



Ten Mistakes That Keep People From Finding The Healing They Need

by Tim Emerson
Kwan Yin Healing
<http://kwanyinhealing.com>



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Because better
health and
happiness are
available--now.



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Over 30% of adults use alternative medicine each year, reports *The National Center for Complementary and Integrative Medicine*. These approaches generally focus on acute symptoms, like pain, as well as preventing and caring for patients with chronic disease. The goal of treatment extends beyond healing illness to well-being.

And yet, illness is common. The average adult gets 2-4 colds each year. 50 million Americans suffer from allergies—making it the 6th leading cause of chronic disease in the US. Why, if the population is about more than disease treatment, are people so ill?

US culture is not one well-schooled in well-being. Consequently, there's an implicit assumption that disease is the way of the world. Healing and well-being can, though, be common. Here are ten of the most common mistakes—and what can be done.

Mistake #1: Simply getting used to treatable pain

Ever see people discussing their ailments around the water cooler? One says “Oh my knees hurt,” another “That’s nothing, my elbow is killing me,” while another trumps with “Be glad you don’t have my back” – and whoever has the most pain wins.

An ex-paramedic friend shares that they were trained not to ask “Are you in pain” because people would say they were OK, but rather, “On a scale of 1-10, 10 being highest, how much pain are you in?” And people would say “7.” 7 is OK? Sounds pretty painful. Studies from *The American Academy of Family Physicians* to *The Journal of Pain* estimate 39-70 million Americans suffer from chronic pain—that’s 12-22%, or at least 1 in 10. Between 5 and 8 million take opioids for long term pain management. The rest largely suffer—needlessly.

Even Dr. Oz recommends energy healing for pain management, and over 50 hospitals employ it. Better still, there are literally no side effects—unlike the four-fold increase in narcotics overdoses in the past decade. That water cooler conversation? Doesn't have to happen. Pain is treatable, even without drugs.



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For example, one client, Pam, is a retired dancer whose body reflected the stress and strain professional dancers endure. Not only was her body beaten up, but also she suffered from sciatica, a painful nerve condition of the lower back and legs. After some healing sessions combined with an eight week program, Pam is pain-free and sciatica free—and she balanced out some hormonal problems from menopause as well. As she notes, she felt *“like a completely different person. I had hope, and things started falling into place.”*

Mistake #2: Missing the buried emotions

The response to “How are you?” is usually “Fine,” whether that’s true or not. People expect to “just deal with” emotions, and that’s only the conscious ones. When we bury our feelings, we bury them alive. We believe we make decisions rationally, but far more often, we rationalize emotional decisions. Now imagine all the long-forgotten suppressed emotions, not only silently guiding (or mis-guiding), but also showing up as poor well-being, even illness.

We can address this by including in our physical healing the expectation that emotions will be rising and need to be healed as well. Understanding that the original physical healing might be the top layer of the onion, we can let both awareness and healing continue to expand and return to well-being.

For example, one client, Selena, got into the first few weeks of a program and discovered a wealth of revelations about her marriage and some childhood misfortunes. As the program continued to address these emotional challenges, Selena was not only able to work through them, but also to emerge in a better life. *“So much has shifted for me,” she says, “So many things have unlocked and are in the process of healing. I can never go back to my old way of being. Thank you for the healing work connecting parts of myself that were hidden and suppressed.”*

Mistake #3: Accepting stress and fatigue as the necessary reality of modern adult life

We have responsibilities, bills to pay—and our stories of how our lives are about chronic fatigue. By stories, I don't mean it isn't real, but rather that we begin to assume this is our identity, our true persona, replacing earlier, happier ones. When we do this, we start replaying the same loops. It's even part of our language: self-sabotage, fear of failure/success, an unchangeable psychological condition irrevocably welded to our potential for well-being.

To reconnect to our inherent well-being, we need help getting out of the mental loops and into higher, clearer, better-focused energy. Energy healing sessions can help by overriding these distortions of our natural energy and returning us to our original energetic blueprint. When you cut your hand, the cells rebuild it, with correct cells (vs. toenail cells or liver cells) according to your DNA (which is identical in each of your cells). Energy healing returns you to what you could consider your energetic DNA.

For example, one client, Lauren, suffered from chronic fatigue and insomnia, and had for many years. We did a few healing sessions to re-connect her to her energetic blueprint, and, in her own words: *“Not only have I slept well, with no anxiety and no effort since the night of the second treatment (which is truly miraculous, believe me), but also I feel a pervasive ease and relaxation I don't remember feeling since I was a kid. And that's just a little bit of what I've noticed. I feel balanced, deeply resourced, happy, and creatively and cosmically inspired. I can't wait to see how this continues to unfold.”*



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Mistake #4: Missing key spiritual health fundamentals, especially meditation and a daily spiritual practice

When people come for healing, they are looking for changes. At the same time, who they are is part of what's happening in their lives and health currently. When that shifts, however beneficial, it's natural for at least part of them to rebel. At best, that's not comfortable; at worst, things can go back to how they were before the positive change.

Starting by first getting grounded, mentally, physically, emotionally and spiritually, is a tremendous first step in preparing for rapid (or gradual) growth and change. A healthy daily routine, gratitude, and especially meditation are excellent vehicles for this grounding. It moves people from reaction and fear to a calm observation of what transpires. And there are many well-documented benefits beyond simply grounding oneself.

Greg, for example, was a client in a combination healing/vibration-raising program who recently wrote to say that, of all the many things we did and learned, daily practice was the one that stood out. *“I just want to say thank you for your advice all those years ago. I don't know if it was the distance healing or simply your excellent advice. Because of you I now have a daily spiritual and exercise routine, based on Tao and Tai Chi.”*

Mistake #5: Treating symptoms while missing root causes

When people seek healing, it's because they are experiencing negative symptoms, and want those symptoms to stop. Colds and allergies are good examples, because these ailments are actually the body's overreaction to outside stimuli. But while treating the symptoms, the core problems, internal and external, are still present—so the pattern repeats. This is true of any disease that's being “managed.” While that's good, it's also ongoing, potentially forever (until death ends the process).

For true healing to take place, we need to find not only what's causing the symptoms, but also what caused the process to start. As a shaman might ask, “When did you stop singing? When did you stop dancing? When did you stop enjoying stories?” In other words – when did you stop experiencing well-being? The symptoms can be a red herring, not the problem itself. One advantage of energy healing here is that the work gets at the energetic fundamentals, sometimes even if those initial factors are unclear.



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Carol is an excellent example, a client who came for help with a neck injury sustained in an auto accident a year previously. She had been seeing a chiropractor weekly for that year, but was not getting better. A few days after our initial session, she emailed to say her chiropractor said her C1 neck vertebrae had “somehow” shifted back into place, and that her high blood pressure had returned to normal. She also said *“I noticed that I was singing along with the radio while driving today... something I haven't done in a long time.”* Bingo.

Mistake #6: Embracing approaches that “work” but don’t make progress

I recently read an article about a woman who tried yoga for her migraines. She would feel better for an hour during yoga class, and then afterward the migraines would hit again. I have great respect for yoga, but in this case, clearly yoga class was helping, but not healing. Fairly often, people have their pet solutions to their ailments, yet aren’t getting better.

What’s needed is a different approach, one better suited for the condition.

The focus all too often can be on “Well, it *should* work” instead of “So...how’s that working out for you?” Sometimes too people just don’t know what to do, so they do what they know. Yoga is great, chiropractic is great, acupuncture is great—when those are indicated. Your doctor doesn’t use the same procedure for every patient malady—neither should your alternative treatment.



Often people have pet solutions to their ailments, yet aren’t getting better, saying “Well, it should work” instead of “How’s that working?” If people don’t know what to do, they sometimes just do what they know.



A case in point is Howard, who came to see me for back pain. He loved practicing a Russian martial art, but stiffness and pain were preventing his participation. He was seeing a chiropractor, and felt better on the table—and then could feel everything tightening up again on the drive home. Energy healing work is especially good for mobility – we did a few sessions, and Howard was back on the mat practicing his moves.

Mistake #7: Searching for the best modality instead of focusing on health

Sometimes healing is envisioned as a commodity, with people wanting to experience a variety of energies. While that search for the next cool thing is understandable, it's also a bit like wanting to try various medical procedures just to see how they feel. The question isn't which procedures or modalities are the best, but rather which are the best fit for where you are.

Remember Maslow's point, that when your only tool is a hammer, every problem is a nail? Angioplasty is awesome, but I don't want one for most conditions. Healers, though, love hammers—or practice a range of modalities and bring a bag of hammers . . . same problem. Since they usually talk about their practice in terms of those hammers, consumers learn to think of energy healing in terms of hammers as well. The focus, though, belongs on the client and the desired outcome, not the practitioner.

One client, Stephen, loves to check out healers and modalities, and that's fine. It does no harm, other than the money spent—but it didn't help either. *"I haven't been able to run for 15 years,"* he said when he found me. *"I was walking across the field with my horse when my knee froze and I could not move; the horse carried on. I had a session of physiotherapy but that did no good."* And so started the train of practitioners. We did a series of healing sessions and supporting programs—today he's mobile again, saying *"Needless to say the healing worked on my knees and a lot of other things as well."*

Mistake #8: Looking for quick fixes and "trying" them instead of solutions

Healing isn't magic – yet people not uncommonly want to "try" a technique rather than committing to resolving a problem. We can't just zap you and make your troubles vanish (and if we could, they'd likely return, because the underlying problems would remain). Imagine breaking a bone and trying a splint for 30 minutes to see whether it worked.



Healing isn't magic – don't "try" a technique rather than committing to resolving a problem. We can't just zap you and make your troubles vanish. Imagine breaking a bone and trying a splint for 30 minutes to see if the bone heals.



The commitment to recovery is what makes healing ultimately effective—whether the eight weeks that bone needs to heal, the time the physical therapy needs to work, or sufficient energy healing work and supporting programs to reach a new level of stable health. There will be personal work involved to achieve lasting change, but this journey will cover the bases needed to work toward successful healing.

One client, Eileen, originally came simply as a birthday present to herself, but quickly realized the merits of a deeper commitment to better health and happiness. As she notes, *“My energy cleared”* and *“digestive complaints seem ameliorated,”* but she also notes, *“There is so much more that has happened in these 8 weeks: I began running, I stopped drinking wine, I am peaceful, happy, energized, contented, I lost 20 lbs., and I have a renewed relationship with myself, my spirituality, with my daughters and with life in general.”*

Mistake #9: Putting together pieces instead of a thorough, comprehensive system

Most people work through their lives as best they can, finding pieces that seem to help, and gradually assembling a box of pieces. However, just as a collection of parts, these pieces don't yet build anything reliably useable. So people struggle, doing their best, but always looking for enough pieces to work.

What's needed might not be more pieces at all, but to assemble the pieces already present. The difference between wishful thinking and results is a comprehensive, demonstrable system – a proven path that takes people predictably from where they are to where they want to go. Because we so often lack this process, we stop believing progress is possible.



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One client, Pam (a different Pam than the dancer), had been thinking about doing this healing work for a while (she had read an article), and decided it was time. After our consultation, she agreed that taking the companion support program was wise. She writes, *“Before my Energy Alignment last fall I did not know I had choices. I was*

pretty discouraged, about everything in general. Being able to read your sessions is a lifeline. Now, I'm beginning to be very happy. I haven't been happy in a long time, and you don't even realize you aren't until you suddenly are."

Mistake #10: Thinking healing has to be all or nothing to improve

I once suffered years ago from chronic colds, allergies, and periodic bronchitis. Now, that's all history. I do, though, have to clear my throat during spring pollen season at times, and sometimes have some slight post-nasal drip in the winter. It would be foolish to say "Well, it didn't work!" when my health is so remarkably and consistently better. But that's exactly what many people do—especially not starting a health/healing program because they don't think it will completely cure them of everything.

Healing takes many forms, and we're all healing in some way most of the time.

We need to recognize we're on a continual journey, and that even when we don't have all the answers, we can still make progress. Work on the outer layer of the onion, then the next layer in, then the next, and so on. Better health and happiness *are possible—now.*



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One client, TJ, faced a number of challenges, including immobility (she was confined to bed and could barely move) and a chronic wound unhealed due to diabetes. We did four healing sessions together. The wound saw progress, if not complete healing, and her range of motion increased. She was out of bed, able to move, and shared with delight that *"I don't have to call my brother when my yarn falls behind the chair"* because she could retrieve it herself.

Effective Healing comes from the Four Pillars of the Healing Equation

The point is, all these mistakes are solvable. (1) Getting used to pain, (2) missing buried emotions, (3) accepting stress and fatigue as necessary reality, (4) missing fundamentals like meditation and daily spiritual practice, (5) treating symptoms while missing root causes, (6) embracing approaches that "work" but don't make progress,

(7) searching for the best modality instead of focusing on health, (8) looking for quick fixes to try instead of solutions, (9) lacking a thorough, comprehensive system, (10) thinking healing has to be all or nothing—all can be overcome by demonstrable, appropriate approaches to healing.

For results, use the Healing Equation of Clarity + Connection + Coherence + Change. Once there's clarity about the nature of the situation, healing can be best fitted to the particular person. Then the energy of the condition can be effectively returned to one's natural energetic blueprint. By embracing thorough, comprehensive models, physically, emotionally, mentally, and spiritually, that energy and clarity can be directed and focused instead of dissipated. And when we want different things to happen, we have to do different things. These are the Four Pillars of Healing.



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When these are present, healing can flow. Beth had been suffering for 8 months with intestinal pain. Her doctor ordered tests to investigate; in the meantime she had her healing sessions. By the follow-up visit to her doctor, the pain had gone, the tests showed nothing wrong, and she's been fine since. Louise has had asthma since childhood. After her healing sessions, she reports, *"I haven't used my inhaler since."* Alan felt a number of physical problems from years as a fire fighter. After our third session, he stood with a blank expression and said simply, *"I feel free."* So can you.

If you would like to work with me, here's how you can get started.

For more information, and for a free copy of my booklet "What you NEED to know BEFORE Hiring a Healer," visit my web site at <http://kwanyinhealing.com>. You'll learn the top three reasons healing fails (and what to do instead), three ways to heal yourself, how to determine whether self-healing or a healer is indicated, and how to choose between them. You'll also receive additional tips and resources on health, healing, and self-healing periodically via email. As you learn more, you'll have a better idea of how I can help and what programs might be best for you.

To learn more about my services, including healing sessions and programs, click on the “Services” tab on my web site. You’ll see a one paragraph summary of each of these – click on the titles, and they link you to separate pages for each one, complete with descriptions, sometimes video demonstrations, what’s included, and testimonials.

When you’re ready, go to the “Contact” tab on my web site to set up a time when we can talk a bit. We’ll talk about what’s going on for you, what you’ve already tried, and if appropriate, explore how I might best assist you, and answer any questions you might have. If you’re local to the Ithaca/Syracuse region of New York State, we can work in person, though many of my clients are distance healing or teleconference folks, people from countries around the world. If you have a phone (or Skype) and access to the Internet, we can work together wherever you are.

I look forward to helping. And please share this article with others interested.

About the Author

Tim Emerson, a 30 year veteran of energy healing, suffered from degenerative disc disease for two years before a remarkable healing set him on the path that became Kwan Yin Healing. The pain vanished, the nerves and reflexes returned to normal (as verified by his doctor), and he had flashes of remarkable insight, several profound spiritual experiences, and the fresh direction and life path he had been seeking. He embarked on an exploration of effective healing technique, sharing those results with his clients in both energy healing sessions and comprehensive programs.



He started noting who was getting results and why. These became the Four Pillars of Kwan Yin Healing: Clarity, Connection, Coherence, and Change. When a client suggested putting together a workbook to help with the rapid changes in life path work, that grew into what is now the Kwan Yin Journey, a comprehensive roadmap to healing our lives, living our dreams, and finding true peace.

To help people new to healing or making a new healing decision, he put together the free PDF booklet “What you NEED to know BEFORE hiring a Healer.” For those folks who want to learn healing themselves, he offers “11 Paths to Self-Healing.”

There’s also a 10 session “Getting Unstuck” course and an 8 week “The Healing Journey” program, along with healing and energy alignment.

For more information and additional resources, see <http://kwanyinhealing.com>.