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Principles of Healing

by Steven Kessler

*(distilled from Trouble Afoot: Tracking down the Causes and Cures of Parkinson's Disease
(chapter 34, The Correct Way to Deal with Pain) by Janice Walton-Hadlock and
The Secret Teachings of Plants (pp. 108-111) by Stephen Harrod Buhner)*

1. In addition to their physical body, every person has an energy body or field. When the person is calm and healthy, energy flows within their field in an orderly and coherent way. Physical or emotional injuries cause the energy field to become disrupted and chaotic.
2. There are two nervous systems: sympathetic and parasympathetic
 - parasympathetic is the ground state, the state of being. It is for relaxation and digestion and healing. Healing occurs only when in the parasympathetic n. s.
 - sympathetic is for emergencies only, fight or flight responses
3. There are two states of pain: tolerable pain and life-threatening pain.
 - tolerable pain is just a sensation indicating injury. Your body knows how to respond to it and heal the injury. It is not scary, although it is often unpleasant.
 - life-threatening pain is scary. In response to the fear, the body switches to the sympathetic n.s.
4. A physical or emotional hurt that is larger than the person can easily hold at that moment sets off a chain of events designed to protect the person from the pain and help them survive.
 1. the person's energy field gets disrupted and chaotic
 2. their brain interprets this pain as life-threatening
 3. the person disconnects from their heart so that they don't feel the pain so vividly (the freeze state)
 4. they switch into sympathetic n. s.; adrenaline is released to help them act
 5. they act -- they fight or flee or cry out for help
5. Healing such a hurt requires the completion of another chain of events:
 1. a larger, coherent energy field surrounds their own chaotic, disrupted energy field.
 2. their chaotic field entrains to the larger, coherent field and is brought back into coherence and harmony
 3. they calm down; their system switches back to parasympathetic n. s.
 4. they are now able to feel the pain without being terrified by it; it becomes a sensation.
 5. they re-connect with their heart; a wave of feeling passes through their body.
 6. the body knows how to deal with injury-based sensations and heal itself; it begins doing that.

6. A person's ability to heal their own hurts grows as they grow: an infant needs an adult to create the healing chain of events.

1. the infant cries or reaches for help.
2. the parent cradles and surrounds the infant physically
3. the infant's chaotic field entrains to the parent's coherent field
4. the infant calms down; their system switches back to parasympathetic n. s.
5. they are now able to feel the pain without being terrified by it. It becomes a sensation.
6. they re-connect with their heart; a wave of feeling passes through their body.
7. their body begins to heal the problem.

7. An older child still needs the parent, but can do some of the process for them self.

1. they turn to the parent for help
2. they are in contact and adjacent to the parent, not surrounded by them
3. the child *tunes in* to the parent's coherent, harmonious field
4. the child invokes that same harmony within himself, despite his pain
5. they calm down; their system switches back to parasympathetic n. s.
6. they are now able to feel the pain without being terrified by it; it becomes a sensation.
7. they re-connect with their heart; a wave of feeling passes through their body.
8. their body begins to heal the problem.

8. A young adult no longer needs the parent's physical presence, but they still need to reference a larger outside field. They can tune in to a distant parent, a divinity, a serene place, or their 'higher power' for calming entrainment. They can then invoke that same harmony within them self.

9. A mature adult can find the loving, coherent field within them self, even when in life-threatening fear and sympathetic n. s. They tune in to a felt sense of grace, gratitude, love, beauty, or peaceful expansion within their own chest, gradually letting it expand until it is larger than the chaotic field of the pain. They are able to give a *feeling* of stable support to the body until the pain becomes mere sensation. This shifts their body from sympathetic back to parasympathetic, they re-connect with their heart, a wave of feeling passes through their body, and the body's healing process begins.

10. Many people do not know how to do this for them self or how to reach for help from others. They have no personal felt experience of this healing process in their own body. They may not believe that real healing is even possible. Their goal then shifts from completing the healing process to trying to manage the pain. They usually spend their lives stuck in some variation of the freeze state, numb and disconnected from their own heart, or adrenalized and in sympathetic n. s., unable to shift back into parasympathetic and re-connect with their heart.

Some of the common variations are:

Not Feeling -- Even if the healing process does get started, they cannot let the process complete itself because the moment of re-connection with the heart is accompanied by a wave of feeling and they fear that any feeling will put them back into overwhelm.

Nursing the Pain -- this shifts the person into self-pity and the hope that someone else will fix it. They are stuck in the infant state.

Blaming Others for it -- this shifts the person into anger, which at least gives more sense of power and capacity.

Dwelling on it -- this shifts the person into resentment, providing at least a sense of being right and righteous.