

Heal the Self = Heal the World

I worked for a podiatrist for several years. Patients would come in with hurting feet and ankles, exclaiming, "When your feet hurt, you hurt all over!" I knew what they meant. Headaches were my nemesis. Like the sufferers who came to our office, I would hurt everywhere when the pain in my head struck. Our weakest point can make us miserable. Once the painful foot or head was given relief, the body felt okay again.

Our bodies are the microcosm in the macrocosm of the world. When one of us suffers, the rest of us feel it. We can go about our day, take care of business, and be with our loved ones, but there is this nagging splinter in the background. Unconsciously we search for relief. Food, drugs, alcohol, adventure, romance, or drama are sought for a deliverance that is never achieved. Addiction plays a nasty trick on our minds and hearts. Awareness of the root problem brings the release we need but not the *fix* we crave. It is said, you must hit bottom before you are willing to admit your problem.

Our reality is created by us. Our beliefs and behaviors enforce or deter what we experience in the world. What you give out, consciously or unconsciously, comes back to you. Our emotions give our intentions power. Do you express heartfelt gratitude, or do you say thank you so that you will get what you want? Do you declare "Sorry" like a child trying to get out of trouble, or are you genuinely apologetic for your behavior? The world becomes what we are, and reality reflects that back to us. What existence are we creating?

In the first [Matrix](#) movie, a child speaks to Neo about bending a spoon-
Spoon boy: Do not try and bend the spoon. That's impossible. Instead... only try to realize the truth.

Neo: What truth?

Spoon boy: There is no spoon.

Neo: There is no spoon?

Spoon boy: Then you'll see, that it is not the spoon that bends. It is only yourself.

Looking at the news and world situation, we reflect what we believe and how we behave as a collective. We, as individuals, have no control of the *mob*. It would be like trying to bend the spoon. Healing our own issues alleviates some of the collective sufferings. This is the bending of yourself. Understanding the need for us to adjust instead of demanding the world adapt to us is the key. The mirrored world will only show you the person looking into the mirror. If you see a face that needs shaving in the reflection, you do not put the razor to the glass.

Those of us who are called to be healers do not *heal* others. We are here to hold the mirror, allowing you to see with clarity the wound within you. Once a person can own and see how they are responsible for their suffering, they can heal it themselves. I have had clients that insist they are fine- everyone else is the problem. I help them see there is no one else- only you. Just like there is no spoon. It is a difficult concept to grasp. Once it is, you aren't likely to forget it when circumstances show you your part in the big picture again.

In the movie, the spoon boy has several bent spoons on the floor in front of him. He has bent the spoons, and they stay that way. When Neo eventually curls his spoon, he gets distracted by a person calling his name. His spoon becomes straight again. Learning to bend our reality, invoking our healing

takes time and effort. Distractions will happen. Once we realize that our adjustment or bending is the transformation we seek, our restoration will appear in the world. Believing and behaving to reinforce the reality you desire becomes the permanently bent spoons in front of the boy. It is now a way of life instead of a sporadic occurrence.

The *Other* does not exist. There is only you. When you understand this concept, *healing yourself means healing the world* will no longer be impossible to grasp. Our world is our collective reflection.

- If we see injustice, where do we deny ourselves due process and honesty? Are we in denial about something? Do we lie to ourselves?
- If we see poverty, where are we feeling lack or inadequate? Do we withhold love from ourselves? Do we demand more from ourselves than we can give?
- If we see corruption, where have we misrepresented or polluted ourselves? Do we harm ourselves with food we know isn't good for us? Do we hide our imperfections and transgressions from ourselves?

Knowing there is no *Other* can be freeing. If we are the only ones to worry about and deal with, it is a simple matter of adjusting our beliefs and behaviors; simple, though far from easy. The world we experience will have to conform to the new person we are. Who we are reflects outward. Looking deep within and healing our wounds is the answer to changing our reality. Individuals doing this *en masse* can fix the world's problems.

Dr. Catherine Denton
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