

PETER JEFFS HOLISTIC

Reiki • Kinesiology • Equine

The Holistic Path:

Healing of self and
the transformational journey.

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The Holistic Path: Healing of self and the transformational journey.

Many of us think about healing, talk about healing and reflect deeply upon the healing process. At times, it can feel like all we are to do here on earth is heal. But heal from what, exactly? Are we not here to live our lives in joy? In the thoughts that follow, I would like to share some of my own reflections on the nature of the healing process as I understand it.

The Journey Begins

Some of us have had the fortune to live much of our lives with long periods of good health, perhaps punctuated by an occasional illness. For some, life has been more challenging, with longer periods affected by conditions whose names are often indecipherable. The processes of life and illness are however inextricably linked. When things go wrong, or we are feeling physically challenged in our bodies, it is then we can speak of the beginning of our journey of healing. It is this I call the Healing Path.

Cure implies the elimination of disease or illness. The Healing Path is different. It may indeed lead to the elimination of disease or illness, but it is more. It is the journey which each of us will take into health. It is a return to where we have come from, in the sense that most of us were born with health. It is a journey which engages every part of us. It is an engagement to ourselves.

The “mal à dire”

One thing that I learned to appreciate through many years of living in France is that in French, the word for illness, “maladie”, derives from a phrase “mal à dire” which is to say, a difficulty in saying or being able to tell. This says so much that is essential to the very nature of illness. Illness can indeed come about through a difficulty in speaking, as though our bodies have to find their own language to tell us that something is wrong. That thing we cannot easily pronounce — and this comes down to our “mal à dire”, our difficulty in saying what we feel. Whilst this at the surface invokes a tradition of psychoanalysis, the “mal à dire” is something that may quite possibly underlie all somatic disorders and conditions.

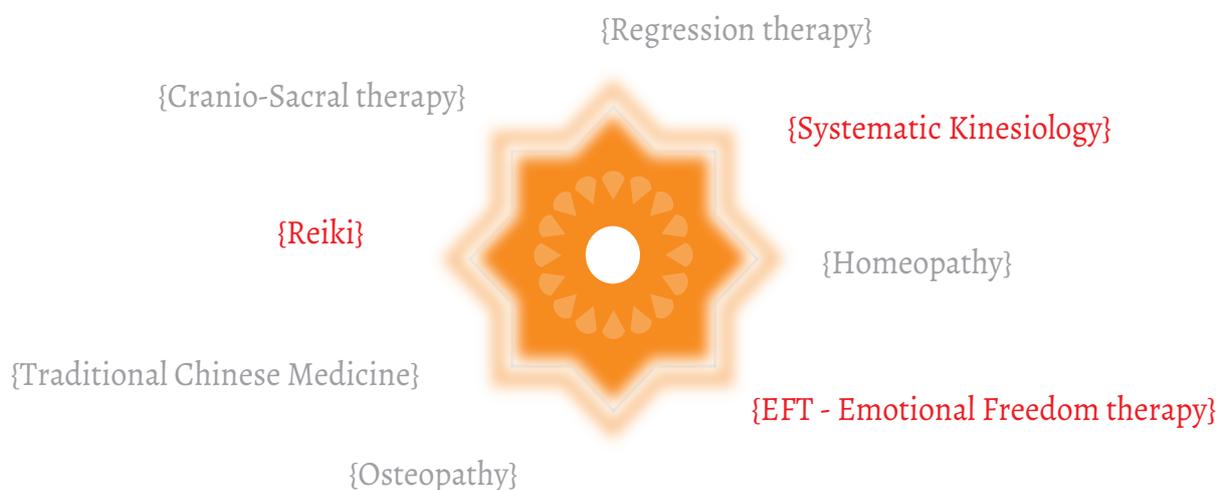
The question then is not to “*fix the body*”, but more importantly to find ways of enabling the body *to speak*. And how might we enable our bodies to speak? This is very much the approach offered by the holistic disciplines.

Mal à dire

{Adverb} {Preposition} {Verb}
Difficulty to say or tell

The holistic disciplines

There are many holistic disciplines such as *cranio-sacral therapy*, *osteopathy*, *homoeopathy*... the list is long. Amongst these are two that I practise, those of *Reiki*, and *Kinesiology*. What are these disciplines, and how can they help us with our “*mal à dire*”?



In the case of *Reiki* we are clearly speaking of an *energy medicine*, a universal energy which offers a capacity to heal. In the case of *Kinesiology*, we invoke a process which uses *systematic muscle testing* to determine the energetic configuration of the body. Each is an *energy discipline* in the sense that each taps into the energy of our being in order to help the healing process. On the pages of my website I go into much greater detail about these two approaches.

The healing process

The healing *process* in Western Medicine is sometimes compared to the repair of a machine which has broken. This approach focusses primarily upon the physical elements of the body, and most commonly seeks to determine what exactly has failed the body.

The western approach generally offers some kind of repair or compensation, most often in the form of drugs or chemical compounds which will restore a process, a pathway, that is believed to have failed. A view of the body as machine is perhaps somewhat inevitable in a culture so dominated by machines — and which do seem to have a tendency to go wrong!

Let us take the case of a Vitamin which is lacking. A blood test might show this vitamin to be absent or present in low concentration. The doctor may then prescribe a supplement to balance what is missing. If the body is not making enough of something, one will generally be prescribed a factor which will enhance one's biochemistry. If the body is making too much of something, a doctor can equally prescribe a suppressor. Whilst these might be valuable approaches in terms of a physiological result, neither address the question of why the imbalance came to be in the first place?

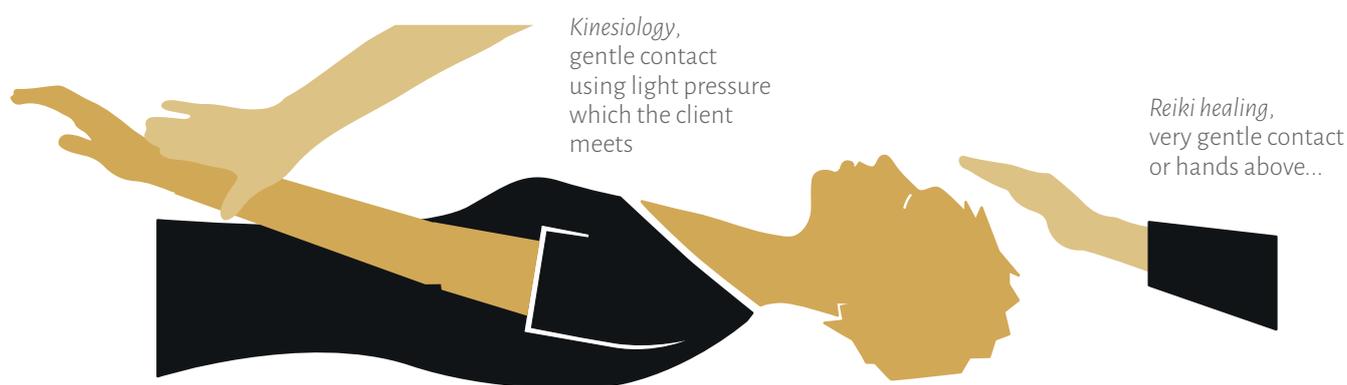
Whilst Western medicine has certainly demonstrated many successes, many now believe that we are on the threshold of another revolution in healing with *energy medicine*. It is this that brings me back to the “*mal à dire*”. Balancing the Vitamin or the Co-Enzyme is, in this view, only one part of the process of healing. Why so?

Precisely because in this approach to healing, the body has been modified from outside, and not from within. In terms of the “*mal à dire*”, the person has only been partially listened to, if at all. What has been listened to, in reality, is the blood-test. As we will see below, both *Reiki* and *Kinesiology* are holistic practices that are highly suited to allowing the body to speak and *to tell its own story*.

Reiki and Kinesiology

As holistic disciplines, both *Reiki* and *Kinesiology* view the body as a psycho-spiritual entity that is expressed in material form. Whilst it is perfectly valid to replace a missing vitamin at one level, it is also for us to ask *why*? What is the message that the body is sending through the lack of this, or the surfeit of that? By filling the body with a missing vitamin we are certainly helping to restore a functionality, but we are not asking the body what the message was, lying deep below.

Reiki works by flowing *Universal Healing Reiki Energy* into the body. *Kinesiology* works through the subtle *testing of muscles* whose switching on and off indicates paths of inner physiological truth. The practitioner is in each case helping the person become aware of what is not working for them, first in their bodies, second in their lives. Moving into the basement, as it were, the holistic practitioner can then go down and down, to discover what is causing an imbalance, and as such enable the person to approach their healing from within.



In the end, healing has not fully taken place if we have to spend the rest of our lives taking supplements or drugs. These are simply *crutches*. The healing occurs when the body manifests its optimal functioning once more. This is always thanks to the deeper healing process. We can now ask, how can *Reiki* or *Kinesiology* actually reach down to this deeper level?

In the case of *Reiki*, there is a saying that *Reiki* goes where *Reiki* is needed. When we flow *Reiki* into someone we are connecting to their higher soul. There is an implicit *lacher-prise* or letting go on the part of the practitioner so that *Reiki* can do what it is supposed to. Beyond the generally agreeable feeling of the energy that flows through the practitioner's hands, there is the higher dimensional work which may take the form of dreams, recollection of memories, or releases in the conscious mind. The person may feel a release, which this may help ease the "*mal à dire*". Often after a *Reiki* session, one may recollect something, or arrive at a new understanding of life. Whilst the *Reiki* certainly works at the physical level, it is simultaneously reaching far deeper down.

In the case of *Kinesiology*, we work with four *realms*, those of structure, nutrition, emotion and energy. The practitioner is able to distinguish which realm is most relevant to their client, using a muscle test. In this example, whilst there is clearly a vitamin deficiency,

the *Kinesiologist* can then go deeper and it may be that the Vitamin we spoke of above is linked to an emotional issue. The muscle we are testing might be testing “weak” when we are working with the client. But as soon as we mention the emotional issue, the same muscle becomes strong. This is a very amazing process, as it is not under conscious control of the client. The client will often be amazed, saying that they simply can't meet the pressure during the first test. But as soon as the emotional issue is evoked, suddenly the muscle strength returns. It is in this way that the body speaks in *kinesiology*.

Working with this response, the practitioner can then follow it. Perhaps to an area of life, to a situation, to a memory or fear, perhaps. Through successive testing, the client's body gently guides the practitioner right to the origin of what was underlying the deficiency. Working with affirmations and talking through, the client can then be brought to tell what those emotions were, what they were triggered by. In such a session it is not uncommon for the body to have rebalanced itself for the vitamin, by the end of the session. *Kinesiology* thus enables us to go deeper, to find the root of the issue. One can then wonder, what is the role of the practitioner or healer in all this?

The Role of the Healer

It can be stated plainly thus: it not the healer who heals, but the healer who is the catalyst for the person to heal themselves. The “ahah moment” arrives when we realise that the vitamin deficiency described above might have curiously been related to the fact that we hated the vegetables that we were force-fed at school, many, many years ago. We didn't actually hate the vegetables, of course, but we came to associate them with the act of being forced to eat something we were perhaps unused to. The body has retained a somatic memory, now buried in the distant past, and the result is that other vegetables might now be unconsciously avoided as much as possible.

**A healer is someone
who helps another to
heal themselves**

Of course, a supplement will replace the actual molecule. But in our *enlarged understanding* it is actually the indignity of being force fed against our will — perhaps that we had no means to make ourselves heard — that lies at the heart of this imbalance. It was the *indignity* which was making us ill. The lack of the molecular vitamin is thus a signpost.

We all have to heal ourselves, in my own view. There is no other way. This certainly places each of us at the heart of our own healing journey. The vitamins will remove the symptom, but rarely cure the wound that lies deep within. In this example, the vitamins are the body's way of speaking to us. The role of the practitioner or healer, in this case the *kinesiologist*, is to allow the body to speak by gently testing one muscle after another, until the message can be assembled and becomes intelligible to both practitioner and client.

When the body has spoken and has been listen too, the vitamin deficiency has served its purpose. There is no more need. The message has been received and at this moment we can heal. Whilst this is overly simplistic, I believe it holds the essence of a greater truth. Why am I over-weight? Why am I in mineral deficiency? Why am I addicted to sugar?

In the case of the vitamin, it might genuinely be a case of over-activity or depletion of resources. For another perhaps they simply forgot to pay attention to their diet. When a third realises that sugar is not just a molecule of glucose or fructose, but equally a kind of sweetness, they can connect with a deeper truth. A life lacking *emotional sweetness* might search elsewhere in comfort food. The movement from the sweetness of the sugary desert to the sweetness of life to which they can now open themselves is a sign of the deeper healing.

How to get there may not be easy. It is certainly much easier to switch to saccharin or honey, than understand and integrate the deeper message of their nutrition which might be asking them to change job, leave an un-fulfilling relationship, face up to a challenge which will confront them at a profound level, but one from which they have been hiding. The practitioner's job is to sit with his or her client as they engage on this process.

The Transformational Journey

To be told that one must “heal thyself” might not at first sound encouraging. And yet... If we can accept that at a spiritual level, we attract each situation that comes into our lives, and that each situation is a message — we then open to an incredibly empowering *medicine of the soul*. The practitioner is here as a catalyst for the inner transformation that will take us to health.

If however, we wait for a miracle drug to cure our ailment, we have already offered up our power to a profession and an industry. We have in part renounced our innate capacity to heal.

If I am to understand that this cancer, or diabetes, or cystitis or fibromyalgia has a meaning which I have to decipher, then I offer myself empowerment. Like a detective, I set out to uncover the secret language and sayings of my own body, within.

Here, the practitioner takes on the role of ally. She or he has no specific power over their client. Rather, they are at their side, to help uncover the hidden coded messages that the body is trying to share.

Illness, like a series of maritime flags, becomes a code which must first be transcribed and then deciphered. We must each learn the language of our bodies. And when we have learned it, we can begin to respond to the questions asked.

This is a deep process for sure, but one which is not only rewarding, but the essence of healing, precisely because it touches on the deepest layers of our being. The outcome will always be uncertain, but the beauty is that we will have fully engaged upon *the healing path*. We shall have listened to ourselves deeply, and tenderly, as beings who are finally speaking and understanding our own deep language.

With the right support, each of us can reach out to the infinite light of our souls, to hear and then to understand what it is that we truly require for our wellness.

Afterword

My own *healing path* began in 2011, when I first encountered *Reiki*. This spoke to me and it was a few months after my first *Reiki* healing that I began my own training. *Reiki* has been a part of my life ever since. To this other modalities have enriched my approach, *Kinesiology* for sure, *EFT*, another powerful approach, and finally in working with horses.



The horses play a special role in my own life and practice, because no matter how much I might sometimes think I know, they have the most gentle way of taking me down, and putting me straight on matters of healing.

How many times have they manifested something, for the healing to be in me, not them? They mirrored, to show me where I had to grow. And when I stepped up to the task, they also “healed”, the symptoms disappeared.

Thank you for offering your time to read this short reflection on *The Holistic Path*.

This is obviously the just the beginning, and if the approach I describe in these pages speaks to you, please get in touch to find out how *Reiki* or *Kinesiology* can help you on your own healing journey. You can contact me via www.peterjeffsholistic.com, using the contact form. Or you can write to me directly via my email address, pete@peterjeffsholistic.com

Please subscribe via my website to my freely offered monthly ***The Holistic Path*** newsletter. I work with clients from all around the world with *Distance Reiki*. If you live in the Somerset or Wiltshire areas of the UK, I look forward to serving you in person, through both *Reiki* and *Kinesiology*.

To your greater health!

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