

Delving into Emotional Wounds, Addressing Them as Issues to be Solved, as One of the Reasons We Choose to be Incarnated: with Personal Research into their Origins

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As we all begin our lives by walking on to the stage in Act One/Scene One; and into the kind of Drama that's usually entitled on the lines of 'My Life, ' I'm going to begin with something that David Lorimar (one of the founders of the Scientific & Medical Network) once said: that the Anecdotal has as much worth as any other evidence, in scientific research. I'm not sure who first said: "Nothing's ever happened, until it's happened to you," but they got that right!

It was on a pleasant evening, in Florida and with friends, when I was approaching someone leaning against a tree, and smoking a cigarette, before he began his performance of Country & Western Songs. And this is what he said: "Gee. I just love these Happening Events, away from the big crowds, and coming into someone's home." He was so right, especially as we were in a kind of gated community, with beautifully designed houses, each with its own swimming pool, and many facing the ocean.

It was then I thought: "That's a very good way of describing The World, for this is the place where everything happens: and were everything is 'made up' for all of Us to learn something about what makes a Human Being." And from where comes a constant echoing of the anguished cry from Hamlet: "To be, or Not to Be: That is the Question."

Actually, I was wondering just what I was doing here, being born to a reluctant mother, and an elderly father: and not feeling at all 'At Home,' from Day One, so I can empathise with those who have had similar feelings. But it was this strange kind of 'disassociation' that was to set me on track to getting answers. Not all of them, mind you: they will have to wait, until I get back.

And here is when I must draw you attention to the subject of Reincarnation: something that was an important part of those ancient belief systems, until it was declared a 'heresy,' in AD 533, when 165 church officials voted to remove a previously fundamental understanding that we take on many lives, in order to work out unresolved Issues, hanging over our previous ones: and so determine our destiny, in future incarnations.

And that was when some began to build their 'religious' bulwarks as a power base, to resist what any half-decent philosophy had been

working on, for many centuries: and its inherent definition, whereby we investigate the causes and laws that underlie reality. Which is what's emerging in my thoughts (and as I write) that humanity has a need of doing this, at a very personal level, because it's what we create as our own, that will be what influences how we respond to emotional and physical challenges. And this, we cannot begin soon enough, to equip ourselves; and to resolve them.

There's an old Scottish saying: "What's For You, Will Not Pass You By;" and, taken from William Wordsworth, his words: "To Begin, Begin." But, where to start, when we're being handed some very challenging cards, with which to play The Game? My premise is: we've been given exactly the right cards to do it, is we consider we've come to address an emotional wound (most frequently entangled into an ancestral family's history, and which has been either ignored or refused. And trying to get to grips with what is increasingly bedevilling this Twenty First Century, when so many are coming to the surface.

In more ancient times, there were many more holistic ways to be sought, in the kind of Healing Sanctuaries like Epidaurus, close by Delphi; and the most celebrated one, in Classical Greece, using knowledge carrying more relevance than is understood, in modern times. This was a place where there were temples designated to different ways of healing practices; and where their illness would be diagnosed in the 'ekoimeteria,' during their sleeping time, when Asclepius (the most important healer god in antiquity) would give advice on the best ways by which to regain their health.

Both Asclepius and Hippocrates concerned themselves with natural ways to treat illnesses, and an understanding of harmony between the individual, their social context and their environment: which is why the Sanctuaries were set in places where 'good spirits' were thought to dwell; and where there were Mineral Springs. Consider this, when you take a look at where modern hospitals and G. P's Surgeries are positioned; and overcrowded housing estates.

It was Hippocrates who first established the medical oath, taken by all aspiring physicians; and also said that any such, with no knowledge of Astrology, was not worthy of his profession. And that a physical body consisting of four different kinds of Humours had a need of

balance, else ill-health would follow. These Ancient Times were where Wisdom dwelled: and anyone who has been fortunate to visit these places (now in ruins) will testify to it's enduring presence.

Socrates, who passed on in 399 BC, is acknowledged as one who laid the foundations of modern Western Philosophy; and defining it as something that should achieve practical results for the greater well-being of Society, said: "Know Thy Self: the unexamined Life is not worth living." To my mind, this is one of the most important pronouncements, of all time. He also said: "When the debate is over is when slander becomes the tool of the loser."

How many of Us, who flock to their Doctor's door, are aware of these words, never mind what damage many of their prescribed drugs are doing to their minds and bodies; and ignoring other ways that have drawn the opprobrium of those, of a lesser intelligence? Which brings me to something that anyone interested in Alternative medicine should never define themselves (and what they believe in) by what others don't know, or don't understand. And to the consideration of how many Doctors have the courage to take those words seriously?

I'm recalling the words of family friend (who was, also our Doctor) who said that any real healing process was a collaboration between himself, and his patients. I would add to that: it has to come from an inner agreement between the patient and his higher Self that 'enough is enough.' There's much truth in the words of the Poet, John Berryman who said: "The Artist is extremely lucky who, when presented with the worst possible ordeal, which will not, actually kill him. At that point, he's in business".

I wish I'd known that, observing my mother, as she continually recreated an emotional nightmare. There was once a titled Lady, who had a Grandson given to severe. Depression and Moodiness ever since he was a child. When he reached, the age of Twenty-One, she wrote to him, telling him that, although she loved him, she'd rather they didn't meet, until he got bored with it, and made himself better. And I wish I could have passed that on to my mother who, having told me many times that she was going to kill herself, before she disappeared for a few hours (and never did) and lived until she was Eighty Five. I always hoped she would grow out of it but, when that kind of thinking becomes a habit, it's hard to change.

Don't you be thinking I'm not sympathetic, empathic and compassionate, for I am. It's just that I really do think that far too many people (even though they have some challenging responses) do rather too little to help themselves. Drugs are not the answer, for what they do (mostly) is to wrap the Mind's own healing mechanisms in a blanket of Inertia. My father frequently warned me about the lengthy row of brightly coloured pills in their glass bottles that sat on the top shelf of the kitchen cabinet: and which were my mother's daily medicinal cocktail. It was he who instilled in me the knowledge that the food we eat has an effect on our health, voicing concerns (long before I heard them from anyone else) that the overuse of Penicillin would, eventually, result in resistant viruses; and whose emotional resilience armoured me against my mother's frequent Squalls.

I took to Reading, from a very early age, as well as observing the theatrical interpretations of the Works of Charles Dickens (who recreated so many eccentric characters) as well as the foibles of those I read about, in biographies: so much to consider, from a

psychological point of view. And I also took to books about Psychological Theories, like a duck to water, as my own bulwark against my own challenges. R.D. Laings's 'Sanity, Madness & The Family' was both an eye-opener and a corroboration, even though the man had his own demons to contend with. As we all do!

If I was to be involved in the Education System, again, it would be to have every child to ask itself the question: "Who am I?" and "What am I Here for?" And for every parent to take responsibility for the environment they are creating, for them: as well as gathering as many of the Malcontents currently creating mayhem, either through the madness of some ideologies, personal anger, or little wherewithal to examine their motivations (themselves forms of mental illnesses) and to start to think about THEIR Time on this Earth. We have no need for the kinds of drugs, being sold on the streets; nor many of those that are prescribed, for they mess with those original intentions to delve into what beset previous generations; and to heal them. Which is why we came back, isn't it?

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