

Hypnotherapy and Health

The Health Revolution

Vibrant health is one of life's most special gifts. Many strive towards this state of high-level wellness. This is where our whole being of body, mind and spirit is in balance and harmony. Energy, peace and gratitude flow as we feel connected to the present moment. Many individuals are seeking ways to achieve this level of health by utilizing integrative medicine, a merging of holistic and prevention modalities along with the crisis care of allopathic medicine when appropriate, in order to reach their vision of high level wellness.

We are more than our ailments, more than the sum of our addictions, co-dependencies, operations, scars and lapses. We are whole. It is an interesting conundrum that when we pay more attention to the health in our lives and less attention to the illness, that is where the healing begins - in refusing to let the illness determine the value of our lives. Find a way to act subversively today on the side of health. And may you find blessing.

Imagine individuals and our nation paying increased attention to true health, rather than disease. Agree to be a bit of a rebel and act subversively now on the side of your health, and the health care in our country. How can you achieve that? Embrace the new science that is based on an energy paradigm. When you see your body, your thoughts, your prayers and your world as energy, it unlocks many new choices for health and healing. Within this new energy paradigm, the harmonizing, precautionary and alternative modalities make sense for effective healing as well as for cost-effectiveness. It's time for a health revolution.

Our current allopathic medical system established on Newtonian physics and reductionism (the science of breaking things down into component parts, often into the tiniest parts possible) is obsolete. Yet it has been very advantageous for isolating triggers which bring about disease, and has created some pharmaceutical drugs and surgeries which border on the astounding; but it is an ineffective match for chronic diseases. Medicines and surgery should rarely be used as the first option bearing in mind that physicians take the Hippocratic oath: "Primum, non nocere (First, do no harm)."

Allopathic medical treatment, which is expensive and focuses on disease rather than health, also is often unsuccessful in treating the leading causes of death, especially chronic conditions which make up the majority of health grievances. Surprisingly enough, failures and errors in our current allopathic medical system are now major causes of death the U.K and Ireland

Western Medicine fail to realize that they are still aligning a very broken and useless profit-based medical system to a broken and inefficient government that can easily be [and is] bought by special interest groups. The time is now to create a value based integrative medical system that enables access to true health care. This new medical system would keep in balance the health of the whole person and the health of the system with reasonable profit. It's time to be that rebel and act subversively on the

side of health!

We are in a sombre paradigm shift that extends across the sciences. The new science of energy physics, a la Albert Einstein, proposes an energetic paradigm for the universe. The New Energy Physics give scientific weight to a new way of thinking and being in the universe: one that honours science and spirit, energy and matter, mind and body, emotions and spirit as part of the energetic, mysterious, ever-changing, dynamic, participatory whole.

The energy of thought/prayer/intention comes into this system. Matter transforms in this inter-connected universe. The mind-body relationship makes scientific and spiritual sense in this system. What transpires is an idea for a medical system based on the new science, incorporating the concept of each person as an ever-changing energetic whole of body-mind-spirit, moving towards greater health and wellness. Health is depicted as a process moving towards balance, vibrancy and wholeness by way of awareness, seeking education, holistic modalities and growth for the whole person. Health and wellness can begin from the place where the indications and warning signs of disease have manifested-or before any indications of disease have shown themselves, thus preventing much dis-ease. The old saying "an ounce of prevention is worth a pound of cure" rings even more true now.

Larry Dossey, M.D. has done a lot of work and study on the role of prayer and healing. He sounds the clarion call for a marriage of science and spirit. He teaches that in modern medical teachings, there has been a clear bias toward the logical, analytical, rational approaches to disease; and bias against any alternate approach deemed "right-brained," irrational, religious or unscientific.

However nowadays the choice between science and spirituality appears increasingly artificial, even from a scientific viewpoint.

Joan Borysenko, Ph.D., has decades of work and research in the mind-body-spirit field. Many researchers who initially were fascinated by the mind-body connection, have been drawn more deeply into exploring the role of spirituality in health.

Take notice of this trend of moving from body to energy to spirit in some of our popular physicians and researchers such as Candace Pert, Ph.D., Deepak Chopra M.D. Herbert Benson, M.D., Christiane Northrup, M.D., Bernie Siegel, M.D., Andrew Weil, M.D, and others. I have also perceived this trend in my own personal and professional process and practice.

Hypnotherapy is one of the most effective therapies available to access a deep level of unconscious energy, and, utilizing hypnotic suggestion to re-programme the mind, transform dis-ease and distress into vibrant health and wellbeing.

The National Wellness Association has found that doctors are noticing some surprising evidence that spirituality can promote health. And the move to the wellness model has been supported by research in chemistry, psychology, neurophysiology, psychoneuroimmunology and quantum physics. So, let us "act subversively today on the side of health." And may you find blessing.

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