

INNER REALM

What is Holistic Healing?

By Nicholas Fiorito Energy Yoga Trainer

One could say that the art of healing is the most natural phenomenon that exists and that the catalyst - and ultimately the most powerful healer - in this process is you. The irony is that healing proves almost impossible to do without a healer, a guide, or a transformative self-practice. This dilemma arises from the fact that most human beings are profoundly disconnected from who they really are and are largely or completely alienated from the Source that could provide them with infinite health, happiness, and peace. Healing is the journey back home - back to our bodies in a healthy state, back to the natural serenity of our mind, and back to our Source.

The most obvious indicators that healing is necessary are the physical issues most of us seem to develop such as lack of mobility, blood circulation, joint stiffness and aches, spinal misalignment, shortness of breath, excess weight, poor digestion, diabetes, arthritis, and other diseases. But how did these physical phenomena originate? The causes of physical disease are the mind and emotions.

Healing can correct the physical manifestations of problems in the mind, but it can also increase the mind-body connection and self-awareness as to how these thought patterns affect us physically. Wouldn't it be great to really start to viscerally feel and sense when your shoulders are getting tighter? If you had that level of self-awareness you would be able to change the habit, activity, or body posture that caused the eventually unbearable pain in your shoulders. It is by developing this type of self awareness that we begin to change habits. As your lifestyle and habits become healthier, these changes come around again to positively impact your mood and physical body, thus changing your character and the quality of your life...permanently.

Another important method of healing is to release the blocked and stagnant energy within your body. By addressing the energetic system of the body through acupuncture, hands-on healing, and energy healing, energy has the ability to travel freely through the meridian channels and acupuncture points; balancing and strengthening the

chakras. By opening up these energy channels, the body's natural healing process can be restored, offering benefits such as peace of mind, increased blood flow, improved digestion, better focus and increased strength and stamina.

But healing also operates on an even deeper level - on a spiritual level. To fully understand this level of healing we need to understand where our habits, emotions, and character are derived from. These traits, which might be defined as our self-conception or ego, are essentially formed from information that has been accumulated over the course of our lifetime. You develop your perception of the world and all in it from acculturation, institutionalization, education, and your upbringing. These informational saboteurs of happiness often take the forms of our deepest seated fears, easily expressed in simple phrases that we spend our lives striving and struggling to prove untrue: "You're not good enough. You're not worth it. You are ugly. I hate you. You are a waste. You are a mistake. You'll never accomplish anything. You're a fake. You're a liar." And so on.

So what is the cure? The first step is to recognize that these thoughts are essentially untrue and changing - although simply realizing this is not enough. We must encounter our original essence, our original information. In other words, we must experience our soul. This can be likened to reformatting a computer - erase all corrupted information and return the system to its original form. Once we encounter the soul, we understand who we really are, what we really want, and how we truly want to live.

Healing also occurs through the union of the soul with God, the Universe, or whatever you consider your Source to be. Until our soul reconnects with its Source it is limited and incomplete. It longs for union (or reunion) with the Source from which it came. For the soul to return to the Source, and to experience that phenomenon in our lifetime and in our conscious reality, we must experience the principles of spiritual completion or enlightenment from a teacher, and continuously purify our bodies, emotions, thoughts, and soul through transfor-

mative practice.

When our soul meets with the Source from which it came, it will experience harmony, God-consciousness, and enlightenment. Our souls, and thus our bodies, are designed and built for this healing journey. So that aching back, those tight shoulders, and all those health problems are not merely physical issues, they are opportunities, they are signals, they are messages from your soul and the Source, sent through your cells, to come back home and find everything you were looking for...and more.

Nicholas Fiorito has been practicing Energy Yoga and Kigong for over 4 years and karate and other martial art forms for over 7 years. He studied religion and spirituality, receiving a BA in Religious Studies from the University of California Santa Barbara and a Masters of Divinity degree from Harvard Divinity School where he did comparative work on Christian Theology and Oriental Mind/Body practices and Meditation.

While attending Harvard, Nicholas also engaged in extensive Energy Yoga training, graduated from the Healer School. He successfully completed the 2nd American Dahnmodo (Kigong) School, and received his black belt and completed Center Leadership and Management Training going on to manage and operate an Energy Yoga studio in the Heart of Cambridge, MA. After two years as a manager in Boston he joined the team at CGI Holistic Fitness.

Nicholas prides himself on helping many students heal and improve their physical, mental, and emotional conditions. He excels at teaching basic class, leading the "Strengthen Your Energy

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