

THE POWER OF CARING

HEALTH, ILLNESS AND THE MIND BODY LINK

This live workshop recording was made in 1989 when I created a seminar for doctors and other healthcare professionals as well as cancer and Aids patients to attend.

I had met two extraordinary people with an equally extraordinary story of how their courage and love had overcome Dons terminal illness. After spending much time with them exploring their experiences I asked if they would be the main speakers at the seminar.

I had worked with people for almost seven years who were dying, the recently bereaved and others facing both chronic as well as life threatening illness. Such work had shown me how the power of caring was the crucial factor in helping people to recover from, cope with and in many cases prolong their lives.

Modern medicine contributed to their care but I had witnessed another important factor at work. The power stemming from a crisis in their lives to connect with an energetic soul expression. Modern scientific research was beginning to confirm what had been known from old wives tales - that the human mind and heart play an important role in releasing the individuals own healing potential. But only as long as that individual was given the right circumstances, support, encouragement, care and love.

Anna Factor, the wife of Don who had gone through the process of successful recovery from a terminal illness – lung cancer shared her experiences, thoughts and reflections.

“ Having gone through all the illness side of things with a fruitful outcome, a successful outcome, it seemed to me that a number of old patterns were beginning to re-emerge in our life. Some of the tensions and difficulties and unresolved issues and so we realized it had to do with communication – how to listen – how to hear each other and how to extend that to others. It was the communication and self-understanding, which Don echoed and felt that before his illness if he and Anna had been better communicators. The idea was introduced of share content between two people, if you like a shared conscious which allows other fields to be opened up which would not normally be accessible in the normal course of communication. The conclusion was that if this form of open communication were honed and accessible then it would help a lot of people to not get ill!

Part of the process is the ability to communicate ones feeling, ones deeper feelings and first of all one has to find out what those are and it is almost like onion rings, as though there were a lot of feelings which cover up and distort elements of self like layers of grief and shame and guilt and underneath there love. If you choose to hide feeling and not be honest enough to look at what those feelings are then you hide away from such feelings and continue to communicate both to yourself and thereby others shame and fear as well as guilt and Anna felt that an illness like cancer and some other diseases are symptoms of such unresolved feelings.

Don emphasized the importance of communication and how this was a valuable lesson that he along with Anna had learned. A sharing content of conscious allows creative healers to be open and make available this resource of information in the healing process. This form of open communication often helps people like Steven to not get ill. . Anna said how she thought it was to do with feelings and part of the process is to communicate ones own feelings and to do so one has to find out what those deeper feelings are which is rather like onion skins in the sense that there are many feelings under layers of other feelings which have to be examined before getting to the real core feelings. For example anger, fear and grief, guilt and shame and underneath there is a feeling of love but if you are trying to hide behind the initial feelings and not being honest at looking at such feelings in a realistic way. In communicating fear and all the other feelings the interaction with self and thereby the other person is confused – lacking in authenticity. So, diseases like cancer and other conditions are *symptoms* are perhaps based on unresolved feelings, which can emerge physically in the body as disease expression.

In Dons illness learning to express feelings which I didn't know I had, secondly I wouldn't allow myself to feel and then learning to explore and express these feelings in a safe way realizing that my deeper feelings were very different from the superficial feelings by which I had been operating in my life which had created in a sense a mask in my life often superimposed.

Listening in the sense of giving their whole attention to listen and not judge and to make that safe space for the person being listened to to say what is in their heart and also one can communicate what is going on with you and think

creates a bond with the person who is there with you at this time. Someone who listens and receives you is very empowering.

Don said what people crave when they are ill is someone they can talk to without that person saying 'there, there its alright' or ' that is rubbish' but someone who listens to them respectfully and allows them to open their hearts and that there can be no greater healing process and sadly with many professionals as well as friends it is a rare, rare commodity in this world we live in when there is someone around who will listen to us and will and make us feel wanted. “

Steven added something to the discussion at this point. He said' that it is important how we are aware that we don't have to have the answers, many of the things I am hearing you [Don] say is that when you look back over communication of painful issues is to actually sit with someone and say I don't have the answer but I will sit with you and share your exploration and not to try and fix the situation to make it better.'

Anna went on to say how she had been thinking about trust and how when you start moving in the right direction, a healthy direction, the world outside of your starts to validate you. You appear to meet the people you need to meet at that point in your life and I don't know how it happens as it appears magical at times but it definitely happens. So you receive the validation that you are moving in the right direction and the universe is allowing because everything in the universe is there to help you. Everyone you meet, every next step seems very natural and an enfoldment without one having to do a lot. For instance you

don't have to manipulate it much it seems it just is all there and that is this symbiotic element that emerges. This has the effect of reinforcing ones trust and assurance as you explore how life works but you have to be able to step outside of your old thinking. I have had the experience of guidance, nothing as glamorous as a channel, but rather finding the qualities that one needs are there within you as long as you can take the time and be with the people who can enable you to move through the various onion skins of old thinking towards an inner true guidance. In order to do this one has also to recognize the need to take some risks in order to get out of old patterns and into new ones and also to be able to say 'I don't know'. Whether feelings are actually the guide because it isn't feeling on its own and it isn't thinking on its own instead these are more like channels more like tools and you need to be able to hear them and to use them in the right way and there is still something unknown that it is there -

Rita went on to show us what the elements were which she, as a health care practitioner specializing in life threatening illness, had discovered. Certain key elements are required in order to enable an individual to make sense of and then begin to create the necessary changes in mind and body to overcome their illness. These and other insights are shared in the book entitled 'The Power of Caring' which can be purchased from the website www.is-this-it.com under the PRODUCTS section of the site.

Bookings for day workshops focusing on The Power of Caring can be by phone 07707 860 177 or e-mail steven@is-this-it.com

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