

We as a committee would love to hear from you. Do you have ideas for articles? We would welcome anyone who would like to submit an article. Deadline for our next publication date is April 1, 2002. Let us know if you are interested in writing an article.

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Few things can help an individual more than to place responsibility on him, and let him know that you trust him.

-Booker T. Washington

Healed, But Not Cured?

(David J Sterken MN CPNP)

Did you know that being “healed” and being “cured” actually are two uniquely different experiences? It is unfortunate that we often use these terms synonymously for in so doing I believe that we lose the “spirit” of the term. Cure, by definition, is something that corrects, heals, or permanently alleviates a harmful or troublesome situation. Practically, it is something that is given to you (i.e. antibiotics, chemotherapy, radiation) or done to you (i.e. surgery) for the express purpose of treating a distinct problem. Cure depends on forces “outside” of the individual, while “healing” occurs as a result of internal motivation. The term “healing” infers an attempt to restore wholeness. To experience healing one must not look at life as a series of compartments – mental, emotional, physical, spiritual – but, rather an interconnected whole. Healing occurs as the individual works to achieve balance in every area of their life.

To “survive” HIV we must consider “healing” as perhaps one of the greatest gifts in our arsenal. One can experience healing without cure, and since the cure for HIV as yet remains beyond our grasp, our focus must be on what we can do to heal ourselves. Andrew Weil, in his book *Health and Healing*, states that the body has innate healing abilities. He goes on to say “healing comes from inside, not outside. It is simply the body’s natural attempt to restore equilibrium when equilibrium is lost. Healing cannot be prevented from occurring

(though it can be obstructed in its expression), nor can it be obtained from anyone or anything external. You are born with the power to heal because healing is an innate capacity of every person... The power to heal is your property and birthright, ready to go to work whenever changing conditions create a demand for it.”

Discovery is the first step in the healing process. Many find this introspective journey, which forces us to face baggage of the past, fraught with emotional ups and downs. Caroline Myss writes, in her book, *Why People Don’t Heal and How They Can*, “all healing—be it for an individual or for an entire society—begins with the identification of wounds. But identification of wounds is only the first stage of healing: The actual journey requires moving through the pain.” A large part of healing is discovering the interconnectedness of our being, and along with it the realization that something we have labeled “problem” may actually be a symptom of a much deeper issue. Discovery forces us to live life consciously, rather than acting simply out of habit. A word of caution – if you are serious about the journey of self-reflection establish a network of supportive friends or find a good therapist at the onset of your journey. As I discovered the hard way, once Pandora’s box opens you may find the cascade of memories and associated emotional reactions overwhelming. Be honest and allow yourself to feel any and all emotion associated with a particular event in a safe and supportive environment.

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The second step in the healing process occurs when you “decide to be different”. Decision — the point at which life is no longer unconscious. Your day no longer consists of merely going through a set of motions, for living life “consciously” intermingles past experience with personal responsibility as you strive to attract your life desires. It is the recognition that powerlessness is actually a choice through which we shift blame and attempt to abdicate responsibility. We should never ignore the effects of our wounds on day to day behavior, but dwelling on past trauma can deplete the energy available for running our body (Caroline Myss). Moving on, Wayne Dyer describes in *Manifesting Your Destiny*, as “clearing yourself of the negativity surrounding the action.” Caroline Myss best sums up the second step in healing when she simply states, “developing consciousness involves learning the behaviors that charge our energy and keep us vital.”

Thirdly, to heal one must be devoted to the “process” of healing. Our mind has the amazing ability to catalog events when the emotions associated with the event are too overwhelming. Later, during times of less emotional strain we may recall the emotional charged event and be able to effectively deal with the ensuing ramifications. Healing never occurs overnight and often not within our “prescribed timeline”. Yet, when we realize that healing is a process – a natural phenomenon marked by gradual changes that lead toward a particular result – we remain intuitively open to events or circumstances that may ignite emotional, physical, mental, or spiritual energy for the purpose of deeper physical/spiritual healing.

I am convinced that to successfully treat HIV we must heal ourselves. Antiretrovirals alone will never successfully treat HIV, but when paired with lifestyle choices aimed at spirit retrieval you can break behavioral patterns and gain insight into the very purpose for which you exist on this planet. Healing may not occur on a physical level (cure), but in our journey toward selfhood we often discover our unique destinies and the lessons of the soul.

So many of us are afraid of meeting ourselves, alone, without distraction. We have been taught to fashion an image of who we think we are supposed to be and show that to the world. Through fear of knowing who we really are we sidestep our own destiny, which leaves us hungry in a famine of our own making. Each of us is here to give something that only we can offer, and when we avoid knowing ourselves, we end up living numb, passionless lives disconnected from our soul’s true purpose. But when you have the courage to shape your life from the essence of who you are, you ignite, becoming truly alive. This requires letting go of everything that is inauthentic. But how can you even know your truth unless you slow down, in your own company? When the inner walls to your soul are graffitied with advertisements, commercials, and the opinions of everyone who has ever known and labeled you, turning inward requires nothing less than major clean-up.

Dawna Markova (I Will Not Die an Unlived Life)

Hints For Staying Healthy,
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The tentacles of fear often bind us to the past making change a threatening prospect. Fear creates powerlessness and the victim role. Love – is rooted and grounded in the idea of connectedness. This connection is to the Divine within, who invites us to co-create our reality. The inner-Divine has already planned for our success and equipped us with every conceivable tool we would need to meet life’s challenges. Realigning with the Divine is recognition of our inherent worth demonstrated by authentic joy, freedom, and unconditional love. Fear is abandoned, cast out – consciousness changed – and your relationships with your fellow man transformed. Wayne Dyer states, “Every time you experience fear, ask yourself, ‘What is going on that I substituted fear for love in this moment?’”

- **MEDITATE DAILY:** Daily meditation does not require that you sit in the yoga position for an hour attempting to achieve an altered state of consciousness. Daily meditation is

We overlook the greater gifts inherent in our wounds -- the strength to overcome them and the lessons that we were meant to receive through them. Wounds are the means through which we enter the hearts of other people. They are meant to teach us to become compassionate and wise.

*- Caroline Myss
(Why People Don't Heal and How They Can)*

Reiki, Bringing Energy Into Balance,
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Nield-Anderson and Ameling (2001) list a variety of responses experienced by recipients of Reiki. They include:

- Feelings of warm sensations
- Experience of a blissful state of well-being
- Heightened perceptions of colors or sounds
- Diminished physical pain
- Calmed emotional states
- Experience of profound states of relaxation and warmth
- Diminished mental distress
- Expanded sense of self and universe
- Deepening of insights

nothing more than simple reflection for the express purpose of conscious awareness. It is a commitment to a life directed by conscious decision rather than unconscious convenience.

- **CALLING YOUR SPIRIT BACK:** This is a concept that I found intriguing, as presented by Caroline Myss in her book *Why People Don't Heal and How They Can*. She states, “The process of retrieving this energy from the past begin as by making a shift in awareness and vocabulary; simply put, you have to outrun your past. When you feel yourself drifting back into the fog of a memory command your energy to return to the present moment by saying, ‘I am not going in that direction any longer. I release it once and for all.’ Stop giving it power by clinging to the belief that things could or should have been otherwise. That is nonsense. To heal the past you have to ‘time travel’ with the genuine intention of seeking and breaking repetitious patterns and gaining insights into what you need to learn in this lifetime.”

References
Dyer, W. W. (1998). *Manifest your destiny*. New York, NY: Harper-Collins.
Myss, C. (1997). *Why people don't heal and how they can*. New York, NY: Harmony Books.

- Enhanced sense of empowerment and self-confidence for confronting and managing hardships and burdens.
- Increased sense of peace and safety.

Reiki – it is noninvasive, does not compete with traditional medical treatments, and is safe. Try it for yourself, better yet become a Reiki practitioner.

References
Lubeck, W., Petter, F. A., & Rand, W. L. (2001). *The spirit of reiki: The complete handbook of the reiki system*. Twin Lakes, WI: Lotus Press.
Nield-Anderson, L. & Ameling, A. (2001). Reiki: A complementary therapy of nursing practice. *Journal of Psychosocial Nursing, 39*(4), pp. 41-49.

Contact us...

One of the main goals of the HIV-Positive Nursing Committee and *Nurse* is to reach out to all HIV-Positive nurses, regardless of practice setting or organizational affiliation. You do not have to be a member of ANAC or an AIDS nurse to benefit from *Nurse*.

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Reiki, Bringing Energy Into Balance

(David J Sterken MN CPNP)

Reiki – I must admit that until the Fall of this year I knew nothing of this ancient healing practice. Over the course of several months, however, I have become a Reiki Master and have found this healing practice very beneficial in my own life. Thus, I offer the information to you and highly recommend that you seek out Reiki practitioners where you live.

In Europe it is called *elan vital*, in China it is *chi*, in India it is called *prana*, and in Japan it is known as *ki*. All of these names refer to the universal life force that fills our surroundings and our beings.

The practice of Reiki brings this universal energy into balance. By restoring balance to blocked energy centers, healing and balance takes place on physical, emotional, and spiritual levels.

Anyone can become a Reiki practitioner. Once a person becomes initiated into Reiki, that person remains an open channel for the rest of their life. Reiki is a wonderful complement to orthodox medicine as well as other alternative healing and relaxation techniques.

Hand positions customarily correspond to the to the body's endocrine and lymphatic systems and major organs, focusing on seven main chakras. The chakras are like subtle energy transformers. They take the Ki or life force that is all around us and transform it into the various frequencies we need and bring it into our subtle energy system. They can also be thought of as points where the soul connects to the physical body.

There are seven basic chakras starting with the root chakra at the base of the spine and

ending with the crown chakra at the top of the head. The frequency and complexity of the energy in each chakra increases in each successive chakra. The root chakra has very basic energy, and the energy of the crown chakra is very highly refined. The chakras are responsible for creating the various kinds of consciousness operating within our subtle energy systems and are also connected to the complete spectrum of human experience.

What follows is a description of each of the seven chakras as outlined in the book *The Spirit of Reiki: The Complete Handbook of the Reiki system*.

Root Chakra

The root chakra is connected to the base of the spine and points down between the legs toward the ground. Its color is red. It connects the subtle energy system to the earth. It supports our will to live and supplies our bodies with vitality. Its energy is involved with our need for food, shelter, and the basic necessities of life.

Sacral Chakra

The second chakra is connected to the sacrum. Its color is orange. It is involved with reproduction, sexuality, physical enjoyment, and the attractive aspects of relationships. It is also one of the places people hide guilt and humiliation. It is the location of the shadow self.

Solar Plexus Chakra

The third chakra is connected to the solar plexus area. Its color is yellow. It brings in and sends out energy necessary for self-expression. This is also called the power center, as through it one manifests will. Confidence and purpose, as well as fear and anger can be located here.

Heart Chakra

The fourth chakra is connected to the center of the chest near the physical heart. Its color is green. It is related to all aspects of love and is involved with joy, respect, and surrender. Spiritual guidance and higher consciousness can come through the heart chakra. It is one of two important chakras through which Reiki energy enters ones system.

Hints For Staying Healthy?

(David J Sterken MN CPNP)

As we begin a New Year may we resolve to "heal" that we might enjoy the vigor of body, mind, and spirit. The following are important considerations for those who want healing in their life.

- ❑ **FORGIVENESS:** Caroline Myss emphasizes "forgiving does not mean saying that what happened to you doesn't matter, or that it is all right for someone to have violated you. It simply means releasing the negative feelings you have about that event and the person or persons involved."
- ❑ **ACCEPT RESPONSIBILITY:** Wayne Dyer states, in *Manifest Your Destiny*, that taking full responsibility for your life and what it is and is not "involves a removal of our strong ego dominated inclination to cast blame on others for what is absent from our lives. Taking total responsibility means an awareness of the power that is inherent within yourself."
- ❑ **DON'T LET YOUR WOUNDS**

A high quality life starts with a high quality you! Don't rush into this New Year frantically trying to catch up or make up for what you didn't do in the past. This kind of frantic rushing and hopeless browbeating keeps you tied to the past and feeling bad about yourself. Set aside some time to reflect on all you've done right over the last year.

- Cheryl
Richardson

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Throat Chakra

The fifth chakra is located in the throat area. Its color is blue. The chakra has to do with the expression of creativity through speaking and writing. It is also involved with contemplation, and some of the aspects of thinking and planning. How we relate to others and especially to groups manifests through it.

Brow Chakra

The sixth chakra is located between the eyebrows and is also called the third eye. Its color is purple. It is involved with self-awareness, wisdom, higher consciousness, clairvoyance, simple knowing, visualization, and conceptual thinking.

DEFINE YOU: If you would like to read about the concept of "woundology" I would recommend a book by Caroline Myss entitled *Why People Don't Heal and How They Can*. The author believes that "when we define ourselves by our wounds, we burden and lose our physical and spiritual energy and open ourselves to the risk of illness." Wounds are not meant to be our defining characteristics rather a means to our own enlightenment and a tool through which we can help each other. I particularly appreciated Caroline Myss commentary on why it is so hard to give up a wound. She shares that "if we let go of certain things, our lives are going to change. And the reality is that we are actually more afraid of change than we are of death."

- ❑ **REPLACE FEAR WITH LOVE:** I would challenge you to think about how much of your action/reaction is "fear-based". Fear, which originates in the ego, constantly tells us that we are incomplete and unworthy promoting perpetual inner turmoil and anxiety. Wayne Dyer states, "the ego identifies you as primarily a physical body, separate from God, and in need of constant stroking to massage your self-importance."

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Crown Chakra

The seventh chakra is located at the top of the head and extends ways above the head. Its color is white. It connects us directly to the higher power and spiritual consciousness. It is the other important chakra through which Reiki energy enters.

Reiki is a unique form of healing therapy. Basic to Reiki teaching is the principle of synchronicity. Healing is synchronic during a Reiki session in that both the practitioner and recipient are mutually healed as universal life force energy, facilitated through the practitioner's hands, flows to where it is most needed physically, emotionally, spiritually, and mentally for both the practitioner and recipient. Practitioner and recipient have different needs and, therefore, use universal life force energy differently (Nielsen-Anderson & Ameling, 2001).

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