

All About Hope Amy G. Martin APRN

Hope is “to cherish a desire with anticipation.” Another dictionary definition is, “the anticipation of something happening, a notion of something expected.” What does it take for us to dare to feel hope? What about the possibility of miracles? What about expecting good outcomes? It seems we fear expecting good things to happen, because we worry that we won’t be able to cope with disappointment, and so deny ourselves the permission to be hopeful.

Have you ever been down in the dumps and felt like there was no getting out? Have you ever been so short on vision that you couldn’t see beyond your immediate situation? Have you ever been so deeply in the dark that you doubted the very possibility of light? What happens in these circumstances is that you lose any ability to see options, all wide vision ceases, and you may experience temporary amnesia regarding light at all. When it comes down to it, if you have no hope, everything is difficult. If there’s no hope of survival from an illness or disease, what use is there in trying to heal? If you know you’ll never succeed in a venture, why even try?

We all block ourselves sometimes for various reasons. Whether you are one who is habitually disappointed by life or the one who has everything go their way, this does not determine optimism. We’ve all heard of concentration camp victims who maintained their hope for the others. Psychiatrist Viktor Frankl, liberated after three years of life in concentration camps, after losing his wife and entire family, save his sister, returned to Vienna and wrote his world-famous book known as Man’s Search For Meaning. The original title’s literal translation is, “...say yes to life just the same.”

Part of peacefulness is the ability to accept those things we cannot change. I’ve recently found a very useful quote, “*It is what it is.*” It is amazing how much power this gives. Whether pain or distress, problems we’d never choose for ourselves or situations totally out of our control, saying, “yes, this is the reality”, opens up possibilities for coping. If you acknowledge that there is nothing you can do about this particular situation, you can set down the burden of trying to control it.

The secret that is all the rage today, is the same thing that has been said over and over through the years and it is absolutely true. ***Every single thing you will ever need is already within you.*** And within you is a depth of wisdom and connection to that which is bigger than all of us. Call it what you will, but I’ll call it Light, and with that light comes hope, and with hope comes energy for movement and improvement and change. Because when it comes down to it, we’re given this life for a reason, and what we do with it is totally our choice.

Amy Martin is a Master RoHun Therapist and Nurse Practitioner with over 25 years of experience. RoHun Therapy is a rapid acting, spiritually based psychotherapeutic tool which

uncovers and brings to light those blocks, which have prevented personal growth and change. Her private practice, "**Healing Therapies**", is located at 8 West Main St, Suite 1-3 Niantic, Ct. Call for a consultation. Phone Number (860)691-0743, or go to www.Time4Healing.com for more information