

Healing and Wholeness

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Abstract. The influence of the healing facilitator is undeniable as the power of words, thoughts and actions impact the client who comes for help and learning. Loving thoughts bring strength and wholeness while fearful, judging thoughts may bring weakness and dis-ease. It is the responsibility of the healing agent to be present, trusting, clear of his own issues, and fully extending love with faith in the Power of the Divine.

Introduction

The return to wholeness is a remembering of the natural state of being in which we were created. This return is facilitated by the life experience of unconditional love, inner peace, and joyful expression.

Our bodies are an outer expression or manifestation of our inner state of mind. Our physical form represents our accumulated experiences, thoughts, feelings, attitudes, and judgments. As we clear this outer screen or physical body we return to a natural state of inner peace and wholeness. We know healing is making happy, lightening up, coming to peace, freeing our energetic flow.

The healing facilitator primarily brings an example, a loving relationship, and the experience of happiness, with a light-filled mind, inner peace, and free-flowing energy. The healing relationship is grounded in unconditional love, freely giving oneself, and trusting in the wholeness of the other no matter what the appearances may be.

This loving experience of freedom and trust reminds the recipient of what is true and what is possible. It is the free-flowing love that heals, for in love we remember who we are and what we truly want, and we choose again for the highest and best.

Touch For Health makes the individual aware of his or her own inner knowledge and personal freedom of choice in life. The energy balancing process assists the being in remembering our wholeness, in learning to trust our inner knowing, and in clearly expressing our freedom of choice.

When we listen within and freely choose to live as we are uniquely called, we experience peace of mind, and we live in wholeness.

The Influence of the Healing Facilitator

The *Webster's Dictionary* defines **heal** as: "to set right, to rid of sin and anxiety, to restore".

A Course In Miracles says: "All healing is essentially the release from fear", "To forgive is to heal" and "To love your Self is to heal your Self". (ref. 1)

Edgar Cayce says: "All healing of every nature is the attuning of the body to the Creative Forces of the Divine within by whatever means may be used to coordinate physical, mental and spiritual". (ref. 2)

According to George Vithoulkas in *The Science of Homeopathy*, "Health is freedom from pain in the physical body, freedom from passion on the emotional level and freedom from selfishness in the mental sphere having as a result total unification with Truth". (ref. 3)

My research on healing and wholeness has been primarily life experience, observations, experiments and collecting stories from others. My graduate thesis was to research what teaching methods created the greatest reading achievement in first graders. Children learned best from the most attentive and loving teachers no matter what their style of teaching. Children of all ages naturally gravitate to and learn from adults who are gentle and responsive. I, myself, have consciously chosen physicians and healers who are attentive, positive, reassuring, and

trust me with responsibility for my own healing.

In my psychotherapy practice, clients consistently report responding immediately with dramatic improvement in emotional, mental and physical health in one or two visits when other therapies have been ineffective or taken months or years. It may be that my attitude as a facilitator of wholeness, my degree of trust and my detachment from outcome effect the client's experiences.

Over a 10 year period with staff members, counseling interns and trainees, I have experimented with the attitude and thinking of the therapist and its impact on the client. The simple processes offered in this paper are to give the reader an opportunity to explore for yourself your own understanding of healing and of yourself as a healing facilitator.

To Facilitate Healing:

1. Be fully present.
2. Trust you are helping by being present and peaceful.
3. Believe in the client and extend love to them.
4. Be open to whatever you are guided to do or say in love.
5. Know that the client in the healing process is returning to their natural wholeness.
6. See the client as you see yourself, with love and trust in their process.

To Interfere with Healing:

1. Be distracted (look at notes, be thinking about the last patient, be caught up in your own mental process, etc.).
2. Doubt your ability to help.
3. Judge the client - feel sorry for them or be critical with what they did to make themselves this way, etc.
4. Have beliefs, opinions and expectations about what is wrong and what is needed to fix the patient.
5. Decide what is wrong, how to fix it and how long it will take.

6. See the patient as separate from you, as sick or lacking, and yourself as whole and the savior.

In our experiments, when the counselor, healer or facilitator varied in their focused loving, positive, trusting thoughts and began thinking distractive, judgmental, negative or doubting thoughts, the client always noticed a difference. It might manifest in their breathing, verbalization, attitude, thinking, or energy level.

When two come together for the purpose of greater love and wholeness, all things are possible. During supervision of interns and trainees, we noticed that when there is a conflict in the goal of the healing facilitator and the patient, it may take a long time to come to the joined purpose which fully allows healing to occur.

A Practical Demonstration

Interference With Healing

1. Think about what is "wrong" with the client.
2. Think about how long it will take to have them get well.
3. Doubt whether or not you can help.
4. Think about your own problems or things unrelated to the session.
5. See the client as a victim, feel sympathy for them.
6. Experiment with feelings of doubt, fear, judgment, separation, fixed beliefs or opinions, expectations, etc.

Have a third person muscle test the client and the practitioner after doing each of the above.

Facilitate True Healing

1. Think about the wholeness of the client.
2. Think about their wellness now.
3. Know you have already helped with your thought, and trust in the power of God, Infinite, Source.
4. Focus with innocent love and joy.

5. See the other as being clear, strong and responsible for their own process.
6. Experiment with feelings of faith, love, peace, joining, neutrality, openness to possibility, no need to know, a quiet mind, etc.

Have a third person muscle test the client and the practitioner after doing each of the above.

Clearing the Healing Facilitator

A healing facilitator is one who makes it easier to return to a state of wholeness. Judgment, fear, separation, conflict all slow down the energy flow and make things more difficult. To open the flow within ourselves, mind, body and Spirit, is the facilitator's responsibility.

To prepare ourselves to be fully present for another, trusting in God as Source, generously extending love to the client, joyfully open to whatever is called forth, having patience and faith in the healing process, and defenselessly and honestly joining the client in their healing journey is the greatest gift we can give ourselves and those with whom we work.

Since we all project ourselves, our past, our values, judgments and beliefs onto others, seeing all things through our own set of filters, perhaps the first step in being a helping agent is to know ourselves. Be honest about our own areas of need, and be aware that both client and facilitator are frequently healing together.

The Clearing Process

As a preparation, use the following (or similar) list of characteristics to help discover and clear emotional and energy blocks.

Trust	Honesty
Tolerance	Gentleness
Joy	Defenselessness
Generosity	Patience
Faithfulness	Open-mindedness

1. Muscle test to find the degree to which you currently embody or embrace each quality.
2. If not 100%, get the emotion.
3. Use whatever balancing skills you currently have to clear the energy blockage (age recession, emotional defusion skills, TFH balancing, PHP skills, Frontal / Occipital holding, etc).
4. Re-test as in #1. If not at 100%, check the emotion. If emotion is not clear, repeat step 3. If emotion is clear, test for another emotion and repeat step 3.
5. Check the emotion to be sure its clear.

Daily Clearing Techniques

Some other techniques which may serve the healing facilitator on a daily basis:

1. Prayer and meditation.
2. Deep breathing.
3. Forgiveness.
4. Get balanced (14 muscle, 5 Element, PHP, etc).
5. "Quick Fixes" from Hap & Elizabeth Barhydt's *Self Help For Stress*.
6. Self-balancing using Bruce & Joan Dewe's *Professional Health Provider* skills.
7. Affirming what you want to be and what you want to give your clients.
8. Have constant reminders of the Truth always in your presence.

Remember, the healing agent has a responsibility to give the very best. Give the quality of presence and healing you personally want to receive from your own healing agents.

1. Be conscious.
2. Be present.
3. Be trusting in the process.
4. Extend love.
5. Be clear of your own issues or energy blocks.

I have found it valuable before any session with a client to focus on the following selection from A Course In Miracles:

“I am here only to be truly helpful.

I am here to represent Him Who sent me.

I do not have to worry about what to say or what to do, because He Who sent me will direct me.

I am content to be wherever He wishes, knowing He goes there with me.

I will be healed as I let Him teach me to heal.”

Know that the only mistake we ever make is when we forget to love. I Love You.

References

1. *A Course In Miracles*, Foundation For Inner Peace, 1975
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5. Vithoulkas, George; *The Science of Homeopathy*, Grove Press, 1980
6. Young, Alan; *Spiritual Healing*, DeVorss, 1988