

Integrated Approach Towards Healing

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Ancient esoteric wisdom puts a lot of focus on an integrated, holistic approach towards healing. Traditional Chinese Medicine, and Ayurveda, for example, looks at the complete energetic flow of the individual – the flow of the mind, body and soul working cohesively together – as an indication of the total health and wellbeing on the individual. The mind, body and spirit are so connected, that although one challenge or ailment can be traced back to an energetic block in either one or all the aspects, the entire system will be affected.

It is important for complementary therapy to incorporate a holistic view of the individual. The clear, free flow of energy in the body, mind and soul ensures the good health and wellbeing of the individual. A blockage in the flow will affect one or all aspects of the individual, but the entire thread has to be looked at to determine the root cause of the ailment, which will then lead to the transformation of the client to better health and wellbeing.

Gerber, in his book, Vibrational Medicine states that, “Medicine that is directed towards an understanding of energy and vibration, and how they interact with molecular structure and organismic balance, is a slowly evolving field known as vibrational medicine. The healing arts must be updated, from the current model of medicine that is still Newtonian in character, with new insights from the world of physics and other allied sciences. The recognition of our relationship to these higher frequency energy systems will lead to a fusion between esoteric wisdom and modern scientific evidence. The trend of holistic medicine will ultimately move healers towards the recognition that for us to experience health, we must enjoy an integrated relationship between mind and body.”

Ginger (not her real name) had just received some concerning news. After having regained full and complete health from a previous heart condition, Ginger was told by her cardiologist that both her carotid arteries were blocked – the left side was 33% blocked, and the right more than 50% blocked. Her options were surgery and medication. The top three complications from the surgery are death, heart attack and stroke. She gently declined western medical help, and turned to the holistic route that had brought her to health previously. She remembered the left side was blocked 33% -- a master number 33 and she believed this to be a sign that she could do this differently. This knowledge empowered her; gave her full confidence in her own healing abilities. She reached out to experts and generated a plan that she thought would take at least six months to bear fruit. Her doctors, family and husband reluctantly agreed.

She then went to a naturopath who researched every major health event in her life and designed a plan to put it all back in! They focused on boosting the immune system, dilating the arterial supply, supporting the liver and encouraging more succinct communication cell to cell. She was also advised by three essential oil experts to use prescribed oils topically as well as to ingest daily. The oils were to calm the body from the trauma and open up the arterial supply -- calm the body-mind. She designed a specific meditation practice that she practiced for 20 minutes four times every day. She imagined sloughing off the blockage cell by cell. She imagined each cell gently traveling out through the body, safely eliminated. She also honored the ancient art of Jin Shin Jyut Su and went weekly as well as the care of an excellent BodyTalk practitioner. She topped it all off with regression therapy -- open to cleansing all that no longer needed to be carried.

During her regression session, as she was being counted in, Ginger saw herself hanging upside down. Her hands were tied behind her back. She felt pressure and then sharp pain on the sides of her neck close to her carotid arteries. She felt her head was locked in something that felt like steel -- she could not move or shout or cry. Her voice was paralyzed. She then felt as if she was being lowered down, head first onto a screw like object of torture. She was being made an example of in front of others. She then saw that her tortured body was hanging in the Cambodian prison known as S21 -- the largest detention and torture centre in Cambodia, where 20,000 men, women, children and babies executed by the Khmer Rouge between the years 1975 – 1979. She then took the form of Spirit and went up to the Light. And as she did, she became silent, non-responsive to commands. She later said that she saw herself lift up with other souls in the prison. While she was in the Light, she had a profound energetic experience with the Beings of Light.

How did this session help her in her healing? According to Ginger, "I opened up the recesses of my mind, current and past, and released the fear associated with being trapped, silenced, tortured for no reason."

The regression session brought forth the awareness and the realisation that there was a traumatic experience, a subliminal element of guilt, which she was holding onto that she needed to release. The second element that was brought through the regression was the significance to her of the number 33. She felt that she had been forced in the past, and sometimes in this life, to contain her voice. She felt confined, unable to speak out against injustice, to speak her mind. This was represented with the metal bar across her face and jaw, suppressing her ability to scream. The regression session empowered her to open up, and to commit to speaking her truth from this moment forward. Her throat, her authenticity had to be opened!

Subsequently, she went to Cambodia, and sat in front of S-21, which is now a Museum, and did a healing meditation for herself and everyone else.

Three months into this integrated healing plan, she went back for a medical checkup. A CT scan confirmed through contrast medium that both carotid arteries were 100% clear! The doctors insisted on a calcium score as well which tests the calcification in the arteries -- and early sign of blockages. Her score was zero -- a perfect score! Her doctors re-checked the original scans and re confirmed that the blockages had indeed been there three months prior. Her healing was real and complete and witnessed by the best cardiologist in two major medical centers.

This is an inspirational case study that is of value because it starkly illustrates so many aspects that therapists can learn and implement in their own practice to help a client. For the purpose of this article, there are two particularly interesting aspects that I would like to highlight. The first important learning from this case study is that Ginger was completely in touch with her own power, fully confident that she was able to heal herself. The second is that she used an integrated approach to fully capitalise the holistic aspect of her healing - mind, body, spirit - based on a clear, defined goal. This led to such miraculous results that stunned the medical professionals in two countries.

One of the easiest ways that regression therapists can help guide our clients towards an integrated approach is through ideo motor signalling (IMS). Under hypnosis, after regression, the therapist can check with the subconscious whether the clients need other forms of therapy to help with the challenge, and also what sorts of therapy is needed. We can even use IMS to determine when it is best for the other forms of therapy be most beneficial to the client.

A single person need not have to know different modalities to provide holistic care for their clients. It can be a collaborative effort. When I first started to practise in Singapore, I was blessed to be surrounded and supported by a group of incredibly smart, intuitive, loving and talented therapist who I call my Goddess Sisters. Each member in the group is an amazing healer in their own right. By experiencing each others' therapy, practises and skills, our own individual knowledge and skills grew to provide the best care for the clients who come to us. And just as importantly, we have a community to cross refer clients who would benefit from the individual modalities, to ensure that they have the most holistic approach for their challenges.

In my experience, establishing or joining a community of therapy practitioners is an important element of being a practitioner. Apart from being a wonderful personal support group, the cross reference of knowledge, skills and clients helped me grow as a therapist and provide the best care possible for my clients.

The mind, body and spirit work as a cohesive unit to enable the best flow of energy for the individual, and if need be, an integrated healing approach is needed ensure that their flow is clear, clean and healthy. Ultimately, the individuals' healing needs are the most important, and working different modalities together can produce absolute miracles.