



# Integral Healing Therapy

*Abstract: With increasing need of Non-invasive, Antibiotic free medication to heal the man, I would like to introduce this wonderful method of Integral Healing Therapy.*

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## WHAT IS INTEGRAL HEALTH?

Integral Health is a concept of healing which works on all levels of an individual's existence – mental, emotional, spiritual, vital and physical – as one complete whole. Integral Healing takes all these different parts of human existence into complete consideration in order to arrive at a true and lasting cure for illness and dysfunction. The basic starting point in Integral Healing Therapy is the fact that all illnesses find their origin and seed cause in the mind – in the way one chooses to think. Today's diseases are almost all Psychosomatic in nature and are the natural consequence of the way we live and shape our societies and cultures.

We live almost entirely cut off from nature, from spiritual nourishment and therefore cut off from our own deeper and truer self – hidden behind the mask of our social, professional and familial personas. This is a gradual, almost imperceptible process that begins in early childhood and grows right through young adulthood.

Our education, culture and family environment moulds and shapes our beliefs, our needs, our ambitions, our perceptions and therefore our own critical choices. As a result, we become progressively and increasingly alienated from ourselves. This division – between what we believe, we want and what we actually and truly need is one of the core factors of modern day illness. It is the total ignorance of and suppression of the person within us all. To top it all, we have also learnt to divide artificially – mind, body and self into separate and isolated entities, in our perception. However, the good news is, recently, there has emerged a steady and positive change

in society all over the world and a larger number of people have begun waking into a deeper, vaster and true perception of reality. The reality of oneness – at every level of life – psychological and physical. The reality of intimate interrelatedness and mutual interdependence of all phenomena and all existence in every form. The reality of the human personal self - behind all the masks and conditionings. Lastly – the reality of a greater supreme divine self which is above, behind and in every bit of our universe and us.

A corollary to this worldwide phenomenon over the last three decades is the fact that more and more individuals are connecting to the universe, to themselves or to the Supreme Divine – directly – without the intermediary of formal and organized religions, orthodox doctrine and cultism.

Integral Healing Therapy therefore is a discipline which approaches each individual's healing through this perspective.

An Integral Healing Therapist facilitates a person's journey to genuine self improvement through the process of pure being, of pure awareness, of understanding and acceptance – culminating into forgiveness and release. Thus all issues in a person's life are healed and resolved at the core, rather than just at the symptomatic level. This then results in partial or complete reversal of physical ailments (subject to age and specific conditions).

There are numerous healing modalities that are used to implement this process. Each modality has a specific area or zone on which it focuses. The therapist chooses the one which is appropriate.

These are some of the main methods used from a

large and almost endless repertoire:

**1) COUNSELING:** Cognitive Counseling is the first, most indispensable step in healing.

A person is able to unload and relieve oneself off the immediate stress and tension and an acute sadness – knowing that one is not judged or criticized. The venting brings lightness and often, one's own perception gains greater clarity / objectivity. (*Editor: Often called emotional catharsis*) Course of therapy is charted out mutually as issues become clearly pinpointed. Cognitive Behavioural Therapy is often interwoven into a counseling session in order to bring in – very gradually - a detached and objective understanding of basic behaviour, perceptions and reactions through light questioning.

Counseling gives way to a simultaneous use of other methods like – Affirmations (and Chakra Diagnosis), Meditation and Breathing.

The Integral Healing Therapy has a very laser like focused use of all these.

**2) AFFIRMATIONS CHANTING:** This single most powerful and effective method for anyone, is merely like a *japa* – like recitation of your choices in any specific context. It is formulated in a highly specific manner and chanted a specific number of times for a fixed number of days. It is an indispensable condition for all healing to take place.

**3) BREATHING PRACTICE:** This is the next step of the process and is easily learned. It works at many different levels of an individual, and is a crucial preparation for next stage of healing. It is also known as a proper discipline in its own right – followed by musicians, artists, dancers, martial artists and yoga practitioners.

**4) MEDITATION:** A vast world of hugely varying meditation methods meets a person wanting healing. Only a few are selected for different objectives.

Meditation practice serves equally to ground and stabilize those unstable persons who are prone to unbalanced and wishful thinking as well as to soothe and relieve tense, stressed and aggressive ones. A priceless gain is the ability to interiorise

and center oneself in a most positive and peaceful manner.

**5) CLINICAL HYPNOTHERAPY:** After a regulated dosage of Chanting Affirmations, Breathing and Meditation, a person is ready for this core modality of all healing – Clinical Hypnotherapy.

This is a well established medical discipline, now integrated in Hospitals all over the western world, and in India as well, although the general public is only partially aware of it.

Hypnotherapy is a state of altered but intensified awareness, achieved with the subject's consent and co-operation only.

It is a means to bypass the conditioning and resistance of the individual's conscious mind, by entering the sub-conscious mind which is larger and more powerful than the former. Here all negative patterns of conditioning, which leads to physical ailments, are now reversed through implantation of positive suggestions. Throughout this process, the subject's cooperation is essential for a successful operation. Of course this operation is completely non invasive and through vocal guidance only.

**6) PAST LIFE REGRESSION:** It is a special non invasive operation done under clinical hypnosis in order to deepen and complete the resolution of all issues, a person is afflicted with (85% of all adult psychological dysfunction has its source in childhood eg Fears and 15 % has it in past lives eg Phobias)

**7) TAI CHI:** This is one of the most therapeutic Healing Modalities with a wide range of benefits at energy level of life. (Mental, Emotional and Physical) Energy healing is the primary hallmark of all holistic healing.

Originally, a Chinese martial art, it is a slow moving dance like choreography with strictly pre arranged movements executed with specific breathing patterns. Designed to give the body a thorough workout, while relaxing the mind and emotions, it has been called Yoga in movement, moving meditation / Poetry. It completely relieves all stress and tension as well as major disorders of the stomach, digestion, cirrhosis of liver, kidneys,



flatulence, insomnia and much more.

**8) EGYPTIAN STONES:** Similar to "Tarot" System of Divination and Oracle, this is a completely positive method which avoids forecasting the future. It focuses on making person aware of the play of all the various hidden forces operating in one's life in various warp and how to deal with them.

This is a bird's eye view of Integral Healing.

In my experience, Homoeopathy and Integral

Healing Therapy compliment each other beautifully. Homoeopathic medicines act as a great force multiplier in the integral healing process.

The objective is to facilitate a person's journey to Personal Autonomy and Self Empowerment – Full of True Health and Harmony at all levels of life and free of all Dependence on External Crutches – Be it systems, "Gurus" or other intermediaries.

*"Be a Light unto Yourself, for Truth is a Pathless Land"*

## Readers Page

Thanks. I received Aug 09 NJH Issue and found it to be one of the best issues. My congratulations to you and your team of Editors.

'Homoeopathy- a comparative study....' by Dr Partha P Ray is an article that speaks of the unmatched and systematic knowledge of the subject by the author. I wanted to congratulate Dr Ray for his excellent intelligence in exhibiting the subject **but** there is no address of the Author in the NJH. I, therefore, wish to convey my best wishes to Dr Ray through you with hope that NJH would produce such enlightened articles in future too to benefit the readers. On the inductive philosophy of Lord Bacon, Dr Ray has given factual description as to how he broke the bar of mental prison, bade the mind free and investigate nature. I read Bacon's Essays long back (during my post graduation in English literature from Mysore) and remember his theory of cure in one essay on diseases wherein he wanted a 'specific' cure for a disease by name. It was logical and Hahnemann tried his best to mention specific medicines in his provings. But this was limited and his emphasis was on overall trait of medicine. Mentioning specifics happened to be the prime effect of Bacon's philosophy on Hahnemann. The second impact of Bacon's philosophy upon Hahnemann was giving importance of human mind to progress on new path of investigation. However, a theory becomes perfect upon repeated experiments. Dr Ray deserves appreciation for his substantiated

explanation on philosophy of Homoeopathy. Now, I do not mind your repeatedly publishing a wrong picture of the author, Shiv Dua, in my article 'Integrating Hom..' I have requested you and your team of Editors a number of times but the mistake remains. I accept the gentleman to be Shiv Dua. Please let me know actual name of this gentleman so that both of us become friends.

Please see the photo on page 31 (August 09), page 47 (Oct., 07), Page 389 (Nov-Dec 2005, Page 265(July-Aug,04). It is not mine. Thankfully, you did not publish any photo on page 139 (March-April, 06) and page 249 (July-Aug.,03) on my articles.

Yours truly,

**Dr SHIV DUA** MA, DIHom (London), HMD(UK)

*Dear Dr Shiv Dua*

*Thank you for the comments.*

*You must have read the NJH after a long time. Because of late all our issues have been well appreciated, comprehensive and useful.*

*About your photo. Please send and we will publish the addendum. This is NJH file photo which we have on the computer and since none of us have met you personally we cannot correct it and that is why the mistake repeats. We could of course put a different one each time hoping to reach the right one!....but better and quicker you send a new one and we will try to rectify the mistake.*

*Editora*