

## **Healing from Crisis**

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All of us face moments of crisis in our lives. So what is a crisis, why does it happen, what does it mean, and how do we move through it? Sometimes crises are emotional or spiritual, sometimes they are physical. Very frequently they are both. In the simplest of terms, a crisis involves an experience that tells you your life cannot and will not continue the way it has been going. You have reached the end of the road you are on. It's time to change directions.

Sometimes your change of direction seems externally induced. You lose your job, your partner dies or leaves you, you are in an accident that stops you cold. At other times, your change of direction seems internally induced. You wake up each morning realizing that you can't continue doing what you are doing, in the way you have been doing it. The work you have, the lifestyle you've been living, the way you are in your relationships, or even particular relationships you have, all no longer make sense to you. They did at one time, but that time is gone and the time of Now is taking you with it. It's time for a change.

Because human beings are conservative by nature, creatures of habit, they don't like to change. This is one reason crises are just that: crises! They hit us hard. Is it any wonder that because we resist change crises can hit us on numerous fronts simultaneously? For example, we get sick in part because we can no longer "stomach" the way we have been living, and have a hard time "digesting and assimilating" this fact. Or we lose that job that we disliked and wanted to leave but clung to for security reasons. Or a partner leaving our life, painful as that may be, also signals to us the fact that, once

the suffering is over, we will realize that it is high time for us to explore a new dimension of our being and a new future.

Endings are hard. Even endings we say we want are hard. Why? Because it is we who have to be reborn when something important in our life dies. Being born is quite a challenge, as babies could testify if only they could speak the language of adults. Yet birth, death and rebirth are also inherent aspects of each person's life. Everything and everyone dies only in order to be reborn in another form. That new form is a whole new adventure, holding many new gifts and potentials. When we can release the old that is going anyway, whether we like it or not, and embrace the journey of unknowing into our new birth, crises (and the endings they bring) can also be a cause for celebration. We can begin to see that our personal crisis is also an opening. We can work to release our past, to welcome that opening, dive into its waters, and accept, explore and adventure in the flow of change.

The ancient philosopher Heraclitus is famous for having said "You can never step into the same river twice." Each of us is a river. As a river, you can never be who you were. You can never step into who you were yesterday. Can you then be who you are meant to be next? That is the call of all crises in our lives. That is the welcome, the joy and the adventure beneath the pain. That is the gift. We may not always be able to see that gift at the moment of crisis, but we can each work on embracing the unknowing, intuitive, certain and fateful journey into our becoming. After all, becoming, not being, is what it's all about.

Blessings on your effortless journey!