

SOME THOUGHTS ON HEALING...

“I have a suitcase full of pills, yet still feel awful...”

To solve any problem or to effect a permanent change within the human body or to heal from any disease, it is necessary to view it from a higher level. This is especially true in the area of physical healing from accidents or surgery. Often these are a wake up call to get you to change your ways, habits, or beliefs.

A physician or hospital or medical facility can only arrest an illness and keep it from progressing, or reconnect torn or cut skin, or reset broken bones, repair damaged organs or body parts, or reduce infection. This provides the conditions of stability in which the natural state of healing can progress. The best medicine doesn't create healing. You have to do that yourself from the inside, by correcting imbalances in your biochemistry and re-connecting the lines of communications along the acupuncture meridians and the nervous system.

When you were a baby, your brain learned how to heal every cut, scratch, burn, bruise, infection, disease, etc. that came along. Any kid who couldn't do this died in babyhood or childhood. This accounts for most of the crib deaths, baby and childhood disease deaths, etc. Having made it to adulthood and able to read these words, you have a fantastic “bio-electro-magnetic computer” sitting on your neck! It keeps track of more different things going on in all of your systems, organs, endocrines, etc. than you can imagine.

Most of us have no idea of what has to happen (in technical detail) to cause a cut to heal or to produce the internal anti-biotics required to ward off infections, etc. We normally leave that to the subconscious mind, which then interrogates an even deeper level of understanding, and produces the necessary processes, chemistry, cell changes, etc. to effect the actual healing.

The final act of healing always seems like a miracle because of the huge amount of information the mind has to work with in order to restore the wholeness of the body, while simultaneously keeping control of body temperature, digestion, heart rate and pressure, hormone production, respiration, elimination of wastes, and the dozens of other systems and subsystems that need to constantly communicate within themselves, and with each other, as well as with the brain.

Some people think of using medical facilities only as a last resort, when it appears that the body is about to die. You can then allow the doctors to prescribe, to surgically cut and remove, and so on, in order to delay death until your mind can re-establish what needs to be

done to heal. First, you may want to seek out the cause of the problem, or the problem behind the problem.

What is the REAL problem? Why is your immune system not killing the infection, or stopping the virus or parasite? Why didn't that scar heal properly? Why does that joint still hurt? Are you overly tired? Overly stressed out? Low on essential vitamins, minerals, or the like? Short of exercise? Think of using invasive medical procedures only AFTER you have exhausted all other options. The pharmaceutical industry will find or invent a drug for any of your symptoms, masking them out and making you feel better, but often not effecting a permanent solution. Then you need more drugs to counter-act the side-effects of the first one, and so on until your suitcase is filled with expensive drugs, and you still feel lousy.

Ask yourself first if your headache is really the result of an aspirin deficiency, or if is due to tension in your neck, or to poor elimination, too much junk food, or alcohol, or too much of anything, or to little of something. Is there an emotional side of it? Are you too worried, taking relationship issues too seriously? Might there be chemical toxins in the blood? Allergies? Might there be subluxations of the spinal vertebrae that need chiropractic help? Are you producing physical pain on purpose to distract your brain from the awful internal pain of guilt or feelings of rejection? Once you know the cause, then it's fine to mask the symptoms while you are dealing with the underlying issues, but just hiding the symptoms so you can get back to work sooner, leads to worse trouble later on.

Confronting an illness or healing crisis rarely helps. The WAR on cancer, heart disease, AIDs, and dozens of other health issues goes on forever, as the researchers discover more and more drugs that by fighting with the problem instead of solving it, help some but don't work for many others. The placebo effect will always be an embarrassment to them. They forget that we ARE our bodies, and we most of all need to feel loved. Many have loved themselves enough to heal their own cancers, hearts, nerves, etc., thus postponing indefinitely the injection and the knife.

But you must get started early on. Do not wait until the symptoms of the wake up call are killing you, and drastic invasive procedures are necessary to save your life. Reconnecting your self to your source is always the best solution.

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