



# HANS

Health Action Network Society

## The Art of Transformation One Day at a Time



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Source: Summer 2015 Health Action

In every person's life that is attached to family, friends or spouse the opportunity to grow spiritually is limitless. We do it because it is an inner call for perfection and grace: When we succeed to grow our child to the degree that it is perfect and gracious in our ability to carry ourselves and our truth into the world, the fulfillment is unparalleled.

When you love those sacred to you, the journey is to share your past pain in a spirit worthy of the hurt you went through. You also practise sacred trust that this someone you share it with possesses the heart to care about you and can look past his or her own pain to be there for you. You need vulnerability as big as the ocean for that.

If you are like me, where you are separated by thousands of miles (7,973 from Vancouver to Singapore), time with family then is also about doing your spiritual, emotional healing with one other. You tell truth to each other amidst some stress accommodating each other's ways versus being by yourself. It is an important space for us to get a sense of where we have grown and where we still need refined work. We are a family capable of deep soulful moments as well as fun, ragging humour at another's dictatorial ways. We are different in our approaches to dealing with life and love, stress and pain. Our sacred time together is our time to grow to love, care and meet one another with more and more freedom from demanding from each other what the other can't give.

We owe it to our loved ones to copy each other in the best possible spirit you can muster up to share your truth and be OK with it. The next attempt will be sweeter and even better because you will be more aware as to how to share it. This healing work will heal your heart even more if you allow it. The sweet comfort is—and this I have seen countless times—when you dare to disclose your heart, those who love you will meet you.

You will have your own brand of making up, whether it is your husband hugging you like you were the most precious thing on earth, or your sister's voice filled with softness, which shows her heart is wide open and has heard you and she is mustering up to meet your needs, or another loved one giving you a sweet hug to say she is sorry and what you thought was not correct, which comforts your heart to no end.

We are keepers of each other's heart just so we don't give up and grow cynical for our beloved earth. By taking care to feel another's hurt means you are extraordinary because you choose to care. That—in turn—fulfills our human need of experiencing this beatific union where we are, indeed, one.

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