

Natural Healing Express Weekly

Column Volume 51 The Divine Art of Healing

Pythagoras said that the most divine art was that of healing. “And if the healing art is the most divine, it must occupy itself with the soul as well as with the body; for no creature can be sound so long as the higher part of it is sickly,” Apollonius of Tyana.

OK, so these guys aren’t from around here, but essentially they got it right. Healing is a divine art. And like any art, it is tougher than it should be sometimes to get it right and stay consistent. Healing, like art, begins with a certain natural pool of talent; yet takes practice, precision, inspiration, patience and knowledge of the subject to master. Even with an abundance of God given talent, mastery of an art often depends upon self -mastery of the artist; as healing depends on self –mastery of the healer.

When illness, surgery, accident or something unexpected strikes your life, you immediately experience stages and processes. And, normally the first stage is shock. The questions jump forward. How could this happen to me? Why me? Why now? And that’s normal. It’s part of the process. However, wholly taking it in means authentically receiving the news on all levels – behavioral, physical, intellectual, emotional and spiritual. When the event is understood, healing can begin.

As acceptance of a disharmony begins to settle in, answers/options / best guesses begin to flow freely. You may have heard them before “it will take six weeks to recover, you might not be able to play ball again, I think I can get most of it with surgery”, etc., etc. Once you receive this feedback, consciously and unconsciously, you set about creating a plan for healing. This healing plan and expression becomes your own personal art form or as us Natural Health folks call it –Mastery of Bio-Individuality.

Learning to master your body and becoming consciously aware of its ebbs and flows takes time, intuition, knowledge of self and a love of learning not to mention the casual experiments of how NOT to do things. It’s R and D all the way baby and just because something works for your sister or your friend, doesn’t mean it’s gonna work for you. Madge was home in 24 hours after having her baby, but you’re still screaming in pain two days later. Ya, we’re all different. And Thank God for that.

When you seek mastery of health, especially during a recovery period, you are seeking a moving target with many variables, some you can control, and some you cannot. That’s the hard truth. But, you can hedge the odds in your favor. It does take work to understand your body and yourself, but there is no better healer for you than you. And, when you are clicking on all 8 cylinders, living life to the fullest, how can anyone argue the investment of this knowledge? Figuring out what works best for you in a singular manner rarely fails and is often the critical element of success. Embrace your power.

I believe all of us are trying our best to take care of ourselves and our families, but on any given day, stress alone is enough to throw a chemical curve ball to even the experts. And, Hormones? LOL. Ya, right, just try to balance all that when every fiber of your being wants wine and chocolate. That takes discipline folks, of uncanny proportions.

Then there's our meditation outlet. Some of us try Yoga or Pilates or just a walk to chill and embrace our inner quiet. But I have notice that sometimes it's difficult to be all Zen, peaceful and calm and not just nod off. Is anyone with me on that?

All kidding aside, in striving for mastery and doing our best to "learn ourselves" for our own healing, we begin to take note of our own processes and patterns. This wonderful gift helps us to not only become aware when things are wrong, but allows us to get a sense of what's right. You can feel it when your body, mind and soul are all working collectively in divine order. And, it feels good. It feels powerful, as you were meant to be. You have more energy, you get more done, you feel happier and your kids listen. Okay, maybe not that last one.

So, now that we are learning ourselves, feeling swell and getting downright good at listening to our body, there is one more thing to consider. Assuming we are striving to be better, we essentially feel good, we are eating right, we are managing our environment, sleeping well and realizing we are all in this world together. This is a good thing. So, what do we do when something just feels off and it cannot be explained? You can't seem to put your finger on it but somewhere in your soul, there's an air pocket. It's easy to identify an ache or a pain or emotional concerns such as anxiety or depression, yet it's difficult to catch a leak in the spirit.

As noted from the previously mentioned Mr. Apollo, no creature can be well if the higher part isn't functioning correctly. What we are speaking of here is connection to a higher power or spirituality. This article is not meant to offend, it's just written from my angle, so as a Christian my higher power is God, aka the man upstairs, the big guy, the manna maker, Father and from those Greek folks –Kurios. But it shouldn't matter what or how we call God, as long as we connect. I learned this quote years ago, from a somewhat surprising source, Duke Ellington, which puts this concern into perspective. The Duke said, "Everyone prays in their own language, and there is no language that God doesn't not understand."

To further finesse mastery of your own healing at the higher levels and especially for those variables/obstacles that you simply cannot control, take the time invoke your higher power. Utilize your connection to God and let it fly in prayer. There are things in the natural that are no match for the supernatural. Love and Prayer are essential to full recovery and healing.

While you're at it praying for your own knowledge and healing, go ahead and pray for your enemies. How can it hurt? I always figure God will sort it out because when Jesus said "Love your enemies", he didn't follow it up with, "don't have any".

Now, who knew you were an artist of healing? Congrats!

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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