

The Energetics of Healing

How does illness occur? I have observed over the last several years that the more advanced we are becoming as a society, the sicker we are getting as individuals. Where once there was some measure of harmony, peace and flow in our lives, today, all of that has become an illusive dream. We have no more time left for simple pleasures such as walking, taking a nap or going on a spontaneous outing into nature. Essentially, we have sold ourselves out to an externally driven reality that feeds on our fears and insecurities. And over time, we become estranged from our own inner rhythms and ultimately lose our balance, becoming dis-eased and ill in the process.

It is of interest to note what choices people make in terms of healing options when illness sets in. The majority will accept this breakdown or illness as a 'natural' part of life and living and simply resort to conventional, superficial means of treatment which further numb them to the reality of their own being. Some will go a level deeper and look to viable alternatives which will alleviate their pain and perhaps root out the offending pattern which created the problem in the first place. Yet a select few will courageously venture into the deepest level of their being to go beyond the symptoms and even the root to address the **Energetic Milieu**, the very space or 'energy set' which gave rise to the pattern which is in need of healing!

The Energy Dynamic

At this deepest level, healing has to be approached Energetically. When we speak about "Energetics" in healing, what is being addressed here is the very essence of that which creates life as we know it. All of life is energy that is in motion. Without this motion, there would only be death! So when this motion or energy becomes compromised or blocked within us, we begin to die a little. And depending on how blocked we are, the results can be fatal.

An individual must first recognize that there is a recurring theme which permeates events which may otherwise appear disparate, and then dive deep into their own psyche to identify, challenge & change the very energetic paradigm which is giving rise to the oft painful & potentially fatal situation. This is a frightful and threatening journey which has for millennia tested the metal of even the bravest of souls, since it questions the very feelings, thoughts, ideas and concepts which we have accepted as constituting the very essence of our being, our very identity! However the payoff offered, in the form of gaining ultimate freedom, peace, harmony, clarity and love, makes it a worthwhile, if not an ultimately inescapable journey.

Feeling and Thoughts as Blueprints

So what is it that fuels this motion? It is our feelings and our thoughts. Feelings represent the language of the heart which inspire the creative impulse (and for that

matter, also the destructive impulse) within us. Feelings give rise to ‘thoughts’ and thus engage the mind to carry out their directives.

Thoughts therefore become the energetic blueprints of all that we see around us. Without thoughts, we would not have form as “thought always precedes form”. For example, at a mundane level, a feeling of discomfort from sitting on the floor may invoke the mind, and therefore thought to imagine something to alleviate that feeling. Consequently, the mind through the thinking process called creative imagination, gets an idea, a mental blueprint from which the proverbial chair is brought into existence! Likewise, this “**feelings to thoughts to action**” dynamic applies equally to all of our ‘non-physical’ creations as well. For instance, when we feel lonely, we engage the mind and through the thinking process, we energize or create a relationship in our lives to support us in overcoming that feeling.

Practically speaking, by consciously working backward through the “**feelings – thoughts – action**” dynamic when dealing with life challenges, you can begin to identify the source of all that occurs in your reality from within you. You will see how every thought you have is sourced in a feeling. Through energy awareness, or the awareness of that core, essential part of you which motivates your external activities and creations, you can begin to reprogram and change yourself by releasing that which is negative and harmful to you. You can consciously work through the multitude of ‘pseudo-feelings’ which appear very real until they are challenged, wherein they vanish like a shadow under the light of truth. And should you remain courageous and true to this journey, you will inevitably experience more clarity, harmony, grace, peace and personal power amongst all of your Energy Creations!

INTER-DEPENDENCE DAY – BEYOND THE DICHOTOMY OF “CO-DEPENDENCE V. IN-DEPENDENCE

Do you experience confusion about what is the ‘right’ thing to do as opposed to that which is ‘wrong’? Have you been struggling with achieving ‘success’ only to end up being a ‘failure’. You, along with many others, have become caught in the trap of dichotomous thinking. Because we live in a world of dualities – such as night /day, male/female, and good/bad – our thoughts & decisions tend to be polarized along an either/or continuum which like the swinging pendulum, sends us to extreme opposites in a situation rather than placing us in the centre. The effect of this over time creates disharmony and leads to dysfunctionality in our lives which we experience as stress, blockage and emotional and physical pain. One place where this dynamic is found for most of us is in relationships as the dichotomy of “**Co-dependence vs. Independence**”.

We are **Co-dependent** when, in our neediness, we experience ourselves through the thoughts, feelings, opinions and beliefs of others. This occurs due to our mistaken belief, often subconscious, that we are inherently incomplete and therefore incapable of experiencing ourselves as healthy, vibrant and whole beings without the input and approval of our friends, family and intimates. Acting on this belief, our life becomes a journey fraught with often-desperate attempts at seeking approval from outside ourselves at any cost, and when this approval is not forthcoming, we end up paying for it by feeling lost, devastated and worthless.

Typically, in reaction to these feelings and the pain that they engender, we mistakenly catapult ourselves to the opposite end of the pendulum by deciding to become totally “**In-dependent**”. We assuage our bruised egos by convincing ourselves that we no longer ‘need’ anyone anymore & that we can, & must stand on our own two feet! Thus, we get on with our lives & take control, often busying ourselves with activities which separate us from the now offensive state of intense neediness characteristic of co-dependence. Society even supports us in this position by applauding (and celebrating with great pride) our new found freedom, as the words & sentiment behind the hit song in the late 70’s by Gloria Gaynor entitled “I will Survive” attests.

But rather than delivering true liberation & healing from our pain, eventually being In-dependent only entrenches our pain more deeply by further isolating us and reinforcing our feelings of unworthiness & loneliness which we experienced when we were in our Co-dependent state. What further complicates matters is that additional feelings begin to surface such as those of abandonment, confusion & outright disillusionment. And so, we swing back to our familiar former state of Co-dependence in order to escape the pain of isolation attendant in being In-dependent. Ultimately, this unending cycle of Co-dependence vs. In-dependence continues unless we become aware enough to pose the question, “Is there a way through this predicament?”

The answer is, yes! For one, we must realize that we have been stuck within a cycle in which both Co-dependence & In-dependence are essentially different sides of the same

coin. We must see that the comfort and support we sought from these two positions could not be since Co-dependence is premised on an absence of self worth & In-dependence is premised on a false sense of self-worth. Thus, to break out of this cycle and go beyond to a more healing position requires us to realize that in essence, we are truly **Inter-dependent** beings.

Inter-dependence is a state of being in which we recognize that we prosper & grow when we share with each other our talents, gifts and service! Through Inter-dependence, we go beyond the either/or split or dichotomy into a place of knowing that we are valuable and worthy beings who can ask for, and offer support without feelings of shame, embarrassment or self-aggrandizement. With Inter-dependence, there is no more room for our Egos to play havoc with our feelings. Instead, we celebrate in the spirit of clean giving & receiving, knowing that it is in our sharing & heartfelt service that we grow into complete, harmonious and joyful beings.

Inter-dependence teaches us that although we are individual, we are not separate. It recognizes that we can assist each other in attaining healthy, centered relationships which offer mutual support and allow us to be who we are. Personally, having experienced both Co-dependence as well as In-dependence, I have finally settled in the center of the pendulum – a place beyond the emotional rollercoaster which often depicts how my relationships have most often been experienced. Now only if I can remember to stay here!