



## Jumpstart Your Healing – Insights About Healing

### Insights About Healing

Greetings Everyone. It is early March and for some of us Spring is clearly on its way. For others, Winter is still very much in evidence. Spring for me is a time of new growth, renewal, change, a flowering of beauty. A time of great promise and revelation. I think of healing that way - a flowering of the beauty of who we truly are.

As many of you have heard me say in my seminars, I never heard the word 'healing' once through my medical training, nor once in conversations with colleagues over 26 years of my medical career. In 1991, when I seriously questioned myself about my career choice, in an 'ah ha' moment, I realized that I was interested in healing and at the same time couldn't say I knew what it was.

Now over the intervening years of experiencing, studying, and reflecting on it, and supporting others toward their own experience of it, I don't presume to know fully what healing is but I have come to a greater understanding of its nature and ways to promote it.

**Healing is both the process or movement towards wholeness and the experience of the same.** It involves a letting go or release of patterns of emotional distress, thoughts and beliefs that are linked with the disease or 'dis-ease' that is showing up in a person's life. Remember - the disease/dysfunction/dis-ease is the brain's best solution to contain the stress energy to ensure the survival and function of the individual for as long as possible.

Let's take an overview of the healing process:

- recognition of the disease or 'dis-ease', that you are not 'whole' (balanced, healthy) in some aspect of your life.
  - this comes sometimes with a diagnosis,
  - other times with awareness that you are distressed or troubled by some patterns in your life.

- willingness to do the 'work' necessary of self-inquiry
  - seek out the truth of your experience - the key 'trauma(s)'
  - feel into the impact of them and the meaning it has for you
  - >> the process of remembering consciously what your survival brain mopped up in the instant of high stress or prolonged stress and stored in your subconscious.
  
- in revisiting the 'trauma' comes the opportunity or possibility of releasing the emotional charge around it, by for example:
  - saying aloud what needed to be said at the time
  - fully acknowledging the emotional pain and shock
  - completing the grieving around the event
  - accessing the belief(s) that became fixed at the time of the trauma
  - >> *I refer you to the work of Byron Katie and her powerful work releasing limiting beliefs contained in four questions - [www.thework.org](http://www.thework.org) and also the work of Brandon Bays in the Journey - [www.thejourney.com](http://www.thejourney.com)*
  - *peeling off the layers of emotional defenses and beliefs and saying what needs to be said to release the trauma.*

**Example:** a 60 year old woman becomes overwhelming upset when she learns that her 25 year old daughter is soon to leave the area with her partner. Mother will no longer see her daughter and have her support on a weekly basis.

After some self-inquiry, she discovers that she is holding the belief that *'family close together is security'* for her. As she explores this belief, she realizes that it is the source of her distress and that such a belief is against the natural order of modern life - children grow up and are encouraged to move out and make their own lives. She also came to understand how she developed her belief and was able bring some release to her distress.

Note: many times your reaction to the trauma is that of a child version of yourself. Ask yourself - " how old do I feel in this situation with these feelings, thoughts and beliefs about myself? " and " when in my life have I felt this way, in what other situations, with whom? "

#### **Prerequisites for the healing process to be effective**

I have learned over the last several years consulting and guiding patients with their own healing and doing my own that there are critical factors that need to be considered for your healing process to be effective and proceed.

- recognize a need to change and commit to it.
- belief that you can change, that you have the power to change - to choose another path.
- shift out of fear and/or attitudes of disempowerment or

impossibility that healing can happen.

>> these responses are often triggered by the medical diagnosis and prognosis. To deal with them requires a shift from the western medical view which frequently does not allow for the possibility of full healing

Note: I find it useful here to remember that it is a well known fact of our physiology that tissues in the body are continually renewing and healing themselves - the blood , within 1 month

- the lining of the gastrointestinal tract, within 2 or 3 days
- superficial skin wounds, within a few days

You don't worry about a minor skin wound because you trust it to heal within a few days. The same force that makes your body renew your blood cells, makes your skin heal, makes your hair grow, heals disease tissue as well.

>> The principle way to address these fear-based attitudes:

- through knowledge provided by German New Medicine and Total Biology that lead to the understanding that disease is a survival response to an intolerable load of stress and is the your 'brain's best solution'.

- get out of your own way
    - step away from the response of pushing against the disease or 'dis-ease' you don't want in your life which
      - >> creates a resistance pattern that absorbs a lot of energy and attention.
      - >> your energy gets blocked and such a state reduces the 'allowing for change'.
      - >> puts the attention on what you don't want (the disease)
        - > which results in more disease and keeps you in stress. Positive change does not happen in a climate of stress and fear.
  - ( Remember the maxim: " Where attention goes, energy flows. "
  - )
  - >>> > find ways to 'destress' yourself and bring your attention to what you do want.
- cultivate whatever helps you 'destress' to feel a little better, more relaxed
    - >> when relaxed, creative energy flows, allowing for change.
- Examples: i) visualizations - really feel with all your senses, be in your visualization
- ii) catching your everyday thoughts and asking yourself - "How does this make me feel? How do I want to feel?" and make adjustments in your thinking.
- focus your attention to what you can change - your thoughts, beliefs, and feelings.

Let me emphasize again, as I do over and over with patients and in my own life:

*It is the mental/emotional aspects of our lives that determine what shows up physically. Want to change physically? First identify the mental/emotional 'score' and, change it to change the 'music' (the physical outcome).*

**Remember, you are the power in your life to make yourself healthier and happier.**

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**Upcoming Events for March**

**Introductory Evening Presentation**

**Tuesday, March 11th , 7:30 PM**

Westgate Wellness Centre, Maple Ridge  
(above Shopper's Drug Mart in Westgate Mall, 203rd and Lougheed)

**Monthly Evening Topic - "Help for Allergies "**

**Tuesday, April 1st, 7:30 PM**

(deferred from March to allow for Easter Break)  
Westgate Wellness Centre, Maple Ridge

**WORKSHOP "Jumpstart Your Healing Journey"**

**TBA ( depending on interest )**

Poolside room, Fraserview Village Centre, Maple Ridge  
( 116th Avenue, near 227th Street )

Please check the website [www.keystototalhealing.com](http://www.keystototalhealing.com) for details and indicate your interest by e-mail or phone to 604-463- 3234.

**Other Events in April**

Special Notice - **Full Weekend Seminar** for ' **Keys to Total Healing** '

- fascinated with what you heard at an introductory talk or monthly seminar?
- want to take your understanding to another level?
- want to enhance your opportunities for healing or helping others to theirs?

Then come to this insightful and powerful weekend seminar. This weekend seminar has changed lives and it can change yours.

**Date:** mid to late April

**Location:** Maple Ridge

Check the website for details and registration - [www.keystototalhealing.com](http://www.keystototalhealing.com) and **watch for upcoming events in May.**

I look forward to seeing you at the seminars.  
Best of health and healing,

Nellie

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