



# THE MYSTERIOUS TIMING OF HEALING

## *Episode Transcript*

Hey, it's Rebecca, and welcome to Returning, a podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning. In today's episode, I'm speaking about something that's quite alive for me at the moment, and that's something that I am describing as the mysterious timing of healing. This episode really grew out of a couple of insightful chats that I had with a friend of mine. It was really all about the frustration that we can all feel when we're trying so hard to shift something, to shift pattern, to release behavior, to forgive a relationship, to heal from something, but we just can't quite get there. And despite our best intentions and devoted commitment to doing the work, and doing the work in so many different ways, and peeling back the onion, and walking the spiral, and all of that, even still, often, we really have to release the timelines on healing in order for that healing to truly arrive.

When we allow ourselves to zoom out on whatever it is that we're endeavoring to heal, or let go of, or forgive, or whatever it is, if we can zoom out and hold the bigger picture, sometimes we're reminded that there are sometimes many cogs that need to turn that are not just our own in order for the true healing to happen. Sometimes it can be connected to many other people within your system, whether it's family system, friendship, circle, whatever it is, ancestral line. And while we can be devoted to doing our own work, there can also be many, many threads, both seen and unseen, that are interweaving to conspire towards that true state of healing. And if you've listened to my episode, Healing Is Happening, you know there's a nice different spin on healing as not necessarily being this end state, this perfect destination that we are endeavoring towards. You might like to listen to that episode too. And as always, this is an episode where I'm speaking my experience as I go through it as a student of life.

So, I'm really not offering this one as an expert or a teacher. Just as a fellow lifelong student of the soul, student of life, walking alongside you, really wondering what this conversation, this topic brings up for you and what your experience is with the mysterious timing of healing. As always, at the end of this episode, you'll find a guided Soul Inquiry for you to explore your own relationship with the mysterious timing of healing as well.

I know how precious your time is, so let's jump right into opening sacred space together now. In the center of your heart imagine a beautiful flower. Invite it to open petal by petal, revealing a light in the middle. This light is your wise, intuitive self. Part of you that is always available for you to return to it every moment of every day, inviting that to step forward now. And as you take a deep breath in and out, acknowledging the custodians of the land where you are, where I am, known and unknown. Beautiful. Let's begin.

A topic that I've been talking to a lot of my friends about lately and that is around the mysterious timing of healing. When those things that we've been trying so hard to get over - a person we're being called to forgive or soften our heart towards, or get over, or just let go of - how frustrating it is when we're doing everything that we can to try and loosen our grip, to forgive, to move past a pattern in our family line, for example. And, it just feels like we're just banging our head against the wall, like our heart is really hard around it or, you know, we're getting triggered constantly. And, sometimes eventually, after however many times of trying to let go and forgive and move on, or whatever it is, all of a sudden something happens. One last thread is woven and we're through it. I had this experience recently where I noticed my heart softening toward a relationship that I'd found so, so, so hard. And I'd tried for years, decades even, to move through it and find the high road and open my heart with compassion and I just couldn't get there. I read all the books on forgiveness and sending love and having a generous heart and the willingness was definitely there. And I'd done so much, I approached it at so many different angles and done so many different layers of healing around it. And then all of a sudden, it was actually during the pregnancy of my daughter and then postpartum as well, everything softened and the healing happened. And I was so relieved, oh my goodness.

I was talking to my friend Holly just the other day and we were talking about teaching on forgiveness, teaching on being compassionate, and how, sometimes, particularly when it is in relationships within like a family system or some kind of friendship circle, the thing that sometimes we don't acknowledge or maybe it's just not spoken about much is often when we are working through something, especially something that's like an ancestral thing that's passed down, and we're here to be the cycle breaker in the family, or in the whatever it is, whatever constellation that we're in, we can do our role in it but things need to shift within the system as well. And how through us doing our work, things can shift in the system but there is timing involved and we can do as much of our work as possible but things are changing and shifting in the system as well. And you know, I think this is one of the great mysteries of healing and forgiveness, and other topics like that, particularly when it comes to ancestral patterns and breaking cycles within a family or within a system. And a system can be like a company that you're involved in, for example. There are more cogs that need to turn than just your own and I'm sure all of us listening here know that we forgive not for the other, but for ourself. But we can't cultivate it. We can't force it. We know we need to learn to loosen our grip. We know we need to try and soften our heart and obviously express anger

and express sadness and express our grief and all of that. But when it does come to those big things that we're healing from, you know, if you take a break up, I think of my big relationship ending when it happened in my early thirties. Oh my gosh, I so wanted to move through that. I wanted to move on. But it just took as long as it took.

And so I just wanted to speak on this, speak to this today in this episode. Again, it's not an episode of advice, or the three top tips, or whatever. I wish I had them on this, I've definitely wanted it. But the truth is, I don't think they exist. And, when we are breaking cycles within ourself, within our family system, within other constellations, and also within the cycle of our soul, the path of our soul, the baggage that our soul comes in with. If we are moving through big things like that, there is more at play than just our ability to let go, our ability to be willing to forgive. And those things are also important.

So, if you are going through something that you're really struggling with and you're like, "why can't I move through this"? What I want you to know is that you're not alone. And these things do, in my experience, they do have a timing involved with them and to them. And they do sometimes interplay with the work that other people are doing as well, which I know can be frustrating if you're like, but the other people are doing the thing or whatever, which is all part of the mystery of the process. So, as someone who has just moved through something finally, oh my God, finally, that I've been I've been wrestling with for decades, I would say. And finally, the pieces, the threads of healing have actually happened finally. I just want to drop in and say, I know how hard it is. I know how frustrating it is, and that healing does happen. It just doesn't always happen according to our preferred timeline or schedule. So hang in there.

Keep inviting yourself to soften towards it. These things that we take on, you know, they're really big. And someone once said to me when I was going through something particularly difficult is that your path is very unique, you're very courageous for being willing to move through this. And if you are moving through this, it means that very likely your soul said yes to it. And if your soul said yes to it, then nothing can stop you moving through it. So have faith, and trust that healing is happening every moment of every day. And, rest into the mystery of the timing. But healing is happening and it will happen. I'm with you. I love you.

Soul inquiry is a practice where we enter into a direct dialog with our inner self. I like to write my answers down as I find I receive them a little bit more deeply that way, seeing them written down in front of me. But feel free to do what works for you. Today's Soul Inquiry prompt is: where in your life are you open to receiving healing? Where in your life are you open to receiving healing? Once you have that, going a little bit deeper with this Soul Inquiry, how can you surrender to the mysterious timing of healing? How can you surrender to the mysterious timing of healing? Now, as always, it's time to commit to a grounded action. What is one baby step you can take in that direction? What is one baby step you can take in that direction?

Let's share a breath together as we close this sacred space we have stepped into for this episode. I am so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then hit subscribe. If you love the podcast, leaving a review or five star rating really, really helps others find it too and I so appreciate it as well. You can find the show notes from today's episode over at [rebeccacampbell.me/podcast](https://rebeccacampbell.me/podcast).