**What is Holistic Healing?**

Holistic healing is a broad term with varied meanings. Generally, it is the philosophy of promoting mind body spirit wellness in a harmonious balance that suits the goals and desired lifestyle you want to create as a whole person.

This approach is often thought of as a set of natural methods in hopes of curing an ailment. It is much more than that. I prefer to think of it as the path to wholeness. On this path, you explore, experiment, and adopt habits that reveal and enliven your true authentic Self. This YOU is at peace. It is calm, healthy, wise, compassionate and grounded in Truth and unconditional Love. It lives in harmony with self, nature and others. The journey is a continuing process of accepting and loving yourself and others in the healthiest of ways.

Holistic healing puts the responsibility and power for your self-care, recovery, and ongoing wellness in your hands. This is empowering but may also feel scary or overwhelming. At times, it is wise to work with a medical professional, healer or other expert, but ultimately you are responsible for choosing and implementing a wellness plan that works for you.

**The Process of Holistic Healing**

This process of whole self - healing is esoteric and also down to earth. The ultimate goal is to bring your mind and body back into balance and encourage your authentic self to shine through. This happens as you shed emotional and physical toxins and replenish yourself with what you need in the short term and over your lifetime.

Holistic healing is not a cookie cutter approach. People with the same 'dis-ease' may end up with completely different treatment plans. Factors such as personal motivation, symptoms, lifestyle, resources, stress levels, and emotional and mental history have to be considered.

Wellness plans may include modern medicine such as surgery and pharmaceuticals and/or alternative therapies such as emotional freedom therapy, frequency healing, quantum healing and herbal remedies. To be holistic, they would also include practices such as meditation, forgiveness, emotional healing techniques and/or color, sound waves frequencies (to name a few options).

You may get amazingly quick resolution of your specific health concern or it may take months to notice a meaningful shift. You may be surprised by a result unlike what you were expecting. Many a cancer patient has claimed healing even though death was imminent. They sought physical healing and received a healing of mind and spirit instead.

**Holistic Healing for Specific Issues**

People often come to holism because they are dealing with specific issues such as depression, diabetes, cancer or too much stress. They may be looking for natural ways to treat their condition or are disillusioned with how they were treated by the medical system. Perhaps they are exploring all their options.

When considering a holistic approach, here are some important ideas to keep in mind:

**Address the cause.**

You may manage symptoms but the main focus for getting well is using targeted self-care that addresses the cause. This involves detective work and is often not obvious.

For example, your heart disease may be a result of a poor diet, smoking and lack of exercise. Correcting those lifestyle habits will be valuable for your heart and physical health as a whole. But a deeper underlying cause may be bitterness toward someone who hurt you. The underlying stress and toxic drip of unforgiveness may be damaging your blood vessels. Maybe your heart was broken in the past and that incident still affects you on a subconscious level. Emotions can be the root cause of many dis-eases. \*Dysfunction to the body). We experience what we are thinking. Our thoughts become our reality. Words are vibration that can be healing or destructive. Stress creates inflammation, which is the #1 cause of chronic illnesses to the body. Excessive stress will cause malnutrition in the body. Pain can be an indication of a condition due to an unresolved issue. Clumsiness – can be you are going through an insecure time and not feeling good about yourself at that very moment that you fall or trip.

Stress is the health epidemic of the 21st Century. 90% of illnesses arise from lifestyle and stress, not genetics. (Stress is really FEAR)

**Address your whole self.**

While you may be using self-care practices that focus on a specific issue, it is also important to nurture yourself as a whole person. Don't only focus on the vulnerable, 'dis-eased' part. The understanding is that something within the mind, body, spirit whole is stressing the part, as in the example above.  When the whole is restored, there is a possibility that the part will recover.  Believe and you shall receive!

If time is on your side, explore options to naturally help and heal yourself mentally and physically before choosing more invasive, unnatural parts focused options such as pharmaceuticals and surgery. Then there is a possibility that the part will recover when the whole is restored.

(Of course, if you have a medical emergency such as a broken bone or serious emergency get to the hospital immediately. This is where medical science shines.)

*The cure of the part  
should not be attempted  
without the cure of the whole.*  
**- Plato**

**Consider natural and allopathic options.**

There is a common misconception that the holistic approach to self-care only uses natural methods and remedies. This is a misconception. Both allopathy and alternative complementary methods have much to offer when used appropriately.

The whole self-approach gives your body every chance to do what it is designed to do - heal itself naturally. The body seeks balance and health. Providing what is needed and removing what is harmful makes it possible to restore and maintain that balance.

Many modern medical conditions are lifestyle related. Stress, poor diet, a sedentary lifestyle, substance abuse, and being self-serving at the expense of others make your mind and body sick over time. Correct these bad habits and your health will improve.

In addition, if medical technology is needed in the short-or-long-term, then use it.  But complement it with lifestyle adjustments and natural methods where applicable for real healing. Otherwise, you will most likely just be masking or suppressing the cause.

A comprehensive approach using natural methods, allopathic medicine, energy healing, and mental and spiritual wellness practices is the basis for the information and techniques shared on this site.

**Beyond Mind Body**

The well-being of your aura or [**human energy biofield**](https://www.holistic-mindbody-healing.com/human-biofields.html) is another part of whole self-healing. Parts of your energy system include the chakras and meridians. The energy body has long been the realm of healers, but scientists are learning more about it as technology catches up with age-old wisdom. For example, they now know that your cells emit light which extends an inch outside your skin. This is how cells exchange information. Fascinating! (Everything is VIBRATION = ENERGY)

Your energy system is affected by how you take care of your body. It is affected by your thoughts, beliefs and perceptions. It is affected by your interactions with others and environmental conditions.

Another important aspect of wellness is your interconnection with other people and the beings you share the planet with. This is not woo-woo. We are all part of the interconnected web of life. When you heal yourself, you in some measure heal others. As you heal others, you heal yourself. It is a universal law.

What are the advantages of holistic wellness compared to traditional medicine?

Because holistic wellness methods combine traditional medicine with a whole-health approach, providers seek to help patients not only achieve relief from symptoms and disease, but to address underlying lifestyle and nutrition choices which can create illness and disease in the first place.