Pain as a powerful catalyst

Medical Qigong trains the practitioner to look beyond the physical disease into the energetic, emotional, mental, and spiritual levels of disease. To look at the disease with a detective mind to figure out the true causes of disease. For example, a patient is presenting with lower back pain, Chronic Fatigue Syndrome, cancer of any type, or any other chronic disease. As we looking deeper into their life history, family dynamic, and other factors we can see a pattern. This pattern is a trail of how the mental and emotional experiences in life created for them a reality that is disease producing. Few years ago I had a patient with breast cancer. We teach in Medical Qigong that the emotions related to breast cancer are grief, shame, and guilt, accompanied by anger, frustration and injustice. She was from a Cuban descent, her parents got divorced and the mother moved with her to the US. to eliminate any contact with the father. She was very angry, heart broken, and grieving over the loss of her father. A few years later he moved to the US. as well and got to meet her, but the damage was done by then. Through the traditional diagnosis, and physical exam she relaid her story. Now, it is important to understand that many people have a similar story and not all of them are getting breast cancer or any similar disease. So, the obvious question is what makes different people have a different reaction? Ancient Chinese medicine developed deep ways to look at the human being and what makes one successful vs. another. Why one person gets sick while the other with a similar back ground does not?

The secret to all of that is the subconscious mind (SM). Any experience that we have in life creates an impression on our SM. Some are positive and some are negative. The negative ones are created in order to protect us in the future. If, for example, we got bit by a dog, we will create an alert in our SM so next time we can stay away from the dog and save ourselves from a repeated negative experience. This experience create an emotion associated with the event like fear, as well as, a thought “Beware of dogs” or “never trust dogs”. As you grow older, this thought pattern will keep you away from all kinds dogs as though all dogs are dangerous.

The emotions are there, according to Chinese medicine, to protect us, for our own safety, as a survival mechanism. We have to have fear so we are careful, we need to be angry at times to create boundaries, these are called appropriate emotions. However, when the emotions become inappropriate, then they become disease producing.

The Ancient Chinese believed that the whole purpose for creation is evolution. As human to develop spiritually in order to reach enlightenment, to know love, and to become a master in an area of life where you get to use all your gifts and talents and fulfill on your life purpose.
Every experience that we are going through in life is to help us develop, evolve and reach enlightenment. When we encounter a negative experience, which brings us pain, we are not aware of the jewels, the gifts and wisdom, behind the pain. We get trapped in the pain and in the belief that something is wrong with the world, someone, or with us. this new belief is creating for us a reality, a distorted reality, that translates into disease and disfunction somewhere in our life.

Now, we remember the painful experience on the conscious level but the decisions, the distorted beliefs, that we created as a result of the painful experience is stored in the subconscious mind (SM). To facilitate healing we need to be able to have access to the SM and create the shift there. To restore the person's original, Divine, beliefs or reality.

We can use the pain as a catalyst for the healing. The pain can give us access to the emotions as well as the erroneous thoughts that created the pain or the disease. When we access the pain we then can use the Divine light to reprogram the pain area, the disease to transform into the original state, the way God created us. Free of pain and disease. Free of depression, sadness and negative thoughts. We can open our life to a new path free from hindrance in any area that we will work on. This way we can resolve financial issues, relationship issues. WE can dissolve tumors and get healed from any disease.

It take some work but the outcome, the rich and amazing life that you are creating for yourselves is so worth it.