

Healing is Waking Up

by Damaris Jarboux, R.N.



Photo by Andy Katz

Almost everyone knows they have *body-energy*, but few have a clear understanding of the nature of the *energy-body* as a whole. There are three basic Cultural Body-Energy Models—the Oriental Meridian System, the Tantric Chakra System and the Metaphysical Aura Field. Each model alone gives only a piece of the whole—they are separate but overlap. Combine these three systems and you have the complete picture of the energy-body.

The energy-body is the foundation of our health and well-being. It might be considered the primary unit—and many other aspects of self—physical body, mental attitudes, emotions, behavior patterns—respond to the energy-body. So some aspects of who we think we are certainly are reflections of energy-body imbalance, while other aspects are reflections of energy-body health. This doesn't mean that we should think of ourselves as imbalanced or diseased until everything in the energy-body is in perfect order. But it would be most helpful to be aware of this relationship, understand it better, listen to what it is saying to us and be *willing* to both accept oneself as *is* and respond to our needs with love.

Much of the science of the energy-body is yet to be fully understood and integrated into our healing practices whether they be western, eastern, alternative, or native medicine. We do hold the gifts handed down to us from hundreds of generations of study and practice focused on one or more of the systems of the energy-body. Our challenge now is to be open to the interplay of these systems and learn how they fit together and complement each other.

At **The Body-Energy Center** we are concerned with understanding the anatomy and physiology of the energy-body and its relationship to Soul and Spirit. We work with the complete range of body-energy systems. Through experiential clinical practice we are investigating the relationship between classical Taoist acupuncture and Chi-Kung, which work with the Oriental Meridian System and Therapeutic Touch, which works with the

Chakra System of energy centers, and the Aura Fields (the bio-electromagnetic *cocoon* that flows around the body).

Whole systems of philosophy, science, practice and medicine are based on each of these three systems. Yet each cannot really consider itself whole without acknowledging the others, seeing that all are related and that *energy* integrates from one to another in a free flow—if all systems are open. Since we know that the whole is contained in every little part, just like all of nature, any part can communicate the needs of the whole. But the means to address those needs may be multi-disciplined.

We know that you are in your best state of being when your energy works at its best. But what is that? At The Body-Energy Center, James MacRitchie (a Classical Taoist Acupuncturist) and I have established a criteria that we find is reflective of many levels of one's being, and relates to any and all systems of the energy-body. Your energy works at its best when it is Balanced and Free-Flowing with the Right Quality and Good Volume. These are all assessable by the body-energy practitioner and although they are not fully measurable by western scientific means, they certainly are measurable in one's life—how you feel and your state of being.

In my practice I use Therapeutic Touch and other meditative healing arts which use the hands to channel life-energy. This process helps to clear congested areas, open closed channels and recharge depleted primary energies. This stimulates your natural healing process and helps you reach below the physical and emotional levels to the Soul and Spirit levels. Here guidance and support is always available.

By activating the Etheric Body, which cocoons the physical body out to about six inches and holds primal life force, we can greatly improve the flows of the chakra energy centers as if we are "priming the pumps." When this basic energetic homeostasis changes, one starts to feel different immediately—lighter, happier, freer. We are on the path toward healing. The energy work and counseling are a catalyst, but all true healing is done in your ordinary life; all true healing is self-healing. Practitioners can help, but we can't heal; the choice to walk that path is personal. True healing has much more to do with making peace with ourselves and our wounds, than it does changing ourselves or releasing the wounds of our destiny. To find this peace with ourselves we need compassion, encouragement and a helper who can see and feel the healthy Being beneath whatever disease model we are presenting.

If this unique, perfect and healthy Being is recognized and asked to breathe deeper into the personal nature, then, of our own power, we will see and feel the contractions and fears and know we are so much more than these imbalances—energetic, emotional or physical. We will not judge our weaknesses and wounds as bad, but as the source of wisdom. There is no one to compare ourselves to... Our wounds never change, but if we are willing, our relationship to them does. Then we are harm-less. Then we are peacefully healing.

The help we need to *peacefully heal* requires a state of consciousness I call the *witness state*. Whether we are holding this stance toward ourselves or we are seeking help from a practitioner, this *witness* state of consciousness is at least as important as whatever form of practice is being used. In this state we can observe another's struggles with compassion and detachment. Our observations are not bound by judgment; the struggles and wounds are not seen as good or bad, right or wrong—they just are. We carry no assumptions for the other person, no broad solutions, outside of our area of help. In this way we honor and call forth the best teacher, the wisest guide, and the most profound healer. We recognize that all Beings are prepared to work unceasingly to mend and rebalance themselves, on all levels.

This sort of process is not easy. You have to do your part. You have to be *willing* to be awake, to stop working so hard or trying to figure it all out, to get out of the way and ask for help from within. You have to be *willing* to be in the moment, be aware of your breath, your body, your feelings, your personal mythology, your personal ritual. You have to walk with the question, *WHAT IS?* and be *willing* to be receptive when the answer returns. And the answer does return—always—in your life, relationships, work, feelings, dreams and your physical body.

Centering is a fundamental aspect of the Therapeutic Touch process by both practitioner and client. This focuses the awareness of the heart center and drops one into an internal state

of consciousness where we rest between the outside world and the inside world, as if we were in the middle of the figure 8. Here we can ask *what is* of both worlds. Here we can listen with our whole Being. We can receive the sensations and the images offered from the inner world and allow them to take us deeper and in that emptiness, hear the inspiration of our soul—what we know—and allow the power of knowing our own heart to deliver us to our intuitive will—what we need to do. Here we can pick up our script; we can hold our intention unrelentingly. The more open our heart center is, the more open the doorway to Soul and Spirit is. It is in this center place that the messaging underlying all of our reality becomes conscious. The heart is the center of the energetic body, as the belly is the center of the physical body. It is the mediator between the head and the will. Openness here lays the foundation for "warm thinking" and is a key to the whole etheric body. Sometimes, this requires feeling the sorrow we have stored here. It is the process of trusting this pain, if it is present, that takes us deeper into and opens the heart, the wellspring of our hidden joy.

Therapy often works in the intellectual/thought realm of the astral body. While understanding is good, it won't necessarily change energy patterns—energetic homeostasis. If we can't get astral understanding through the etheric, it can't effect healing in our lives. It won't bring better **balance, flow, quality** and **volume** to our energy-body. And our health here in the energy-body is interrelated with and reflective of the health of our Soul and Spirit.

We are all collectively on this journey of awakening. So if some parts are easier for you, reach out and help another. And if some parts are more difficult, ask for help—because we are not personally at the top of the mountain until we are all at the top of the mountain.

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*...all true healing
is done in your ordinary life;
all true healing
is self healing.*



Joseph N. LeCoute

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