



Space To Heal, by Thuy Nguyen

Healing requires space. As we plow through day to day life, we dream about finding a time when there will be a space to heal, rejuvenate and refuel. Some of us are holding off until the weekend, while for others the breaks are fewer and farther in between. When we can't find that space in time, we fall sick. Then we are forced to have some bed rest, some space, some time to heal. Sometimes it is just a few days we are in bed, sometimes it is much longer than that.

We think of space as if it were a far-off destination or something we create. But really, space is ever present and everywhere. A room crammed full of stuff doesn't have less space than an empty room, It just has more stuff in it. We are not creating space when we take stuff out, space is already there. There is nothing but space. Inside us is space as well. Like our external space, our internal space can become crowded with stuff that might impede our ability to move around and do things efficiently. Our internal space becomes more and more crowded with thoughts, beliefs, and judgments that keep us from healing, movement, and growth. Much like a hoarder who crowds his life with material things because he fears he may someday need them for survival and well-being, we hoard and crowd ourselves with unnecessary beliefs and judgments.

Should thoughts and can't thoughts and have to thoughts and never/ always thoughts are dis-empowering and create impossible conditions for our healing, depleting us of our energy. Thoughts like I will never have enough time, space or resources to fulfill my needs. Or thoughts like the only way to feel better is to have or do x, y and z set us up for failure time and again. These thoughts crowd our internal space and become externalized in the form of judgments of others and the world.

We have the internal space to heal. We only need to be willing to let go of some of the discordant clutter and noise of our minds. We need to trust and accept ourselves enough to let go of the stockpile of unnecessary thought weapons and defenses that are weighing us down every day, every moment. This acceptance in and of itself creates space and expansion. A spacious and trusting internal world can positively affect both internal and external environments in subtle and miraculous ways. De-clutter some outdated thoughts right now. Replace them with: I have the space to heal, I have the capacity to heal, this very moment.

