



# WHOLENESS IS YOUR FOUNDATION

*By: Laurie Morse, L.Ac.*

## Wholeness as the Foundation vs. Broken and Wounded - Part I

What if we've got it upside down, backwards, and inside out?

What if we're all running around like chickens with our heads cut off trying to fix what's broken in us, repair the damage, and mend the wounds. And we call that 'healing'.

In trying to 'heal' our fragmented self to wholeness, many of us say, "I'm on a healing journey". What's unspoken in that declaration, are two things:

1) We're broken and need fixing. We could say it comes from the programming of 'original sin'. We are SO bad, SO sin-filled, that we remain in a constant state of damaged goods. As hard as many strive and labor to do "the work", we seem to come up short. Or if we manage to work hard enough, we hold our brokenness at bay and then convince ourselves we put it to rest. Only to be blindsided when it comes back around again at some point. Have you ever said something along the lines of, "I thought I did my work on that, why is it back again!" Thus, most among us come back around to some version of, "I'm irreparably damaged. Fundamentally, unworthy and unlovable (the constant hum under the surface of our awareness). Well, I'll soldier on anyway, and make the best of it, take the scraps I can get, and call it a life."

2) We yearn, ache, and reach for wholeness because deep down we know that's the end game. But honestly, we don't really believe it's possible. An existential catch-22. Thus, the hum continues to gnaw and prod and dig and jab.

So you're hanging out on the spectrum from.... Wounded on one end to Whole on the other. Somedays it feels like you're closer to the wounded end, others it seems like you're getting closer to wholeness. Those days are inspirational, while the more wounded days can feel downright devastating. Am I right?

I'm a healer. I believe in healing. I know that every cell in a human body has a blueprint for wholeness. It occurred to me a few years ago that most of us, myself included at the time, come at healing from a fundamental belief in the wounded end of the spectrum. Striving to get to the other end. We spend a LOT of time, energy, and money on this.

So I did what I always do when something in life isn't adding up. I ask. I pose an inquiry of my heart. She always answers. And her answers are brilliant. Because, every heart has the ability to connect into the intelligent Source of all Life. Thus, Wisdom answered.

Wisdom said, "Every human being is already whole. Nobody is broken, damaged or beyond repair."

Hum, I thought, tell me more.

The “tell me more”, part actually took a handful of years of study and practice and connecting with Source in meditation which then became connection throughout the whole day. And lots of creative process.

In that increasing state of connection I was shown that there is nothing in the outside world that was capable of providing a version of truth, wholeness, and insight that only the inner wisdom of the heart holds.

But when we feel broken, it seems impossible to trust from the inside out. And that’s the rub.

Yet, the essence of deep spiritual truth (not the dogmas and doctrines that religions have used to mask deeper truth), but the deepest spiritual truth is that we already are whole. Plain and simple, it’s because every human being is an extension of Life. And Life is whole. All one has to do is observe nature. Without human interventions, she’s wholly creative bountiful, and beautiful left to her own expressions and rhythms. As an extension of Nature Herself, we are part of that creative wholeness and beauty too.

And to top it off, the entire fabric of Life is Love. Which means we can be none other than whole as part of this tapestry, all the while being held and breathed by the Source of Life which is Love. If you’re breathing, this is as true for you and it is for me. Then why does it seem, and feel, like the exact opposite is true?

Finally, we arrive at my premise. A big inquiry of my heart. What if we’re coming at Life, our life, our experience, our healing journey, from the wrong end of the spectrum? If Life offers herself as a game board of sorts, in order to discover the treasure of Love, well then it starts to make more sense. While Love is hidden in plain sight, I’m told that the discovery of our True Nature as Love, while in a physical form, expands Love. And from a broader perspective, it’s the best game in the multiverse.

While I couldn’t get my arms around that idea in the beginning, it always stayed with until I could accept it.

Since we already know what, and where, coming at our journey from wounded gets us, because we’ve been doing that for lifetimes, (a life of running on a hamsters wheel expending all our resources and not really moving anywhere of significance), it made absolute sense to me, to try the other end.

To come from wholeness as my foundation, allowing the layers that have veiled that wholeness to come forward, and consciously be brought into the fold and foundation of

wholeness. I've come to call that acceptance. I'm acknowledging and accepting fragments and wounds, non-truth and false beliefs, stories, programming, and error thinking back into the fold of my heart. Where they can be healed and woven back into wholeness and the fabric of Life.

Admittedly, at the start this felt so onerous, heavy, and dark that my knees were literally shaking. I'm not kidding. For days. But I kept telling myself that I had nothing to lose. And that, even though it felt like it, I probably wouldn't die exploring wholeness. That very onerous fear I describe is what kept me sweeping everything under the carpet or slamming the closet door shut when the mound of mistakes threatened to come pouring out. It feels like that sometimes. Like the game Jenga, one wrong move, one block/wound incorrectly pulled out and the whole thing could topple. So, we leave everything in a neat tangle of energy so the fallout doesn't suffocate us. We tend to little pieces, pulling them out of the tangle a strand at a time, because the whole tangled mess seems too overwhelming. Surely, I would be strangled to death if I went for it.

Quite the opposite happened. Every time I noticed a wounded part of myself and brought it, with acceptance, to my heart. I could literally feel love stitching this part back into the tapestry of wholeness. Then Love descended into me with her Grace. When this descending of Love and Grace happens over and over, it changes the entire weave of your being. It becomes crystal clear at some point, that wholeness, is in fact our true nature. Wounding is nothing more than a misunderstanding from a small, human mind disconnected from the Source of Life.

If a small human mind doesn't know how to see beyond itself, it becomes a perpetual, vicious circle, a hamster's wheel of pain, disease, lack, disempowerment, and fear. Oh, she'll do a stellar job of convincing you that she can lead you to the promised land. That she's your savior.

But you gotta ask yourself, if that were true, wouldn't you be saved by now enjoying the promised land?

Truth be told, she has no idea how to get off the hamster's wheel. She only knows how to keep spinning and running and telling herself how in control she is because look at how hard she's working.

And that's all true. But it's not the truth.

By nature, Life is a constant creative expression. Thus, so are you and I as extensions of Life herself. I've been a healing professional for over 30 years and am pretty familiar with the smorgasbord of healing options. The most impactful way I've experienced in untan-

gling and bringing my wounds to wholeness is through a creative process. The thing to know about your creativity is that it carries your personal medicine. Why? Because you come into a direct relationship with your Life Force. This is the very same force in you that heals. It's your Qi. And Qi is Life Force. And Life Force is naturally whole.

Does it mean remembering wholeness in order to become whole is easy? It can be, but sometimes it's not. When it's not, it's temporary. And I always say, it's WAY harder to stay stuck. That's the definition of suffering. Suffering without any foundation of wholeness is not temporary, it's perpetual misery.

The mind would have us shackled by the mounting pain, while the heart is the liberator of those shackles. Here's some good news, we fear the places within us, because we don't understand them, or don't have any idea how to reach them. The wounds seem many layers deep and how do you get to them?

My experience is that being intentional and curious gets me past the gates of fear. And there is our inborn creativity to consider. The same energy that beats our heart is available to create.

Creating with intention is simply bringing our presence and mindfulness to whatever we set our hands to. It may be in cutting vegetables, or planting flowers, or writing on a journal page, or at the canvas. It's in the creating that the hidden stories start to untangle and be revealed. Light, Love and Grace pour into the wounds with implement in hand.

This is where the magic happens. Wounds become our tools for transformation. Wounds become the compost out of which we sprout, grow, and fully blossom. Like the Lotus flower. You can read more about the Lotus [here](#).

This is what your soul craves. Being present and intentional while creating (which we're doing all the time) brings you back to life, rebirths you, teaches you inner truth, and swaddles you in wholeness. Humans have engaged in creative acts since the beginning of time. You and I are no exception.

This is a good starting place, deciding to explore wholeness as the underlying foundation of who you are, then to allow the layers that aren't whole to be healed back to wholeness. It's a muscle to build, a little more each day, until the scales tip in favor of wholeness.

I love that we are part of nature. That we are made of Her elements. The 5 Elements in Chinese Medicine help us understand ourselves. We can figure out where we are, and what to heal via the 5 Elements.

In summary:

- We're doing a 180 with our point-of-view by coming from wholeness as our foundation vs. coming from one who is wounded, broken, and needs fixing as the foundation
- We are inherently whole, and you are being called to co-create your sacred wholeness with Divine Love.
- Being present and intentional matters
- Your past pain and sense of brokenness is the very compost that nourishes your growth as you are lifted by the Light.
- We are in a dynamic exchange with Nature and she teaches us who we are.

## **Part 2: The How and Why of Walking our Wounds Home to Wholeness...**

In the end both the how and the why are actually quite simple. It's the beginning we need to parse out. Let's do that together...

The reason we need to examine this beginning is because it involves the small human mind, and she's the gatekeeper. If we can't get past her, then there's no walk to take. She'll dig in and we'll get nowhere.

That's because of the three "P's". Most human minds, not connected to Source, or only sometimes connected to Source, or a mind that thinks she's more connected to Source than she really is, has these 3 guards at the gate:

1) Protection: Our small mind is quite protective of our wounds, she's the one who perpetuates the stories of how broken, imperfect, unworthy and unlovable we are. Why? It's how this part defines itself. Then, in a plot twist, she fancies herself the hero of her own destructive narratives even though actual healing doesn't happen here. The stories, characters, emotions may alter a little, but mostly falls in the category of, "same shit, different day". That's the hamster's wheel in a nutshell. These wounds, stories, and programs are how a small mind defines itself as separate from Source. Giving that up implies the elimination of its job which she literally translates as defeat and death, and an unbearable loss of identity, simply because she can't see her rightful place as a thriving co-creator with Heart, Love, and Source.

2) Paranoid: Let's be honest, she's paranoid about almost everything. She assumes that ANYTHING you do different or new will most likely, upset the apple cart, cause great harm,

and probably death. Thus, her paranoia and histrionics are endless.

3) Petrified: This part of our mind is the generator of fear and terror. And she's masterful at it. It's her fight to the death. She simultaneously wants nothing more than acceptance and is utterly petrified of being accepted into the loving fold of wholeness. As we consider the idea of contrast, we know that fear and love contrast one another. It's one or the other in any given moment, can't be both. So if it's not fear, well then her identity dissolves. From her narrow point of view, it's her existential catch 22.

Oh man, what's a girl to do? I hear you. I really do.

You are not flawed. You are not broken. You are not a pile of wounds. When I felt that truth in my body, I can't even tell you how liberating it was, and still is.

You and I are an extension of Life and Nature Herself. An extension of Creation and Creative Life Force. The Source of Love.

It is our prime directive in this life (after the imperative to keep the species alive), to integrate the small mind with our broader scope of being. With the Higher Mind.

Being aware of this imperative for integration, along with the devotion to cultivating it, is the place to begin.

I often refer to this as closing the gap between our humanity and our divinity.

Our only way out of the prison of the small mind is to connect with the Source of Life within, which happens to be a creative force. As often as possible. To bridge the gap between the false and the true. Between fear and Love. Between tension and ease. Between what's old and what's ready to be released and renewed.

The Creative Life Force is currently flowing through your entire body, beating your heart, pumping your blood, digesting your food. She is your body. You can't integrate and heal to wholeness without Her.

We can call this life force, Qi, or Spirit, or Love, Universe, Source, or Wisdom, Truth, Intelligence, or Tao, or Nature. Choose the word(s) that fit for you. It's the essence within the word that allows you to feel the energy in you, as you, as well as all around you. You are not separate from you.

Thus, some words may cause more disconnection and separation than others, which is why it's valuable to try them on for the essence they carry. The word(s) you choose, when you're quiet enough, will cause a sense of ease or knowing in you.

You carry elemental, deep Wisdom in your bones, and it comes alive anytime you are present, and intentionally creating.

The Medicine. That's what we are looking for when a wound has us shackled. The Medicine can be found in, and through, the wound itself. We can reach the medicine in the midst of a healing process and it can bring the medicine into our cells, our emotions, our wounds.

When we take our wound by the hand with acceptance and walk it to the Loving arms of our Heart, the Healing to Wholeness happens.

--->This place where wound and Love meet in the heart is where Wholeness emerges as bigger than the wound, administering just the right medicine, insights, solutions, and communion. Here in this place. Our work is to practice being here rather than fleeing or bolting from the wound because it scares us.

--->Right here, at this place, is where healing happens. This is how we HEAL. A healing process holds all this energy as it moves and transforms wounded energy back in wholeness. All energy is ultimately whole. A creative and/or healing process helps us soften into this place and be blessed by the medicine rather than fleeing the scene. We practice staying with and communing with, this energy of wholeness.

Wholeness is an aspect of our True Nature, our Divinity. You and I already have it, though we may be in a more practiced relationship with our wounds which makes it familiar (like a bad boyfriend) than our wholeness. Yet, that doesn't mean it does not exist in every heart, including yours.

Wholeness is coded into every cell. That's a lot of wholeness. Wounds are not. They are carried in our DNA, learned beliefs, cultural programming, and energies not yet aligned with the truth of your wholeness.

Being present, connected, and intentional activates the codes of wholeness. This presence, especially while in a creative healing process teaches the small mind the truth about your wholeness. That's a big deal. If all we do is talk about it, that doesn't teach the small mind this vital truth in the same way image, symbol, and language does.

Just look back on your own life. Talking alone (whether out loud or as the spinning in your head) has its limitations, not bad, just limited. While engaging with the energy, writing (language), and activating images that change molecules in the physical (creating, visioning, color, movement, form), limitations can transform, and the energy gets the chance of moving to wholeness. With lasting impact.



When we access more wholeness, what naturally flows is energy, health, expression, abundance, and love. We begin to remember how natural this is. We are being called to remember.

Remember, wholeness is coded in each cell. That's a lot of wholeness. Presence to your creative life force activates your codes of wholeness and releases your personal medicine.

Personally, I've lost track of how many wounded parts of myself that I have faced, accepted (often while shaking in my boots), that I've walked WITH Love to my heart to be woven back into wholeness.

It's still scary, but I trust the process so much now that I just do it. Day in and day out. I've also come to peace with the idea that as long as I'm alive that will most likely be the case. Tending to wounds that is.

In my 20's I became aware of deep, deep layers of fear that paralyzed me in various spin cycles of depression, anxiety and wanting to not be here, a preference for dying to end the pain and suffering. Somewhere in that tarpit of fear, I realized I had to choose life and I did. When one chooses life, Life then pulls you out of the tarpit. There's still a bit of a mess to clean up, but it's easier to rinse the tar off when not in the pit.

In my late 20's I had a disfiguring breakout of acne that left me scarred. I have a streak of vanity so that was pretty tough to take. Not to mention the 9 months of cystic painful acne where I couldn't even lay my face on a pillow because it was so bad.

The gold that I was gifted from that journey was being able to unhook from the cultural norms of what it was to be beautiful (which is unattainable short of airbrushing, and we all know that but still "buy in" to the faulty programming). About 7 years after the humiliating, humbling experience, I was able to begin cultivating and claiming my own unique version of beauty. It's mine and I own it. Years, aging, time, external opinions, nothing can take that from me.

Facing each wound with acceptance and walking that wound with the invitation of Divine Love to be received back into my whole heart is what activates self-acceptance and love. A parched heart quenched by self-compassion. My intention and my prayer were, and are always about compassionate healing to wholeness.

Self-acceptance is not a switch that gets flipped and then you have it. It's a foundation that gets laid brick-by-brick. One step at a time inviting love into the cracks and crevices where the wounds were hiding...fear, anger, self-hatred, grief, pain, trauma, abuse, loneliness, shame, rejection, despair, a bit at a time, when ready, brought out of hiding, and walked

home. Self-acceptance, self-compassion, self-love being built brick-by-brick.

If these are newer concepts to you, or if it's not new but you've tried on your own without the results you'd hoped for, what I can tell you, based on my personal experience, is making a decision to be part of a sacred journey with a guide or teacher, to be held in a sacred healing container is very powerful. This decision, more often than not, is what moves the needle. That's been my experience over and over again.

We aren't meant to heal alone. We need a guide, teacher, healer, one who has gone before and can show the way.

I am a guide, teacher, and healer and welcome you into our Sacred Healing Academy to be held as you journey to wholeness. I would also say, if it's not me you resonate with, find someone who works for you. You'll waste less time in the long run.

While there is no rush, there is no time to waste. No time to waste.

Healing is upon us. As we each do our part (and that's ALL we have to do), the world heals too.

The need of the hour is healing the original wound of separation and the deep divide of the masculine and feminine, represented by the Yin/Yang symbol. As I stepped onto the path of Chinese Medicine 30yrs ago, I had no idea that this symbol and the balance of the Masculine/Feminine would bring me to this point today.

I am cultivating myself to be an open door through which Divine Love expresses Herself here on Earth. I am devoted to the study of ancient, modern science, feminine, healing, creative, and sacred wisdom as roots of understanding. Roots that spring from the Tree of Life and tap the core of Mother Earth, the womb of Sophia Gaia, flowing forth and filling her crystalline grid and my own nervous system with Golden Light from the Source of Life.

Deep bow for joining me on the path.

