

## **“The Guardian” and Resistance to Healing**

There is a side of us that resists healing. It is the part of ourselves that forgets to take medication, eats the wrong kinds of foods, prevents us from doing our exercises and meditations, and misses an appointment with our practitioner. It is a part of ourselves that we have learned to fight and tried to change in order to heal. This is a merciless part of ourselves we associate with the very reason we get sick. It is a part of ourselves that we have learned to absolutely hate and call “the enemy within”. Without it we wouldn’t be sick; without it we wouldn’t have to change!

This resistance is also the part of ourselves that we call the denial system, which doesn’t allow us to really be in touch with our feelings or to understand them. It is in charge of allowing us to feel something only when we are ready: only when we are strong enough, mature enough, once we have a reliable support system. It is the part of ourselves that makes sure all the conditions for healing are met before it gives the green light for awareness. In that sense, rather than being an enemy, a weak or lazy part, it is our indispensable and priceless Guardian. It has always known what direction we have to take; it is our inner guide; it is the very place where healing comes from.

The Guardian is the part of ourselves that makes us sick or leads us to breakdown and crisis in our lives. However, it does this only because we need to change. It is true that this part of ourself is absolutely merciless. It allows natural selection to take place; only the strongest and fittest survive. It selects the gene pool. It would rather have you die than not evolve. The Guardian is intimately related to our spirit. It is part of our inner sense of guidance in charge of making sure that we are following our life purpose.

Redefining that part of ourselves as the Guardian, and differentiating curing from healing, brings new meaning to our suffering. Once we understand healing as a process of growth and self-realization we can appreciate sicknesses and symptoms as healthy reactions to unhealthy situations that are preventing us from fulfilling our spiritual needs.

The Guardian not only protects but also makes healing possible. At the core of everything is feeling good, absolute peace, and resolve. But around that core is a hard wrapping of emotional charges from all the issues that we haven’t solved in our lives. There is the part of us that wants to reach the centre and feel good, and there is another part that is avoiding the wrapping. These two parts might feel in contradiction, but they both ultimately want the same thing. They want us to feel good, which is the basic birthright of all living beings. Usually clients are very good at playing the part that is avoiding getting through the wrapping, and it is very important for practitioners not to place any judgment on that. It is actually a good thing, as it keeps people ‘safe’ from what they are not yet able to handle. However, the role of the practitioner is to point to places within clients where they need to feel.

Only dedication, hard discipline, and training in self-awareness will resolve the apparent conflict between the part of us that defines happiness as being free from suffering, and the guardian, that seems to be making things difficult. We need to learn to trust our spirit, we need to feel right about its guidance, we need to prove for ourselves that our spirit is right. This can only be done through the trials of experience: we only learn through mistakes. In

martial arts, people train by taking a fall every time they don't respond appropriately, over and over again until one day they don't fall any longer; the right reflex has been integrated. The same thing happens at the health and emotional levels: we will be confronted with the same situation again and again until we change and that situation ceases to affect us negatively any longer.

To learn to respect our resistance to healing and recognize it is our healer within is the most challenging phase in our healing process. It takes learning to respect and love ourselves unconditionally. It takes learning to accept all the feelings that we don't like as our own. We need to let ourselves feel all the negative feelings from a place of love, in the way a parent loves his or her child unconditionally. Loving unconditionally does not mean unquestionably. Love takes work! Only with a reconciliation between our mind, our emotions, and our spirit can we get to true healing.

Before we can achieve self-love, we have to achieve self-respect and trust. Not respecting oneself is the direct translation of shame, blame and guilt from the emotional self. For the emotional self there is either black or white; on or off. When we feel bad it is directly translated by our emotional self as being bad. Who never felt repulsive when sick? For our emotional selves, being bad translates into not being able to enjoy life. Not being able to enjoy life translates into not deserving to live.

Trusting that feeling bad doesn't make us wrong is a sure sign that our spirit is strong and that healing can take place. In Traditional Chinese Medicine the first thing a doctor does with new patients is to check their eyes. If they can see the light of a strong spirit, it doesn't matter how bad the disease; there is strong hope for recovery. If the spirit is hard to discern, it means the patient is dispirited. No matter how benign the symptoms they might never recover. Spirit is something we only develop through life experience and maturity. The client has to be at the right place spiritually and only they will know.

We can only help people that are ready to heal. Timing is essential. People need maturity and a support system to go through their healing process. Generally, when people feel they need healing, it is a sign that they are able to get in touch with something they were not able to handle until now. They are then able to use their sickness as opportunity for change. Most of the time we need to attain an advanced age to have the perspective of life experience, to have a sense of self-worth and mercy. Then all the conditions can be gathered for a successful outcome.

*Adapted from 'Chi Nei Tsang – Healing from Within' by Gilles Marin*

