

Healing Vs Cure

by Navroz J. Sunderji, HTCP, Healing Touch Instructor

Cure – by definition means to eradicate – to get rid of – and as much as we would like to believe in a cure, in reality, this is extremely rare! As integrated beings we are body, mind, emotion, and spirit. Hence, any effort that is solely directed to the body will superficially repair the damage and will rarely lead to a cure. The reason being that the cause is still operative and may at any time demonstrate its presence in another form.

Healing – “Healing comes from the root word “whole” -- to be one.

Webster’s first definition of the word to heal is, “to make sound or whole”.

Wholeness occurs when body, mind, emotion and spirit come together in syncopation - creating a balance, which is the essence of true healing.

How do we define “disease” or “illness”?

Disease emerges, as a realization that particular energy expressed by the illness is either lacking or is not integrated in the consciousness of the individual’s life. When the element of consciousness is acknowledged and activated, the disease leaves and the individual is freed. In other words illness is a disharmony in the organizing patterns of the body.

Healing is basically a process of re-organizing and reintegration of these patterns of the body.

In general, the principle of healing is the realization that the restoration of health is both permissive and active.

In addition, healing is concerned with addressing relationship issues be they with oneself, work, business, others, or the environment. The individual needs to re-evaluate his/her relationship

to the issues involved in a personal healing process and set them into a new context. It requires the individual to be in a state of awareness.

Healing, in its essence is an adventure in self-discovery.

The act of healing is in fact, an act of empowerment. It is a personal journey, a rite of passage designed by the individual. It is a path that bestows untold benefits merely by walking upon its soil.

Healing requires a change of mind, a change of emotions, as well as, any necessary physical changes.

Healing is not a linear process. It is cyclical and is affected by the issues that arise at each stage, which then have to be addressed in order for the healing process to continue.

Healing is NOT about outcome but rather about who the individual becomes in the process. It is a spiritual opportunity for awakening. A journey for which one is unprepared because it catapults him/her into a place that may be unfamiliar, disorienting and that may seem to be beyond hope of recovery.

The path of healing is not back from where one has come, but it is the beginning of a new cycle in life. Though one moves through the cycle from illness to health, one does not return to where one began, but moves forward to a place of new potential. The person who arrives at the destination is not the one who departed.

In conclusion, healing leads to rebirth and a creation of new life that requires forgiveness of both oneself and others.

Healing

The process of psychotherapy, then, can be defined simply as forgiveness, for no healing can be anything else. The

unforgiving are sick, believing they are unforgiven. The hanging-on to guilt, its hugging-close and sheltering, its loving protection and alert defense, -- all this is but the grim refusal to forgive. Healing occurs as a patient begins to hear the dirge he sings, and questions its validity. Until he hears it. He cannot understand that it is he who sings it to himself. To hear it, is the first step in recovery.

From *Psychotherapy: Purpose, Process and Practice*.

P-2.VI.1 (Supplement to A Course in Miracles)

About the author:



Navroz J. Sunderji is a Healing Touch Certified Practitioner. He attended the first HTP Level 6 Instructor training held in Calgary, Alberta Canada last September and is in the process of becoming a Healing Touch Certified Instructor. He was inspired to write this article after seeing many people,

including physicians, use the term “cure” and “healing” interchangeably. “I think it is very important for holistic practitioners to use the right terminology and communicate accurately with their clients without misleading them.”