

The Anatomy of Healing

Acupressure, Acupuncture, Alchemy, Amara-Omni, Aromatherapy, Angel Therapy, Aura Cleansing, Bio-touch, Biodynamic Psychology, Bioenergetics, Bioenergy Therapy, Biofeedback, Body Psychology, Body Psychotherapy, Body Talk, Biodynamic Analysis, Brennan Healing Science, Chinese Medicine, Chi Energy Medicine, Clairvoyance, Core Energetics, Craniosacral Therapy, and that's just SOME of the As, Bs, and Cs of energy healing! There are numerous names for individuations of the greater whole of healing, but *The Joe Smith School of Feeling Better* doesn't sound as good as *Transformational Energy Release*, so we've labeled and cleverly advertised pieces of the whole, oftentimes mistaking them for the whole itself. My questions are: What is this whole itself? Do these individuations (modalities) ultimately do the same thing? And if yes, what is that thing they do and how is it done? Who was the first to discover it? And how did they do so? Are there any new ideas, or just a rehashing and renaming of bits and pieces of what's already known? How can we ever know that what's known is all there is to know? And, most importantly: How does asking a/o answering these questions relate to bettering our lives? These questions and many more will be answered in our new column, *The Anatomy of Healing*. Welcome!

I grew up in a typically American household. My dad was a pharmacist and pharmacy owner and for every cold, headache, or stomach upset there was something we could ingest. We'd take the pill and feel better—oftentimes within a few minutes—case closed. Or was it? Well, we had no reason to question it. If something works it makes perfect sense to keep on doing it, right? (Some of us even continue to do things that make no sense—oh, the human is a silly one indeed!) However, what we failed to realize or give thought to, as many of us still do, was asking ourselves what caused the headache to begin with and working with that answer directly. Pain killers are so effective in numbing us from our problem(s) that they have indirectly numbed us to probing deeper into one of life's longest-known mysteries as well—the nature of health and healing. Medications will reduce the symptoms but do not address the cause. Logically speaking, we cannot eradicate symptoms on a long-term basis without knowing the underlying cause and working with that directly.

Our reaction to everyday stress for example, initiates shallow breathing (among other things). We use and overuse our neck muscles as opposed to using the diaphragm. Holding tension in our neck muscles can impinge arteries and even meridians and will reduce blood, oxygen, and energy supply to the head; this often results in what we've been taught to call a headache. Most of us out of habit will reach for an aspirin because it's effective, easier, and seemingly less costly, however, because the causative energy is still in the body and only worsens, it's far from less costly in the long run. The best analogy I've heard for taking pain killers is from dr. michael ryce (he does not use capital letters) who compared it to cutting off the electricity to your home's fire alarm—the fire is still burning, you just don't know it.

Now if we begin to ask the question of what caused the headache, it's easy to say that the cause is tight neck muscles. In this case, it makes sense to take a muscle relaxant. Well, that may help somewhat. It would be one step closer to getting to the root. Another reaction would be to visit a doctor who may recommend injecting the muscle directly. Well, that may help a bit, too, but again misses the true cause. And more holistic minded people may choose massage. Quite logical: Direct manipulation of a muscle will increase blood flow to these and adjacent areas. Now, we're even closer! All of these are great, and they work, but not to the degree that will change anything long term. Now, ask the question again. Go deeper and you'll see that it is actually *our reaction to stress* that causes the tight muscles, this is what conventional and even some alternative medicine fail to address.

Pain and illness have been around since the dawn of time and every era and culture has had its share of medicine that to most now seem archaic. And in the future, who knows, maybe even our invasive surgeries will also seem that way. Upon looking at the above list of energy modalities, and then stemming through a list of traditional modalities, and then expanding that list to those done worldwide both now and in the past, there seems to be as many modalities as there are people: can you imagine 6 billion healing modalities? Yikes!

It's easy to look at each and see how they differ. That's what we tend to do with everything. Humans are really good at separating things and even ourselves from other things and other people with analysis, categorizations, observations, and even judgments. I've seen how this creates lack of harmony among social, political, and even spiritual lines that needn't ever

be drawn. What I've done is look at many healing modalities and examined how they're similar and have harnessed the underlying truth to them all. Future articles will discuss this and explain how we can use it to heal ourselves at the causative levels, as well as assist in the healing of others both in one-on-one situations and in groups like I currently do in my in-person and teleconferenced Healing Circles. I'll share with you the (he)art of healing at it's very basic core and how we can harness the unified field of unconditional love that permeates all things to assist us in maximizing our lives, potential, and overall health. See you in March!

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Dave Markowitz is an Author and Intuitive, and the founder of Source Point Healing. Dave's shared the bill with Deepak Chopra and Gary Null and has been written about on ABCNews.com. He sees clients individually and in groups both by phone and in person. See www.DaveMarkowitz.com.