Disease, emotions and the subconscious mind

In Chinese medicine, we address 3 level of healing. The Lower level is healing the body from physical pain/disease, treating an active disease process. The second level is maintaining health, and the third level of treatment is supporting people to fulfill their life purpose potentially mastering every aspect of one's life, career, relationships, happiness and fulfillment, finance, and health.

The ancient Chinese believed that the Shen level, spiritual level controlled the Qi, energetic level, The energetic level controlled the Jing, physical level. Which means that our belief system and thoughts controlled our emotions and feelings, which controlled the physical body. To clarify this further, any disease on the physical body for example back pain, arthritis, or even cancer, as well as emotional diseases such as depression, anxiety, and panic attacks can be traced back to the spirit level.

The subconscious mind is what determines our reality, and not the conscious mind. So, what we are experiencing is rooted in the subconscious mind. The major obstacle in the healing process is that we don't have access to the subconscious mind. There different processes that can be done to help the patient to access the subconscious mind and reprogram it to health, wealth, success and anything that one wants to achieve in life.

All people want to be happy, rich and successful, however, most are not. This is because the subconscious level is what determines how

our life will look like. So, if we are not addressing this level we are not serving the patient and we are not resolving the disease on the root level. Which is why people get sick over and over. Other people have financial difficulties, relationship difficulties or issues with a career over and over.

Treating only the body may help the original disease process, and in many cases it is not helping, however, it may mask the underline cause or be dormant for a couple of years and then show in a more severe condition because the emotional and mental levels were not resolved in the process.

Hence, in the treatment of disease, the goal should be to get in touch with the emotions and the thought process that are the cause for the disease. I would like to give an example to clarify the process and the different levels.

A female patient 69 years of age came in with right shoulder pain accompanied with reduced ROM. As I was taking her medical history I gathered that her twin sister died 20 years prior to her visit. Also, she had breast cancer on the right and had a lumpectomy and chemotherapy. I started by asking why she came to see me which was the pain and the reduced ROM. I asked what are the emotions that she is feeling when she is connecting to the pain which was fear, despair, and griever her sister. When I asked her to her thought in the area she responded that she feels she is damaged, like her wing is broken and she cannot fly anymore, being lonely.

The first step is to recognize the different components of the matrix-physical, emotional, and mental process. The next step is to clear the

emotions and lastly to restructure the thought process on the mental level. As I was working with her she let go of her old belief of being damaged and so how strong, and powerful she is. When I asked her to move her hand and check the pain level she reported that the pain was gone and the ROM increase by 80%.

The power of Medical Qigong and energetic healing is in accessing the subconscious mind, Shen, and transforming one’s reality to the origin, as it was created by the Devine.