

Dr. Kershaw on Health, Healing and Dr. Banis' Psychosomatic Energetics

*"Health is not simply the absence of sickness."
~Hannah Green*

One of the questions on the intake form that I ask my first time patients is to describe their state of health from poor to excellent.

It is quite surprising to notice that patients with either chronic illnesses or just chronic constipation for instance would say that their health is either good or average. It is popular to believe as well that not catching a cold in many years but feeling chronically "down" is still a sign of being healthy.

And it is common that the word "health" is paralleled with the absence of just physical disturbances.

But where do we leave the suffering mind?

Non treated trauma that has lingered in our subconscious for a while will "feed" from our physical energy pool causing physical illness. That is the way that the mind tells you is suffering, since it cannot text-message you.

Many of us would know that we are suffering but many would buried those feeling usually because of the emotional pain they cause and focus on just solving what appears to be a physical disturbance, including the chronically "down" feeling, or chronic parasites, candida, etc.

Therefore, when we talk about what **health** is we describe it as an state the body lives on without ill symptoms and covered on feelings of great energy and thrive for life. In health the emotion that prevails is happiness and a feeling of love, empathy and forgiveness towards our surroundings.

A healthy body would have a healthy mind; a healthy mind would live in a healthy body. They are two sides of the same coin.

But it has been my experience that when sick if we could focus primarily on "cleaning" the mind the easier it is to restore the physical body towards health. But when we do it the other way around and only or mainly focus on the physical body the healing process not just take longer but it not always occur.

*"The purpose of our lives is to give birth to the best which is within us"
~Marianne Williamson*

Deep inside me this quotation explains how I feel about the optimal outcome with psychosomatic treatments like Dr.Banis' PSE.

They actually bring us to an state of wholeness and happiness.

The feeling of "being" and "knowing" would be what I would look for in the words of patients while on the treatment.

Physical discomfort would surrender or would get overpower by the inner knowledge of their life purpose.

Working on a whole life approach to healing covering all realms of our existence seems to me like the most sincere, gentle and "natural" way.

Some of us are ready for this, others are not, but there are answers and there are ways when we really want to reach the best that is within us.

