



Healing: Our Bodies, Emotions and Minds

Bringing balance and harmony back into the mind allows us to live a healthy happy life.

By Duncan Bowen, PhD and James V. Eaton, LMHC, PA

All of us have been hurt, wounded or abused. It's hard to go through life without experiencing several such painful events.

These hurts, wounds and/or abuses can be physical and/or emotional. They can be caused by strangers, authority figures or loved ones. They can also come from within, or be self-inflicted.

Wherever the hurt or abuse comes from, healing must occur in order to live a healthy happy life.

Physical healing can be tended to by administering medical procedures or prescription drugs so that the body can repair itself and return to a natural balance.

But when wounds are not physically visible, healing must occur from a different perspective. Many people suffer in silence from emotional pain caused by verbal abuse, physical abuse or even sexual abuse. Often the

first step towards healing is acknowledging and verbalizing that a trauma has occurred. The next step is to seek professional help.

Professional counselors have been educated and trained to help people acknowledge a painful experience, work through it over time in order to heal the wound and move into healthy and happy behaviors.

For years, it has been recognized that physical trauma such as broken bones, diseases or pinched nerves can cause one's emotions to increase and manifest feelings of agitation, anger, depression or isolation. Conversely, if a person is feeling sad, depressed or lonely, these emotions can cause integrated physical ailments or worsen an existing ailment.

The result is a need to heal on a holistic basis; healing our physical bodies

while healing our emotional hurts and wounds. And, because we are human and our experiences do not occur in a vacuum, we also have a need to interact, "people help people." We help each other on our path through life.

Studies have shown that verbalizing our concerns can have an impact on disease, such as cancer, physical or emotional trauma and can improve the quality of our lives and can even increase the length of our lives. A longitudinal study of terminally ill patients revealed that those having attended support groups as opposed to those who did not, lived happier and surprisingly longer lives than those who did not seek to connect with others.

Volunteerism is another way to increase the quality of our lives and promote healing. Through our capacity to connect with other people, we find that

there is positive impact for both the person "in need" as well as the person helping. Again, people help people.

In addition to physical healing and emotional healing, there must be a healing of the mind!

The mind is like the executor over our emotions and our body. When the executor over everything is having thinking distortions, learned irrational beliefs or has become addicted, the emotions and body cannot function in a healthy manner and intervention is needed.

When we are children, we learn to interpret the environment based on accepting beliefs about the world without questioning their validity or rationality. For example, as children we believe in the Tooth Fairy, Santa, and monsters living in our closets. Children see things as black and white or good and evil. They tend to blame themselves for events outside of their control such as physical illness, abuse or divorce. As children grow older, unless these painful or frightening events or hurts are



confronted, they tend to suffer alone and may feel that they are being punished for some unjustified wrong-doing. A trained professional such as a counselor or educator can help work through issues and accelerate recovery.

Bringing balance and harmony back into the mind, body and emotions allows us to be a friend to ourselves and those we love. It is the key to a long, healthy and productive life. 🍎



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