

A New Healing Paradigm

by Robert Waldon

Philosophical Premise: The purpose of the world (and of being in the world) is to return to a remembrance of our Oneness and a recognition of our right relationship with God.

The World:

The world is a teaching device for bringing us home, not for making us comfortable in our separation. We punish ourselves (and use the world to punish ourselves) rather than simply waking up and choosing again.

Under everything we do or say or want is an underlying desired experience of Oneness and return to Source. Our job is to recognize the true underlying call and return to Source. The world is the wake-up call to let us know we are off track and, as such, was created to serve us. When we get confused, we end up serving the world. Where we are "bumped" is where we need to clean up our own life. We are mistaken when we end up trying to fix or change the world so we don't get bumped. In essence, we end up trying to erase the message without fully getting it, so it just keeps getting sent. We end up creating more of what we are trying to erase or fix. We need to remember that we are at being served by the world and not become at the effect of the world.

Two Healing Paradigms:

Old Paradigm = Seeing ourselves separate from those around us and either being a victim of the world or acting out to conquer the world (and others) in order to survive and prosper.

Transition = Moving into relationship with others to strengthen our position in the world. Joining in an effort to overcome the world and situations confronting us.

New Paradigm = Recognizing our interconnectedness, our oneness, with others and taking full responsibility for our part in this creation.

The Old Paradigm is a Victim model acting on the belief in and external "persecutor" and therefore requires an external "savior". It is a fear-based system of healing relying on "fixing", being with", etc.

The New Paradigm is a Sovereign model acting on the belief in internal cause and, therefore, internal savior. It is a love-based system of healing relying on co-creation, change, choosing again, etc.

Three Responses To The World:

The three possible categories of response to any uncomfortable or stressful situation (i.e. filled with learning or growth potential) in which we find ourselves are:

1. Remove yourself from the situation.
2. Remove the stressor or change the situation.
3. Change your response to the situation.

Old Paradigm is based on the first two possible responses to the world (remove yourself or remove the stressor) and, as such, handles only the immediate situation and doesn't guarantee the stressful situation will not repeat or that we will handle it any better when it does. The New Paradigm allows for adaptability and the possibility that, while the external circumstances may recur, the internal stress or pain will not.

Addictions:

All worldly addictions represent our attempts to get what we know (on some level) we can only get in our relationship with God. Their purpose is to help us see where we are "wanting" and come back into right relationship with the true Source of all we ever really need.

Relationships:

Underlying all special relationships is anger at our perceived separation from God. We can either use the recurring patterns in our relationships to learn where we separated from God and to come to peace (i.e. come back into right relationship) or to continue to attempt to get what we had (have) in relationship with God from our worldly relationships.

Sickness:

All forms of sickness or dis-ease are for the purpose of leading us back into real relationship with God. All of our "losses" are merely taking away from us the distractions or coping mechanisms we use to keep us from relationship with God. When the rules of the world and our ways of being in the world no longer work, its because we got comfortable thinking/feeling/acting separate from God and began to believe in the world and forget our real direction, purpose and mission.

Emotions:

All emotions (both "positive" and "negative") are a wake-up call to 1) cause us to take notice of something we might otherwise have missed and 2) give us the energy to take action on what we have noticed. When we don't allow ourselves to notice and/or prohibit ourselves from taking action, the emotion gets "stuck" and we perceive ourselves as victims of the world and/or our emotions.

Weakness:

What we perceive as our greatest weakness is, in most cases, the source of our greatest strength. Our "weakness" is actually born out of our mistaken attempts to "own our power" by looking outside of ourselves rather than looking within.

The power of **Choice** is expressed as helplessness when we look for it in others.

The power of **Action** is expressed as paralysis when we become dependent on or wait for others.

The power of **Excitement** is expressed as depression when we need validation or agreement from the world outside of us.

The "sin" is not in having the "negative" feelings. It is in perpetuating the old paradigm of seeking more outside. Our negative states are a wake-up call inviting us inside to the true source of our power.

Healing Needs:

Healing needs are an excuse to be in relationship. What is needed is real relationship with Self and Spirit. Whenever we go to an outside authority or healing facilitator, it is imperative that the facilitator be very clear (no judgments, no attachments, no interfering belief systems) so the client can use that relationship to come back into relationship with Self rather than being further distracted by the world or have old worldly beliefs reinforced.

Healing:

Awareness with love is healing. All other forms of healing grant a false sense of reality (and importance) to the world and worldly manifestation and effects (e.g. the body) and lead to stuckness. Judgment is a mistaken perception which stops the natural flow of energy, expression and development. Awareness with love leads to freedom. In order to "heal", to change our old patterns of stuckness, we need to:

1. Notice the pattern, behavior or condition.
2. Look at what is the "real" intention behind our actions, what we really want to accomplish or receive.
3. See how what we are doing (or have been doing) isn't really effective or has unwanted side effects and look at the negative effects of continuing the current pattern.
4. Choose to own the New Paradigm and create a new pattern of response to the world.

Effective Therapy:

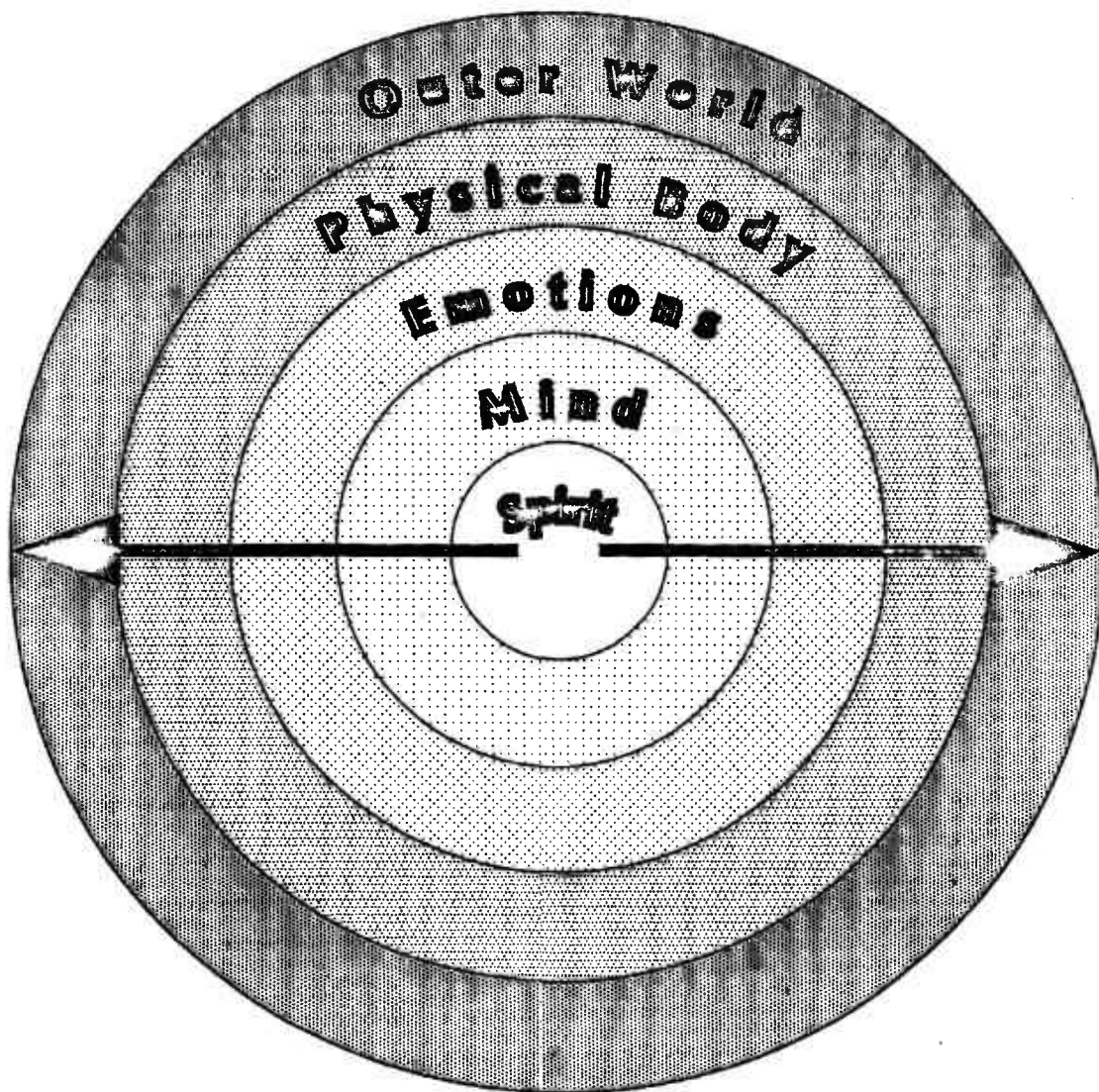
Three steps to making the most of our worldly experiences:

1. Selective Remembering: Forgiveness, choosing to see the gift in the past.
2. Selective Perception: Creativity, opening to new perceptions and choosing to see what you want to see.
3. Selective Vision: Focus on what works and the way you want the world to be.

Focus on the Truth. Hold the vision of a healed and perfectly working world.

Choice, change and commitment to the positive possibilities are the three empowering options of human consciousness which must be exercised and strengthened in order to move us into a remembrance of our wholeness.

For information, please contact The Energetic Life Balancing Institute, 2727 South 11th St., Kalamazoo, MI 49009, (616) 372-0880





OLD HEALING PARADIGM

Externals create woundedness.
Externals create healing.

At the effect of the world, germs, body, emotions, etc

Victim.

Need external protection, healer, magic.

Future is based on remembering the past.

Ego = fear-based decisions.

Focus = to be right, to be safe.

Sacrifice heals.

Pain = a call for external attention.

Defensiveness.

Know the world.

CO-DEPENDENCE

NEW HEALING PARADIGM

Internals create woundedness.
Internals create healing.

Everything experienced is the result of thought.

At choice.

Need internal cleansing of the past.

To be present is based on clearing the past.

Spirit = love-based decisions.

Focus = to spiritually evolve, to extend more love.

Happiness heals.

Pain = a call for internal attention, a wake-up call.

Defenselessness.

Know the Self.

CO-CREATIVITY

Natural Energy Balance - Clearing Limiting Emotional Patterns

- Step 1** Lightly touch each alarm point and test for over-energy. (Circle the ones out of balance.)
Step 2 Muscle test for each of the 14 meridians. Use Neurolymphatics and Neurovasculars to balance any that are out of balance. (Circle the ones you balanced.)

STEP 1 Over-energy Alarm Points	STEP 3 Limiting Emotion	STEP 4 Desired Positive Emotion	STEP 2 Under-energy Muscle Testing
Governing			Central
Central			Governing
Lung			Stomach
Circ-Sex			Spleen
Heart			Heart
Liver			Sm. Intestine
Gall Bladder			Bladder
Stomach			Kidney
Spleen			Circ-Sex
Kidney			Triple Warmer
Lg. Intestine			Gall Bladder
Triple Warmer			Liver
Sm. Intestine			Lung
Bladder			Lg. Intestine

- Step 3** For each alarm point you circled, write down the primary limiting emotion you would like to let go of in your life.
- Step 4** For each meridian you circled, write down the primary positive, desired emotion you would like to experience more of in your life.
- Step 5** Ask yourself: "Is it possible that feeling too much (fill in each limiting emotion) keeps me from experiencing as much (fill in all desired emotions) as I would like?" If "yes", go to step 6.
- Step 6** Hold tip of ring finger to tip of thumb on each hand, hold index & middle finger on forehead ESA points, do eye rotations while repeating (each statement 5-6 times):
 "I let go of feeling too much (1st limiting emotion)." 5-6 times
 "I allow myself to feel more (1st positive emotion)" 5-6 times
 "I allow myself to feel more (2nd positive emotion)." 5-6 times, etc
 Repeat entire sequence of statements with each limiting emotion, using statements for all positive emotions for each set.

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