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Joyful News - September 12, 2018

Healing After Any Tragedy

Life can certainly throw curve balls and tragedies have occurred to many and its impact can affect many and some for lifetimes. Those memories last. The emotional component, however, is the most significant as those emotions can linger eons without being fully released.



Angels are everywhere and will always help during a time of tragedy as well as in the healing process. Call upon them.

In light of the memories of the World Trade Center, I was sharing on social media something that occurred a few years ago regarding a healing we had done on site to release Earthbound spirits. Those that remained behind due to that event, as well as other New Yorkers, were released and set free.

One of the aftereffects of tragic events can be the spirit of the deceased isn't fully released from their traumas here and remain behind. Sometimes they are so confused, they need extra help finding their way home. Some have it in their mind they need stay behind to help their loved ones.

None of these situations are usually released in an instant. They take time. Sometimes the first experience is shock, confusion and then anger and the question, 'why me?', 'why them?' and 'why now?' Even when we do spiritual healing on a event, depending on the nature and severity or difficulty letting it go, it may require several healings. Things are always released in layers whether you do yourself or a spiritual healer does it.

There is so much that goes on behind the scenes of events such as this infamous 9/11. Will we ever know the truth? Likely not until we reach Heaven. There are so many theories and efforts to place blame in most tragedies but certainly this one.

What matters most now is to heal. Just because this event took place 17 years go, does not mean the negative effects have lessened for all. Many still carry guilt, shame, regret, loss, hurt, and thoughts like shoulda, woulda, coulda.

But, rather than dwell there, the best tactic is to forgive until you are pure of heart regarding the incident and all involved and no emotional energy remains. Until that happens, nothing much changes. The negative thoughts and energies from the experience linger and attract lower outcomes than what is truly possible. By allowing those negative memories and emotions to fester, your vibration is lower attracting less than optimal experiences and results.

I know it isn't easy to let go and forgive, especially regarding something that you don't condone. But, it has nothing to do with rationalizing, accepting, condoning or encouraging a repetitive action by forgiving.

Forgiveness opens your heart to giving and receiving love. It allows God to fully heal the situation for you and possibly help all involved in the process. When you someone doesn't forgive, they block God from healing and helping. I've seen miracles occur after a heartfelt forgive.

In this situation all need to be forgiven, including the cause and effects, the roles, the people, the actions, the losses, the heartbreak and anything else you can think of where you hold a judgment. When you can do that, you can set yourself free and help others as well.

Once you can return to a place of peace, new opportunities may open to you. Anywhere you are blocked due to unforgiveness, you are blocking your own receiving.

Sometimes the forgiveness takes place in increments over time. The more you can engage it, the faster you ascend and create better experiences. If not, these withholds, wreak havoc within and the thoughts and emotions can be demonstrated again over lifetimes. I clear them all the time within my spiritual healing client sessions. During a session, I can go back into their past lives through their memory bank and feel the emotions. Those emotions and limited beliefs may influence the programming impacting this lifetime until fully released.

So, maybe you can't do all the past-life work yourself, but what you can do is take responsibility for your future going forward to improve your outcomes. By letting go fully now, you won't remain a victim of those circumstances tomorrow.

My greatest wish for you is to help set you free from the horrors of life as quickly as possible so they don't continue to hold you back in known and unknown ways.

Much love,

Joy



Join us Saturday, October 6, at 11:11AM EST on phone.

If you continue to have unhealed emotions, these once of month calls offer an opportunity for you to release personal memories silently during a particular section of these rather comprehensive clearing calls. [Register here.](#)

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