



Patienten-Arzt-Kongress 2017 der Gesellschaft für Biologische Krebsabwehr
Conference - Heidelberg, 2017

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Title: Awareness and self-empowerment as important healing factors

Keywords: Awareness, Empathy, Healing, Illness, Network Phenomenon

Abstract:

Awareness is not simply a tool for understanding; it is a medium for meaningful change and therefore key towards healing. The word 'healing' in its original sense means to 'become whole': a process of maturing and self-empowerment. As we mature, our consciousness expands. We begin to ask different questions and a qualitative change occurs. This is the moment when we step into a healing field of consciousness. In this place compassion can be expressed as a frequency, a resonance perceived in the mind and felt in the body.

Health and illness are intimately connected, as closely as the land is to the sea. The illness itself holds the keys to new-found health simply because our bodies naturally seek homeostasis... balance. Illness, especially a chronic illness, does not happen in isolation. While the symptoms of a disease such as cancer manifest in an individual, the effects are much wider: the patient's family is also affected, as are friends, caregivers and physicians. For the patient there exists a host of personal connections with their illness - symptoms manifesting on the biophysical level are only part of a greater whole which necessarily includes thoughts and emotions.

What, then, is our role within this network of connections? What is our 'story'? And, how does this narrative - the story we tell ourselves to answer the perennial question 'why?' - influence the course of the disease? These are questions not only for the patient but for everyone involved including doctors and caregivers.

With awareness of such inter-connectedness, it becomes possible to fully step into the healing field, a sacred space that appears as unexpectedly as a clearing in the forest, a place that embraces all contradictions and thus includes the potential for resolution.



Workshop description

Title: **Body Resonance and self healing - A Journey in Conscious Living**

The workshop will offer an experiential exploration of consciousness at work within the healing field.

In a world in which everything is fundamentally connected, heart and mind are not separate but intimately linked with the body: feelings, thoughts, beliefs and the physical body in a magnificent interplay with each other. We explore these body-mind connections using the Body Resonance approach which is not a technique or method but rather an attitude... a way.

The body's immune system is extraordinarily powerful and self-regulating through a feedback loop that is continually responding to information, whether in the form of therapy or medicine or simply what we believe to be true. What we call the placebo effect or spontaneous remission might actually be the immune system working in a natural way.

A fuller awareness of how our understanding can both connect and separate supports and stimulates healing processes. Making an intuitive connection with a greater wisdom opens the possibility of re-alignment for the body and mind. The power of focused awareness is like holding an ice cube in your hand. The hard edges soften in the warmth of your hand, the ice melting into a flow until you are left 'holding' a watery wetness. So our awareness can integrate through the 'felt sense' of the body beyond the understanding of the logical mind.

This time is an opportunity to regenerate and be refreshed in a peaceful safe-space that supports new impulses.