

The Purpose of Healing

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Why do we bother with healing anyway? Sure, being physically comfortable is important. It's also nice to experience life as it presents itself rather than re-creating old patterns time and again. And wouldn't a burden be lifted if we could get out from under the limiting beliefs we carry about ourselves and this world in which we live? So comfort and a sense of "being in control" often drive our desire to heal. Many of you may already have reached this point -- you're comfortable, current and pretty self-empowering. But when you tell the truth, from deep within, is this enough?

If physical comfort and relative emotional health and a good outlook were enough, why do we feel restless or dispassionate or seek external experiences to "feel happy"? Perhaps something taps our memory... remembering ourselves as deeper, wiser, creators. Beings of light.

I'd like to take a moment right now and ask you to close your eyes. Notice your breath as it rises and falls. Inhale and as you release your next breath, feel the muscles in your body relax. If there is a feeling of tension, breathe into that area and feel it relax. If some holding remains, let that be. Now inhale even more deeply and with your next breath, let your mind clear of all the details and concerns held there, just for a few moments let them all go. Whatever thoughts remain, bless them and let them be. Now regard yourself. A quiet opening ...neutral observation. Peaceful and for just this moment, quite present. Breathe into this moment. What do you experience? Is it stillness? Is it joy? Is it gratitude or connection? Is it fear, anger or something else? Remember your feeling and gently return yourself to this room. When you are ready, open your eyes.

What did you feel?

Sadness, fear, anger, an old memory, "I'm doing it wrong"? That may be pointing you to what is there to heal.

Peace, opening, awakening? This is the purpose of healing. – to be clear of the past, the content, the obstacles so that we become present and still.

What if God is a non-local event? What if Divinity is sitting in your chair? Spiritual essence inhabiting your body, creating with your talents, speaking with your voice? What if All That Is is a magnificent diamond with an infinite array of facets? Without the facets can the diamond be anything but a lump of coal? Can the facet stand alone-- or is it most brilliant as an aspect of the Whole? You see, Source energy in it's state of All That Is is ubiquitous, everywhere but UNDifferentiated. When it pops up as seemingly distinct aspects – well now it begins to get interesting. You, me, dog, tree, rock, water, wind, thought. As Deepak Chopra has phrased it, "energy and intelligence," seen or unseen, form or formless, Source energy. If it all looked and acted the same it would be BORING. In it's infinite complexity, well, it's the most compelling game imaginable – until you forget. "What game." "I'm not having fun!" "How do I win?"

The purpose of healing is to bring source level self-knowing to the forefront -- to live from there. This allows joy, play, and presence of being. Profound wisdom, creative Self-expression and rightful action are natural results. That is the purpose of healing.

When you continue to heal your life (for we are perpetually evolving) grounded in full recognition of yourself as Source you are involved in healing well beyond your little ol' self. You are involved in healing at a whole 'nother level: global, archetypal, multi-dimensional, and fully expansive. Now that's a game!

I am going to shift gears now for a moment, to look at healing from the very real vantage point of symptoms, illness, suffering and sometimes despair. As the songwriter, Mary Chapin Carpenter expressed it, "Sometimes you're the Windshield, Sometimes you're the Bug!"

If you, as an individual, are plagued with chronic pain, grueling emotional patterns or self defeating beliefs, everything I've said so far could seem like a cruel joke or a fairytale illusion of some New Age philosophy. With the deepest compassion, I assure you, it is not.

The innate desire of human beings is to become vibrant and healthy on a physical level, up-to-date, safe and open in our emotional life and connected to our higher, creative essence philosophically and spiritually.

The process of achieving this vibrancy and presence involves three steps. One, recognition of your powerful, sovereign Self. Two, an intention to heal and three, finding a powerful discipline that supports and engages your mind, body and spirit on its journey toward wholeness.

Often generated from incomplete events in our past, what tends to crowd out the ability to heal is trapped experience. In the work I do, called Bioenergy Balancing, we see how these trapped experiences are translated into energetic blockages in the body. These blockages disrupt the flow of blood, oxygen, nutrients "energy and intelligence" to the tissues and organs of the body. Events in which we felt helpless or those too painful to experience at the time get caught energetically. In a further attempt to cope, to forget and move on, the mind often drives these experiences from conscious awareness while the body holds onto them energetically. As troubling as this may seem on the surface, the energy blocks actually provide an intricate roadmap -- an access to healing. The meridians and chakras hold a treasure trove of wisdom and life experience.

In Bioenergy Balancing, the body consciousness is key. With precision your body knows everything about your physiology and biochemistry, remembers every experience of your life and holds cellular memory of past lives, agreements and beliefs. Bar none, the human body -- your human body -- is the most refined and conscious instrument on the planet.

To heal is not to just become conscious of past incidents, traumas and beliefs but to also release them. Although the body agreed to store these events -- energetically -- at the time, holding events energetically does have a cumulative affect. These blocks, over time, coalesce into symptoms, emotional patterns of behavior, limiting beliefs and even spiritual estrangement.

It is often "understood" (quote, unquote) that physical disease and emotional conflict are an expression of past trauma. This understanding, however, does not provide

access or relief. Bodies are not merely mechanical. Emotions, especially of a traumatic nature, are not held consciously or in the verbally accessed centers of the brain.

As mentioned earlier, everything, it's most basic nature is energetic. This is not my opinion. Light, sound, color, wavelength, frequency, odor, experience and even thought are fundamentally energetic in nature. Seen or unseen, energy is the basic package.

By communicating with the body consciousness in Bioenergy Balancing we allow you to open the door to your energetic body – its wisdom and recall. By calibrating a simple yes/no response through Applied Kinesiology or muscle testing, the body precisely identifies what got stuck and when. Through simple questioning the body then reveals how the incident is trapped, energetically, in the meridians. Now this is where Bioenergy Balancing departs from most therapies -- the specific trauma or event is then RELEASED from the body. This is done by tracing the meridian, which holds the trapped feeling -- again energetically -- against the way it typically flows -- releasing it from the body's energy system. The result: Flow. Incident complete. You are free. If you'd like, you can think of Bioenergy Balancing as an elegant baggage removal service for the body, mind and spirit. Like a skycap at the airport, "Good morning, ma'am, may I take your baggage?"

You see, when events, beliefs and traumas are released at their source -- as blocked energy -- you are freed. You are freed of the literal blockage of oxygen, nutrients and energy to tissues and organs. You are freed of the emotional charge that gets re-triggered in your current life. You are freed of helplessness and anchor in the past. Your load is lightened. The human body – again, your body -- is an instrument of enlightenment -- physical, emotional, mental, spiritual -- enlightenment.

When illness, trauma, abuse or other aspects of your past have burdened you – this life or before, the task can seem insurmountable. I am here to tell you that your past is not a life sentence. This work is not painful but it is profound. Although you need not re-experience every emotion to release it, you will surely recollect dark moments. This work is neither for the meek of heart, nor for those content to dabble. We move mountains in a session, heal personal and generational wounds. What you choose to heal and the layers of your trauma determine the number of session you will want. Each session is complete in and of itself, though it may reveal another level you'd like to release. Our approach is loving, compassionate and results oriented. We work vibrationally with the body consciousness. We do not treat or diagnose.

Once you have cleared enough baggage to be physically comfortable, emotionally current and self-empowering in your beliefs – you, too, will begin to witness the true purpose of healing. And that purpose is to be present, joyful, and connected, right now and in each moment.

No longer determined by your past, the power of who you truly are becomes readily apparent -- whole not separate, presence not persona, heart-based not fear or survival based, awakening no longer dormant, and wise beyond experience. This is the true nature of the human being and the purpose of healing.