

## *The Healing Crisis*

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The Healing Crisis' is the period of change, which a person, passes through in order to cleanse, regenerate and become healthier. It is often accompanied by the vigorous elimination of symptoms, as they finally become resolved.

A Healing Crisis is triggered when a person moves in a healthy direction. Once the decision to become healthy is made and a person takes action toward that end; the mind and body are able to dispose of the old toxins more readily. As the many organ systems of the body eliminate toxins, the mind releases old thought structures and habit patters, and unwanted emotional states can be expressed and cleared. This is a process of cleansing and healing which allows stagnant material on levels of experience to surface and be eliminated.

There is usually some discomfort in the initial stages of the crisis as the body begins to purge itself. Each of the natural cleaning functions is working overtime to drive out the stagnant impurities and this can make one feel sick "w sick". Depending on the individual, this process may show itself in several ways. There could be mucous elimination (a cold or chronic draining) headaches, body aches, tiredness, fever, irritability, sleepiness, constipation, or diarrhea and even skin reactions. Sometimes several of these things may occur and they are good signs showing that the body is strong enough to work and cleansing it.

Once the process is allowed to follow its natural course, health is regained and a tremendous feeling of wholeness, strength, and vibrancy may be expected,

Along with physical purging, a corresponding mental and emotional clearing takes place which old emotional states, such as memories of painful experiences or simply feelings of anger, grief or fear, surface in order to be resolved. These feelings are often at the core of the physical disorder and the healing crisis is an excellent time to deal with it. Seeking spiritual counseling and inner guidance can be helpful as individual counseling, support and therapy groups, churches, study groups, classes to explore your interest, arts, crafts, or simply learning more about yourself and the process you're going through. Obviously, the more desire one has for a state of vibrancy, health and inner harmony, the more effective a healing crisis can be. In fact going through a healing crisis can make a person feel as if he or she is "starting life all over again".