



# Healing the Whole Person

BY MARIE-EVE SENECHAL

**H**EALING IS A FASCINATING PROCESS TO OBSERVE in the body. Every healed wound shows us a glimpse of the miraculous beauty of healing, and though this is only the physical expression of healing, it is a wonder to witness. It restores parts of the body so fast, independently of any guidance from the mind. But, the expression of healing occurs at so many more complex levels, such as emotional, mental and spiritual, to name a few. Spectacular examples of healing are endless. I wrote an article about a tremendous example not that long ago, about how Reiki healed a lost soul.<sup>1</sup> That experience led me to write this article. This time, I felt compelled to explore the idea of healing. What is healing? How is healing different from being cured? Does healing mean being saved by someone? How can the healing energy of Reiki help us in healing the whole person?

## Is Being Cured the Same as Being Healed?

What does it mean to be cured? Is it the same as being healed? We seem to use “curing” and “healing” interchangeably, but their definitions are different. According to the Free Dictionary, curing involves a drug or course of medical treatment used to restore health, and the absence of any more symptoms and disease. Yet there are emotional and spiritual aspects to illness that are just as important. According to the *Western Journal of Medicine*, there is an emotional cost to long term treatment.<sup>2</sup> Therefore, curing appears to be only one part of a “process” that can assist a person to heal.

By contrast, healing is a complete process that makes the person sound or healthy again, restoring wholeness, hopefully making the person better than before illness, while also taking care of any cause that may be occurring on a different level but manifesting physically. Therefore, we could view curing, a medical process, as only one aspect of healing a person. It works on the physical level, which is under the larger umbrella of healing that addresses the whole person. Reiki does this kind of healing. Reiki energy is healing energy that works at all levels from physical to emotional to spiritual—it can both cure and heal the person wholly, one way would be by recognizing that curing has limitations while healing has unlimited expression.

Medically, some doctors may look at only eliminating symptoms, but my experience has been that when it comes to serious illness, doctors do focus on discovering and healing the real cause, not just eliminating the symptoms. So, while we don't want to give all doctors a bad rap, we do want to make sure that we emphasize the main premise that Reiki, when appropriate-

ly used, works not only with the symptoms but more importantly, with the cause.

To me, there are two steps to what I call being cured of a specific disease—giving a remedy to help a patient feel better from the symptoms of illness and then helping to recover from that illness. However, I believe that healing is not limited to these two steps and often operates at a deeper level.

Certainly, medicine is helpful and being cured of illnesses may require medical assistance. There is a real meaning to scientists' and doctors' work as they are deeply involved in finding solutions to health issues. They work diligently to fulfill their goals and most of the time, their studies bring positive outcomes to their research. We have witnessed real miracles through significant research.

Nowadays, we have come to have such a detailed knowledge of the body that there are specialists for all parts of it. Doctors and specialists tend to have answers and medications for every symptom. And in addition to this there needs to be an overall understanding of the patient and the complete healing of the person.

The reason I think that it is vital to include healing as part of curing is that even today, despite an openness to alternative medicine such as Reiki, the medical model seems to be missing a huge part of understanding what constitutes a human being. This misconception doesn't seem to be a modern mistake. Even in Classical Greece, Plato's character Charmides points out, “For this is a great error of our days in the treatment of the human body, that physician separate the soul from the body.”<sup>3</sup> We are not robots with one common fix. There are as many causes for medical issues as there are humans on the Earth. We are all unique and very complex. Because of this, the complete healing of an illness can be a pathway to self-discovery.

If while in search of a solution to diseases we limit research to symptoms, are we not belittling human nature? By asking that question, I do not have the intention of ignoring the importance of the incredible work of doctors and nurses who perform their jobs with a real love for their patients. I have seen how nurses genuinely looked at my daughter and took the time to touch her and reassure her while she fought cancer six years ago. These caregivers carry with them the real essence of caring. They view their patients beyond just the curing of the body, and they strive to reach actual healing.

True healing goes far beyond just curing apparent symptoms of a physical illness. For example, what if the source of the issue is mental or emotional? In such cases, I believe that no treatments

or medications are powerful enough to break unhealthy thought patterns. If there are, current drug-based treatments can only create artificial change in the patient's brain. I think it is not presumptuous to believe that in some cases, we may find a cure to heal a specific illness without reaching a complete healing for the patient. For instance, why is it that some people experience a relapse of their illness?

As an alternative treatment, Reiki can help in finding the real source of an issue working hand-in-hand with the medical system. I genuinely believe that Reiki is a great help, if not the only modality, for connecting the dots. To me, this is true with Usui/Holy Fire II Reiki, which works at the source to resolve any issues we encounter in life. As much as medicine seeks to find the truth at a physical level of the body, Reiki is the God-given science directed toward the whole human being. Medicine is limited to what is visible, and Reiki is the unlimited energy. It is so important to see the work of both equally recognized in the healing process. They are complementary.

Medicine, working along with Reiki, would help many people, especially with so many patients referred to too many doctors who are working independently of each other. Here, I'm thinking of Julia, my client suffering from fibromyalgia.<sup>4</sup> Only Reiki seemed to give her real relief. Doctors, scientists and practitioners are meant to work together in the patients' interests. While I write these lines, I'm pleased to read that some hospitals in the United States are using Reiki in complementary treatment. The Center for Reiki Research has produced a publication that shines a light on benefits felt from Reiki energy work. It is gratifying to see that Reiki research demonstrates that Reiki has a well-deserved place alongside medicine. I can see that to reach that same level of cooperation, we Canadians have a lot of work to do in Canada.

### Does Healing Mean Being Saved by Someone?

It is a tremendous job to save somebody who doesn't want saving. In fact, because of free will, we cannot save anybody who does not want to be saved. Even the Reiki energy respects the power we all have. Shortly after I started thinking seriously about writing an article on the topic of healing, I retrieved a list of questions I had collected from skeptical clients over the last four years in my Reiki practice. After experiencing disappointments that medicine had not brought significant results in getting their health back, they were now coming to me after receiving referrals from doctors or family members. Here are just a few examples of the questions I received: "What do you mean by healing? My illness is not curable!"—showing doubt about the healing itself. "How long do you think it will take before I notice a difference in my health after a Reiki session?"—indi-

cating very high expectations of the results to come, and impatience to see them. "How can Reiki energy heal me from an illness? It is only energy after all."—expressing doubt about the Reiki energy. "What will you do to fix me?"—indicating disbelief in the healing that resides within.

These questions were legitimate and deserved answers; it is essential to understand that we have the responsibility of putting our self in the center of our healing. This process starts with, at least, being willing to heal. It also involves being ready to change. All these clients came to me for the same reason: because they were told to do so—while not understanding the meaning of the phrase, "Reiki will promote your healing."

Whichever modality we choose to help us with our healing, we certainly have the responsibility to consciously say "yes" to that help, to accept the consequences of it and to make changes in our life if necessary. This acceptance is, I believe, the very first step of true healing. Unfortunately, a lot of people seem to give up their power to other authorities such as doctors, nurses or practitioners. Of course, what I am referring to here has nothing to do with having control over a situation. On the contrary, it is the second issue I noticed with my clients. None of them felt helped the way they wanted to be nor as fast as they wanted to be, so they gave up on their sessions.

The real power of healing is surrendering to Love. Reiki can help to regain that awareness, to open the doors of our Spirit to receive Love without expectations or judgment. Even letting go of the need to be healed is important for the healing to occur. "We must let go of the need to be healed and just enjoy the ride that is life."<sup>5</sup> Only in this way can "healing" mean being saved.

### Healing the Whole Person

Charmides in Plato's Dialogues says, "And this is the reason why the cure of many diseases is unknown to the physicians of Hellas, because they are ignorant of the whole, which ought to be also studied; for the part can never be well unless the whole is well."<sup>6</sup> Regarding disease, there is no way to understand the whys if focusing only on symptoms. What if the source of the issue is not apparent? Must we not examine the whole life of the patient and try to find out what suppression has occurred for so long in the patient's life?

What is fabulous in working with Reiki energy is that it goes right to the source of the issue, balancing all levels of the patient without any need for the practitioner to know details. Reiki is a wonder given to us, taking care of our entire Self. Since the beginning of my Reiki practice, I have witnessed so many examples of "miracles" sometimes right after only one session. People told that there was nothing more medicine could offer to them, people who came with the fear of a wrong diagnosis, ineffective

medications or unsatisfying results of treatments. To all of them I said it was at least worth trying Reiki and being open to the results of a Reiki session. I have met people suffering from headaches, migraines, mental issues, cancer treatments and cures, and seen them healed with Reiki's help. Some of them took Reiki I & II classes to participate actively in their healing.

The real healing starts with us and the understanding that we are not only our body, but also a mind with a complex emotional system, a Soul and a Spirit. We are like trees with roots connected to the Earth and branches connected to the Spiritual World. We are whole in ourselves but also part of the whole world and the whole Universe. We have the Universe imprinted in each of our cells. The healing that Reiki helps us to reach is the divine one that is connecting us to the Divine inside, allowing the Source of All-There-Is express itself through us and connect us to our True Self. It respectfully follows the heart and the free will's pace. That healing is set mostly on a timeless journey more than in a limited treatment time frame. It manifests itself in the curing but also beyond it. It is set in time but also in the eternity and works at all human levels. This healing lasts because Divine Wisdom nourishes it. Set at the beginning of everything, it is available anytime we need it. It teaches us how to love ourselves first, perfect and complete as we are, to ultimately let that love shine among others. Thus, healing the

whole person implies healing the world. It is one of the most valuable gifts from the Source to us. 🌿



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### Endnotes

- <sup>1</sup> Marie-Eve Senechal, "Reiki Helps Heal a Lost Soul," *Reiki News Magazine*, Fall 2017, 48–50.
- <sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1070773/>
- <sup>3</sup> Plato, *The Dialogues of Plato*, vol. I, translated into English with Analyses and Introductions by B. Jowett, M.A. in Five Volumes (Oxford University Press, 1892), 59.
- <sup>4</sup> Marie-Eve Senechal, "Reiki Helps Fibromyalgia," *Reiki News Magazine*, Summer 2016, 46–49.
- <sup>5</sup> Anita Moorjani, *Dying to Be Me* (New York: Hay House, Inc., 2012), 138.
- <sup>6</sup> Plato, *The Dialogues of Plato*), 58.