

THE HEALING CRISIS IS NOTHING TO FEAR

In this short essay, reflexologist, teacher and author, Lee Anthony Taylor examines the distinction between a healing crisis and a disease crisis and interprets how as therapists, with an understanding of this difference, we can treat illnesses with confidence and reassurance.

For some, it might seem strange: but the healing crisis can be considered as a blessing in disguise. If you look at the process in more detail, you will discover that it is the result of a mammoth effort by every organ in the body to eliminate internal waste products and provoke the regeneration of weakened tissues. The aim of this change is to bring about the most amazing transformation at a spiritual, mental, emotional and physical level.

At the physical level, the transformation process involves the cleansing of cells and tissues, improved nutrition, and a more balanced lifestyle, where old and decayed tissues are replaced with new structures. This alteration comes only when there is enough energy available to the body (following the replacement of old for new) to throw out the waste. The new tissue, built from nutritious food, is strong and vital. When the body has regained its strength and reached a certain threshold, it can sometimes violently throw out its toxicity, and it is this that we call the healing crisis.

At the mental and emotional level, there could be a resistance to change in attitudes followed by a restlessness and an unfolding revelation that your situation can no longer stay the same. Fears, anxieties and uncertainties may be heightened temporarily accompanied by feelings of surrendering to the impulses that you are experiencing, knowing that you are safe and secure. The healing crisis may make you feel lighter in your heart and more acceptant of your circumstance. This is all feeding into your emerging spiritual evolution.

Now would be a good point to draw the distinction between a healing crisis and a disease crisis. The healing crisis is so-called because it makes you feel as though your acute condition has returned. You experience the same symptoms you had when your condition was at its worse. However, in a disease crisis, while you also experience these symptoms, this is due to tissue breakdown and/or dysfunction, not through the regeneration of tissue and by waste elimination.

The process involved in elimination is the most important difference between the two states for, as part of its preparation for the healing crisis, the body eliminates toxic wastes including any chemicals and drugs. The response to a disease state may require medical intervention.

Drugs tend to be suppressive and may cause iatrogenic disease, which only exacerbates the original problem. Quite often, they cause patients to suffer new side effects and then clinicians will then prescribe additional medication to treat the side effects. This action would also only serve to suppress the symptoms and the patient will then have to wait again and go through the crisis at a later date in order to become well.

But what are the specific signs of a healing crisis compared to a disease crisis?

Both healing crises and disease crises can manifest unexpectedly without warning, at a point when you seem to have put your health problems behind you. During a healing crisis, a patient may suffer old symptoms more severely than ever before. The patient must wait out the crisis: *'Be Patient,'* while progressing along the route of rebuilding better health.

One sign of a healing crisis is that, prior to and during the crisis, bowel elimination is very good. The bowel movements are natural and occur effortlessly. In fact, all the eliminatory organs, such as the kidneys, liver, bowel, lungs and skin perform their functions adequately albeit at an increased rate. However, in a disease crisis, elimination is poor before the crisis and can halt completely during it. This is where medical intervention is needed.

Another notable difference is that, in a healing crisis, catarrh and toxicity that have been stored in the body are eliminated. This is the end of the purifying process as the last of the waste is liquefied and thrown off. Conversely, in the disease crisis, catarrh is retained and the mucus is old, thick, chronic and congestive. The energy is weak and can not throw out the toxicity just yet.

While there is no set time limit for this opportunity for change, a healing crisis usually lasts around three days. Descriptions include starting with a slight discomfort, which quickly increases in severity until the point of complete expulsion is achieved.

Other signs may include: -

- Body aches and pains
- Headache
- Fatigue
- Sweating or flushing
- Nausea
- Diarrhoea
- Skin eruptions – boils, hives, and rashes
- Cold or flu-like symptoms
- Strong emotions: anger, despair, sadness, fear
- Suppressed memories coming forward
- Anxiety
- Mood swings
- Increased response to phobias

Following the acute stage of the healing crisis, the pain, suffering and discomfort diminishes. However, if the patient's energy is low, the crisis can be extended and can last for a week or more. Perversely, healing crises tend to affect patients with stronger vitality and greater energy more profoundly. Patients whose energy is too low do not have a healing crisis because they have not yet reached that threshold for change and transformation. These patients must work to rebuild their energy levels, through better nutrition *and through regular reflexology*, until their bodies can manifest a crisis. YOU HAVE TO GET BETTER SO

YOU CAN GET REALLY WELL! It is important to remember that the universe is always benevolent, in that it will not allow a healing crisis to take place before its appointed time.

So, in your clinic environments, don't get put off by witnessing the arrival of a healing crisis which may happen during your time working with someone. See it as a potential blessing in disguise. Once we better appreciate and see the distinction between a healing and a disease crisis, we can rest assured that the universe has given the green light for the patient to go through the process. That is the appointed time.

Look for the signs of movement and change and give your advice as a professional therapist on how to help the body detoxify. Then stand back and watch in awe as your patients empower themselves to work with the universal energies and bring about their own personal transformation!