

## Faith healing: how it works, “placebo” and the problems of externalizing healing.

When we think of faith healers we often imagine the podium of an evangelistic Christian church with a minister, hand on head of a disabled person calling them to miraculously “rise”, and they do. We think it's a fake or a scam and many times it probably is. However the ancient root of this kind of ritual is very old. While not entirely the same and with different belief systems in place, the act of “miracles” occurring through some kind of healing involving a strong belief in a Shaman or doctor has been involved in medicine for thousands and thousands of years. And outside of the scamming, there really are “miracles” that happen....but how and why? In western ideology this is often known as the “placebo effect” but let's look into the actual workings of how so-called “miracles” of healing actually happen, and what is the foundational process of “faith healing” as we might call it.

Firstly “Placebo” actually means “I shall please” from its Latin roots meaning the doctor “pleases” the patient rather than focuses on having a medical effect, which is why this word was chosen. But in “faith” healing and the associated approaches which we will see cover all forms of ancient medicine, it is actually the “pleasing” of the patient i.e. the sense of relief they have from the struggle of “self” that is let go, that enables the body to heal, without it to some degree in fact all medicines are useless, and to some degree placebo is always working within us...the “pleasing” factor one might say is how much a person trusts their instincts over their minds.

Involved in every single dis-ease pattern of the human being is a natural process of changing tissues, this we can call tissue necrosis or death of disease as well as regeneration of tissues. This is a very natural process. However also with the human the workings of the mind are added on to this, and the short-circuiting of the ideology of “myself” which essentially acts like a big resistor in the body. “Self” is the human condition, that situation of an aspect of the brain forming a mirror image of itself that it believes is real. This is something we call “ego” or “myself” but actually it is a fiction and the main cause of suffering or dis-ease in humans. “Self” or the fixed and limited brain circuit that is trapped in a specific pathway of neurons, is essentially the format that limits the ability for the body to respond to injury and in itself further injures the body as it essentially limits its full natural expression. It is not true that we only use 10% of our brains although actually much of the brain is not used frequently and there are “preferred pathways”. These “preferred pathways” make up the limited idea of who “I am” and as a result this hampers natural healing.

Medicine of the ancient world was all about the process of unblocking the “self” and essentially pacifying or at least allowing this aspect to fall away for a short time in order for the body to have some recovery time to heal itself before the “self” returns. Ideal treatment therefore is something where the patient's “self” is resolved, i.e. they become utterly natural and no longer have “self”. This is actually a dream, because none of the situations where that happens are in the realms of a human's ability to effect. Nature unblocks this process in its right time, human intention to heal is very much outside of natural law. It is most often based on the practitioner's own fear of death, not on the instinct to heal. These are very different expressions.

If we go back to the process of unblocking the “self” state, the way the ancients understood the problem was that the mind had to become released from its focus in particular obsessions. As this occurred, so the whole body would come into sense and be able to overcome the dis-ease that it was encountering. The process was always body to mind, not mind to body. However the mind very often had to be pacified in order to be able to experience the full potential of the natural body. This was done in many tribes using Shamanistic herbs, which for a short time would have the quality of resolving the human condition. This in a way remains the most powerful of the situations of medicine as it is the herb in control, not any human being. However the effect of letting-go into the unknown can also be had when there is enough of a connection between Shaman and patient for there to be a total trust and total “faith” in a person or idea. This “faith” is literally a point of deep relaxation where cognition drops out for a short time. When it does so, the same thing occurs as it does with the Shamanistic herbs, that the person’s body is alive with the full power of “their” natural energy, not the narrow vision they had when in the dis-eased state. During the time this is felt it has a profoundly strong effect and the body starts to repair itself.

The main thing occurring is deep relaxation and letting go. This is something that only occurs when a person is ready and able to do so. Also the Shaman very often becomes the source of what they believe they are experiencing. Hence those healers like John of God, Eric Pearl, Harry Edwards and many others are seen as vortexes of profound energy. However all that is happening is that these people are so believed-in that it opens up the power of the individual’s natural energy to flow unimpeded, essentially a person is feeling the power that comes through their natural body, not the healer’s power or energy.

This is why so much is misconstrued in medicine. It is considered that the healer has the power and the practitioner is the aspect of the treatment that is important. However it is quite the opposite. The most important thing is that the sick person is at a point where they can let go, then healing takes place. Also the adherence of this person to the guru in the end inevitably blocks the healing process, which is why many “miracles” do happen, but then the problem quickly comes back and on second attempt the problem doesn’t necessarily go away so easily.

Some people have the ideology that this is the “power of belief”, that if you believe enough “anything is possible” and so it comes down to being able to let go into a practitioner’s hands. But quite rightly many of us are wary of this as there is a considerable process of power and control which is involved in many if not most situations of healing. Sometimes the practitioner is aware of it, sometimes not. The ideal in today’s world is actually the question of taking the Shaman or practitioner out of the equation and actually having situations where a person can feel the state without “self” for a time. Immediately meditation/ self-hypnosis are deemed the important practices to focus on, but again the “self” is the coordinator of the situation, *it* is the thing doing the meditating or hypnotic method. Whatever the practice, there was once a teacher and if that teacher is within the mind when you’re doing it there is always a block to total freedom from the known.

This is why external Shamans and practitioners are seen as so helpful because they are not “myself”. However the difficulty is they are “themselves” and “selves” have a knack of resonating with each other and so any form of intention or drive that the

practitioner has will immediately be transferred to a patient. A totally natural practitioner doesn't exist because if they were natural they simply wouldn't be practising medicine. The point is that human-related medicine doesn't work in the long run, for the short "miracle" and incredible one-off situations every once in a while it's great, but for the majority of people the "self" is still stuck and doesn't move.

There are only a few things that attempt to "remove", or at least to see the practitioner as being less important than the natural spontaneity of the body. The key to finding this are the Shamanic herbal traditions of the ancient tribes of the world as these give profound insight into the impossibility of "self" as a separate entity. The second are some exercises that act as triggers to spontaneous release which occur in many cultures under different names. In the modern world [David Berceli](#) is amongst those who help to free people from the confines of "practice" and into a communion with the natural spontaneity of the body.

While faith healing has its place, the reality is that very often it is an initial release but later it forms a block to actual recovery. The very charismatic guru or practitioner of medicine who is supposedly "free" and wants to "share their freedom" with others might appear to be an enticing direction in which to go. While there can be an initial and miraculous recovery from illness if a person is able to let-go and allow healing (via nature not actually the practitioner) to heal them, once out the other side and back in the "self" state which is what happens 99.9% of the time, a person will very strongly attach their ideas of health onto that individual who "helped" them as being the key to their healing. This creates the problem of hierarchy and the practitioner's ego grows and becomes dominating and the patient then becomes addicted to the process of it being "them" who has helped. They don't realise that all that happened was that they let go and felt the power of the body's own nature through them for the first time since they were young. All healing is auto-healing so although these traditions are useful in the short term, humans have to engage with other ways of seeing medicine as not being external to them and also that it is not to do with the mind but to do with getting into the body.

Gradually, modern science is fumbling to understand the process of the true nature of medicine through the use of placebo drugs.... when eventually they land on the truth, it will be something so simply that will literally blow their minds. In the mean time the BBC Documentary Horizon points out that placebo, science's "fudge factor" is becoming something that cannot be overlooked:

<http://www.bbc.co.uk/news/health-26191713>

In this documentary we see the scientist grappling with the problem of not telling the patient about the placebo and thereby lessening the effectiveness of the drug as the effect of them feeling "looked after" and able to "let go", is less. It is known that if you tell the person that it is a placebo, most of the time a person will not find the treatment as successful. There are cases when even when a person knows it's a placebo, it will work and too when there is no physical drug but a healing practices, i.e. the healer's expression, which is the placebo.... authority is perhaps one of the greatest placebos and the fact that all these people are scientists and doctors, they themselves sometimes forget, would have the highest placebo effect possible as this

believe that “they know better than me” is entrenched in our society. The problem about telling or not telling your patient is not the only consideration, what about allowing the patient to realize that their own bodies can do it? So one can engage with the mind of the patient and help them to understand their true nature and so them finding there own way to let go, or bypass this via the placebo that is actually “faith healer” approach and allow charisma and authority to be the power that makes them feel safe enough to let go. The first approach of helping a person be able to realize natural energies power through them is a *cure-all*, but it sometimes takes a long while to do this, the placebo method however is the one that creates hierarchy and authority, and this is lessened by still giving the placebo and telling the patient, however unless medicine is banished and one is equal to the “practitioner” then it still means there is a separation between patient and practitioner. If all one does is to allow the patient, (who is actually a person!) to feel warmly connected to, like a mother would there child, this goes beyond placebo, this becomes pure healing without the need for explanation....it is the return to the womb state that is healing, the return to the senses, this requires the death of the mind, but when it is offered most people understand what this feeling is. Nature is in this state constantly, the human however feeling separate due to the “self” and the human mind, needs to again have “faith” in nature, not in any human form or method.

In a way “placebo” is an expression which shows that in exactly the same way as hypnotic suggestion, many people like to be told what to do, they like to have the feeling they are been looked after so they don't need to “act from themselves” or more importantly so they don't have to have a “self” all together...this is the basis of Paul Mc'Kenna and Darren Browns hypnotic spectacles ...it is all about having “faith” in them and letting them take “you” over so to speak. It shows that many people in the population will easily be drawn into hypnotic suggestion that is why advertising works as well as placebo. These people also have the potential to deeply relax into themselves and realise that it is constantly available natural energy that is doing the healing not the external process, yes placebo is a trigger but if one realise in a deep and non-cognitive way of re-sensing the body, then the body heals naturally. The effect of deep relaxation in waking or sleep states is to lessen the resistor of “self” through the circuit of the body, it takes the brakes off and so the physiology works much more effectively and the body becomes stronger and heals much faster, exactly like an animal in the wild. When there is no “self” there is no problem, even when facing sever pain.

There seems several routes; out and out authoritarian placebo in all its forms be it hypnosis, pretend drugs, psychic and fake surgery, faith healing, etc. then there is the middle point of self-hypnosis, meditation and practices of mindfulness, and lastly there is attempts to help a person realize that it is natural energy that allows things to let go so helping a person re-kindle natural non-practiced sense of the body again, this is not mindfulness it is helping to see what is already there and completely missed by the sense of “self” which seems so large. This last category is something very unusual and profound as it is the end of medical intervention and the end of the requirement for teachers, it is a process that is driven towards being a witness to a person's recovery process naturally, not intervening.

The mind is the secondary aspect and the body is primary. This was always the way with the ancient medicines and as such, no matter if the person has a physical or

psychological problem overall, the basis for relief of this must come from the body. The mind needs to be pacified and sometimes this can involve allowance of a doula-like figure who is essentially a birth-partner, a person who is with you through the process creating the feeling of not being separate. This is a powerful energy and is often the female expression involved in healing. This, and only this, is a useful expression in the process of healing, but essentially the doula does nothing at all except protect the person from the madness of humanity for a moment, as if within a bubble. Apart from this, healing occurs when nature is ready for it to do so, it has nothing to do with the so called “healer”.

Since the origins of medicine the emphasis of the importance of the “healer” has been a dominant male, even in tribal society where this role was taken from the females who were the original healers. Masculine domination and ideologies of medicine based on this have become part and parcel of the human condition of “self” and as such it is the “blind leading the blind”. The process of healing is already innate and the “self”, which is both the idea of dis-ease and the one who believes he or she is invaluable in “fixing” this, are part of the same continuum of dis-ease. Hence there are few places that true medicine exists. The doula community and their tribal origins are perhaps the very centre of medicine today, those within it who truly understand the nature of what it is they are doing - or in fact not doing - in the process. All of medicine needs to understand the truth that the body knows and has tremendous power to heal itself when the block comes off and how these blocks come off is a very specific process of the individual and can often be a process of coming to dead ends.

It isn’t about control and blocking others from “helping” but rather the realization that all that is needed is deep letting go. This is the case for all situations. There is no healer apart from nature and all healing is innate.

As the energy of the human goes from the head to the body, so the body is re-sensed and forms psychological changes. Most cases of healing occur when the feet are re-sensed by a person who is sick. Once the feet are reconnected to, this is the furthest place from the head and the place that is least connected, and as a result when blood flow goes down to the feet this literally expands the mind opening out the processes of cognition tied to a particular state. This is why body-mind therapy is always a focus on the body to heal the mind. Psychology believes you effect change at the level of the mind but in most cases this doesn’t work in any deep way. Connection has to come from below and pacify what is above. This is a curative process that the body naturally goes through and it is seen in those moments that are truly miraculous when a person stands who could not walk. The neurology has found another pathway because the whole body is functioning at one, instinctively and spontaneously. It proves that this is possible, not that “god is great” nor that the Shaman or “master” is great but simply that given the right situation the body knows how to heal itself, how to die to this moment - now and how to let go without any kind of intervention. The Oneness of life knows no bounds.

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