

Aspects of Truly Holistic Healing

Truly holistic healing addresses body, mind and spirit in a context that integrates each, and makes sense of symptoms and the internal *felt sense of being*. The body has certain needs, which if not met, result in physical symptoms and a personal sense of not being fully well. However, sometimes we do not meet the body's needs because of emotions such as depression, guilt, anger or sadness. These need to be resolved so that we follow through on intentions toward a good diet or reasonable exercise.

The body needs a diet that is in accordance with its type and level of exercise. The blood type diet¹ takes physical ancestry into account and has shown demonstrable benefit for many people. It is not onerous, leaves much open to choice and only certain foods need to be avoided. Weight normalizes and many subclinical body problems resolve on it. When we increase our level of exercise, the need for more food increases. Balance and moderation will bring that sense of well-being that is a foundation of holistic health. Improper diet causes more inflammation and pain than any other external cause of disease.

A preponderance of negative emotions is a signal of an imbalanced mind. This means that the mind has aligned itself with beliefs that cause it distresses. Those beliefs often came at a very early age, before the mind was mature enough to judge and discern their truth. Beliefs come from family, religion, school and media. Many came as a result of trauma, leaving us to feel anxious and guilty, no matter what the ultimate resolution of the incident. A more balanced mind can choose beliefs more wisely.

Emotional Freedom Technique and other meridian-based therapies skillfully address the core energy imbalance of the bodymind in response to negative programming and trauma response. The particular genius in these therapies is the mental reprogramming of acceptance and positive feelings toward the personal self, while the emotional charge is resolved. As feelings of self-acceptance grow, it is easier to enter into the positive disciplines of exercise, good diet and other healthy lifestyle choices.

One positive lifestyle choice is to engage in a simple meditation practice that is based in a healthy spiritual mind value. This is well described in the Heartmath² material and can be a major factor in returning to simple joy and happiness, as the heart is the center of the technique. Even those who have had great difficulty in meditating usually find the material logical and very simple.

Because we are energetic beings, living in a sea of energy fields, and subject to the laws of energy, it is an intelligent part of holistic healing to address that energetics. A daily routine³ that balances personal energy and integrates us into coherent energy fields around us is a useful tool for dealing with very real, yet invisible realities. Again, it is easier to return to health and maintain it if the energetics of the bodymind are balanced. This energy balance helps to integrate the desires and techniques we are learning into a felt sense of well being that creates a positive feedback loop. A truly holistic healing program includes therefore:

- A balanced diet and exercise choice.
- An energetic response to the energetic nature of our being.
- A self-help technique (Emotional Freedom Technique is one) for balancing mind and emotions.

¹1. Eat Right 4 Your Blood Type, D'Adamo, Peter

²2 The Heartmath Solution, Childre and 1999.

³3 Energy Medicine, Eden, Donna, (2008) chapter 3

- A simple meditation practice that enhances our internal environment and mental balance.