

## March April 2008 - The Anatomy of Healing, Part 2

By Dave Markowitz

Hello everyone, welcome to the latest in the Anatomy of Healing series! This one takes on the underlying commonality between all modalities—we trust you'll find it thought provoking—if not a fantastic remembrance of what you intrinsically know is true.

Starting out as a Massage Therapist in the early 90s, my clients began telling me they were seeing certain memories or that a specific feeling would arise within them just by physical application of petrissage, cross-fiber friction, etc. on their muscles. I contacted a friend who told me this was to be expected. She said that the body is a warehouse of emotions and memories that begin from conception, and that via my physical manipulation, the repressed memories become dislodged and brought to awareness for healing. I think my reaction to this was a somewhat scared, highly intrigued and also quite dubious, "Yikes!" Eventually it became clear I needed to learn more modalities, in that they could perhaps better explain this cellular memory, be more beneficial for the client and easier on my tired and aching post-work body. I began classes in Therapeutic Touch, Touch For Health, and The Yuen Method to name a few. And as much as they taught the technical aspects which appealed to my mind, my soul knew there was something much bigger going on.

Doing Massage at a gym tends to fill a therapist with thoughts of being underpaid, and if thinking about a potential gratuity would appease that, the occasion neglect of such only aggravated it. And one day I received a seemingly random yet much needed insight via Buddhism that was better than any physical gratuity given or dreamed. They said that the reason I was tired and sore at the end of the day was because I was thinking about me! Huh? I took that on and instead of being concerned about: the amount of the gratuity; if I was doing a good job; was it warm enough; will they come back or refer a friend; can I get all their needed areas worked on in the allotted time; etc., I focused my intention solely on the client. Ironically enough, my gratuities then increased. And one day, a chance to prove this theory through experience came about. I saw 5 clients in a row, mostly deep tissue massage, and somehow had energy to go work out afterward. Just weeks prior, I would have had to apply ice to my forearms! Could a simple shift in perspective on the mental level shift so much in my physical level as well? Was that all that was needed to go from potential pain and stiffness to having energy to burn?

Years later I worked with an Acupuncturist/Chiropractor who told me he could get equally good results by placing the needles alongside a client as he could by placing the needles into the meridians on the physical body. I didn't understand that then, nor truly believe him, but he said that the needles contained consciousness. I kind of thought he was loony but for some reason remembered this conversation vividly. My journey of working with him and then other DCs and even an MD left me wondering why ten different practitioners could look at the same set(s) of symptoms and have ten different diagnoses, ten different treatment plans, and then ten different prognoses as well. "Surely there had to be only one ultimate modality" I thought, "but which one was it?" I was determined to find out!

Years later after transitioning from Massage Therapy to Intuitive Health Consultations, I was invited to a Healing Circle. It was a bit expensive so I pondered for a bit, and then something much greater than I gave me the nudge. Once there, the leader said he was channeling Angelic Healing light, and guided us in an experience that for most proved quite profound. During that circle, I got a message, "If he can do this, so can you." Um, okay. I meditated on it just to make sure it wasn't the ego at work, which likes to make a fool of me (and you too, admit it!) and eventually decided to do one also. I felt I could also be the channel for that healing frequency.

Did I have doubts? Sure, some, but upon meditations/conversation with Source, it became clear that all the technicalities I'd been learning were, though important, not as important as my intention. Indeed, it became clear that the commonality in most of the healing practices I'd learned or even experienced was just that, intention! In fact, many of the modalities actually blocked the maximum healing potential due to their perceived/taught limitations. Wow! So imagine if you will any practitioner upping the ante. Imagine that no matter what you do specifically, you can have an intrinsic knowing that something way greater than yourself is guiding the whole thing and that it follows your intention and that of your client, and that perceptions of time that it was believed to take were just the distance between two events that could be reduced dramatically. Can you grasp the enormity of this scenario?

I sent out a mass email to my list and invited them to my first healing circle. The room filled up quickly and I explained what I thought could happen a/or the benefits they may receive, and then had each person state their intention. I then played *Genesis* by Barry Goldstein. I'd used this CD in one-on-one sessions and became so relaxed I almost lost awareness of what I was doing, so this time I circled the room of attendees and let myself be guided to each person at exactly the right time that they needed attention. If it was as simple as handing them a tissue or doing Chakra work, I did as required. And when someone needed a hug, I was more than happy to oblige as well. When the CD ended I initiated a go-round, having volunteers share their experience. Some reported seeing deceased relatives; others got a download of much-needed energy and information. Some had pain relief, symptom reduction, and/or a new awareness of what had been causing their affliction or guidance on a major life issue. While I was happy to hear that so many had wonderful experiences, part of me wondered what really happened. Was I the "Source" of this? Did my decade plus of study have any affect on the situation? Is there a science that can be measured, tested, and analyzed that would allow others to see what was happening and encourage them do this too? Yes to some, maybe to others, and no to still other similar questions, and ultimately, who cares?

Intention is paramount to a good healing practice; heck, it's paramount to a good anything! If your intention is pure and coming from a good space, many wonderful things can happen. When any modality is done with a state of presence, love, belief, and compassion, isn't it just obvious that much more healing can occur than a practice done in a state of fear (our litigious society has had it's toll on a lot more than is obvious to the eyes), or when a practitioner feels rushed to see a specific number of patients in a given time? My grandmother used to swear by Dr. Klein, who took his time with each patient and listened more than he spoke. A master of compassion, no matter what you had or what he did or didn't do, his patients always felt better having gone.

Of course there are other factors. A basis of mind-body medicine teaches us that that many aches and pains are the body's way of alerting us to something going on in our lives. Whether it's a recent emotional wound of grief that has yet to be released or a many-decade old anger left stagnant in the body from childhood, there is always, in my experience at least, something we can learn. Awareness of such and openness to owning it and taking accountability not only creates more space (potential) for the healing work to happen quicker, it's longer lasting. When fully owned and released, the healing is often permanent, and yet because the Universe's love is unconditional, those steps aren't always required. Surrender—to the all, all that you are, and all that is and ever was—is even more powerful. Indeed it is our ego that creates misery within ourselves and wants us to look to others to blame, but the ego is not our true self. Work on releasing ego's grasp and all things wanted become yours to experience.

As an Intuitive Health Consultant, I can channel (receive info from your body, or Source, or whomever/whatever is required) and inform you what's truly going on way beyond the physical symptoms that are knowable by our five senses alone. Working with this in a consultation format paves the way for a more effective session of Source Point Healing and more importantly, provides great life lessons on what may be holding you back, perhaps from optimal health, open-hearted relationships, or even abundance. And sometimes, an Intuitive Health Consultation is all that's required because I'll give you tips on what you can do/be to reduce or eliminate the symptoms of whatever you are dealing with on your own. If I can guide you in seeing how your prior or even current actions are not conducive to attaining that which you say you desire, then we're truly onto something, that something being your spiritual, mental, and emotional growth! The weird thing is, though years back I never would have believed it so, these areas when nurtured create more optimal levels of health and vitality in the physical body, too. Who knew?

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