

Finding what you need to change: The different qualities of energy that can help different problems people have.

Have you ever thought it strange that one person knows a therapist who helps them a great deal and when their friend goes to see them there is no effect whatsoever. Also it is common that a practitioner will have many people coming, all of whom have the same problems. The reason for this is much less to do with the practitioner's particular skill-set, especially if he or she has a general practice, and far more to do with the nature of energetics.

There are two qualities of the human energy state, the natural state of the body, covered over by the dis-ease state. When it comes to wanting to find a practitioner it is never the natural state of the person which is trying to find anything, it is the dis-ease state that is wanting resolution. As a result there is an energetic connection that needs to be involved in their connection which resolves whatever state of tension the "self" is in.

The dis-ease state can have several qualities but for simplicity let's call it a "fire" dis-ease quality or a "water" dis-ease quality. This is nothing to do with the character of the person, it has to do with the nature of the dis-ease state. Neither is it to do with fire = inflammation and water = cold, this is not the idea here. What we are looking at in our differentiation is the nature of the "dis-ease personality", the nature of the added-on personality that is placed on top of the natural state and is masking it.

Hence...

Fire-dis-ease-personality

This quality is that of extreme anxiety and expression. A person will be buoyant and expressive and explosive in personality. They will have trouble quieting the mind, difficulty calming themselves down and will suffer from many kinds of illness as a result. They are liable to tire themselves easily and also to become very upset at the least thing, highly sensitive and very emotional dis-eases are in this category.

Water-dis-ease-personality

This person has an introversion as opposed to the extroversion of the fire dis-ease type. The introversion draws them inwards and ties them in knots within. There may be very little expression to the surface that is allowed to get out and so this person will often have digressional type patterns and often be stuck in life in some profound way. They will not necessarily want interaction or attempt to engage fully with life and to some extent want to be within themselves although they know that somehow this isn't right which is why they seek help. There is a quality of numbness and sadness in this expression and a cool quality that's tough on the surface.

As with all energetic connections there is no right or wrong, but involved in healing the process the interaction should ideally change the pattern. When a Water-dis-ease comes across a Natural-fire energy within a practitioner this creates a balance and creates movement. While the Fire quality won't necessarily be able to deeply understand the quality of what it feels like to be in water dis-ease, this is less

important than interaction as the fire quality will naturally resolve the water-disease pattern. The same is true for water-quality resolving a fire-dis-ease.

The natural state of people of course will influence the type of disease they carry. So one would expect a Fire person to have a Fire dis-ease, but this isn't always the case:

Fire Nature + Fire Dis-ease
Fire Nature + Water Dis-ease
Water Nature + Water Dis-ease
Water Nature + Fire Dis-ease

These are the 4 basic qualities that can exhibit. It is really important that when choosing the practitioner **it is the dis-ease state that we look at to resolve:**

Fire Nature + *Fire* Dis-ease
Water Nature + *Fire* Dis-ease
= **Water practitioner needed**

Water Nature + *Water* Dis-ease
Fire Nature + *Water* Dis-ease
= **Fire practitioner needed**

The dis-ease state is the aspect that rules the treatment. This means that for the Fire Nature + Fire Dis-ease and Water Nature + Water Dis-ease type situations the practitioner will not really understand the patient's deep nature, in the sense that they won't be like them, but this doesn't matter as it is the dis-ease that needs to be resolved, not the nature of the personality.

The importance of this is absolutely key in situations of referral. When a Water practitioner meets with a water dis-ease he or she is going to have very big difficulties in resolving the situation, it may take years and years but nothing will resolve, or the two will become good friends, commiserating, but there is no change in the pattern, the diagnosis will be extremely accurate but this doesn't help the situation. Water nature practitioner + water dis-ease = **stagnation.**

When Fire practitioner means fire dis-ease there is a tendency for an over-excitation and again a commiseration and very emotional interaction but actually the resolution of the pattern does not occur. Again diagnosis can be accurate and friends can be made but there is no resolution of the pattern. Fire nature practitioner + Fire dis-ease = **excitation.**

Treating "like with like" only works homeopathically, and even then homeopathy is a process where just a trace energetic quality is in effect which attempts to bring the body into balance by providing a small amount of an extreme poison to the system, not the aspect that would resolve it. It is a specific method used as a form of catharsis. Allopathy or treating opposites is actually the mainstay of all forms of ancient energetic medicine and is the basis of treatment. (Modern allopathy simply treats symptoms, but they do so in an opposite way, i.e. if something is inflamed they use *anti-inflammatory* medicine etc.).

Hence in the treatment of dis-ease it is vital for practitioners to work together. Different personalities will be useful in different situations for different people, but if dis-ease type can be categorized generally and also the nature of practitioners can be categorized generally (via senses) then at least in the mind of the practitioner it is not as if he or she needs to resolve every case. The wise and clearer practitioner will interact with others to find the best solution for the patient.

In today's modern world the main difficulty is that practitioners vie with each other for patients. People will refer as a method of speculation, they refer in order to get other referrals back their way! This kind of ideology has nothing to do with what is good in order to resolve dis-ease but is a very narrow focus and represents dis-ease itself.

Practitioners need to come together in order to treat at least in smaller groups of 2s, 3s or 4s so that a broader range of possibilities is covered.

The nature of the water practitioner is this:

They will be very good diagnostically, very accurate, brilliant at analysis, often meditative, calming, relaxing by nature. They can be directive and have a structural expression helping a person find their feet in practical ways, helping to ground them. This quality has a lot to do with the earth and the foundation, it is more yin in this way and as such has the ability to be a facilitator, a doula, and is a quality which is about reducing high tension. One might think of this as a cooling peppermint or calming eucalyptus quality. They will often be simple, direct, stoic and solid, reliable and authoritative, possibly quite "doctor-like" in a way. The type of expressions they might associate with are Zen, meditation, Tai Chi, Yoga, meditation, although this is just an energetic quality, not that they may be interested in any of this. They can be initiating and often combine this with the clear mind to produce direct patterns that will help a situation forming structure, guardianship and guidance. The water practitioner represents the more masculine way although it can also be in the female.

The nature of the Fire practitioner is this:

They will be flamboyant, excitable, open, emotional, firing up, motivating, expressive and carefree. They won't have a structure, are more likely to be led by intuitive sense and less mentally engaged. They like to talk more than the water type, will find it hard to be still and quiet, will encourage interaction and attempt to engage and exchange. They will become part of the process, not so detached from it as the water type, they will be inside it. The fire represents the more female way but it can be in the masculine too. This is the more Shamanic quality, the quality of expression and exploration, the nature of expansion and sensing. The emotional state. The most likely areas that this quality will be involved with are, Tantra and Kundalini yoga, dance, Shamanism including the use of Shamanic herbs, imagination and channelled guidance, story-telling, Emotional Freedom methods, spontaneous explorations.

Of course everyone has both these qualities in them, but naturally one will exhibit more than another. While the water type people very often want to be fire and the fire type people very often want to be water, they lose themselves in this, they really require to realize their true strengths. There is also a Sky type quality energy that encapsulates the Yang-Shaman quality and there is an Earth quality that encapsulates

the Yin-Mediator quality also, so these 4 give more detail of different qualities of practitioner/ natural state:

Sky Nature = Yang-Shaman (yang within yang)

Fire Nature = Yin-Shaman (yin within yang)

Water Nature = Yang-mediator (yang within yin)

Earth Nature = Yin-mediator (yin within yin)

So now we have 2 pairs of qualities which are representative of all people who derive their nature more precisely, thereby more accurately helping with the specifics of people's issues. As one can imagine the resolution of opposites occurs when the disease state is opposed precisely by the nature of the practitioner.

As a general rule the yin qualities above are the qualities that are associated with "healing", in that it is the yin energy which traditionally has this role. The Yang tend to be more exterior and as a result they often need to be outside of a clinical environment, as one can imagine the yang-Shaman would do better in groups than with individuals. Also the quality of this energy is very warrior-like and so has to be placed in the correct position, i.e. not in the centre of the community otherwise it becomes too egotistical.

The point is ...different horses for different courses. If we remember to match the quality of the dis-ease with the quality of the practitioner there can be extremely efficient ways of helping resolve different people's difficulties through naturally using the nature of personality to be the instrument in healing. In this way it is clear that healing is simply about the interchange of energy and there is nothing else to it, skill is nor significant and no attempts are necessary, nature does it all.

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