



Reflection Exercise

for (["The Body's Wisdom Never Lies" Blog Article](#))

Soul Ease in the Midst of Dis-Ease

"Know the Truth and the Truth will set you free." ~ John 3:32

As we age, we are often confronted with physical ills and medical concerns for ourselves and/or our loved ones. The challenges of adjusting to the demands of needed lifestyle changes, limitations, losses, a whole gamut of resulting emotions, along with navigating the medical system and discerning the best medical treatment can be stressful for all concerned.

Cultivating the practice of being Soul Alive [Centered] enables us to cope with the trials of illness from the best possible vantage point, among other benefits. It is here, like being in the *eye of a storm*, connected to our human reality [physical illness, included] and divine reality [God/Creator/Source of bigger picture, saving graces, power of healing love & Wholeness], we can experience *Soul Ease* in the midst of the chaos of disease; it is here we can hear & honor essential Truth needed for healing.

The following reflection questions are designed to aid you in *shinning the light of awareness* on ways you may unconsciously add unneeded stress to yourself and others in times of illness. As you reflect & journal, notice shifts in your body sensations, emotions, and thoughts.

- ✿ What was/is my relationship with disease [illness]?
 - Growing up and as an adult?
 - What was my 'family's message' about being sick?
 - When was I the Patient? Caregiver? Support Team? Bystander? Witness?
 - Frequency & Duration?
 - Impact on my life? Past & Present – What did I Lose? Learn? Physically, Emotionally, Socially, Intellectually [mindset], Spiritually
- ✿ At this stage of life, how do I react or respond when confronted with disease [illness]? My tendency is to . . .
 - Fight [be angry, resentful, frustrated, impatient, hostile towards self & others].
 - Flee [self-indulge in comfort-seeking patterns without considering if demonstrating wise/balanced care for self & others].
 - Freeze [Zone out, i.e. cut off to myself, others, and everything].



Reflection Exercise

for ("[The Body's Wisdom Never Lies](#)" Blog Article)

- Attempt to manage the *illness* or let *it* manage me or _____?
 - Allow the illness to become my 'identity' – my world.
 - Be/not be Soul Present/Alive.
 - Take/not take actions to nurture my Soul.
Be in the moment, Curious, Creative, Compassionate, Resourceful,
Seek 'Big Picture Perspective,' Open to Possibilities & New Learnings,
Deeper Truths, Wisdom, Divine Guidance & Healing.
 - Intentionally identify my needs & take action; making clear request for support when needed.
 - Expect/not expect others to know my needs [feel hurt, resentful or mad etc., if they do not].
 - Expect/not expect medical professionals to 'have all the answers.'
Trust without question/or freely question their judgment.
 - Be/not be an active participant in my physical/medical care.
Listen & honor my body's truth & seek medical professionals who do the same.
- 🌸 In doing this exercise what emerged? Patterns? New understandings? Surprises?
- 🌸 What did I learn about myself?
- 🌸 What will I do with these learnings?