

# HEALTH: BE WHOLE

## SICKNESS

In my practice I treat a woman of fifty-one years old, mother of a 10 years old daughter. She is diagnosed with breast cancer, unfortunately spread to the liver. She has exhausted all avenues of traditional Medicine. Treatment is targeted only on life extension. . She is on chemo and immuno therapy at this moment. Hormonal treatment therapy is waiting her after the chemo's. Since she heard her diagnosis, she touches a place of strength within her she didn't expect from herself. The emotion she experienced most fiercely at the time she heard it, is defeat, complete devastation. That feeling lasted only a few days. Then she tuned in into a deeper place within herself. She feels empowered, experiencing this sickness as a chance to finally come closer to herself. Now at last she allows herself to give priority to herself. She is eager, very eager to take this chance to embrace life on a deeper level. Moments of desperation or fear? Almost not present. She believes that she can heal. Heal in her way. So even letting go of the Western standards of cure. Accepting that she might not become very old. But when she passes, she will leave this body, this life in a complete whole state of being. I bow my head feeling grateful to be allowed to guide her in this journey.

## HEALTH

What does it mean to be healthy? Health is an experience. It's an experience to be whole and in harmony. The direct experience of connection with the Life Force. It is the feeling of being alive. With the acceptance of the limitation or pain. To feel free within this limitation. Sickness is a splitting off of your true nature, being scattered in thoughts, emotions and attachments. Being sick offers also a chance. A chance to create awareness where you separated from being one. As an opportunity to become whole.

## HEALING

Now what is our task as Shiatsu practitioner? How we deal with it in Shiatsu? In the case of this woman with cancer, we should take care of the 'postnatal' needs of the client based on our Eastern diagnosis. Supporting the physical body from the side effects of the chemo as to maintain as vital as possible. Very valuable.

In the same time our focus should be also on a deeper level of consciousness, the spiritual body. We invite someone to reconnect with their life potential. Where did they withdraw their life energy, where did they get scattered losing themselves in emotions, thoughts, convictions, etc... Where did they separate of the experience of wholeness?

As a healer you need to be capable to invite the specific cosmic intelligence where the receiver separated from. The intelligence of a meridian system carries specific qualities and features. You can connect with this knowledge by tuning in with your focus, your Mind and your feeling. The healing takes place in the moment this information awakens, so the receiver can receive it as a warm blanket, nurtured by the specific qualities.

For example, when the root of the separation lies in fears, you focus on Kidneys, Water intelligence. You do this by treating the meridian, the organ but also by being in a state of Water Mind, being still, calm, soft, inviting, calling up the intelligence. You are Water, you become blue, fluid, amorphous. Then, when the Water system is opening, this deep, healing Silence and peace that is so characteristic for Water reveals itself and it feels as you are embedded in it. The receiver is nourished

by specific Water qualities as will power, inner wisdom and gentleness. He or she can feel deeply safe in this life, in this body and experience his/her right to exist.

## **HEALER**

As it is as our mission as a healer to bring this withdrawing from life, this darkness back into the light, this asks for certain qualities, virtues. You need silence and emptiness, being able to wait so you can be really present in the place of pain. Not losing yourself in doing too much, offering loads of techniques, talking. That asks courage. A lot of times it's your own fear that is projected on the moment supreme and this keeps you from sinking deep and truly connecting. Being a healer asks self-realization through transformation of your own pains and fears. This is a life job which will never be 'ready': it's the endless process called Life.

## **THE FORM: KIDNEY ENERGY**

As mentioned before specifically the energy of the kidneys or the Water element offers a tremendous field of potential healing, for the client but also for you as a healer.

The Kidneys are the entrance to the depth of life, to the baggage you got from your bloodline to karma. It reveals the gate to prenatal energy, where the life fire is kept or put to question. Through the Kidneys you are confronted with your deepest fear, fear to die or to live fully. It is there where the dark side of life is withdrawn in your subconscious. Through the Kidney energy you can experience your deepest will power, your drive to experience the essence and origin of life.

In the workshop 'Embodiment of the Organs: Kidneys that I offer during the ESC congress, we will bring the Water energy alive by Chi Kung exercises, meditation/Mind set and hands on techniques. We address the organ itself as a manifestation of the meridians. Working central on the torso gives a very direct experience, different then working on the meridians, more distal. Also, we connect the organ with the meridian and the Water zones in the body from Psoas muscle, to lower back to cranium. We work on our attitude, our Mind set by connecting with Water qualities. It allows the Kidneys to reveal their story, where you disconnect from their original state and align them back in the natural flow. The relation to the Kidneys and the Psoas muscle will be revealed during the workshop....

I invite you to go on this intense journey in the depth with during the ESC congress. It will bring you a higher level of awareness on your journey to self-realization that leads to a higher quality of touch in your treatments as a Shiatsu healer and offers true healing experiences to your clients.

## **Bibliography:**

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