

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 we bury those feelings; usually because of the emotional pain they cause. Instead we incorrectly 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 should describe it as an state the body lives on without ill symptoms and with **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; since they are two sides of the same coin.

But it has been my experience that when we become sick, if we could focus primarily on "cleaning" the mind then it would be easier to restore the physical body towards health. Unfortunately when we focus on the physical body, the healing process not only takes longer but it not always guaranteed that the healing will occur.

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

This quotation by Marianne Williamson explains how I feel deep inside about the optimal outcome with psychosomatic treatments like Dr.Banis' PsychoSomatic Energetics (PSE).

The PSE system actually brings us to an state of wholeness and happiness. In fact, the feeling of "being" and "knowing" would be the words that describe my patients while on the PSE treatment.

Physical discomfort can surrender or could get overpowered 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.

I wish you well on your journey.

Dr. Loretta Kershaw

