

## Healing

The journey of healing is painful. There's no greater pain than that of facing your own shadows, your own demons, your own face. You must dig, deeper than you've ever done before. You must uncover, exhume, remove, and entirely strip your past of its covering, of its shell. You must face all that was, and all that is in order for you to be at peace with all that will be. It's human to be afraid, to be reluctant, to be resistant but healing only exists on the other side. On the other side of that bridge lies the fully realised version of oneself. But for that fully realised version to be present, for it to even exist, one must cross the bridge, one must heal and to do so, one must walk the daunting path, run through the burning building. One must isolate and be alone fully and examine what that means. One must face the trauma that inhibits growth, the trauma that gets in the way of self-realisation, of happiness, of love. The past is and always will be valid, nothing has the power to erase it. To ignore it, is to ignore one's own origin story, and what is one without an origin story? Our past is a part of us, but it is within us to use that past to carve the path we choose to walk, to build the future we so ever desire, to write our own stories in our own light. But it will be painful. It will be excruciating, lonely, sad, and even devastating. But it may be necessary. It may not be the journey we want, but it is the journey we deserve. One must always be honest with thyself, and only then can they progress past stagnation and confusion. Transparency with oneself is the key to understanding others. For if one is truthful with thyself, they are undoubtedly truthful with others. It's an ongoing journey. A never-ending experience. There's always room to heal. One must always choose their healing and their peace above all else, for self-sacrificial stances do nothing but empty the soul till it is barren. But with healing comes peace, understanding, and love that is indescribable. It is heaven on earth. It is the epitome of self-acceptance.