

On Your Marks, Get Ready, GO!

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As a healthcare system overall, we have gotten very used to treating illness as opposed to people on a true individualized, holistic level. Therefore, based on a majority of published statistics of illness, we often believe that certain conditions aren't reversible; however many so-called serious illnesses have been reversed. Even if the statistics on the latter are harder to find, they do exist. Whether by medical means or divine intervention or some combination of both, or something else entirely, spontaneous remissions of even cancer have been noted in thousands of people. These people had something in common that few have looked at in depth; they believed they could get better and they were ready to get better.

“Huh? Why wouldn't someone be ready to get better?” you ask. Great question!

Actually, this is one of the most amazing things I've ever found (though I'm certainly not the first). I could have read a thousand books about it, but until I saw it myself with my own eyes, I'd never have believed it to be true. It turns out that if someone has little belief they can improve and/or are lacking an eager readiness to do so, they will more than likely stay sick.

Readiness to heal is an unconscious process; few actually consciously choose illness over health. Because the unconscious mind that created a problem can't be used to un-create it, we have to take a conscious and detached perspective of the initial cause, and not just try to treat the symptoms. In the mind-body awareness paradigm, pain and illness is an end result of repressing emotions. I've seen this work in person: Clients who are given a safe space to emote and do so; a/o are ready to have the energy moved for/with them; often reduce and even eradicate their symptoms in what is often considered a miraculously short period of time.

When a particular pain or illness is an end result of repressed anger (manifests in muscle tightness, gall bladder issues, increased blood pressure and more), for example, and the client isn't ready to forgive the perpetrator or themselves (the cause), the client is demonstrating an un-readiness to heal. One day, yes (hopefully), but not that day. Likewise something seemingly less vengeful: If a particular condition is an end result of repressed grief (we all have this and often in huge proportions; it manifests in skin/lung/large intestine issues, obesity, depression and more), and the client isn't ready and willing to bring those feelings to the surface, healing will be delayed.

Sometimes it is that simple. If we believe we can get better and are truly ready to, odds are high we can and will. We need to get a thorough understanding of the innate healing systems beyond the physical levels, including belief and readiness, to reverse symptoms permanently. Using the mind-body connection, we can harness the innate power to heal, but we have to really be ready to get better and really believe we can get better throughout our mind's conscious and unconscious workings.