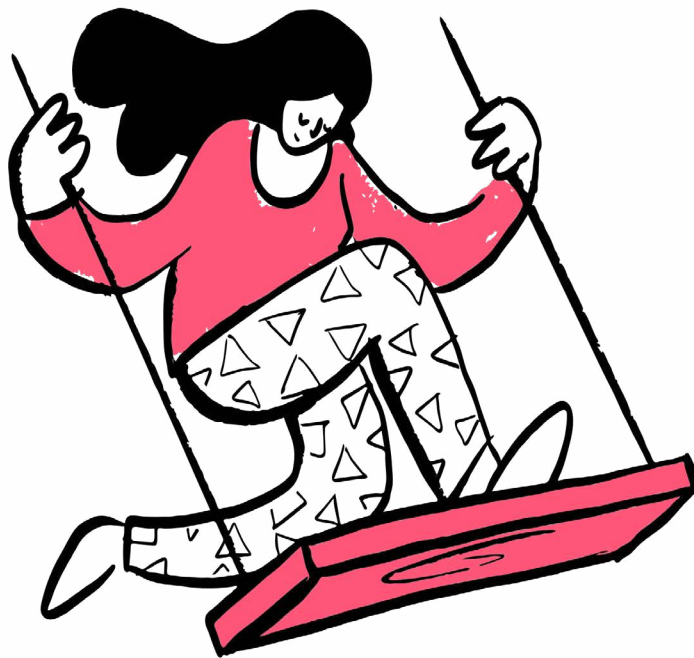


Attunement to ourselves is what allows us to explore our criteria for feeling safe and feeling heard.

I think the hardest lesson is to sit sometimes feeling of helplessness in what we witness in the world. I cannot do much in my finite body, which challenges me to think about who I am beyond this body.



Purpose in life can take many forms. As the [first] law of thermodynamics says, energy is neither created nor destroyed, it is merely transformed. Moreover, this idea of purpose is more about alignment. As we increase our alignment, our purpose might shift. Therefore, my purpose today might be very different from my purpose in my last two years of life. However, it is still rooted in the same energy. Overall, I think the purpose of life



On the one hand, healing, to me, is awareness. We become aware of what brings us joy, peace, and pain, or what has brought us pain. On the other hand, healing is stepping into our power. It is how we purposefully empower ourselves.



We can be in pain and have an underlying sense of peace. That requires having a safe container to come back to where we can be introspective.

We increase our window of tolerance by gradually learning more tools to allow for making sense of that pain. There is a beautiful analogy that says that a shadow is simply when something obstructs the light. Likewise, suffering is something blocking our awareness.





Moving into self-observation and awareness permits us to think outside of the parameters that were told to us. That deconstruction process can be a very scary one, and it can feel like an existential crisis.

Pain and suffering are natural responses. However, we need not fear if we listen to them. They are giving us information about a misalignment in ourselves with the environment.





**In this world of fast-moving
technological change, constant
contact without enriching connection
will drain us.**

People will disappoint you; life will hurt you. But if you have something that is completely yours to invest in, something that you are passionate about, you can rise above pain and find personal joy and connection.



Personal burnout has to do with our inner self – it occurs when our cognitive, spiritual, intellectual, and emotional abilities are on overload.



Professional burnout happens when we are in a setting where we are not treated respectfully. Moreover, we see the abuse of colleagues and those we exist to serve.

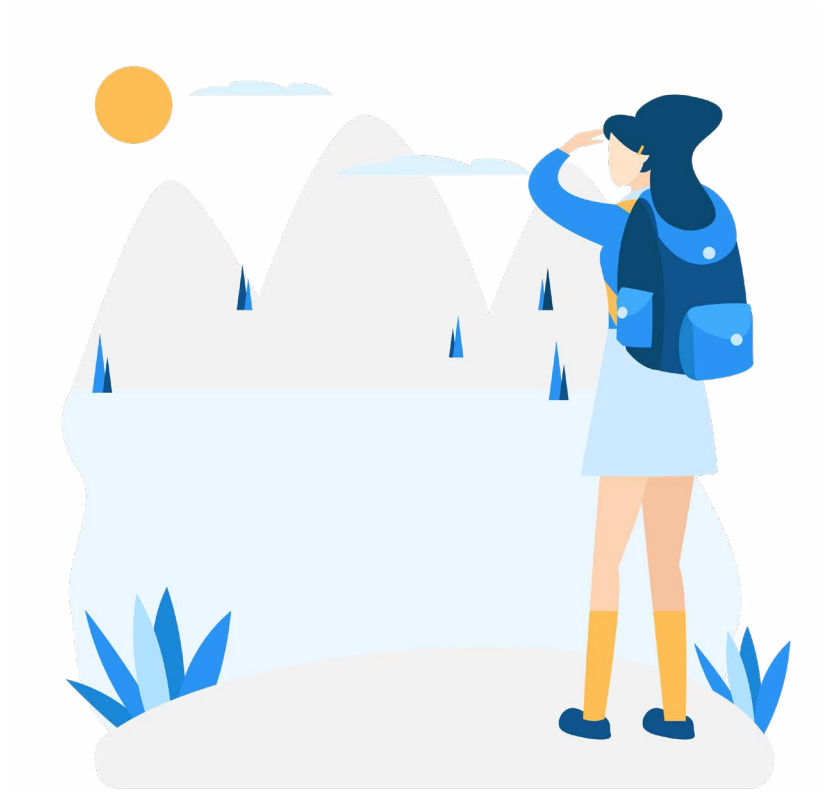




Relational burnout happens if we are in relationships where we are not treated with respect, or cannot problem solve together.

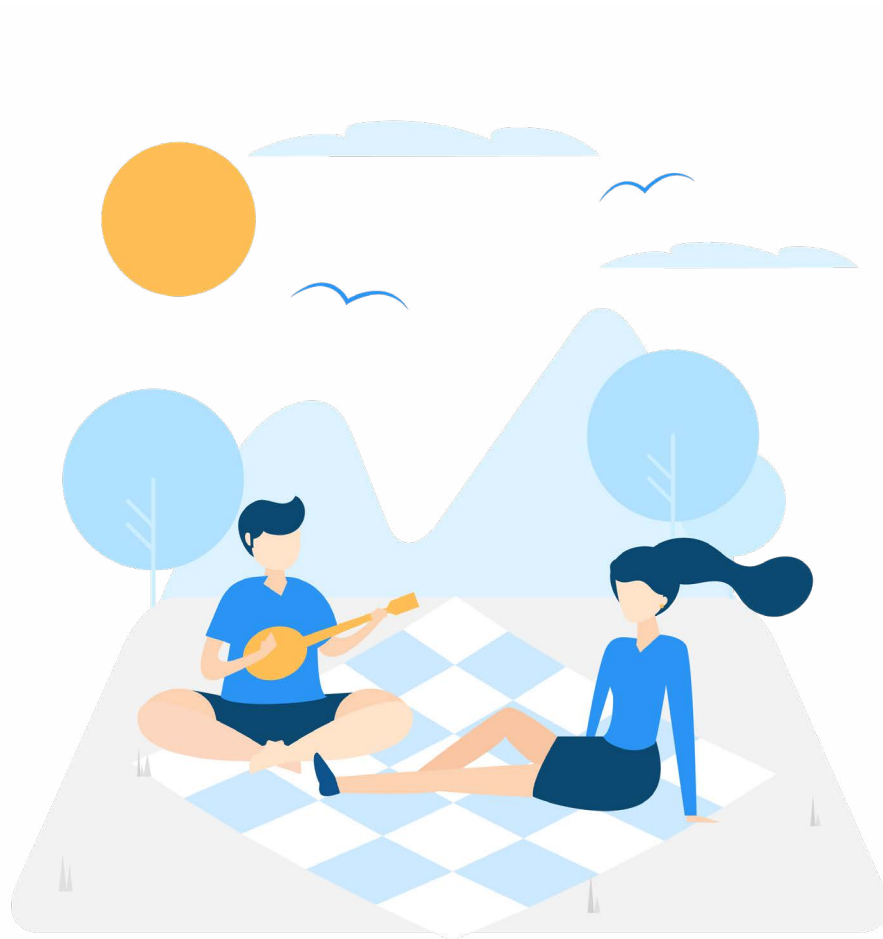
Even though there is a difference between depression and burnout, the same self-care strategies are helpful in each.





I believe that when we are in touch with our own active inner life force, often identified as our Will, which enhances and protects our “emotional sense of direction,” life will not defeat us.

I wish people love. The only sustaining, fulfilling love is based on self and mutual respect – Love involves care for our bodies and our minds, and is enhanced by fulfilling, trustworthy relationships, and the importance of never giving up learning. Love is the only magic.





Carefully selected, individualized self-care strategies address and prevent burnout. Some, such as journaling, connecting with others, and protecting physical health are well known. A strategy often overlooked is finding joy through creative, out of the box thinking and planning – which leads to working toward a dream. And when one dream cannot come true, there is only one thing to do: Find another.



Meet **SaraKay Smullens**

at

SaraKaySmullens.com

-Quotes Extracted from SaraKay's "*A Quest for Well-Being*" Podcast Interview-