

Holistic Healing—*What it is and How it Works* by Jean Kadkbodanian

Holism. The theory that the whole—especially a living organism—is more than the sum of its parts; *Care of a Patient in All Respects* (Funk & Wagnalls, 1993).

By definition *Holistic Healing* is to heal the *whole being* and not just the parts or the symptoms. The term *complimentary medicine* is a better term for holistic healing than *alternative medicine* because alternative medicine implies that you would reject one form of healing for another. *Complimentary medicine* is to use different forms of treatments to bring about healing.

Meet Mary:

I looked out at the frozen landscape as I drew in the hot silvery smoke deep into my lungs. I felt a shiver of nervousness and dread as I dialed the phone to schedule an appointment for hypnosis to quit smoking. I hung up the phone and spent as many moments as my lungs could handle with my best friend of 34 years dreading my appointment, not wanting the relationship to end. I put on a brave face as I walked into the office and filled out the paperwork. I felt confused and numb when I tried to answer the question of why I wanted to quit. Why now?

A series of memories flashed onto the screen of my mind, an unknown yet persistent pain, a check up with my doctor, labs, more doctor visits, more labs, the test results, and the first line protocol of treatment. I felt deflated—why would I give up my life long companion during the most difficult part of my journey? More memories, the first cigarette with the girls on the playground during a school sporting event, the habitual cigarette to end the evening with my husband before we

went to sleep, cigarettes attached to years and years of memories good and bad. My brave face turned to stone as I walked through the last few months of my life in denial and disbelief.

The visit did not turn out as I expected. What do you mean I can work on healing? I just came here to quit smoking. What is holistic healing? Why would they think I was angry?

"I am not angry" I said through tight lips. "My daughter is getting married in 2 months, I have 6 wonderful children and lots of grandbabies. My life is good. I just need to give up smoking, the cancer isn't real, at least that is how it seems. I just need to get through the next 6 weeks of tuberculosis injections into my bladder to fight the cancer."

But they were so insistent, these holistic practitioners. They kept talking about how I could join in the healing process. That I could help with the healing if I worked through some emotions and found more balance. Or that I could let go and die with the anger inside. Anger, what are they talking about? Something about the bladder and being pissed off. I have to admit it was pretty funny to hear professionals use that kind of language—pissed off. Well I am not sure what happened in there, but I agreed to come back—but just to talk—none of that massage therapy or energy work. I don't need anyone touching me. Then I wondered if they were right. What if I am shut down? What if I am dying? What if I can do something about it?

I didn't dare tell anyone, especially my husband. What crazy thing I was mixed

up in, holistic healing? My daughter is the only one who knew, and she thought it was a good idea.

I came back for my next visit and we went over my history. I thought about things I haven't thought about in years. How I learned to handle emotions, how I tried to take care of others and was ignored being the baby of the family. How I drove to my sisters home 45 minutes everyday to nurse her through her illness and death only to find out two years later that she died of AIDS. Why didn't she tell me? The humiliation of having to take my babies in for HIV testing, after I had unknowingly exposed them when I brought them with me to care for her. The silent thank you for the answered prayers that they were OK. Why are we talking about all this when it's over, in the past?

I came to the second appointment anxious and angry. I hadn't slept for the past few days as I was flooded with emotion.

"Do you really think this is a good idea?" I spurt out as she walks into the room.

"Don't you think I should wait until my treatments are over?"

She just smiled and said "This is treatment. That anger is what made you sick and is blocking your healing. If you keep it in there, your treatments will not be as effective."

"OK" I said not really trusting her. But she was right about the anger. So I let her hypnotize me and guide me into a place of choice. The path on the left—keep smoking, get sicker, die. The path on the right—leave smoking behind, be a positive role model to my kids, celebrate

my grandchildren's weddings. Which to choose? The choice is mine? My best friend or my life? I do feel better, so relaxed, such clarity. Abbb, I sure will sleep soundly tonight.



From then on I was exposed to a whole world of tools and awareness. It was like learning a new language. No, it was like learning a new culture. I told them that my sister had called complaining about a bladder infection. I asked her if she was "pissed off". She was, and she believed in this. Suddenly this new awareness was all around me. It was as if I had been walking around with blinders on. This wasn't new. I even had an inner sense of this as a truth. Is this an awakening? I do believe I am healing. I am ready to bless this cancer, thank it for all it has taught me and let it go.

When Mary found out that she had cancer she went to her traditional doctor who practices "western" medicine. The treatment protocols focus on treating the symptom—in this case *bladder cancer*. This type of medicine is not concerned with how the cancer got there. Western medicine is powerful and very useful when the body is in a state of extreme imbalance. Western medicine requires extensive years of study and practice and it is difficult for many people to comprehend how it works so when an educated doctor tells us to take a pill or have a procedure, we believe in the doctor and the medicine. This is sometimes very useful to help us to feel better—but we are more than our bodies.

Research shows that *belief* plays an important role in our ability to heal. A person's *belief* about how a pill will work for them is statistically *equally as effective* as the medication itself. This is known as placebo effect. When patients are given a sugar pill and told that it is a medication that will help them, they often heal. The opposite of this is true as well. If a person does not believe that they can heal a terminal illness such as cancer, they won't. The documentary *Fight for Your Life* is about people who had stage-four cancer and lived. The thing they all had in common was a belief that they would beat the cancer.

If we give our power and belief away to doctors we minimize our ability to join in the healing process. The first step for Mary was to stop denying the illness in her body and to face it head on. Then to believe in her body's ability to heal.

Holistic medicine is also concerned about *why* we get sick. The theory is that all illness comes through the spiritual/emotional body before it shows up as symptoms in the physical body. Caroline Myss's book *Why People Don't Heal and How They Can* is an excellent illustration of this. Louise Hay's book *Heal Your Body* is another excellent resource for looking at the spiritual/emotional connection

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March 24

Reiki II

March 25

Ancient Mysteries and Celtic Stone Divination

March 31 & April 1

Advance Hypnotherapy

April 14

Reiki III—Master Class

April 21 & 22

Lymphatic Drainage II

April 28

Shamanic Journeys for Health, Healing and Happiness

May 6

Reiki I

May 19 & 20

Basic Hypnotherapy

June 3

Reiki III

June 9 & 10

Reiki Mystery School/Transformational Reiki

Dr. Mitchell is the author of 3 Reiki Books. Classes are held at HAVEN 603 Geneva Rd, St. Charles

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