

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week's topic of choice is "Healing Precepts". Healing precepts? What on earth does this refer to? Healing precepts are precepts or ideas to consider in regards to health and healing. These precepts apply to practitioners as well as we individuals who are concerned about our health, whether we are currently well and want to stay this way or for those facing an illness or health issue. Healing precepts are extremely important because they lend an understanding of the relationship between practitioners and clients, between persons and their own health, between persons and their families and friends, and especially important, an understanding of a person's relationship with and perceptions of themselves.

A precept of great magnitude is to realize that a person knows more about the situation and / or illness than anyone else. Understand, a practitioner may be more informed about possible remedial responses to a specific symptomology or symptom profile and may possess the skills and tools necessary to bring a return of health and balance to the client, however, the individual needing assistance will be the "mirror" showing the many faces of the dis-ease.

Understand, we as individuals are a "whole" made up of several layers and bodies and should be considered as such when we are attempting to assist ourselves or another with health and regaining balance. We must remember to recognize the mind-body connection.

Now, here's a huge precept, especially for health care practitioners. A HEALER'S WILL IS NOT A PARTICIPANT IN THE HEALING PROCESS. It "just plain don't matter" what a healer wants to happen. First, our health is not about the practitioner. It is about us. We determine our health or lack of it. For instance, I once rescued a dog I named Chance because there wasn't a chance in Hades I was taking in another animal at that point. It turned out he had distemper, which I had been successful at turning around before in other animals. I was determined to "will" Chance well. It just didn't happen and he died. It doesn't matter how much you "will" health to return to a person. That person / animal is the one who determines the flow of health, energy and light that comes into and through them.

On that note, a precept that is hard for many of us to accept is, some people's healing is to die. Most of us just have a hard time accepting someone's death. However, dying is the most natural thing we will do since we were born. As practitioners, we feel like we failed if our client dies. As family members or friends, we feel like we missed some answer, that we failed the person by not doing or giving something the person needed. Hear me now, a person passes to the other side when we choose and when we choose to pass over, no one can or should stop us. Our spirit knows best. It is our limited intellect that tries to tell us different and our pain which blocks this understanding. Yet we all say, "They are in a better place" It is a better place because the person chose it.

Another precept hard for many of us to grasp is, practitioners work *for the client*. Practitioners should give the best advice they can offer, and then *allow the person to make up their own mind as to the protocol they would like to follow*. It isn't wise to insist upon any particular protocol for any one else.

Integrate therapies, always! Truth is where you find it. There is a time and place for everything. If a person has been shot, do not take them to an herbalist. Go instead to the emergency room. If one has a minor, self-limiting dis-ease, is it really appropriate to go the emergency room? Choosing chemo for cancer? Then perhaps we would include natural remedies to offset the damage done by the chemo. Get the picture?

A few more precepts to consider: *Neither practitioners nor remedies "heal" anyone*. They, at best, are able to encourage a healing response in the body. People heal themselves. *Birth is a natural process and should not be treated as a dis-ease*. The same applies to menopause. *Focus on attaining health not on attacking dis-ease*. Remember, you get what you focus on. And finally, healthcare should not be an industry!!

So remember, health is all about the individual. We create it. We sustain it. If we lose it, we need to remember to focus on where it is we want to be, whether it be here and well or otherwise. We live according to our beliefs. Be clear and be well!

Question of the week: What is Neem?

Answer: Neem leaf, taken internally, acts as a blood purifier, supporting a healthy immune system, glowing skin and aids in the normal maintenance of glucose balance

Book of the Week: *Neem, The Ultimate Herb*: Conrick, John; Lotus Press; 2001

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to [sheryleaglewoman@livingresponsibly.com](mailto:sheryleaglewoman@livingresponsibly.com) for "The Question of the Week".

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