

Article: META-Therapy Planning

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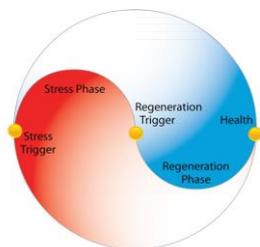


Like many of our newsletter readers, you may be familiar with the concepts of META-Health and the process of META-Health Analysis. Our introductory courses focus on these steps for an important reason: we need to understand the root cause before we attempt to resolve the problem!

Once we've identified the cause of an issue, we're often asked two questions: 'what's the next step?' and 'how do META-Health Analysis and therapy work together?' Today's article explores the answers!

The Sympathetic-Parasympathetic Balance

With today's busy and demanding lifestyles, many of us tend to be sympathetic dominant; that is, living in a state of habitual stress. Without realising the consequences, we exacerbate this situation by relying on sympathetic-inducing substances such as caffeine, sugar and adrenaline to keep ourselves going.



Yet health requires a balance between active stress and passive regeneration. We need to switch regularly from the sympathetic fight-or-flight reaction (Phase 1) into the parasympathetic eat-and-sleep state (Phase 2).

The higher or longer our levels of stress, the deeper the regeneration we need to rebalance and rebuild depleted resources. This period of self-healing often involves fatigue, tiredness and physical symptoms that are commonly labelled as 'illness'.

How do Therapies affect Healing?

Drug-based allopathic treatments are usually designed to block or suppress symptoms by putting

the organ into a sympathetic (stress phase) state. Many complementary and alternative therapies, on the other hand, are designed to stimulate or support the body's self-healing mechanisms.

Therapists often talk about healing crisis, a temporary worsening of symptoms; this is actually a sign of deepening healing and the effects of therapy!

Where do Therapies fit into the Self-Healing Cycle?

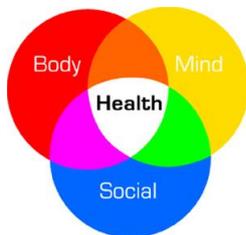
Knowing where we or our clients are in the healing cycle enables us to choose and apply therapies according to what's needed.



Many therapeutic approaches are great for taking people out of stress and into regeneration. For example, EFT can help clients to mentally and emotionally release stress, which facilitates physical regeneration (a *mind-body* approach). Bodywork such as massage takes a *body-mind* approach, enabling physical relaxation which in turn supports mental and emotional release.

When we're deep in the regeneration phase, therapeutic support can support and ease our journey through it. Natural remedies, energy exercises and tailored nutrition, for example, can help to rebuild our energy and resources.

Taking a Whole-istic Perspective



The other key aspect to supporting self-healing is to broaden our approaches and ensure that we're covering all levels: body, mind, spirit, social interaction and environment.

It's important to take real-life actions as well as therapeutic treatments!

Creating your META-Therapy Plan

After doing META-Health Analysis to reveal the causes behind an issue, you can use the following questions to create a tailored and focused META-Therapy Plan for self-healing:

Body:

- How can I support the affected organ to heal? What remedies, foods, energetic corrections or exercise would help this organ?
- How can I raise my vitality and life energy as a whole, so I am stronger, more resilient, and more able to deal with life challenges?
- How can I get sufficient rest and relaxation, taking myself out of stress and supporting myself through regeneration?
- How can I get more in touch with my body, its intelligence and needs?

Mind:

- How can I change the mental patterns that caused this situation and/or resulted from it?
- What thoughts and beliefs do I have about myself, others, life or the world that are causing me to think this way?
- How can I react differently in the future?

Emotions:

- How do I feel about these themes and situations?
- What blocked emotions am I holding onto that are causing me to stay stuck and have the same experiences repeatedly?
- How would I have to *think* in order to *feel* differently about myself, others, life and the world?

Social:

- How can I change my reactions and interactions to change this pattern in my life?
- How can I change the interpersonal situations externally, and internally change my reactions to them?

Environment:

- How can I become more at peace with the environments that are contributing to my stress?
- What can I do to make my external environments more supportive and healing?
- How can I change my environments externally, and internally change my perceptions of them?

Spirit:

- What are the life lessons behind all of this?
- What is my higher self communicating?
- What's my potential and how can I tap into it?
- Who would I be if I wasn't thinking these thoughts or feeling these feelings?
- How can I engage in or extend my practices for spiritual development?

The answers to these questions open up many avenues for actions and approaches to support self-healing. Take time to explore them.

Like all good plans, the next steps are to turn them into specific and measurable actions – and do them! Your goals and actions will change and



develop as you do: self-healing is an evolutionary journey of personal development!