

Feeling As If You Were Reborn

Today's podcast is about feeling as if you were reborn, made into an entirely new creation.

2 Corinthians 5:17 says that anyone who is born again is a new creation in Christ. I have learned though that other things can make a person feel almost as if they are reborn, just not quite to that same extreme.

This has happened twice in my life. The first time was in February, 2015 when I nearly died from Carbon Monoxide Poisoning. The poison made me pass out for about 25 minutes, & from what I heard from a doctor, usually people who are out for 20 minutes from carbon monoxide never wake up. That was so hard to grasp! Literally, I should have died but I survived! Plus, the lack of oxygen that the poisoning creates often does permanent damage & I also suffered a concussion (I believe) from hitting my head when I passed out. Both of these factors changed my personality quite drastically. It was all a lot to get used to in addition to the long term physical symptoms.

The second time was when my mother died in April, 2019. As the police told me that she had passed & I had to go to her home immediately to deal with having her remains taken to the funeral home, I felt this sensing that my life as I knew it was over. That sensing turned out to be right!

Although both of these events were traumatic & very difficult, I came to realize something. Although I'm not grateful they happened, I'm grateful for the changes they brought.

The changes in my personality from the poisoning mean I have no further tolerance whatsoever for abusive people. As soon as someone starts showing signs of being controlling or manipulative, I kick them out of my life, usually without a word because people like that won't realize they were wrong or change their behavior anyway. I realized there's no point in wasting my time.

I also got very protective of my husband & our little family. I know first hand just how quickly life can end & won't allow any threats to my loved ones.

When my mother died, something in me seemed to die too, but that isn't a bad thing. I no longer struggle so much with shame on a daily basis. I'm also much less anxious in general now, however sometimes when I am anxious, it's worse than it once was. Somehow I'm able to cope with it pretty well.

I also learned that my mother is in Heaven, my prayers were answered. God has seen fit to bless me with some messages from her, which is just incredible.

Somehow along the way, I also lost the need for external validation. I've gotten quite good at validating myself! Sure, I backslide periodically, but it doesn't happen often.

What has happened in your life that has made you feel as if you were reborn? What changed after those moments? I don't mean the traumatic moments that changed you or contributed to you having PTSD or C-PTSD. I mean life altering moments that although they were very hard to get through, eventually worked out well for you like mine did.

Some moments that can lead a person to feel this way include things like coming close to death or losing a loved one like me, but there are other things too. Moving, ending or beginning a new relationship, changing jobs, changing careers, having a child, having a child leave home, caring for an elderly loved one... there is no end to the things that can alter a person's life drastically.

If you have experienced the reborn feeling, I would like to urge you to consider the good that has come from the experience. If you really think about it, I'm sure you can find some good in your situation. I find great comfort when I learn my suffering had a purpose, & you may experience the same thing, which is why I hope you will do this.

Thank you for listening to my podcast!