

## Redefining the words “health” and “healing”



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Are you confused or simply tired over the divide when it comes to answering what is health and what is healing?

In the distant past there seems to have been a divide that occurred between religious belief in spontaneous healing and science working to disprove those beliefs. This seems to have lead to a divided belief system where on one side you have those that believed in healing through a “magic wand” and on the other side those that believed in healing through a “magic pill”.

Consider that the truth is neither are correct nor incorrect, they are simply incomplete.

Health cannot be categorized as being just one thing and neither can healing. To be healed you must first go through healing, healing is a process that leads to health. The being is a composition of different aspects from different spheres that are governed by one thing as a whole.

Energy =

physical sphere; emotional sphere; mental sphere and the spiritual sphere.

They are part of the same whole, nothing is separate, everything is connected and relative. It's an equation, the physical leading to the emotional leading to the mental leading to the spiritual leading to the whole and in reality it is the opposite process first, everything is energy.

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Can a person heal completely through “faith healing”? Yes. Can a person heal completely through “energy healing”? Yes. Can a person heal completely using “natural remedies” or “traditional medicine”? Yes. Can a person heal completely using “modern medicine”? Yes. Can a person heal completely from a combination of all the fields? Absolutely! It’s actually more probable. Can anyone in any of these fields guarantee a complete healing? **No!** No one can guarantee a complete healing as there are far too many variables. Many known variables, some known and difficult to encapsulate and others above our current consciousness and capacity to rationally process. No one has reached perfection therefore no one has all the answers.

There are many variables to consider and when they are considered separately or in ignorance of one another the picture is incomplete. There are still many things to learn and discover before attaining a complete understanding and mastery of health and healing.

The first step would be to redefine health and redefine healing. Often health is viewed from the perspective of a physical ailment of some sort causing physical pain and healing is regarded as being restored to the previous version of oneself before feeling that pain physically.

For the longest time in the west, health was viewed only through the physical sphere, eventually it was being noticed that along with physical symptoms there was often emotions being experienced but were often regarded as being unimportant or even nonsense.

It is very difficult to heal from one sphere only as the equation is incomplete; in cases where the physical is restored often it does not last, as the person is being restored to what they were before the physical pain was being felt, often healing is focused only on the relief of a symptom pushing the cause further in, without working on all the spheres they are undoubtedly going to experience that same pain again. I always tell people “If you think what you’ve always thought and you do what you’ve always done, you are going to get what you’ve always got”. Change is inevitable in the healing process.

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Later emotions were regarded as also being a cause of pain and started to be studied to understand why and how. This was the beginning of psychology and back then was not openly accepted and was often considered to be quackery, nowadays we know and accept the study of psychology as being serious and considered as part of a person's health, hence the addition of the term “mental health” when evaluating health.

Modern health plans now consider not only the physical sphere but also the emotional and mental spheres. As a result of this, are they able to heal everyone and every condition? No, the picture is still incomplete; many variables are still misunderstood or left out. As long as there is division within the different “fields” of healthcare the equation is incomplete. Cooperation between the fields would help gain a better understanding of health and healing and to eventually acknowledge all spheres and to being able to work out the details to the equation. Each field having their strengths and weaknesses, each one is equally important. It is equally important to understand that the patient is a big part of the equation, the patient needs to be treated like a person and not a disease, furthermore, in reality no one can heal for someone else, therefore the patient also needs to participate and take responsibility for making efforts in their healing.

In the east they always had a more global approach to health and healing. Unfortunately a lot of the eastern methods lack in scientific explanations, but that does not keep them from being effective, they are explained in simple terms more from local folkloric and intuitive perspectives and require extensive knowledge of that particular culture and firsthand experience of those methods in order to be interpreted and put into application properly.

The problem is when we leave the physical sphere to explore the others, the other spheres are gradually more and more subtle, the more they are subtle the more difficult it is to notice, to study, to measure, to quantify and qualify, to encapsulate into something that is tangible and easy to refer to and work with to put into successful application. This engenders a lot of

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confusion which often leads to disbelief. Regardless of what is known or thought to be known, intuition is required, allowing your intuition to open and blossom is the common denominator across all spheres; unfortunately it doesn't come with an instruction manual, it also needs to be explored and needs some type of method to follow and to practice in order to develop further, Reiki being one method.

The only current scientific theories that can somewhat explain energy/spiritual phenomenon right now are the numerous ones under the umbrella term of quantum physics and also the holographic principle. If you are to study these theories to gain a better understanding of energy and spirit it might not make any sense what so ever; that is one of the reasons there is so much division within the scientific community in regards to these theories. But, if you where to gain in spiritual experiences then study these theories they then start to make more sense even though, like most other theories, they are also a work in progress.

## **Healing all spheres through the perspective of energy**

The use of Reiki: When people receive a Reiki session they can experience various physical sensations, emotions, thoughts or spiritual experiences in varying degrees and combinations.

In the process of healing, two people with the exact same symptoms, diagnosis and treatment can heal differently, there are many variables that can cause this, but Reiki will work on all spheres regardless. Let's say a person is suffering from high blood pressure, after receiving Reiki their blood pressure lowers, Reiki is well known for relaxing and reducing stress which can help in reducing high blood pressure, but why does one person need only one session, another several and others need many more, plus additional help?

One of the explanations among the many variables is depending on what sphere the root cause of the high blood pressure is mostly located. For example, even though Reiki reduced the person's blood pressure during a session, it quickly returned to high shortly after. If the cause of

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the person's high blood pressure is more of the physical sphere, as in someone who has unhealthy eating habits, that person will likely need more help from the physical sphere, learning how to eat better and exercise for example. On the other spheres Reiki can help create more openness in the person, motivating them to take better care of themselves, it can help the person to better connect with themselves and notice when they eat too much or if they don't feel like eating certain foods anymore, if they have dysfunctional eating habits it can lead to the source of the problem and help release it. So we can see that in this case Reiki works on all spheres, but there is a need for additional help from the physical sphere because that is where the root cause is mostly from.

In another case a person might be suffering from high blood pressure due to consistent stress due to a shock or trauma, Reiki's calming and relaxing effect works on the nervous system, but until the source of the consistent stressor is released it will come back, in this case we can usually notice that the person can go longer and longer without issues after each session. The stressor is usually some underlying fear whether it is conscious or unconscious and when triggered the condition returns. When it is conscious, Reiki can help calm and sooth so the person may fully realise that the stressful situation is now over, help process the situation and regain control of their reactions; when it is unconscious it can help recognize and release the emotional pattern causing the person to be consistently in reaction mode, this can take longer. How many sessions to recover depend on the origins of the pattern or patterns and the person's capacity to release associated fears. In this case Reiki works more on the emotional and mental spheres, if a person has difficulty releasing or managing the emotions that arise, additional help may be needed in those two spheres, as in working with a psychologist for example.

In another case a person may be suffering from high blood pressure due to energetic parasites or from entity attachments or what I call “energy baggage”. In this case we are dealing with a cause that is mostly from the spiritual sphere. People working solely from the previous spheres

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will not likely be able to understand what is wrong or why the symptoms are there, why they vary and response to conventional treatment is not consistent with known facts. Generally two to four sessions will heal and release these attachments, etc., and the person will go back to normal, unless there are deeper issues. In the case of black magic or voodoo it can be more difficult to release and will require someone with good strong will and experience in dealing with these types of issues.

If the person is under medication for their condition it is important that they have a good relationship and communication with their doctor, as the person receives Reiki and releases blockages the person's condition improves, it is highly possible that their medication needs to be readjusted to their new state and possibly even terminated.

In continuity to the previous section to help better understand “healing”, we can further divide it into several categories:

1- External pathogens – exterior factors like temperature, viruses, cell waves, etc. Will likely need additional external help in healing or protecting from until external factor is stabilized, eliminated or the person has adapted to.

2- Internal pathogens – Pathologies. Symptoms have been present for a long time. Mostly internal workings. Generally take a longer time to heal. In right conditions possible to heal without external help.

3- New symptoms – balance is more easily restored and can heal very rapidly.

4- Prevention and maintenance.

5- Miraculous healing or Divine intervention. Can happen at any step in any situation providing the foundational elements are present – believe they can heal and will to heal, both on the part of the patient and the practitioner.

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Reiki can work in all categories; no grantees can be made, but will be more noticeably effective in the 2nd to 4th categories. The first is noticeable only to very advanced practitioners. The last category isn't so much what a practitioner or patient does, but is more something they are open to, the practitioner facilitates and is a witness to.

In any condition proper diet, correct posture and precise exercises can be a big contributing factor in healing. Medication may be necessary depending on the person and their condition, whether it be natural medicines, like specific herbs, supplements or other, or prescribed medicines, like pharmaceutical drugs, by their respective qualified health professionals. Certain situations may require emergency surgical intervention to save a person's life or in others a strategic surgical intervention may facilitate a more rapid healing.

It is important to understand that the previous is but one simple example viewed from Reiki's perspective among thousands of situations and conditions. The later is only a general guide and can be further specified.

From this you can more clearly understand that healing is not simply a “magic wand” or a “magic pill”. You also have a better idea what to expect and what not to expect from your Reiki Practitioner.

Professionals from each sphere could easily add many other observations from their perspectives as well. This example is explained in a divided methodical process to give you a general idea of how health and healing is not of one sphere, but all as a whole. In reality a person may be suffering from more than one cause at a time, which increases considerably the variables to healing and can vary considerably from one person to another. It is practically impossible to say with exactitude how many sessions it takes to help a person heal. In any case it gives an idea how Reiki is beneficial by working on all spheres and that can also easily work in parallel to any other type of health care. It is a valuable complimentary care.

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Entire books could be written on all the aspects concerned within each sphere, entire books could be written on each of the separate spheres and aspects discussed within this article. This is simply to give you a brief overview and to help instill a new perspective on the subject. In this new perspective, if you look up the words “health” and “healing” in the dictionary, you will find that the definitions sorely lack in perspective.

Uniting professionals from all spheres is also a work in progress. I cannot speak on behalf of everyone in each of these spheres about uniting forces, but clearly each one of these spheres has members that are extremists and members that are more open and accepting of other possibilities and in between there are some that are confused and furthermore we also know that what works for one person doesn't necessarily work for another, which adds to the confusion. That should not be the cause for disregarding these theories and this proposition entirely. Something to consider; if you were to suffer from a debilitating condition and the only treatment offered was a prescription with numerous side effects or a major surgery, wouldn't you want to know that there might be alternative or at the very least complimentary treatments available that could help you? Wouldn't you like to be able to explore them while under the supervision of a doctor that could intervene in the case of an emergency?

In conclusion, just to be absolutely clear, if you are suffering from any type of ailment, your number one resource is and will always be a doctor, then go from there. The more information you can gather on your condition the better chances you have of healing or at the very least manage it better.

I am open to assisting in studies and research in regards to Reiki and also that you share any of your own findings with me. I am always open to questions and will answer to the best of my ability.



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LOVE & LIGHT,

Dominic Audet