

Faith, Persistence and Surrender Are My Trusted Guideposts

by Rita Soman, M.A.

Like most people, I've gone through many major challenges throughout my life. After exploring different healing methods and making many failed attempts to solve my problems, three principles became the lights that guided me out of the darkness. With faith, surrender, and persistence, I was able to find love, happiness, and an inner peace that I'm sure will accompany me for the rest of my life.

How It All Began

Like most children, I looked up to my parents to guide me through the rough spots. My parents raised me the best way they could with what they knew—yet, unfortunately, they missed the mark for me in many significant ways. Instead of preparing me to reach my potential, I now recognize how my childhood experiences severely undermined my personal growth and well-being on multiple levels—physically, emotionally, and spiritually. I was left feeling like I was not allowed to be happy, healthy, successful, or prosperous.

My parents were forced into an (unwanted) arranged marriage while they were both teenagers. Having to stop their education and assume responsibilities for the whole family must've been quite a blow to both of them. Although I'm sure they suffered many personal frustrations because of it, they each chose to suffer in silence. Somehow, this silence would come to engulf our entire family.

As culturally prescribed, within a couple years, they started to have children. I was fourth in line after my three brothers (and followed by another brother and sister afterward). After my birth, Mother began her full-time career as a teacher, leaving us with uncles, aunts and grandparents to raise us. For me, the inconsistency in my upbringing was almost unbearable. The “rules” I had to obey varied from overly strict to wildly

lenient, depending on who was in charge in any moment. Money was always short, too. As a result, there was no shortage of tension in our home. We were not allowed to ask for money to buy things we wanted or needed, or even to talk about our feelings.

As a girl, I was subject to even stricter rules than my brothers. This is also common in my culture. But still, it injured my personal sense of justice, and led me to behave more like a boy in order to gain more freedom. Unfortunately, that didn't work out the way I intended; it only made me a rebellious person, powerless to do anything but fantasize about liberating myself from my controlling home environment. When I was in my early twenties, I decided to take the chance at creating freedom on my own terms. When I first overheard my father suggesting he'd found a suitable match for marrying me off, I was so scared of following in my parents' footsteps that I set out immediately to find my own man.

I met my first husband while pursuing my Masters in Psychology at the University of Delhi, India—marrying him against my parents' wishes at age of 23. The very first day after our wedding ceremony, I discovered he was an alcoholic when he let me see him drunk for the first time. I was shocked by this behavior and quickly went into denial, convincing myself it was an isolated event. When his habits and behaviors continued to get worse and worse in the six years that followed—including emotionally and physically abusing me—I could ignore it no longer. Looking back now, I know my shame and fear kept me tied to that relationship. Many of the personal issues I have since had to face were born of this marriage; but it's also true that several of my childhood challenges were reinforced as well, including a feeling of helplessness and an inability to control my own life. Thankfully, this is when the first guidepost appeared and began to restore my long-lost sense of hope for my life.

Since I'd tried but failed to get him out of my (grief-stricken) life, I turned to the only other source I imagined might work—I sought the Divine for help. I surrendered, seeking guidance and asking for assistance to get my husband out of my life. It's a much longer story than this chapter allows, but

in a few short weeks, and after countless prayers, he disappeared from my life and never came back.

I felt a sense of relief mixed with guilt and fear. My previous sense of helplessness was quickly replaced with feelings of loneliness and depression—and physical illness soon followed. Scared of living alone, I attracted yet another dysfunctional relationship to fill the void, and that one turned out to be just as emotionally damaging. My only solution: once again, I surrendered to the Divine. I prayed for God to take care of me better than I could take care of myself, and asked specifically for a loving and caring man. It was at this point I discovered the importance of my second guidepost: Faith. It was with my faith that the Divine would supply a new and better outcome for me, that I soon attracted my current husband, to whom I have been married for 24 years. All this success with surrender and faith was surely the answer to any of my problems, right? Unfortunately, not! Although I was very happy during the first few months of marriage with this wonderful man, to our surprise, my mental state began to deteriorate. I realized it couldn't just be my capacity for relationships that was lacking, but something within me that wasn't allowing me to be happy. As a Drug and Alcohol Counselor, I knew how to help others break free from their pain and suffering—why did I find it so difficult to be healthy and happy myself?

My search for the answers brought me to various methods of healing such as Talk Therapy, Hypnotherapy, Reiki, Shamanic Healing, Soul Retrieval, Rapid Eye Therapy, Ho'oponopono, and more. They all granted me varying degrees of relief, but I still found myself going in circles.

A Ray of Hope

My practices of faith and surrender to Divine led me to a book, ***The Biology of Belief*** by Bruce H Lipton, PhD. In it, he talks about the mind/body connection and introduces an intriguing new process called **PSYCH-K®** originated by Robert M. Williams, M.A. I decided to give it a try, enrolling in a two-day workshop to learn this method. This was completely different than any healing approach I'd ever come across. Strangely, I

recognized its potential using it for my clients before I considered applying the process to myself, but once I started noticing BIG shifts in their lives, I could no longer deny there must be some promise in it for me, too. Each and every time I worked on myself using PSYCH-K®, I felt a positive shift! Yet, it was only when I committed to using it regularly, that I began realizing breakthroughs in my own life. The third guidepost—persistence—had been officially called in. And this process became my regular practice both at personal as well as professional levels.

The Realization

The amazing truth I discovered while working with PSYCH-K® was that all my problems seemed to stem from my beliefs—those I acquired from my parents! Not only had I inherited their physical likeness, but apparently I also got behaviors exactly like my mom or dad when facing similar challenges in my life! My negative reactions mirrored theirs, as did my beliefs about myself and the world. I finally realized I'd been living their life story my whole life. I didn't know whether to laugh or to cry—I had been programmed to behave just like the people I criticized and blamed for my own suffering. After I got this awareness and learned that my parents and others whose beliefs and behaviors took over my authentic self were not at fault, as they too got their programming from their parents etc. I felt a deep sense of compassion and unconditional love for them, and with faith that I could get my original programming in place with the PSYCH-K® process, I completely surrendered and sought with persistence to reprogram my subconscious mind with beliefs that would actually serve me! With a lifetime of erroneous beliefs to deprogram, to my surprise it didn't take a long time time as with other modalities. As a matter of fact it was quick and the results were long lasting. I had a 'sigh' of relief mixed with joy and excitement. It's eventually worth every bit of my effort!

How Do I Feel Today?

I can honestly say I feel totally resolved from my past issues. My thoughts are automatically positive. There is total harmony and peace in my life. The accomplishment of 24 years of marriage feels incredible; it's like a

communion of two great souls free of any personal agendas. I feel very excited about my life and look forward to each new day as an opportunity to live a happy, healthy, abundant and fulfilled life. People sometimes ask me if my joyful attitude is real, and indeed it is! I enjoy watching it unfold beautifully according to the Divine's plan for me. I feel completely fulfilled on both a personal and a professional levels. I feel very excited educating and supporting all those who are ready to reach their highest potential. My goal is to facilitate shifts in the current paradigm of treatment of addictions and mental health related issues to instill hope in all those who have been programmed with the beliefs that they are powerless.

My journey continues.....

Utilizing this amazing process (PSYCH K®), I continue to depend on faith, surrender, and persistence as my guideposts—for myself and in supporting others—as we all progress along our life's journey. Can you imagine a life based on forgiveness of self and others...a life based on shedding fears and accepting love...a life of true inner peace?

It is possible, and I am proof!