

Healing and Transformation

"Every symptom has a certain way of being with which it is associated. In order to release a symptom, one must release the way of being associated with it. Thus, the process of healing implies a process of transformation. Anything can be healed"...

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One or Two Months to Live

When I had terminal cancer in 1975, I had been told that I had one or two months to live, and that the end might come very suddenly, any moment, if I coughed or sneezed. I was faced with a reality in which each day was possibly my last day, each hour my last hour, and I recognized that for whatever limited time I had remaining, I wanted to be happy.

Living a compromise made no sense to me. Since each meal was possibly the last one I would ever have, I wanted to eat whatever I had an appetite for, whatever my body was asking for. It didn't make sense to me to eat food I didn't enjoy just because someone else thought it would be healthy for me. Their loving intentions were recognized, but I knew it was not my way. My path to health had to include a sense of enjoyment in all that I did, and I had to be true to myself, to be real. I had to believe in the recovery process.

Relieve!

Then, it was suggested to me that the cancer was the result of a process that had been going on in my consciousness, and that I could use my consciousness to get rid of it. My consciousness had been the effect of programming, in the same way that the results that a computer produces are the effects of the way had been programmed. I could reprogram my consciousness.

I was presented with the idea that our perceptions create our reality, and I realized that I had to reprogram my consciousness to create the perception that I was well. I was not prepared for such an abrupt shift from the perception of being terminally ill, but I realized that I could much more easily create the perception that I was getting better and better, until I was indeed well.

I had had the perception that I was in a state of deterioration, getting closer and closer to dying, and I knew that if I were to have as the end result the perception that I was well, I would have to change from getting worse and worse to getting better and better. I also knew that the turn-around could happen in any moment. It was a matter of turning a switch in my mind, and insisting on knowing that it had been turned. I decided that if the moment of change could be any moment, then let it be now.

The Change

I felt a shift in my consciousness, and I knew then that I was in a state of improvement. I also knew the importance of maintaining the integrity of that decision, and of that moment. I knew that all of my perceptions had to reinforce the idea that I was now getting better and better. For example, I could remind myself as I ate whatever food I wanted, that it was exactly what my body needed to accelerate the healing process.

Physical sensations that felt like electric shocks in my body, which before had reinforced the idea that the tumor was growing, now had to be perceived as evidence that the tumor was shrinking. My mind looked for more and more ways of knowing that the improvement was happening.

I knew I had to stay away from those people who insisted on seeing me as still terminal, not from any lack of love, but just to maintain my own positive attitude toward my healing process. I had to be with people who were willing to encourage me on this seemingly impossible task I had set for myself. When I was asked how I was doing, I insisted on answering, "Better and better," and seeing how that was, in fact, true.

I knew that it was vital to maintain the positive programming, and that putting myself in a relaxed state of mind and talking positively to myself for fifteen minutes, three times each day, was a part of the programming process I should in no way interfere with. There were temptations to not do the relaxations, and then I would remind myself that my life was at stake. Any temptation, then, was something that stood between me and my life, and had to be removed, so that I could live.

Holding the Perception

At first, it was very difficult. I found that the integrity of the moment of change was easily compromised, by my thoughts or words acknowledging anything other than the idea that I was improving, and I had to be honest with myself, and see that, and then know that I had "blown it." Then, I could tell myself that what had happened was just a practice run, and that the real moment of change was now.

It got easier and easier. I was able to maintain integrity for just hours at first, then a day, then two days, and then I was solid. I knew the program was working. I was able to recognize the doubting voice inside, and know that it did not represent truth. I was able to identify with the encouraging voice. It became my guide, leading me back to stable health. I was more and more able to maintain the single-pointedness of knowing that positive changes were happening. When I was not feeling a symptom, I told myself that perhaps now I would never feel that symptom again. If I experienced the symptom after that, I told myself that the process was just not yet complete, and that indeed I was feeling the symptom less than I had before.

I had to know that positive changes were happening now, possibly just at the threshold of notice-ability, so I could eagerly anticipate evidence to justify my perceptions. Naturally, I was always able to find something, and so assure myself that it was not something I was just imagining, but real, and more strength was added to the process.

The Program

During my relaxation periods, I imagined seeing the tumor which had been located in my spinal cord in the neck, and imagined that I was watching one layer of cancer cells dying, and being released, to be discarded by my body's natural elimination system. I knew that the change, perhaps not yet noticeable, was still definite. I knew that each time I released waste products from my body, the dead cancer cells were being eliminated, and I reminded myself of that each time. I insisted on knowing that it was true.

I knew that cancer represented something held in and not expressed, and since the tumor was located by my throat chakra (energy center), I had been holding back the expression of my Being. Since I wasn't quite sure what that meant, though, I decided that it was imperative that I express everything. Every thought, every feeling, whatever was in my consciousness that wanted to come out, I expressed, knowing that it was vital for my health. Before, I had had the perception that expressing led to discord, but now I saw that what I was expressing was appreciated by those around me, that expressing and communicating led to harmony.

Before, I had had the belief that if I expressed what I really wanted to, something bad would happen. I had to reprogram that to the belief that if I expressed what I really wanted to, something wonderful would happen. I made that decision, and it was so.

I found myself having less and less in common with my old friends. It was as though we had shared a common vibrational frequency before, say 547 cycles, whatever that means, and suddenly I found myself at 872 cycles, having few things to communicate with the 547-cycle people. I had to find new friends who were also at 872, to have someone to talk with.

I found myself attracted to the 872 crowd, and them to me, as though I had become selectively magnetic, and certain elements of my reality were being released which were no longer in accord with the new Being I was becoming. I knew the process was inevitable, and should not be interfered with. I developed a sense of compassion and understanding at that time. I knew that my life depended on releasing all elements of my life not in accord with my new vibration. The process was simple, though not always easy.

I began each day as a process of self-discovery, with no preconceived notion of who I was, yet with a willingness to discover the emerging Being, and a sense of delight with each new discovery.

I imagined the scene that would happen in the doctor's office after my work on myself was done. I could see him examining me, and finding no tumor, being puzzled. He might say, "Perhaps we made a mistake." I played the scene in my mind each day, in my relaxation periods.

I had heard that within the technology of mental programming, if I talked to myself for fifteen minutes three times each day, within 66 days, I could get myself to believe anything, and that whatever I believed to be true, would be true.

About two months after I started working on myself, I went to be examined by the doctor who had pronounced me terminally ill. On the way to the doctor, I knew that I had to maintain the perception that everything was all right. I replayed the scene in my mind, knowing it would happen like that.

Finally, the moment of truth arrived. The doctor examined me, and found nothing. He said, "Perhaps we made a mistake." I laughed all the way home.

Transformation

I have transformed my way of Being. My lifestyle has changed dramatically. It no longer makes any sense to work in any nine-to-five job, or to call any other Being my "superior," since we are all equal Beings, and all with infinite potential. I "retired" from Wall Street at the age of 38 with nothing but the dedication to the idea of doing what I really want to do and not doing what I really do not want to do, and trusting my trip, listening to my inner voice. It's a decision I have never regretted.

With what I learned of the body/mind relationship from my experience and the research I did during my own healing process, I developed a model of healing as a way to organize in my own mind what had happened for me, and what had worked.

I gradually became involved in healing others when conditions seemed to demand that, and in doing that I saw more and more examples of the body/mind interface covering many other symptoms. The model of healing I was using became more and more coherent and multi-dimensional.

I discovered the joy of sharing my experiences and ideas with others, and watching them benefit as they put the ideas to work in their own lives.

The work I do now as a healer and teacher is meaningful to me, important to others as well, and is of service to humanity, and I feel a "high" when I do it. I have a strong sense of doing my life's work. I know that I am doing what I came to this planet to do. I know it's right. It's not a feeling that I had had before.

The process of transformation is an integral part of the healing process, whether the Being is healing his/her vision or releasing some serious illness, and indeed also even when the out-of-balance condition has not reached the physical level, yet still exists on the mental or emotional level.

It is for those of us who recognize the process to encourage it, and assist it where we can, so that the planetary transformation now taking place within the individuals inhabiting it may be hastened, and made as gentle as possible.

Illness or injury shows on the physical level, metaphorically, what has been happening in the consciousness of the Being experiencing the symptoms. It is related to that person's way of Being. Once the elements of a person's Being that relate to their physical out-of-balance condition are identified, they can be changed, and health and balance on all levels can be restored.

When we see the physical body as a map of the consciousness that wears it, and always balanced to it, we can also see that a change in one implies a change in the other. When a healing happens, a change in personality may be expected to reflect the change in the physical Being, and vice versa.

The "new" individual will have the same Essence of Being, yet with a different way of interacting with the environment, without what had been excessive tension for that individual. In fact, they will be more themselves, whom they really are.

It may seem as though the individual had awakened from a very real-seeming dream, and things will make sense in a different way. A perceptual filter will have been removed, a filter through which values had been determined, and without that filter, truer values will become evident. The "new" Being may even have different tastes in food and/or clothing, and different personal habits. It will be a welcome transformation.

Approaches to healing which consider the aspect of personality change, transformation, are keyed to the idea of an inner cause to any outer symptom. Without the inner changes, the symptoms may be relieved in the physical reality, but not yet the causes in the inner world, and the symptoms may get re-created again. The Being then considers that part of their energy system an inherent weakness, to be continually dealt with, until they can bring about the inner changes, after which the symptoms no longer manifest. After all, the symptoms were only necessary to give a message to the "old" Being. The "new" one, not having the built-in weakness, has no need of the symptom. As a matter of fact, the formerly weak part may even become the "new" Being's strongest part. Stories of formerly paralyzed or injured patients who became Olympic stars are evidence of this.

When transformation is focused on in addition to other parts of the healing process, another dimension is added, to accelerate the healing.

The Human Energy System

In the energy system that we each are, the energy is in a constant state of flow. This flow of energy is regulated by seven energy "pumps," called chakras. Each chakra represents specific emotions and levels of perception, elements of the Being's consciousness, and is also associated with specific parts of the body, specific functions within the body, specific endocrine glands, and specific nerve groups. Responses to a Being's perceived universe are reflected in the chakras as well.

The chakras have an optimal state of balance and flow. A healing of the individual balances the chakras. When this happens, in addition to restoring inner balance and a different state of consciousness, as well as physical balance, the rebalancing will also define different responses to the Being's perceived universe.

In other words, with a given state of balance of the chakras, a certain type of experience will be attracted to the individual, and certain types of people will be attracted, as well. When the energy changes in the chakras, as in a healing, the magnetic effect drawing a particular kind of person or experience is then released, along with the old way of responding.

For example, one Being, having different interactions with his/her mother may respond by blocking the chakra associated with security or trust. The effect would be insecurity as a perceptual filter. The individual would then attract precarious situations to justify the insecurity, as well as females who would remind that Being of his/her mother. When the chakra is cleared, the type of female formerly attracted would be attracted instead to other Beings with the same kind of blocked chakra as that formerly experienced by the Being who was healed, leaving room for interactions for that Being with females of a different energy. In addition, interactions with the mother-archetype will have a different resolution, more satisfying. Situations presented to the Being will also have more of a sense of solidity, or the Being will have a new perspective of confidence with which to resolve the situation..

We can see, then, that not only do the chakras reflect the outer environment, but in a way they also create it.

With minor adjustments in a Being's energy system, only slight shifts in consciousness would be apparent. In the case of catastrophic illnesses, however, the Being was in desperate need of a major adjustment in consciousness, and then the aspects of transformation would be more profound.

Rebirth

While instantaneous change is always possible and available, most people do not seem to be prepared for so abrupt a shift in their way of Being. Gradual change seems generally more comfortable for the Being involved, as well as for others in the Being's environment.

With instantaneous change, there is the experience of sudden clarification of what had been obscure, and a sense something like what might be experienced by a Being suddenly finding itself in a body, and watching a movie unfolding around itself, a movie that had just begun. The Being would find itself as one of the characters, with a sense of seeming to be different than what the others seemed to see the Being as, and in fact, would be very different. Others would be holding the perception of the Being who no longer exists.

It would then be important for the Being to maintain his/her new way of Being, the new sense of clarity or enlightenment (yet possibly combined with the confusing sense of sudden newness), and establish quickly the way in which things make sense in the new reality, the new paradigm, with new perceptions. The new Being would have to see its relationship to the old Being's job, surroundings, home, partner, etc., and evaluate which aspects worked harmoniously, and which parts would have to change in some way.

In the case of a Being who had had a serious illness, and who recognized the relationship between lifestyle and the physical symptoms, there would have to be a willingness to change all aspects of the lifestyle that did not result in happiness, because it would be clear that it was those aspects which were directly related to the illness. It would be clear as well that to not bring about the necessary changes would be to recreate the symptoms of the illness.

When it becomes a matter of life and death, the choice becomes a clear one, and simple, although not always easy.

Interactions

To those people close to the Being, it could be a very confusing time, as well. It could seem as though the person they had known the Being to be, had suddenly changed in a way, gone crazy. Habitual patterns of behavior and responding would suddenly no longer be there, and it could be very confusing. For the Being's health and well-being, however, they would have to be totally supportive of the new Being, since attempts to re-create the old Being would be perceived by the Being involved (correctly) as a threat to its health, and perhaps even to its life.

There must be a willingness to adapt to the Being's new way of Being.

Gradual change is easier for most people, but it must be emphasized that the magnitude of the gradual change is no less than that of immediate change. It is just spread out over a longer period of time. The same issues must be examined. The same changes must be made. In addition, the Being must maintain a single-mindedness of purpose, and stay on purpose, with a total willingness to release all aspects of their life which are stress-related, and all patterns of interacting which are not success-oriented, until life is again harmonious, and the body's state of health and well-being indicate that the Being has returned to balance, and may now identify with the way they are. The transformation and healing will then be complete.

Anything Can Be Healed!

When an individual who has been out of balance has made the decision to return to balance, they must make it a high priority project. Nothing else must be more important. Particularly in the case of a catastrophic illness, the return to health necessarily becomes more important than family, friends, or job. When there has been the recognition of a path to health, nothing must interfere with that path. The development and maintenance of a positive mental attitude is imperative.

Each of us is a self-organizing autonomous system of consciousness. Each of us is an energy system. Energy flows through our Being, and is directed by our consciousness. This energy is in a state of movement, flow, and in a healthy organism the energy is harmonious, and flows smoothly. When the flow of this energy is blocked or interrupted, it is experienced by the organism as an imbalance, and the organism's tendency is to return to balance and harmony, to return to health. This tendency toward harmony is an aspect of love.

All illness, all injury, is energy blocked or interrupted, or a call for love. Each of us, including you, the reader, has the ability to sense energy, detect it, and direct it.

Ultimately, any energy block can be released by your consciousness. It is not a question of whether it can be done, but rather how it can be done.

Within your Being, within your consciousness, is the ability to love, to perceive without judgment or expectation, to care. You have a potential for infinite love, whether or not you choose to recognize it, and whether or not you choose to manifest it. In fact, this love is the very nature of your Being.

You have the ability to love wherever there was a perception of a lack of love, or a call for love. Love heals.

You have in your consciousness the potential and ability to heal anything, on any level, in yourself as well as in any other Being, since it's all just love and energy. What remains is for you to realize this fully and actualize that potential.

Anything can be healed.