

# INNER CIRCLE Insights

## Healing is a Process

In today's busy society most people do not realize they are responsible for the creation of their own health. The need to get things done and do them quickly has created a deficit when it comes to our health. We ignore the food we eat, the accident that occurred, the lack of exercise, and the emotional trauma because after all they will just "go away". Conventional medicine allows for this by providing an environment where the patient's passive attitude is considered unimportant to the process (drugs and surgery will do all the work). However this is the farthest thing from the truth, the chemical treatments of conventional medicine require no conscious participation on the part of the patient. Holistic techniques, on the other hand, like visualization, psychotherapy, naturopathic, yoga, and manual therapy all require active participation. The process of curing is passive; that is, the patient is inclined to give the authority to the diagnosis rather than actively challenging the illness and reclaiming their health. Healing is an active process, one that requires you to investigate all negative processes that could prevent your full physical and emotional recovery.

Before I became educated in this work, I noticed that people, myself included; focused too much on their pain or "symptom". We are much more than our "symptoms". Many times I have shown each one of you the multiple restrictions or sore areas that are part of the problem and the event of healing. Healing is not the same as curing or fixing. Healing does not mean going back to the way things were before, but rather moving what we have forward. So how do we move forward?

The first step is awareness, without it nothing is possible, you will just stay trapped in your status quo. When things are not well within your body, mind, family or environment; it is time for change. The second step is taking responsibility. A way not to change is to blame other factors; the environment, the school, the government, your parents, the doctor, your spouse and so on. Blaming outside sources happens every day: "If I could only change (my parents, my shoulder, my job) I would be able to live a happier life". Hopefully after some time it dawns on you that the only person that can change is yourself. The third step, beyond the basics, is the willingness to change. This commitment to healing must come before vanity or materialism. This willingness must come from inside, a will to improve. Every decrease in pain, every improvement in movement, every emotional scar revealed, every stress that is removed. Look at the process as a journey, be happy for every step forward, and when it doesn't, become more determined to have it occur. Learn to enjoy the process even when it hurts.

All of us say we want to change but unless we have outside help or devote the time and effort needed for true change, we will probably return to the old life pattern (symptom).



**Are you ready to change or do you just want to talk about change?**

As a patient, when you are being treated by a manual therapist you are encountering a unique individual, one who has spent considerable time developing their skills and awareness. They have the courage and knowledge to feel their own pain and face their own fears. They realize healing is a process and will help and devote their energy in order for you to take that exciting step forward. Now you must make that your priority as well.

Professionally yours,  
Timothy M. Alloway, MSPT

*For an appointment please call (215) 860-3623*

*"The Natural Force Within Each of Us  
is the Greatest Healer of Disease" – Hippocrates*