



Presencing Issue 29: Healing and Paradox Part II

Our mistake is equating healing with symptomatic relief; whereas true healing is the realization of life. In healing we move into the embrace of what life really is. Life is not the short time we spend in the body, life is eternal and un-separated. Healing is a process of moving into the eternal and un-separated. In practical terms healing is joining or embracing the ones we perceive as “others.”

What do we mean by “healing?” Healing means hale (whole). But we know that life in a body is fraught with difficulties. Even the most “healthy” persons experience illness and deterioration. So healing must have a deeper meaning. If we focus on symptomatic relief, we know that symptoms return... if we focus on creating happiness, we recognize that happiness is not based upon our own happiness alone... but includes the happiness of those around us... If we think that healing comes from others we miss the opportunity to connect with our own healing process inside... so there is something else we are missing: Healing has to be a process that accompanies us throughout our lives and that is there in the best times and is there in the worst of times and is even there as we take our last breath. But what is the process?

“When they are dying, I tell them they are dying so they can heal their lives”
~Dora Kunz Originator of Therapeutic Touch, 1993 interview with Jack Blackburn

Healing as a sharing of presence Christos (collective human consciousness). In true healing there is always the possibility of reversing roles because both persons are being healed. This is a very important point:

No person is healed alone, healing is always a two way process. For many the first photograph of the whole Earth represented wholeness, a sharing of the Christos... our collective species consciousness, a significant change in humanity's conception of itself... the oneness unity and finiteness this picture evoked offered us the possibility of inclusiveness as a species. We are earthbound in more ways than one... all life forms are composed of recycled earth, air, and water. Our concept of healing has to take this recycling of finite earthliness into account; we all die and all forms on Earth are recycled so the healing of life cannot mean attachment to the forms of life. We are starting to realize that life itself is eternal, that our essence is formless and can put on innumerable

forms. We are babes of consciousness observing the interaction of our own earthly home.

The Body: Our bodies are designed to repair and heal themselves. All bodies wear out and the healing mechanisms break down... we can then give them the support they need to continue the healing processes. The person that lives in the body also at times needs support. The key to self-healing is to learn to join with the healing processes of the body. In somatics we learn to feel what is happening in the body sensorily, and then use those senses to guide our consciousness to join with those processes. This is healing for both the body and the mind because it is an act of joining rather than pulling away in fear. The healing is an act of presencing, because we are feeling what is occurring now in the present moment.

Healing can be considered a truly democratic movement. Finding self-healing methods that can be shared with others points to the possibility that the Implicit, (eternal Being within each person) is shared in presencing. This is similar to the Mahayana Buddhist tradition of conscious beings choosing to reincarnate over and over until all humans awaken. Teaching and learning Reiki and other healing systems thus becomes a democratic way pointing to self-healing and sharing of healing... ending the concepts of separation and specialness and creating oneness and the ending of fear.

Unique Healer: When Dr. Robert Hardy Barnes retired from medicine and became a hospital chaplain, he realized for the first time that doctors hide behind an impervious mask of authority. When he removed his stethoscope and wore the chaplain badge, no one paid attention to him. He was helping people face death and loss, a realm he had never entered before. He realized that as a doctor he was not dealing with death. In fact he was fighting the patient's symptoms until it was obvious that "death had taken over." At that point he would remove himself from the patient: "I'm sorry but there is nothing else we can do medically." The patient and the family then came under the purview of the chaplain. Bob realized that doctors perform medicine to hold onto the body and not to heal the patient. The doctor, with rare exceptions, has not confronted the fact that everyone dies, even medical authority figures.

Bob developed a course for the UW Medical School called: "Why Doctors Fear Death." He himself started doing the work of accompanying dying patients, especially doctors, and helping them to heal their lives and their sense of failure. He found that when doctors develop symptoms themselves, they feel guilty. They do not want their patients to know they are ill, and when they are dying, they hide themselves away. Bob came to the sense that personal honesty is the best course in dealing with issues of guilt and failure. He wrote a book called: *The Good Doctor is Naked*, and he chose to live the rest of his life in humor and honesty... and free of guilt. I was lucky to know him and to witness his own personal healing.

Experiencing eternal life through the temporal body: Ask ourselves: Can we use the body which we know will die to reach a "true knowing" of eternal life. We feel the sensations in our bodies and then start to create interactions with those sensations using proprioceptive awareness... breathing into, touching into, moving the feeling, feeling the shape, intensity, warmth, increasing-decreasing... We follow presencing more and more into layers of inner knowing and see if we can discover a secret truth. We have to enter a state of deep presence in order to experience the qualities of eternal now, one of which

is mu, or emptiness. As we interact with our bodies in these ways, we become aware that life does not depend upon form. As we perceive mu, we also enter a state of living awareness. Our temporal body gives us the knowledge that life is always now..

"Do not be afraid to look within... bringing the light of awareness into all the dark recesses, cells, and catacombs hidden behind seemingly thick doors of fear and ignorance."

From: A Course in Miracles