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Wholistic Lessons from Clients for the Therapist: The Synchronistic Healing Dance

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In a world where everything is connected, how can anything be irrelevant?
- Ashleigh Brilliant

On Therapists and Clients

Most people experience and view pain as an unwanted nuisance, a scourge to be avoided as quickly and as completely as possible, and to be eliminated as soon as possible. This is certainly the prevalent view among the vast majority of conventional therapists, and nearly to the same extent among most complementary/ alternative therapists. The majority of CAM therapies are focused on symptom relief. Though they offer enormous, low-risk benefits, and often focus on preventive approaches in addition to symptom relief, they are rarely wholistic. That is, they rarely address every level of a person's being: body, emotions, mind, relationships (with other people and the environment) and spirit.

In medical school I was trained to eliminate pain with pain killers. The very name for the agents of pain elimination clearly states the view that pain is to be eradicated by any and all possible means.

Over the years, my best teachers – my clients – have taught me otherwise. Listening to what people share about their life challenges, both psychological and physical, makes it amply evident that pain is far more than an unpleasant nuisance or an enemy to be killed.

Gradually it has become clear to me that pain is a messenger from the unconscious mind, very much like a phone bell or chimes on your computer calling your attention to the arrival of a message. The unconscious mind uses pain as its alert that it has a message for you.

Man's task is to become conscious of the contents that press upward from the unconscious.
- Carl Jung

As a therapist who had studied and trained in Psychology, Medicine and Psychiatry, I thought for many years that I was here to help others sort out their problems. I continued to explore new approaches at holistic professional conferences and experiential workshops – to add to my tool kit. I

found the teachings that felt most helpful were of three sorts: 1. Those where I had case supervision from wise, experienced caregivers of a broad spectrum of professional training; 2. Where I tasted the wares myself; and 3. From well-written resources.

Here are highlights of my path into wholistic healing:

Case supervision

- Psychodynamic psychotherapy – extensive courses during psychiatric residency
- Behavior modification, particularly systematic desensitization – personal extra-curricular supervision during residency
- Transactional Analysis - personal extra-curricular supervision during residency
- Family Systems Therapy – Salvador Minuchin, Marian Walters, Jamshed Morenas and others

Experiential workshops, lectures and seminars

- Body-Mind therapies – Alexander Lowen, Moshe Feldenkrais
- Transactional Analysis, Gestalt Therapy and Dreams – Scott Walker
- LeShan Healing – Meditation, Imagery and joining with the Infinite Source – Joyce Goodrich
- Therapeutic Touch Intro – Dolores Krieger and Dora Kunz
- Reiki levels 1 and 2 – Ethel Lombardi
- Family Therapy - Minuchin
- Family Constellation Therapy – Francesca Mason-Boring, Michael Reddy
- Eye Movement Desensitization and Reprocessing (EMDR) – Francine Shapiro
- Emotional Freedom Techniques (EFT) – Gary Craig, John Freedom

Written resources (See Appendix A for suggested references by these authors)

- Psychotherapy – Eric Berne, Jay Haley, Arthur Janov, Ronald Laing, Lawrence LeShan, Salvador Minuchin, Ernest Rossi
- Wholistic Healing – Jeanne Achterberg, Elaine Aron, Barbara Brennan, Kenneth Cohen, Larry Dossey, Daniel Goleman, Thomas Gordon, Stanislav Grof, Michael Harner, John Harrison, Louise Hay, Bert Hellinger, Rob Hopkins, Sandra Ingerman, Dolores Krieger, Elisabeth Kubler-Ross, Stanley Krippner, Stephen Levine, Iain McGilchrist, Christiane Northrup, Kenneth Ring, Bernie Siegel, O. C. Simonton, Luis Vargas, Edward Whitmont
- Parapsychology – Dean Radin, JB & Louisa Rhine, Rupert Sheldrake
- Spiritual awareness – Stanislav Grof, Ian Stevenson, Eckhart Tolle, Helen Wambach, Brian Weiss

Video

- Tuesdays with Morrie – Mitch Albom
- The Peaceful Warrior
- The Sixth Sense
- The Animal School (Web reference)

CD

- Greg Tamblyn

All of these approaches (along with many others) have contributed to my understandings of how we get ourselves into difficulties of body, emotions, mind, relationships (with other people and the environment) and spirit; and how we can work our ways through these challenges, acquiring the lessons we need along the way.

For many years, I focused on the benefits of my own personal learning about therapeutic modalities as a way of connecting more deeply with new ideas and methodologies, all for the benefits of my clients. I had been taught to maintain a professional objectivity, to be careful of clients' projections of their issues on me (transference), and conversely, to beware of my projections of my issues on them (counter-transference). I would point out to clients when they were seeing me through their windows into reality that had distorting panes due to trauma, stress and inner emotions; help them to use these awarenesses as tools for clarifying and clearing projections and trauma triggers; and then developing more centered and healing ways of relating.

I strongly believed that as a therapist I could help better if my own issues did not intrude into the therapeutic relationship. I worked on my own trauma residues and projections through personal therapies, but in my mind this was primarily to keep clearing the vessel through which healing flows, so that I would minimize bringing my distortions into the therapeutic relationship.

Only gradually did I come to see that therapy relationships were often therapeutic for me as well as for the clients. At first I saw this through my benefitting from the healing energies that were invoked during sessions that were focused on clients' issues. I experienced the same sorts of peacefulness when facilitating healing for clients as I did when I was the recipient of healing offered by another healer for my benefit.

Then I noticed that the problems presented by clients were very often uncannily resonating with issues that were very relevant to me. In effect, my clients were inviting me to examine issues of my own that needed further exploration and clearing. If I failed to notice the connections in its first occurrence, then within a few days another client would be seeking my help for the very same sorts of problems. Here is but one of countless such examples:

I was working with a new colleague and experiencing frequent conflicts and being triggered into angry feelings. I blamed this person for being inconsiderate and selfish, and was thinking seriously of looking elsewhere for work because of this.

Two of my therapy clients in a week raised issues of anger towards their colleagues and I was able in each case to help them see they were over-reacting, due to unresolved angers towards their own mothers.

Noticing the parallels in my clients' situations and mine, I was able to connect my own conflicts with my colleague with residual frustrations and angers towards my mother, and then to clear these using WHEE (Benor, Web reference). My relationship with my colleague promptly improved.

It only gradually sank in that the universe was suggesting I am equally here to sort out my own issues with psychological and physical pains, even when I am focused on helping clients. While I have usually not considered it appropriate to share these awarenesses with clients, I have come to accept my clients as wonderful teachers and guides for myself.

Other lessons that stand out clearly in my experience are:

- Suggestions that compassion and/or forgiveness might be more helpful to me as well as to those who have stirred resentments or hurts in my interactions with them;
- Trusting that if my wishes for what I perceive to be healing changes that are not fulfilled are probably being delayed or ignored for my highest good and the highest good of all;
- Repeated invitations to be patient with other people, as in accepting that many of my friends, colleagues and family have not had the good fortune to encounter convincing evidence as I have for the wondrous oneness of this universe.

- Repeated lessons that the universe is far wiser than I will ever be, and that my lessons will never cease...

*We must cling to the belief that the incomprehensible is comprehensible;
otherwise, we would not continue to search.*

- Johann Wolfgang Von Goethe

Pain as a teacher

Clients frequently come to me for help with physical pains, often of many years' duration. I am bemused, in the context of this editorial musing, that time and time again I am the beneficiary of their lessons from their pains. My own life has generally been free of physical pains. I love my body, enjoy exercising it and have for the most part avoided serious injuries and chronic pains. So, in the unfolding of the lessons that I offer clients on dialoguing with their pains – to learn what their inner self is wanting to teach them – I come away with enormous gratitude that they have apparently undertaken to learn these shared lessons through suffering these pains, unknowingly gifting me as well with their lessons. And I come away the beneficiary of their lessons in clearing their pains and mine.

Although this may appear an unfair exchange at first glance, this is far from true. In most cases, it is possible to teach people to reduce or even to completely release their pains within minutes with simple, rapidly effective self-healing methods. Most are very surprised. Many are actually cross that no one taught them to do this earlier – especially when they have struggled with their pains for many years.

The synchronicities of clients' physical pains and underlying psychological pains that coincide with my own issues often invite deeper explorations of similar issues in my own life. Skeptics may suggest these are purely coincidences. I find them so frequent and so striking that they suggest a linking of life paths on deeper levels of awareness; a comingling of soul lessons and destinies through which I am reminded of my participation in the collective consciousness.

Just as my clients' pains put an experiential exclamation point on the lessons they are invited to learn, so their pains alert me to the seriousness and helpfulness of whoever choreographs our dance of life in alerting me to my own lessons.

*If you withdraw you die;
if you share your patients' pain, you begin to live.
Let your patients heal and teach you.*

- Bernie Siegel

While the reasons behind the timing and occurrences of these concatenations of events remain obscure, the mechanisms to explain their occurrence are well established. Telepathy, clairsentience and precognition have been demonstrated in numerous research reports, with meta-analyses that exceed chance levels of millions and billions to one (Benor, web reference). While we cannot explain within conventional science the mechanisms for how these happen, we have very solid evidence that these phenomena do indeed occur.

Over the years, I have found numerous other wholistic healing colleagues who have had similar experiences of shared lessons with their clients. These parallel pains of therapists and clients lead me to deeper appreciations of the entanglements of minds (Radin, 2006) that are manifested in the collective consciousness.

I used to be a strong skeptic about the existence of collective consciousness. Research confirms that channels for collective human consciousness exists. People are able to communicate with each other through telepathy and precognition. Meta-analysis of studies of telepathy (Radin, 1997) demonstrate significant mind-to-mind communications ($p < 10 \times 10^{-8}$ = odds against chance of 10 billion to 1). Similarly, meta-analyses of precognition (Honorton & Ferrari, 1989) confirm significant abilities to connect with other people's awarenesses and one's own awareness across time ($p < 10 \times 10^{-24}$ = odds against chance of 10 million billion billion to 1).

The implications of these interconnections are profoundly important in our world today. I have come to feel that our individual lives are intimately interlinked with those of other humans. To mistreat another person is to mistreat a part of this collective in which I participate; of which I am an so intimate a part that I am invited to waken to the awareness that the 'other' person is co-existing with me and on intertwined paths of life lessons.

Broader collectives of consciousness

Other research shows that there are links of consciousness demonstrated through healing effects between humans and other living beings:

Animals: (Baldwin, Wagers & Schwartz, 2008; Chen, et al. 2002; Grad, et al. 1961; Mizra & Kartsev, 1992; Rein, 1978; Snel & Hol, 1983; Snel & van der Sijde, 1990; Watkins & Watkins, 1971; Watkins, et al., 1973; Wells, et al., 2003).

Plants: (Barrington, 1982; Barros, et al. 1977; Barry, 1968; Creath & Schwartz, 2004; Grad, 1963; Grad, 1964; Grad, 1964; Grad, 1965; Lenington, 1979; Munson, 1979; Nicholas, 1979; Roney-Dougal & Solfvin, 2002; 2003; Saklani, 1989; Scofield & Hodges, 1991; Solfvin, 1982; Wallack, 1984P).

Bacteria: (Hasted, 1982; Nash, 1984)

Yeast: (Grad, 1965; Haraldsson & Thorsteinsson, 1972; Nash & Nash, 1967)

Cells in laboratory culture: (Braud, 1990; Gronowicz, et al., 2008; Jhaveri, et al., 2008; Kiang, et al., 2002; Muehsam, et al., 1994; Radin, Taft & Yount, 2004; Rexilius, Mundt, Megel, et al., 2002; Shah, et al., 1999; Smith & Laskow, 2000; Snel, 1980)

Enzymes: (DeGracia, 1999; Edge, 1980; Meuhsam, 1994; Smith, 1972)

Research demonstrates that human consciousness can also connect through clairsentience with the mineral parts of our world:

Meta-analysis of studies of clairsentience (Bem & Honorton, 1994) demonstrate significant intuitive awareness of the physical world ($p < 4.76 \times 10^{-8}$ = odds against chance of 4.76 billion to 1).

Research also confirms human consciousness can directly influence the matter of the physical world and the electromagnetic fields in electronic devices:

Meta-analysis of intentional influence over the throw of dice (Radin & Ferrari, 1991) demonstrate significant abilities to alter their random fall ($p < 10 \times 10^{-7}$ = odds against chance of 1 billion to one)

Meta-analysis of intentional effects on electronic random number generators (Radin, 1997; Radin & Nelson, internet reference) demonstrate significant deviations from randomness ($p < 10 \times 10^{-8}$ = odds against chance over 1 trillion to one)

Conversely, the electromagnetic aspects of the world reflect the collective consciousness of humanity. Significant deviations were noted in random number generators around the world when large numbers of people were focusing their awarenesses on current events, such as the events of 911, a visit of the Pope to a foreign country and the OJ Simpson trial (Radin, 2006).

My clients have also helped me be much more accepting of what western researchers consider 'soft evidence' pointing to the existence of a planetary collective consciousness. Many of my clients who are highly gifted with intuition report that they communicate with stones, water and the atmosphere of our planet. This extends the collective consciousness to include every aspect of Gaia, our planet who gives life to all beings who dwell upon her, and who has a consciousness of her own with which we are connected.

These experiences have rounded out the conclusions I reached after reading the research evidence supporting the existence of a collective consciousness. They have also strengthened my confidence in the validity of my personal awarenesses of the breadth and depth of the oneness of all consciousness.

These lessons have convinced me that we can no longer rationally hold onto the materialist worldviews that suggest humans are separate from other life forms or from any other aspect of our planet. While we are as yet unable to explain the 'hows' of these interconnections within conventional science, the evidence for their existence is quite strong. So strong, in fact, that I feel it compels us to do everything we can to preserve this planet – in which we humans participate as only a small minority of beings.

To wait for further explanations and validations for these interlinkings of our participation in a global collective consciousness is unconscionable. We are approaching a point of no return in global warming. Not only will humanity suicide, but we will genocide most other life forms on our planet as we know it today. We are already well on our way to doing this, with thousands of species having gone extinct due to humanity's exploitations and pollution of the environment.

*Here is a test to find whether your mission on earth is finished:
If you're alive, it isn't.*

- Richard Bach, *Illusions*

APPENDIX A – Helpful authors, selected references.

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See many more references and more detailed discussion on these subjects in Benor, Daniel J. [Healing Research Volumes I – III](#).

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