

# BIOENERGETIC PSYCHOLOGY

## New Ways to *Resolve Symptoms* of “Incurable” Issues



by Damaris Drewry, Ph.D. Psychology

**H**ave you been afraid that you will have a stroke, heart attack, breast cancer or diabetes because a parent did? Only 5% of cancer and cardiovascular disease is inherited (Wallett 2002). Ninety-five percent of breast cancers are not due to inherited genes (Lipton 2005).

During this time of profound planetary, economic, social, and health care changes – a new field of bioenergetic psychology is emerging just in time for the rise of a health care system that is based on wellness rather than illness. As biology, chemistry, physics, metaphysics, psychology and energetic healing are coming together like children holding hands on a playground, we are pushed to take more responsibility for our own wellness. A huge body of “hard” scientific research exists to prove that our beliefs create our bodies and our lives moment by moment.

Yes, you already know this. But have you tried positive thinking and been crushed when it doesn't work? It is because there is often a resolvable conflict between differing agendas of body and mind. Illness can be your ally if you listen to what your body is telling you about needed lifestyle changes, and the body gives us obvious metaphorical clues about past traumas that create similar traumas and disease in the present.

The old biological/medical model was based on genetically inherited DNA controlling the body (Watson & Crick 1952); the new integrative model brings personal power and hope back to the individual. It dares us to challenge “incurables.” It reminds us that our bodies know how to heal themselves as we learn to clear unconscious decisions made during traumas. It teaches us to change vibratory patterns at the cellular level with intent, and sha-

A sampling of pertinent research supporting bioenergetic psychology:

- Your perception = your reality (McClare 1974, Bleep 2002).
- Every cell in the body is intelligent, and the mind is a holographic field (Pert 1997).
- Memory does not exist in the brain alone...it is delocalized and exists in every cell of the body (Pert 1997).
- Every cell in the body knows our entire history (Lipton 2005, Myss 2005).
- DNA does not determine the activity of cells, nor is it “set in stone.”
- Chimps and humans have the same genes; differences are determined by morphogenic fields (Sheldrake 2009).
- Matter is compressed energy, and we emit photons (light) all the time.
- We are vibrating fields of morphogenetic energy – structured fields of information (Cimbal 2009, Sheldrake 2009).
- Disease is caused by a distortion of information (conflict, chaos & confusion) (Drewry 2006).
- The body's natural state is resonant coherence, i.e. harmony (Wikipedia 2009), and it is maintained through homeostasis.
- Our perceptions, beliefs and attitudes control our bodies (Lipton 2005).
- Energetic healing is not limited by distance (Backster 1972 and 100+ more studies).
- If you believe you have an incurable problem, it is incurable.
- If you believe you have a curable problem, you do.

mans and Einstein have known this all along. But it is not surprising that it has taken 80 years for biochemistry and psychology to catch up with quantum physics.

It takes courage to choose self-empowerment and change. Bridging the gap between Eastern & Western medicine and psychology, more practitioners are emerging to help clients clear the emotional traumas underlying "incurable" diseases using bioenergetic psychology. (Please note that the author is addressing only adult-onset diseases.)

The bioenergetic approach is the same for any condition: the body believes every word we say, speaks clearly in metaphors, and that during traumatic events we make unconscious decisions that create programs running in the background on the hard drive of the body's biocomputer. Many problems cannot be solved at the level in which they were created, i.e. there are past-life influences and sacred contracts still running that need to be stopped at a spiritual level.

For example, one client experiencing symptoms of an "incurable" nerve disorder, dystonia, had been diagnosed and treated at the Mayo Clinic for several years. The treatments were expensive, extreme and ineffective. His tongue and jaw moved uncontrollably, making speech and swallowing food extremely difficult and embarrassing. Heavy doses of botox put him in the emergency room. A 10-minute conversation revealed that he had many things to say which had never been said, and his body (the unconscious) was struggling to get his conscious mind to speak the truth about past traumas by creating a speech disorder to get his attention. By bringing the terrible traumas (he had never spoken about) up to conscious awareness, speaking the truth about them, and using an energetic release technique (EFT) to erase the old programs – the man had a complete cessation of symptoms for two weeks. Using various tools,

he has been able to keep the dystonia under control as events trigger it during the clearing process. So this is a body/mind/energetic approach to a physical illness created by the mind and expressed by the body.

Quantum physics proves we get more of whatever we are focusing on, so, instead of focusing on a part of your body that isn't working right, try asking your Higher Self (spiritual aspect) and your body's wisdom and intelligence to restore all systems in your body to their original design and optimal function – while you are using any kind

of energetic healing technique like Emotional Freedom Technique or Rapid Eye Movement Therapy.

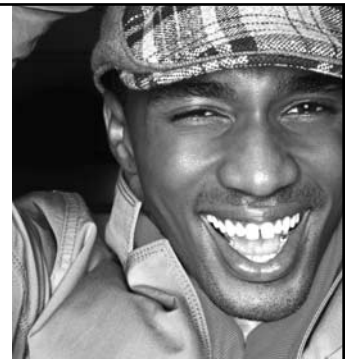


*Damaris Drewry helps clients take quantum leaps in emotional and physical healing in two to four sessions using a combination of integrative body, mind and spirit*

*modalities. More information is available at EFTPhoenix.com or by phoning 520-320-6366. See ad on page 7.*

***Carry laughter with you  
wherever you go.***

*~Hugh Sidey*



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