

Healing Emotional Holes

by Barbara Stone, Ph.D., LICSW

From *Integrative Health & Healing*, Summer 2002, "The Breath of Life: The Importance of Oxygen," Issue No. 1, pp. 32-33.

What do you need the very most in your life? Some would say love, others money or time. But the one thing each person needs above all else is something that is absolutely free. Something we cannot live without for more than a few minutes: oxygen.

Life energy, also called chi, Qi, or prana, comes into the body along with oxygen as we take the breath of life into our lungs. Traditional Chinese Medicine maps out the flow of energy to each organ in the body through the meridian system. The lungs are considered the prime meridian, the entry point for chi as it enters the body and then circulates through the large intestine meridian, the stomach meridian, the spleen meridian, the heart meridian, and on through all 12 organ meridians.

Emotional disturbances block the amount of chi that we can take into our systems. Each disturbing emotion disrupts the energy in one or more of the organ meridians, clogging up the system and turning down the overall energy level. For example, when anger disrupts the heart meridian or guilt disrupts the large intestine meridian, then the free circulation of life energy through the electromagnetic system of the body is impeded. The body's power system suffers a "brown out," and physical systems start malfunctioning. Releasing emotional blockages allows the whole system to unclog so that the lungs can expand freely to receive the power the body needs to run its systems properly and repair and heal itself.

The following true story of a woman I will call Mae shows the powerful impact of negative emotions on the body and the immediate physical healing that comes from releasing the impediments to the energy field.

Mae, a vivacious 60-year-old white woman, was a healer herself by profession and did excellent bodywork. In her early teen years, she had developed allergies that were so bad she spent one summer just lying in bed, not knowing what else to do. She could barely breathe. Her first husband had died suddenly, leaving her a widow in her 20's. After remarrying in her 40s, a spot on her back near her spine started itching so intensely she described it as "drive-me-crazy-itchy!" Only extremely hard scratching gave her any relief. The skin in this area was bruised and discolored, and the muscle underneath it had atrophied, looking and feeling like a hole in her back. She concurrently had some lung problems and was being treated for asthma with inhalers twice during the day, plus a night time inhaler to keep her lungs open at night.

Several years earlier, Mae had treated herself to a day in a health spa in California. She got a mud bath, sauna, Jacuzzi, and five different kinds of heat. As she was relaxing, all wrapped in a hot towel waiting for her massage, the following inner movie ran through her mind: I am running as fast as I can in a little groove in a downhill slope with people behind me on horses. I get shot in the back with a Gatlin gun and am dead.

Mae felt this memory was from a past life and wanted to do energy psychotherapy to release the “Gatlin hole” in her present physical body and the powerful itching that accompanied it. She did some research and found that Gatlin guns were used in the United States during frontier times and would make a flesh wound consistent with the pattern she felt in the atrophied muscle in her body. This wound would also have damaged her lungs.

We started by connecting to her memory in meditation and fleshing out more details. Mae saw that she had been a Native American boy around 14 years old, whom we will call “Brash.” He had responsibilities in the tribe and had been strictly warned by his elders not to go near the white soldiers. But he felt livid rage towards the whites. They hunted his people like animals, killing old people and children. His tribe had to keep moving all the time. He could not stand by watching his loved ones be slaughtered and wanted to do something to help.

Brash sneaked up to see what the soldiers were doing and was surprised at how many were there. They spotted him and chased him. He ran for his life, barefoot, and was shot in the back with a Gatlin gun. This wound had such an intense emotional impact that it crossed over from Mae’s previous life as Brash into her present life. And the onset of extremely severe allergies as a teenager in her present life had coincided with the age at which Brash had died in this past life. This event is consistent with a pattern wherein an issue is “triggered” (literally in this case) when one reaches the age when a past life trauma occurred.

Mae noted that she had typically been unaware of the emotions of grief and anger in her life, even with the tragedy of her first husband’s death. The first time she had let herself actually feel grief was after her father’s death six months before our work together. She howled, pounded, and kicked to discharge the emotion around her father’s passing. Perhaps this change in her pattern of repressing unwanted emotions opened up a doorway to deeper emotional healing.

Mae felt Brash needed to apologize to his family. He had wanted to be where the action was, but was not supposed to be at the white camp. He realized how much grief his death caused his loved ones, especially his mother and younger siblings. He saw the impact his death had on the whole tribe and

asked for forgiveness. With tears streaming out of Mae's eyes, she/he did a sincere and contrite apology. The itchiness on the back immediately toned down.

Next, we did diagnostic Thought Field Therapy to identify and release the meridian blockages attached to the memory. At the bottom of the disturbance was the unresolved trauma of Brash's violent death. The middle layer was comprised of shame, guilt, and anger, all held in place by limiting beliefs that it was not safe to get over the disturbance; he did not deserve to get over the disturbance, and that he would never be completely over the problem. The top emotional layer, the most noticeable one, held shame, rage, sadness, and deep grief over what happened.

After clearing the meridian pathways to release the disturbing emotions, we did an Integrated Energy Therapy session to release the imprint of these emotional wounds from the cellular memory map of Mae's physical body. As she raged at the atrocities, the mass murder of her people, committed by the whites, she came to a profound realization. The white people were terrorists. And "them" is "US" now in this life. With the 9/11 Attack on America, Mae's people were again the victims of slaughter and terrorism. And she took the only spiritual step I know that would free her from the effects of the deeply buried rage Brash held; she forgave the whites for being as blind to the injustice and suffering they caused as the followers of Osama Bin Laden have been to the horrors they caused on September 11, 2001.

With the magic of forgiveness, Mae released herself from the prison of these negative emotions, allowing more life energy into her system and allowing her heart to open. Within a few hours, the "Gatlin hole" in her back was almost gone, and the intense itching had stopped. A couple of days later, the hole was completely gone, and the discoloration had disappeared.

Checking in several months later, Mae declared the "mission accomplished!" After doing this emotional clearing, Mae gradually needed her asthma inhalers less and less often. Five months later, she had needed to use the daytime inhalers only a few times per week, and she had completely discontinued the use of the nighttime inhaler.

Barbara Stone, Ph.D., LICSW, is a bilingual psychotherapist in private practice in Massachusetts. She lectures widely and teaches workshops on Energy Psychotherapies and is on the Board of Directors of the Association for Comprehensive Energy Psychology (website www.energypsych.org). She holds a doctorate in Clinical Psychology from Pacifica Graduate Institute in Carpinteria, California. Websites for information on training in Integrated Energy Therapy: www.learniet.com and www.centerofbeing.com.