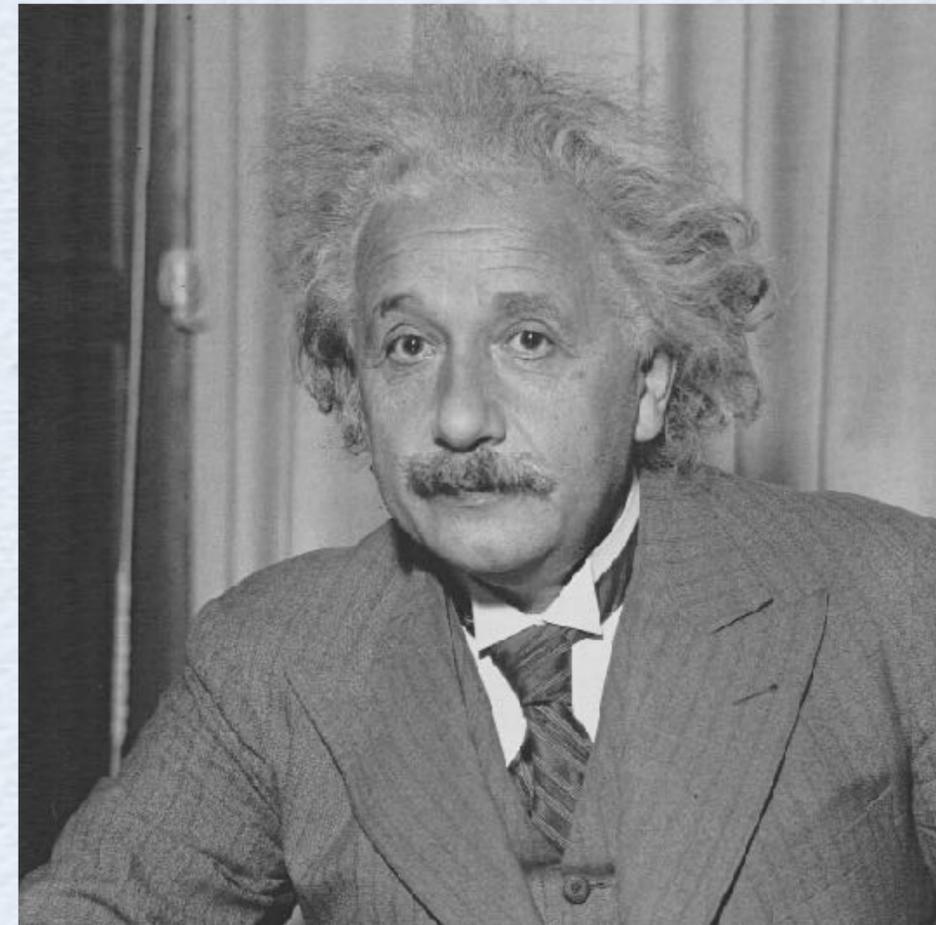


THE HEALING JOURNEY

From Dependancy to Autonomy

The kind of healing
we seek - and
practice - reflects
our consciousness
at the time

'We cannot solve
a problem with
the same
consciousness
that created it.'



Albert Einstein

Consciousness
transformation is the
key ingredient in any
self-healing process

OLD MEDICAL PARADIGM

- Body-mind is machine which breaks down
- Disease agents attack us from outside
- Need outside intervention to bring about cure
- Medical practitioner and patient are separate entities
- Removal of disease is primary goal

Most healing relationships are modelled on the traditional doctor-patient relationship



- Practitioner is the expert & has the knowledge of what to cure & how to cure it
- Practitioner assumes responsibility for the patient's healthcare
- Patient submits to the treatment

VICTIM CONSCIOUSNESS

- Disease comes from 'out there' attacking us
- Need an 'expert' 'out there' to take it away
- Dependency relationship
- Patient is relatively passive & disempowered

The direction of self-
healing is from
dependency
towards autonomy

EMERGING HOLISTIC PARADIGM

- Body-mind-emotions-spirit are energetically interconnected
- Internal susceptibility interacts with environmental factors
- Healing power comes from within
- Practitioner and patient participate & share
- Client learns to trust their own wisdom & inner

PARTICIPANT CONSCIOUSNESS

- Disease is result of both inner and outer forces
- Opportunity to participate in your own self-healing process
- Healing relationship is a partnership
- Active involvement & shared responsibility

‘Our own nature is
itself our physician,
which is to say, it has
in itself what it needs’



Paracelsus 1493-1541

DIRECTION OF HEALING



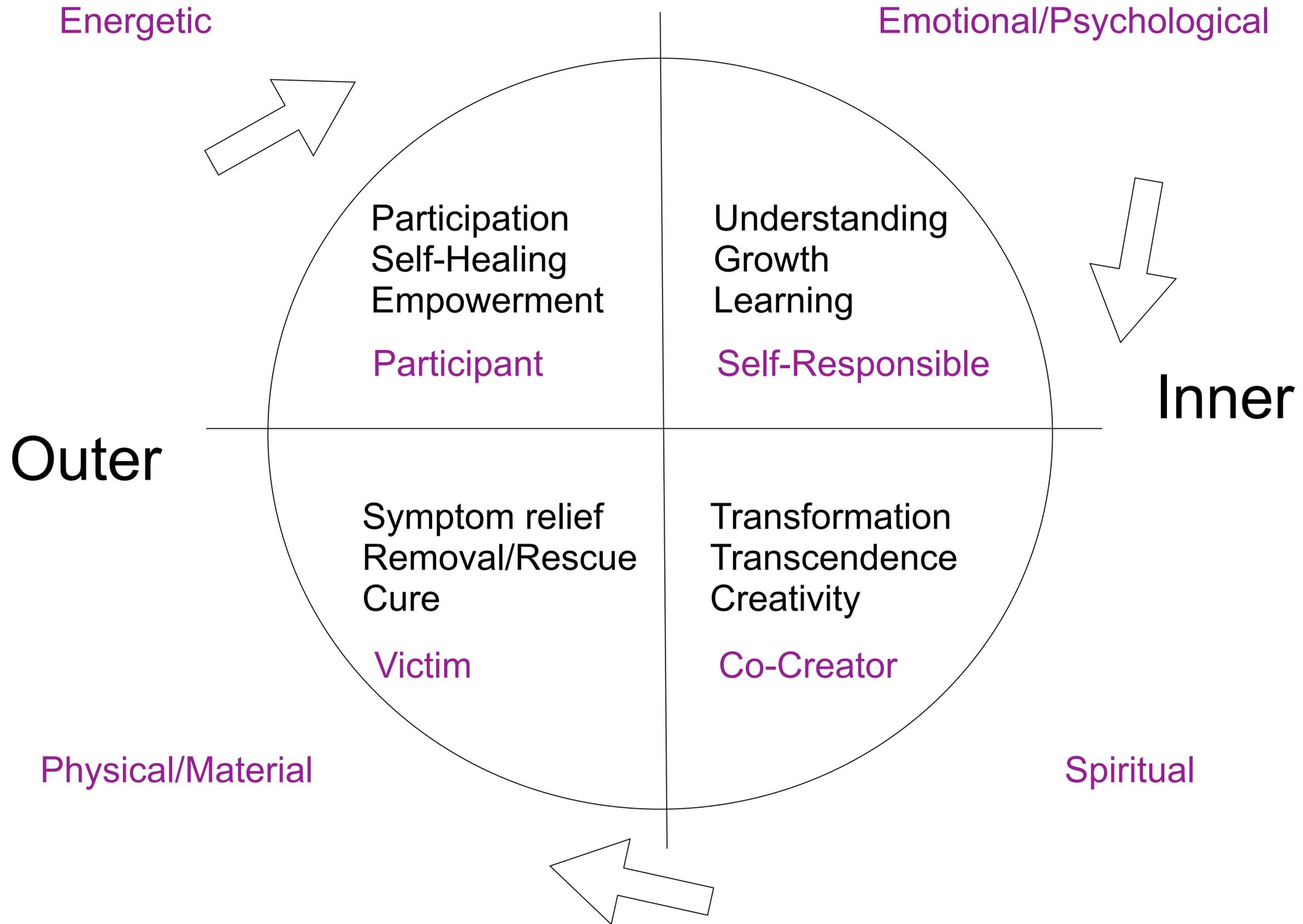
BIRTH OF SELF-RESPONSIBILITY

- Recognition of inner psychological factors
- Developing emotional awareness
- Discovery of 'personal' unconscious
- Suffering & healing contribute to growth



Marion Woodman

'The curing may be in the
body,
but being cured is not
necessarily living a full life.
Healing is coming to
wholeness.'



'You reach maturity
when you become
the authority for
your own life'



Joseph Campbell

