

**My
HEALING
Perspective**



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My HEALING Perspective



Recently I was invited by the teacher of a lovely soul group that I am blessed to be a part of, to lead a session on healing. As today, 10 October 2020 is World Mental Health Day I am delighted to share my perspective in the hope that even just one tiny snippet can help another soul along on their recovery pathway.

I am not a guru or full encyclopaedia on healing. I do not believe I am any better than anyone else as we are all in essence equal, so like you all I am still on my own journey of evolution. These are my understandings based on my own truths and life experiences. Some things I write may sit comfortably with you now and not in 10 years' time. Or maybe they will feel right for you now only to become the opposite in 10 years' time. Or they may never sit comfortably for you and that's ok too – simply take what resonates for you and leave the rest...

Most every human being has a 'problem' or few, from minor setbacks to devastating traumas. Yet each one is a beautiful soul who has the ability within to heal aspects of self. Healing is not always a 'quick fix'. Healing is a constant. A clearing away of the toxic layers we hold on to, often through fear, unknowing of the magic that healing brings.

When we keep ourselves stuck in the negative energy of fear it is only resistance to changing our lives, our 'what ifs'. Changing perceptions of our reality, our thoughts and feelings is what brings about change. So no, when we are asked how are you... we are not doing fine – f****d up, insecure, neurotic and emotional. We are doing...GREAT! Gently Releasing Easily Accepting Transformation.

Keeping my faith, trusting and believing in the pure essence of every soul who is living the 'human' experience here on the planet at this time I know that we can all heal from the inner torments that haunt us to find that peace we so desperately seek within our minds and our hearts. I have always known that we are all here to help each other yet helping to be a guide along the healing path is not always an easy ride for me either. Though much laughter lightens the darkest hours it is a ride for which I am forever grateful. For I would not be able to learn the lessons that I need to evolve and grow along this most tumultuous of rides!

I am often a mediator. Keeping love at the very core in my communications I do my best to respond from loving heart space whenever possible. When I don't manage to do this and react instead then I know that this is yet another experience I am needing to learn a lesson from. There is something that I read recently that made a lot of sense for me and it's something that I have started to do in my mind at times of conflict rather than reacting. It is to say inside; 'I wonder why that aspect of source is doing that...'. Or 'I wonder why that aspect of source is saying that...'.

I am not the healer. You are! I am a healing channel. I serve as the facilitating wire that provides the channelled connection from Source for what is to come through in that moment for you. Our bodies being very clever, they do know how to heal

themselves, when we *'listen'*. So my approach as Soul Guide is in helping others to unravel from the inside out that which can help them to 'help themselves'.



My perspective on healing is holistic – a person centred 'whole BE-ing' approach looking at what guidance would be most beneficial. I use three affirmation starting points learnt from my own healings drawing upon [Louise L Hay's](#) philosophies. I believe, beginning affirmations with the following core words helps with every aspect that surfaces for healing and growth. I AM. I HAVE. I CAN.

I dig deep and profound yet in a fun-loving and unique way in helping others to help themselves. Not in the old, structured way though the core values remain, I work from heart speak, the language of the soul to help push through the resistance to bring about change. I have found myself in at the innovative start of new healing beginnings, creating from what seems 'out of nowhere'. Channelling from 'Song to Self' to blogging; from creating a new modern divination tool to heart speak, all which come through Source and all of which enhance the healing sessions.

Love is everything and learning to love ourselves by putting love at the very centre of everything we do, like any new thing takes practice. Your heart knows this love. Since the dawn of time, pure and unconditional. Love brings the ripple effect of awakening. For as we heal deep within, we help everyone awaken to their own healing, each rippling out to the collective.

Pure, unconditional love begins with Self and each and every one of us all have an Inner Child who is full of unconditional love. We only have to look around the world at the multitude of people who inspire us daily with their stories of recovery or their determination to succeed against all the odds. We can be like one of my favourite inspirational role models, Australian born Maddy, the worlds' first model with Downs Syndrome. [Madeline Stuart](#), a pure Force of unconditional love. Her love of self knows no bounds! We always have a choice, for it is our life, we can be like Maddy too and own it!

We are all unique and individual with a reason for living. Every one of us wanted here on earth. All born a ball of love. It is only our experiences in life that influence who we become. Yet if we are not happy with who we have become we can choose to change whenever we desire, and come full circle back into living from our heart space of pure, unconditional love. Only we can make this happen for us with a determination to succeed against all the odds and nay-sayers. Even the most horrific of childhood traumas can be worked through if we are willing to do the work on ourselves. To work on our whole BE-ing from the inside out – from our true inherent knowledge, that of the loving energy we are born with. Energy that can change when we make a shift in our vibration in choosing to face our 'fears' head on. For after all, they are only false evidence appearing real.

How we can heal the traumas – by changing our perceptions; changing our beliefs. By sight, sound, touch, smell, taste and by our very own sixth sense, that of our inherent knowing. See the beauty all around us through our inner child's eyes. Hear, really 'listening' from our soul. Touch with an innocence of awe and wonder. Smell, taking in

every last breath. Taste, drinking in the aroma of life. Sixth Sense, trusting when something works for us with no need to question how, analyse or pull to shreds that which is inherently given – Our body's own natural power to heal.

So we begin to heal our traumas by acknowledging that these experiences did happen to us, validating that they were real. As we accept this we then begin to feel. Feel our emotions through our heart centre, slowly releasing the traumas of the past, for that is where they are, in the past. Begin to live in this now moment. When we live from the loving space of our heart (rather than our head) we truly start to grow. As we open ourselves up from our heart space, like the trees see the blossom (those often unfounded 'fears') gently floating away as we open up to uncover new beginnings. Welcoming these gifts with open arms into our life. Ahh...life begins to feel good. Our minds begin to settle into a peace and serenity long forgotten yet never left.

In changing what we feel no longer serves us by acknowledging that accepting help is a strength, and a very valuable part of who we are shifts our energy to a better place. This help can come in many forms and your own inherent sense will guide you through if you will only '*listen*'. Help could come through laughter, family, friends, shamanic healing, support groups, music, counselling, dancing, past life regression, living in the now present moment... all and more are healing in their own way. Healing trauma with our pure, unconditional love of SELF we look deep within. Breathing deep within, deep within our heart, deep within our very Soul. Feeling the warmth deep within our womb state for this is You, this is Your pure essence, this IS LOVE in its purest form. We hear our soul sing with love when we are following our inner guidance.



And then comes the healing biggie for lots of souls – FORGIVENESS. Forgiveness of self, and others – Love truly is the answer. Forgiveness the Key to love.

Self-acceptance and Self-forgiveness are 'key' to loving yourself. Know that it is ok to heal, to find peace. For the peace we seek is always within our own heart when we live, love, and speak our authentic truth from that loving space. And we look to heal the 'self's'.

Self-Care – Today, I walk with my head held high and I say, "Thank you, I Can!"

Self-Love – Today, I love myself as I look in the mirror and say, 'I Love You, I really, really Love You'.

Self-Respect – Today, I flow with positive thoughts of love and healthy respect for myself.

Self-Nurture – Today, I look after my spirituality, being in touch with my own inherent self I can open any door through the power of unconditional love.

Self-Kindness – Today, I feed my body with healthy nutrients and my mind, MY important inner-self with loving healthy kindness.

Self-Awareness – Today, I care enough about the environment to pick up that discarded trash...knowing even the smallest gesture will help all living creatures on our wonderful planet.

Self-Responsibility – Today, I look after my finances, taking responsibility for my own actions as I trust in my own abilities to manage my own affairs safely and wisely.

Self-Esteem – Today, I spend time with like-minded souls who nourish my soul, helping me to build my self-confidence and self-esteem. I am my Authentic Self, “I CAN!”

What we see in others is a mirror of self to work through. In choosing to birth on planet earth at this time, there is no turning back now (smiling as I type). Taking ourselves ‘back to basics’ is where we begin to unravel all that has gone before. All too often we

look outside of ourself for answers, when all we really need to do is connect back to our own inherent self where all IS truly well; Breathe, Ground, and Trust.

Have an attitude... gratitude. Keep on feeling through our emotions for ‘feeling’ is our key to healing. As we keep our faith and trust in the power of pure unconditional love in these times of endings know that we can begin to create a-new. Remaining positive in mind, consciousness, and thoughts we are able to feel the power of abundant loving opportunities that surround us always. As we shine out our love for all to see we feel the vibrations lifting us all higher into our new loving world. A world full of peace, joy, tranquility. A world where we have all the time in the world to enjoy the wonders of life! Learning and growing allows us to blossom into the beautiful, most amazing soul that we are! We owe it to ourself, to take responsibility for our own change, to feel better and live the life we are truly meant to live.

Many are going through ‘dark nights of the soul’ at this time. These experiences bring choices. They are a gift from our soul to heal the old and worn out that we no longer need.

Just as we clean our homes, our cars, our possessions and declutter the junk so too we need to clean out our souls. We always have time to dejunk. When we get triggered by events, ‘dis’-ease, words that others use, we are being shown that there is another way that we can choose to deal with what is really going on in our life. This way lies inside our own heart. Truths which our hearts really do know are always in our highest and best...once we follow through in pushing past the false evidence appearing real and deal with our darkest anxieties.

Perspective is everything. There is a difference. In saying that another triggers us puts out blame. By switching that perception to ‘I get triggered’ is an acceptance of responsibility for our own thoughts, words, deeds and any ensuing consequential actions from our feelings. For to feel is to heal. What we resist will persist, so tap into that innate wisdom you have inside of you and go forward with a positive ‘I’. Change that perception of powerlessness to ‘I AM Empowered!’

Feel the gift of loving forgiveness that we can give to ourself, to our own mind, body, heart, and soul. Forgiveness of self is such a powerful gift. Anger and bitterness are shackles we can choose to let go of now for when we forgive ourselves we set ourself

free of all that worry and pain that came from so long ago. We do not need to carry those 'burdens' anymore. In forgiveness of self we set others free too. Trust in our innate power to forgive all. From endings come new beginnings. From faith and trust comes believing.

Our soul is ageless. We have all the Wisdom we need inside. The wisdom to see triggers for what they are. An opportunity to deal with the pain, hurt and anger and to heal. The wisdom to 'cut the crap' excuses and deal with our own healing. The wisdom to acknowledge what others did to us is not our fault. The wisdom to seek out help and support from others, teamwork. The wisdom to acknowledge there is no blame, no shame, no guilt, no need for 'fear' because as we feel we heal. The wisdom to follow through on our intentions from our own strength and fortitude within, knowing that 'I' have got this. The wisdom of forgiveness, of self and others. The wisdom of choice, of changing perception. The wisdom to accept with grace and a smile. The wisdom to share our healing knowledge with others. The wisdom of faith, trust and of belief. We have all the wisdom within. Yes, you who is reading this right now. You know it! Feel, let go, heal.

It does not matter who, what, where, when. All that matters is this now moment. Be a fearless soul. Applaud ourselves on all our inner healing. Diving deeper, heal some more!

Hold the love in your heart for all of humanity without exception for 'Every Soul Deserves to HEAL'.



'Victim' – a change of perception/perspective – fighting fire with fire only creates more fire. Fighting fire with calm waters brings down the angst gently soothing and healing the flames so we can see a way to turn all that angst on its head... What if violence doesn't breed violence rather perpetuates it? By loving the 'perpetrators' they too receive a chance to non-judgementally heal.

What if taking a 'hit' metaphorically speaking, from one who displays acts of violence does not mean being 'abused'? Rather it gives a choice to understand the 'abuse'. What if we choose to help support others to heal through their pain by holding loving space with compassionate empathy? Instead, believe in the power of their own innate wisdom, courage, and strength to heal. What if we believe in the giving of love, no matter what? Show compassion and forgiveness towards everyone especially toward those who show violent aggression, as glaringly obvious there is an underlying cause to their anguish.

If we do not show compassion for those who's minds have been tortured in childhood from atrocities they ought never to have experienced, and often by the very people who had a duty of care towards them, how can they heal? Hold compassion, forgiveness and love in our hearts. For if we are saying that we can't ever forgive someone for something we are actually saying that we cannot forgive ourself.

I have learnt that every time you walk away from something (too difficult) you are not healing that aspect of self. This is why we experience so many repeated patterns. I

know when compassion and forgiveness is shown to those we believe did us harm that we grow and heal. Every experience represents an aspect of self and we do have an aspect of self that knows how to forgive – truly we do.

I never realised until in recent years when I discovered my ‘human’ side just how little my school years had taught me about real life. And so I have chosen to use this year 2020 for even more deep reflection time and inner shadow work. Some of the insanity and suppression that is going on at this time can feel overwhelming, though as I move on in forgiveness, I realise this is simply further releasing needed by my soul wanting to be acknowledged and let go of, to allow more healing to come in.

I choose to be mindful in these times of choice we all find ourselves in. Showing compassion for those who learn in a different way. Allowing time to share what they have to say too, and without ridicule or judgement. As we all learn from each other it’s a challenge to find something new to learn from everyone who’s thoughts, beliefs, ways of working and communicating are different to my own. Learning every day, I know there is so much more to come. So much more to learn through our feelings and self-discovery.

Listening to our heart. Feeling, loving, living from the magnificence of our heart for it knows truth, we begin to heal the collective too from the inside out as we each take responsibility for our own body, mind, and soul. As we are the only ‘thinkers’ in our mind we control our own beliefs beholden only to our own soul, for our true essence is infinite spirit energy. We must though do the human work internally on our own shadow self. Clear out all the debris. Clear away all the negative unwanted ‘fears’, lies and untruths lurking within, only then we can begin anew.

Healing happens when we surrender and let go of all that we ‘thought’ was true. Letting go allows space for our feelings for when we really really feel, then we begin to heal.

Keeping ourself ‘locked’ into the duality of ‘dis’-ease can be one block to our own healing. It can be hard to grasp at first how you can get well on the one hand whilst still clutching on the other hand to that labelled ‘ism’ given us by society. This was certainly the case for me as I found these two conflicting energies did not equate. Once I recognised this thought process and stopped labelling myself my perception switched and my healing journey began.



I recently watched two short documentary films about awakening, [Spiritual Emergence](#) – facing and owning our own shadow. These films resonated so much with me. In the late 1990’s I started working on ancestral healing so it was fascinating to watch and hear what others were saying. There have been lots of ancestral clearings through Source for the collective for about 18 months now through personal clearings of my own. The ripple effect for all, from doing my own shadow work.

Our shadow self’s are those aspects which we often ignore because it is too painful to go there...too much like hard work...we don’t believe we can.....

When we make a commitment to self to help ourself to be in a happier state of BE-ing then all sorts of changes and opportunities open up for us.

How our healing works is to bring to the surface little by little that which is no longer helpful to us in our life. The more work we do on ourself, best of all learning to truly love ourself the more expansive we become. When we each do our part in working on our shadow self the whole collective changes and evolves too, with loving appreciation from Source for all of our efforts to heal.

After healing an aspect of self, being mindful to allow assimilation time after we have chosen to do work on ourself is a period of time which I know many struggle with. Often this can be because we don't want to drink water or have a hot salt bath, even though we know that this will ease the process of flushing out residual toxins. It could be persistent resistance as we know we have many layers to shift through. Often it can be impatience, wanting to run before we can walk. Be mindful of the importance to recognise our feelings during assimilation time being kind from and to our own heart. Those who choose to work with me to find ways of helping themselves are always held in loving heart space as I so honour their commitment to change and love seeing how they blossom and flourish.

The space we create in surrendering and letting go gives room for exciting new experiences to flow in. Yet whilst I know (sometimes may only be for a while) that we may 'loose' certain friends even family, hard as it may seem I also know in our own hearts that this is a necessary part of our own evolutionary healing growth.

Today, I am grateful to the teacher of our group for giving me a very precious gift, the opportunity to share my understanding of healing. I could have ducked out! Instead I feel honoured as I too was given a chance to work on more of my own shadows.

These are beautiful times of re-connection to peace on Mother Earth and of our Community Spirit for when we are unified, we are one. Treasure yourself, each and every one of you gorgeous souls. Love creates communities of Unity. Keep FAITH, TRUST, BELIEVE!



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