

Sometimes

By: Katrina Boersma

Sometimes I close my eyes, dreaming of a better life. Hoping one day, I can open my eyes and no longer have to dream. Sometimes I wish I could fall in love and they wouldn't leave. I wish I no longer had to hurt, because my heart can't take much more. Tears fall from the inside, because my eyes forgot how to cry a long time ago. Sometimes I dream of death, because the pain sometimes is too great for one person.

From Hurt . . . To Healing

Suicide Prevention for Teenagers and Adults

Simple Thoughts to Complex Issues

Lesson 5: Hands



Katrina Boersma

I have been taught natural laws since birth . . .

*Henry Ford:
"Failure is only the opportunity to begin again, only this time more wisely."*

What If . . . I could find a natural law or laws which would help me to learn how to think in a different way and help others to as well?

NATURAL LAWS

From Hurt . . . To Healing!

The 5 H's To Healing

1. HOPE
2. Head
3. Heart
4. Hands
5. HELP

1. HOPE 2. Head
3. Heart 4. Hands
5. HELP 5. HELP

What do people need to learn from the 4th "H" - Hands to overcome depression, fears, hurt and suicidal thoughts / feelings?

What Shape do you like the most?	What would cause you the most frustration?	Things being out of order	Things being out of control
OR		Conflict with others	Things being boring or not fun

Not Sure... or, I Think This is a Stupid Question

Click Here For Full Personality Masteries Grid

Understanding . . .

The Past The Long-Term

The Present

Simple Thoughts To Heal . . .
 . . . by taking action – using our hands to heal

What if . . . we discovered that to heal from the pain that it was our choice to take action?


Magic Atomic Ball Principle

When hurt/pain/abuse enters into our lives it produces energy. That energy is neither good or bad inherently. Because of the terrible thing that has happened, we associate this new energy with being bad, but it does not have to be.

Unlimited Power/Energy

Pain = Hurt
 Energy =

1. Often we seem to lose sight of the fact that to heal we MUST learn to take personal ownership.
2. Hard work, working with our hands, taking action, doing something, even if it might not be the perfect thing to do can provide healing.
3. Let go, release the desire for perfection and take action. Remember, it's easier to change the direction of a moving car than one that is sitting still.



Simple Thoughts To Heal . . .
 . . . by taking action – using our hands to heal

It seems . . . that we may try to control things we are not able to . . . and lose the energy we need to control the things we can.

Walls Of Opportunity

My Current Way Of Thinking
 Mind Do Think

1. Over the Wall
2. Under the Wall
3. To the Left
4. To the Right
5. Blow it Up
6. Tear it Down

There are at least 8 different ways to think about a situation that are usually very hard to see. When we learn Personality Materials and the discipline of training our brains to see at least six ways to think, we see greater success.



Simple Thoughts To Heal . . .
 . . . by taking action – using our hands to heal

Often as an expressive, we are often great in taking actions which make us feel great, right here and now, but aren't often so good in thinking out: "What are the best actions?"

Crab In A Bucket Principle

This principle was discovered by an Lakota Indian Chief in South Dakota. He said that the Lakota Indians are like crabs in a bucket. When one tries to crawl out the others pull them back in. That is how poverty happens is when one person succeeds others, around them pull them down.

1. Think about one goal that we would love to achieve in three months.
2. Work with other personality types to develop the best actions to achieve our NEW and EXCITING three month goal.
3. Time block, gain some daily discipline, maybe even only 10 minutes a day to achieve our three month goal.
4. Work with others to learn to think realistically in terms of what we want to achieve and what it will take to achieve those goals.





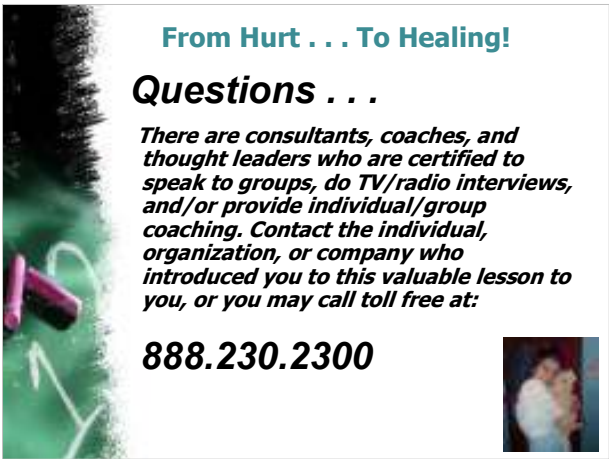
Simple Thoughts To Heal . . .

. . . by taking action – using our hands to heal

We often . . . focus too much on our feelings and lose track of the facts. By taking some type of actions with our hands it can ground us.

1. What is the one thing which would give me a great deal of joy in six months?
2. Why would this give me joy?
3. What actions do I need to take to get there? Am I willing to take those actions?
4. Do I gain the most joy in achieving the goal OR the pursuit of the goal? Really when you think about it . . . if we learn to enjoy the journey vs. the destination, we'll enjoy life a lot more. The journey takes a lot more time than the destination.



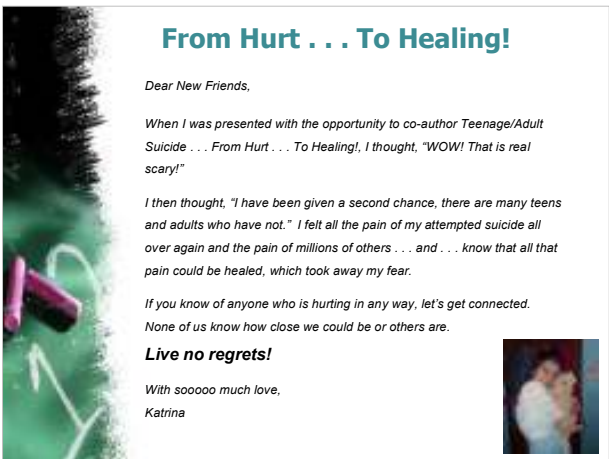


From Hurt . . . To Healing!

Questions . . .

There are consultants, coaches, and thought leaders who are certified to speak to groups, do TV/radio interviews, and/or provide individual/group coaching. Contact the individual, organization, or company who introduced you to this valuable lesson to you, or you may call toll free at:

888.230.2300



From Hurt . . . To Healing!

Dear New Friends,

When I was presented with the opportunity to co-author Teenage/Adult Suicide . . . From Hurt . . . To Healing!, I thought, "WOW! That is real scary!"

I then thought, "I have been given a second chance, there are many teens and adults who have not." I felt all the pain of my attempted suicide all over again and the pain of millions of others . . . and . . . know that all that pain could be healed, which took away my fear.

If you know of anyone who is hurting in any way, let's get connected. None of us know how close we could be or others are.

Live no regrets!

With sooooo much love,
Katrina
