

SPONTANEOUS HEALING

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WHAT IS SPONTANEOUS HEALING?

Do you remember pure, whole wellness? Your soul does! These feelings of wholeness, or holiness, have the same divine roots. We'll discuss what spontaneous healing is in terms of what it means for you to feel and BE whole.

What is Spontaneous Healing?

THE HEALING SYSTEM

When I was a biology teacher I never taught about the Healing System. We studied respiratory, circulatory, nervous, and skeletal-muscular systems, etc. Textbooks didn't cover how the body uses innate and, in fact, programmed wisdom to HEAL. Do you know what your healing system is?

Your healing system is comprised of cells and mechanisms (chemical signals) that indicate imbalances or abnormalities in the body. Even though you might not have a diagnosis, your body is completely aware of these imbalances and begins to work on several important steps to rebalance and heal. For example, cells that are abnormal, sick, or injured give chemical signals that help identify them as such. Through a natural process of apoptosis (cell suicide) these less-than-optimal cells self-destruct. Immune system cells step into action to remove and digest these cells. Evidence you might have seen could look like pus on a wound – an indicator that white blood cells are working to eat infectious germs at the site.

In addition, the body is in a constant state of renewal. Cells grow and divide with precision to replace damaged or sick cells – without us even having to think about it. Skin cells are rapidly and frequently replaced whereas organ cells and bones take weeks, months, and even years to regenerate . . . but they DO regenerate!

However, more important than the mechanics of healing is remembering that there's the hand of the Divine involved. Spiritual wholeness and your belief system guide the healing system back to a process that holds the blueprint of what it means to be whole – the highest expression of yourself. This is your Soul DNA, an inner system that always acts in your greatest and highest good. Perhaps the only factor that separates you from your inner guidance – and from spontaneous healing – are tension, stress, and beliefs that you can't heal (or aren't worthy of healing). Your alignment to your perfect blueprint is always working, nudging you toward actions that support your healing system.

HISTORY AND FUTURE OF NATURAL HEALING

How did we come so far away from natural, spontaneous healing? Why doesn't conventional medicine recognize the value of natural healing and support it more? There's hope and a trend we're witnessing as health and healing move toward the future.

I've always been a lover of plants, minerals, crystals, animals, and nature. As a biologist, it seemed easy to study and learn the science of life – how we function, our interaction with the environment, and how our systems and organs work . . . anatomy and physiology. However, it wasn't until I had a children of my own that I started to think about healing. Trips to the pediatrician were so frequent that my daughter developed an allergy to antibiotics – not uncommon with the practice of over-prescribing medications. I made it a mission to learn more.

Filtered water, antioxidants, vitamins, and detoxification helped move us away from needing prescriptive or over-the-counter medications. As people become more frustrated with side-effects of medications and illnesses that feel out of control, there's a trend toward seeking natural alternatives. This trend, of course, is fueled by baby boomers who want to look and feel young, be healthy, travel, be active, and well, grow old gracefully. As natural solutions come to light, the internet fills with options that only existed perhaps through oral traditions and old ways of doing things. As people become more knowledgeable, they're seeking advice through natural therapies practitioners for healing – not just to mask or alleviate symptoms.

The future of medicine will be more integrative with an offering of conventional and alternative (natural) modalities. Where standard medical practices are efficient at mending wounds, crisis management, diagnostics, and emergency procedures, natural alternatives may be a better choice for degenerative or chronic dis-ease, allergies, immune support, and even infections.

The future of medicine will be integrated with exercise, nutrition, energy healing, meditation, and greater awareness to help support the original blueprint of wholeness – rather than a search and destroy mission for cells that have gone “bad” or malignant.

STRATEGIES FOR SPONTANEOUS HEALING

I look at spontaneous healing as remembering the vibration of alignment to higher self. It's sort of like the ah-ha moment you feel when you finally understand an idea – like getting a math equation, or the perfect recipe. Spontaneous healing encompasses the whole experience of body, mind, spirit – relationships with others and with self, relationship to Mother Earth and the environment, relationship to your life path. It all matters.

We're all created with a perfect blueprint of who we are. Our life journey brings us opportunities to grow and change. Experiencing the flow of energy in this human form.

Though the body is programmed to heal spontaneously, there are strategies you can use to support healing in a more profound way. In fact, for people who have healed from serious illness, they have several strategies in common.

1. They don't take "no" for an answer. Their belief system is that the body can heal, and even a serious situation can have a healing outcome. The truth is that most doctors aren't trained in some of the natural solutions that support the healing system. Most doctors perhaps have a belief system that's based on medical evidence of what they've seen and studied, and less on anything outside the scope of their training.
2. The people who believe the body can heal will seek out ways to support their healing system. In taking charge of their healing, they become more aware of the process, using discernment as a tool for discovering and using what feels right for them.
3. They study and learn from what other people have done – from supplements to mindfulness, shifts in diet, posture, and choices that support natural rhythms like sleep and breathing.
4. They form constructive partnerships with doctors and health practitioners so that better choices can be made. Are medicines necessary or is there a natural alternative that might work better for you? Do you need diagnostics, fluids, surgery, or other medical support that can help? Having a doctor, or alternative professional that will listen and support your choices makes a difference.
5. They make radical changes in life like moving away from stress, tension, and bad relationships (with people, food, toxic exposure, or situations). Letting go of these energies means that they create opportunities for new, supportive energies to manifest.
6. In looking back, they see that their illness was perhaps a gift that allowed them to make changes they wouldn't have otherwise made. They begin to feel better, look younger, be more productive, and experience more joy because of their choices that moved them toward healing.
7. By surrendering to healing, they give up fighting in favor of a natural system to which their soul is programmed. They don't see themselves as sick or dying. The body's natural instincts and programming are to heal. Surrendering to the process means they accept themselves for who they are which strengthens and enables the healing system to work.
8. I'll add this one, perhaps even more important factor. People who experience spontaneous healing have unshakeable belief in themselves, in spite of what friends and family may project. Where friends and family may persist and pester them to "do chemo" or some other medical protocol that feels out of alignment to their beliefs, they don't give in and choose instead to stay the course of their own healing, ultimately with evidence that healing is happening.
9. Healing happens on ALL levels – physical, emotional, and spiritual. Though the desired outcome may be a cure to live longer, beat cancer, survive a dis-ease, or become totally free of illness, healing is so much more than that! By going through the steps and process for spontaneous healing – letting go, changing course, manifesting joy – healing happens.

We're all created with a perfect blueprint of who we are. Our life journey brings us opportunities to grow and change – experiencing the flow of energy in this human form.

The possibilities for spontaneous healing are yours.