

Styles of soft, styles of hard: being able to see the full spectrum of healing, and how natural style always has its natural limits.

In the world of “alternative medicine” there is a war going on. While on the surface it often appears to be all “love and light”, actually inside the world of medicine there are a whole load of people with large egos pretending that they haven’t got one, hence increasing this energy several-fold! The main stance of the war is between different styles of treatment and particularly the division between those who are “sensitive” and work “energetically” and those who are considered “insensitive” and so work more “physically”. There is a seeming fight between those who believe the world is purely energetic or ethereal-energetic and those materialists who believe it’s all form-based and “reality”-based in absolute form.

Unfortunately this is the foundation of dualism which is dis-ease itself. There is no way that is better or worse, no good or bad. Also there is no foundation to the belief that if there is an energetic shift which occurs with a light and gentle touch then this is the way for everyone and so we should all be treating in this way. There seems to be an one-upmanship in alternative medicine which is the more “off the body” the better, the more so-called “spiritual” the more powerful the practitioner (and very often the larger the ego). Unfortunately what often happens is that as there is a move to come off the body and away from the patient, even doing “distance” healing etc, there is a belief that somehow this is better, and “more” than those who do massage for example. However this is simply mythology brought about by those who need to verify their approach as the only way.

There are 2 parameters which are key for understanding how a treatment connection will go. One is the nature of the patient and the dis-ease state of their body, the other is the nature of the practitioner and the dis-ease state of their body!

In ancient medicine both the hard and soft principles are used in conjunction with each other. The softer or more gentle approach is most often used for those patients with a frail or more energetically weak expression and for those who naturally have a high sensitivity (whether they know this or not). These people will respond much better to situations of gentle approaches. This might be half of the people who come for treatment. The other half will have more robust body conditions and will have patterns of more blocked energy and as a result the softer methods are not felt and have very little result. The harder approaches to treatment work better for them.

There is of course a spectrum of people and so the above is simply a spectrum rather than two poles. The practitioner’s energy will also be somewhere in this process, either more to the softer side or harder. Often there can also be a person who is bodily very powerful but by nature very gentle and vice-versa, so this creates a specific mix which in turn will draw a specific resonant mix of patient to them.

Essentially what we have to get used to is a much less critical approach to each other’s way of working. If instead of looking at each other’s way as being something which is a cure-all and we understand the limitation of what each one of us is, then we can see the reality of appropriate patient-practitioner combinations, much like match-making. We also need to get out of the ridiculous ideology that medicine which is in the ethereal-energy, visionary side of the spectrum of the body, i.e. head and neck-

based, is somehow “better” than affecting the rest of the body, for this is simply placing a hierarchy that does not exist on nature. The practitioner who treats only the feet is just as important as the one who sees visions and can tell a person about their life and what to “do next” or not. Why do we all have to be oracles, why is it that people’s past lives always make them the Queen of Sheba, or the Emperor of China, why not the former boxing and stacking guy at the Co-op. The point is that all of the processes in which people focus only on the ethereal energetic tend to move to ungrounded states and the quality of it has a rising effect which very often goes into the head and makes a person believe they are all-powerful and all-knowing, or at the least it breeds an arrogance which is hard to shift when they want to show the world that they can “do this!”. In the end healing is just like breathing, it simply occurs for no reason and without intention. Why then do we need to place all these ideologies of better or worse into the mix? Quite simply people find what they need. It is often very interesting to me how many healers who are involved in very energetic “off the body” healing need very physical treatments themselves as quite simply they are not experiencing their own body’s requirements at all, for them most of the treatment approach is happening in the mind. When one is fully involved in healing the bodyspirit is one and so one is entirely involved, not just the head.

If we saw each other as fingers of the same hand, rather than potential threats to our catchments of patients, if we saw that working as one healing body could allow for greater change than one person purely out for themselves needing to prove themselves in the world, then healing would actually mean something real... i.e. wholeness.

If a person finds their natural, as opposed to idealized limits, meaning they return to their natural state and acknowledge where they fit into the scheme of things then the ideologies of personal style let go and we become part of a larger expression. This is when healing would no longer be called that any longer.

As a general rule the harder forms of treatment are for stagnation illnesses and situations of body types which have this type of format. There is a prevalence of this body type within Caucasian populations. The harder styles go from surgery at the extreme all the way to massage and some forms of acupuncture and herbs and many other forms that can be used in both a harder way of softer way. Hard does not mean without feeling, it means that what you’re feeling in the stuck-ness of energy in the patient’s state is very powerful stuck-ness and so the appropriate response is to meet this power with something as powerful in the opposite so great blocked heat requires great movement and cooling for its resolution. And yes, all one is doing is triggering this response in the body but to attempt to trigger a blocked dam using a feather is as useless as trying to get a stone to float on water. The point is the appropriateness and recognition of this through diagnosis is vital.

It is also true that when the body is open then energy can flow through easily, so the harder expressions which have no feeling are not hard but dead, just like the softer expressions that are not sensitive to the patient but are enamored by it’s own mental world are cut-off and ineffectual. The further off the body one becomes the further grounding power energetically one needs and the more physical density/ anchoring the practitioner’s body needs to have to be able to embark on the same power of movement through pure ethereal energy that would otherwise have done via touch. There is also no “better” to this approach, often times it is just about the practitioner

showing off rather than actually results in anything different to a simple hands-on practitioner. The practitioner's body is merely a vessel for the energy of life to pass through but this vessel needs to be very powerful for *a lot* of energy to pass through it naturally and easily, everyone is limited by their own constitution in this regard. Of course one can do everything off the body, but often if the energy of the patient is stuck this is just not enough, or less effective an approach than other methods.

The softer approaches range from off the body qi gong and reiki type energy medicine to subtle touch-based styles etc. These are by no means better than those just described, they just affect the body in a more ethereal-energetic way and treat the condition of the yang energy which is on the surface of the body more than the yin energy which is in the depth of the body. Of course there are effects both ends, the yin style (more physical) affects the yang energy on the surface and the yang style (more energetic) affects the yin energy inside, but the foundational plain of the type of treatment shows the place it is going to have most effect. As a result these softer style practitioners can deal very well with conditions that are about yang-deficiency or depleted energy, while at the same time are able to deal with yin deficiency or over excited energy, but they are less able to cope with energy that is stagnated, this type of treatment is simply ineffectual or much less effectual here. This is nothing to do with spirituality. It is not a more spiritual treatment to do "off the body" or light-touch healing than it is to do surgery. A person who clearly understands this is the well known healer João de Deus/ John of God, who perhaps is one of the clearest examples of a healer who can transition a very large range of the spectrums from off the body healing to surgical procedure.

In the end everyone find the thing that suits them. Instead of blaming the patient and saying "they just aren't sensitive enough to feel what I do" or conversely "they just want something airy-fairy and I do *real* medicine", rather than being focused on either the yin or the yang and so polarizing the other side and creating division, other possibilities of inclusiveness are always available.

When this kind of judgment drops out of medicine there will be a total revolution not only in how we see patients but in how we are able to view each other.

For more about understanding the context of medicine and seeing the wood for the trees via the ancient background energy medicine please see my book "Medical Oneness: The way to unite all forms of medicine.".... there is nothing new or original in the work it is simply exposing the myth that medicine is progressing and becoming better. In fact it has all been done before but today humans have lost touch with the reality of the spectrum of yinyang and instead as with everything else polarize their own ideology and make it king in their world-view, rather than viewing it within a larger context.

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