

Ways of Healing

What if there were as many different approaches to healing and well-being as there are roads leading to Rome, and yet all healing would be self-healing?

Let us for a moment, think about health as a state of balance and illness or disease as a state of imbalance. And let us further assume that our body is capable of maintaining a state of balance. And even when we feel sick or are challenged with a disease, even then most of our billions and billions of cells are functioning properly and healthy. Our body somehow knows how to maintain a balance while constantly and simultaneously millions of inter- and intracellular processes take place. The simple fact that tears cried due to happiness have quite a different chemical consistence than tears cried from pain or grief shows us how amazingly differentiated our bodily responses are and how much inner wisdom our body has. And it is ours to access.

Now, when health is a state of balance and dis-ease is a state of im-balance, then healing is the process of re-turning to a balanced state. This means the body is working to re-establish harmony while using all available sources to reach this goal. Would it therefore be appropriate - and in a sense, be respectful toward ourselves, to see all healing as self-healing?

What would it be like when we were to change our point of view and intentionally utilize the healing powers within; while using the various forms of treatments and approaches as possibilities to assist us on the road of self-healing?

Through a study done by the Institute of Heart Math it was discovered that the DNA changes its shape according to feelings felt by the researchers. When gratitude, love, and appreciation were felt, the DNA responded by relaxing, the strands unwound and the DNA became longer. When the researchers felt anger, fear, frustration, or stress, the DNA responded by tightening up, becoming shorter and even switching off some of the DNA codes. This effect was reversed and the codes were switched on again when feelings of love, joy, and appreciation were felt by the researchers.

What have these results to do with healing and self-healing? Each cell in our body has a strand of DNA, within which - among many other things - the information of a healthy, properly functioning cell is located. And since we are in charge of what to think or feel, we can support our healing process by learning to relax - regardless of the environment - and use all our senses and abilities to envision and feel the perfect outcome.

The following is an exercise called 'Safe Place', that will assist you in creating this place within, where there is peace and quiet, where you have access to your inner wisdom and can co-create the outcome you desire. I wouldn't recommend practicing this every day, only as often as you would like to feel relaxed, safe and connected.

*Now, as you will, just find a comfortable position and take a few nice, deep breath in, and while breathing in through your nose into your belly, imagine this breath being filled with relaxation and inspiration. When breathing out through your mouth, exhale all that you are ready and willing to let go off now. And as you continue to breathe easily and effortlessly... breathing in, relaxing, breathing out, releasing... I would like you to envision - in your minds eye - a place where you feel absolutely safe and comfortable. This can be a place that you know well and have been to before, or maybe it is a place you would like to visit some time, or maybe it is a place in your imagination, it does not matter, just allow yourself to be there fully now. And as you experience this place with all your senses, become aware that this is **your** place. It is there for you alone. It is your place of calm and peace and harmony. Your place of relaxation and tranquility. And only by invitation through **you**, other people or things can be there.*

And while you enjoy this safe place of yours, you may notice the air, the smells, the temperature, the sounds, the texture. You might also become aware that, as your body relaxes more deeply, so does your mind, and you drift away into your inner place of harmony and peace. This place within, where you can just be. This place within, where you can pause, breathe and let go. And as you let go and be calm and safe, you might be surprised to find that this calmness and peace spreads further then you might have thought possible. Being so calm and peaceful within and without, you might be astonished to find within, the path to your inner wisdom. This path that is connecting you with your spirit, with your inner source of wisdom, peace and harmony. And if you had questions of some sort before you got here, maybe in the safety and stillness of your inner place answers will come, now, or later, at the perfect time for you. Just be. Be there for as long as it feels good. And whenever you are ready to come back into the present time, do so at your own pace, knowing that this inner sanctuary resides within, was yours, is yours and will always be yours. Yours to visit, yours to discover, yours to enjoy.