

**HEALING**



# THIS IS HOW YOU HEAL!

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## PREFACE

The book "This is how you heal!" pays attention to the healing process. This is because healing and recovery are often confused with each other. The result is that many people who are declared cured walk around with a feeling of 'discomfort'. Despite being declared cured, one does not feel healed. This manifests itself in recurring complaints or an overall feeling of discomfort.

### **What is the cause of this feeling?**

In this book consisting of two parts, that question will be answered, with the emphasis on 'how' you prevent the return of complaints.

**PART I - What does healing entail?** describes the 'healing process' with respect to the 'process of recovery'. This is because you first have to understand what 'healing' actually means before you can delve into the 'how' you heal.

**PART II - How do I heal myself?** describes in depth which steps you can take to strengthen your constitution. Not only to heal in the situation you may be in now, but especially to understand that healing takes place all moments of your life.

*I wish you many useful insights and, above all, a lot of healing and pleasure.*



# PART - I:

## WHAT DOES HEALING ENTAIL?

- ILLNESS AND DISCOMFORT
- THE MEANING OF HEALING
- SAFETY
- RECOVERY
- BLOCKADE
- TO HEAL
- COMPLEXITY
- CONNECTION
- STRUCTURE
- FLOW
- DIRECTION
- THE IMPORTANCE OF REASON
- ENERGY
- AWARENESS

## ILLNESS AND DISCOMFORT

People usually only pay attention to healing and recovery when they are ill and / or experience discomfort. That makes sense logically. Logically, because the mind demands attention for the inconvenience at the moment one experiences discomfort. After all, you do not feel comfortable at all if you are feeling sick or traumatized, etc.

Mind you, your brain 'demands' attention. This means that the discomfort as well as the 'illness' are signals by which your brain demands attention for the state your body and / or your mind (your mental state) is in.

However, a lot precedes the moment that your brain demands attention. After all, there is always a cause that leads to the inconvenience. You have often paid no attention to the first symptoms prior to the discomfort or the disease. Illness is rarely acute. 'Disease symptoms' build up and thus often announce themselves amply.

The extent to which you are able to recognize and especially acknowledge symptoms that lead to discomfort or illness determines how healthy you are and remain. So the degree to which you react to 'changes', in and around yourself, on time and accurately, that is before your brain 'demands attention', determines how 'good' you (will) feel.

## LABELING DISEASE AND DISCOMFORT

Modern man has understood what has been mentioned above mentally. Modern man has gained experiences with illness and discomfort. He, using his mind, has categorized and labeled these 'symptoms'. This with the intention 'to know where he stands' in case of discomfort. "If you recognize a phenomenon, you also know what you can do about it"; is the slogan of the mind. The result is that modern man 'looks' at the appearance of the discomfort he feels. He uses his experiences with 'phenomena' and applies 'proven' remedies to remedy them. He applies these remedies in the expectation that the inconvenience will be solved, because it has done so before.



The diagnosis should logically have the purpose of finding the cause of illness or discomfort. However, diagnoses are all too often about correcting the discomfort as quickly as possible. The expert focuses on 'switching off' the signal that the brain issues. The expert has learned to recognize symptoms and uses this knowledge to combat symptoms.

So what the expert does by doing so is to silence the mind that demands attention for the issue by kidding the brain that the inconvenience has been resolved. If the patient does not experience any discomfort (anymore), this is referred to as 'being cured' or worse 'being healed'.

## SYMPTOM - CAUSE OR CONSEQUENCE?

If the remedy reduces his discomfort, the patient is happy. His brain is thereby confirmed in the experience, the 'knowledge' that remedies 'work'. The brain is very pleased if no discomfort is experienced and as a result it does pay attention to the issue that the discomfort is not really resolved. Everyone happy!

That is until the despair strikes when the "pain" and the discomfort occur again: "I thought I was healed!"

Illness and discomfort reflect the state of your constitution. They are reflections of your constitution that reacts to your environment. The signal that is issued requires action so that the signal is no longer needed. So logically pain is not about the appearance of the signal; the symptom. The signal is about discovering the cause of the disease or the discomfort in order to resolve the issue. There is apparently 'something' in your environment that you do not respond 'well' to. The discomfort and / or the disease is therefore not the cause. Disease and discomfort are reactions to something in your environment. Your brain makes this known through symptoms.

Describing symptoms and attributing solutions to them makes sense from a logical point of view. Logical since the brain assumes that by doing so it will be able to apply solutions more quickly. However, this is a strange starting point for healing. Healing is not about how 'fast' you resolve the pain. Healing aims to learn from the experience with the discomfort, with the ideal result that the situations that cause discomfort can be avoided or improved.

Man has experience with this for centuries. The 'bubonic plague', the 'consumption' etc. have taught people that environmental conditions are of vital importance to his health. After he became aware of this and took measures, these diseases no longer occurred.

Experience does not lead to learning or development naturally if one is not aware of the essence of that experience. Modern man still focuses his attention mainly on symptoms despite of his former experiences.