



# ENGAGING WITH ILLNESS FROM WHOLENESS

DIAGNOSIS - HEALTH SENSE - QUESTIONS

# DIAGNOSIS - THE PROS

What does a diagnosis offer that is helpful?

A diagnosis **names** that which was otherwise unknown and frightening.

We have the **relief** of knowing what we are dealing with.

It is not just in our head, we are not going mad, there is something **recognisably 'wrong'** somewhere in the system.

A recognised condition also, usually, has an **accompanying prognosis** and **treatment plan**.

A diagnosis can help to **focus our actions in a particular direction** so that we are more assured and effective in moving towards health.

# DIAGNOSIS - THE CONS

- A diagnosis is reductionist by its very nature. It highlights certain features and ignores others.
- A diagnosis fixes in place something that which is a fluid energetic state - a snapshot in time. Furthermore, even in the moment of accurately matching symptoms to diagnosis, it is still only ever a partial view because it is reductionist in nature.
- A diagnosis is determined by the medical paradigm it comes from. Another medical system would offer a completely different diagnosis, prognosis and treatment. *And*, even practitioners in the *same* tradition might offer completely different diagnoses, prognoses and treatments!
- We can become attached to a diagnosis and identify with it: my cancer, my bi-polar disorder, my skin condition, my asthma. A diagnosis and prognosis can be self-fulfilling.
- A diagnosis can misdirect us. We can aim our attention at fighting off or fixing something (focus on the treatment), rather than understanding the cause. What is the deeper message for us in these symptoms? Why were we susceptible to them in the first place? What is the healing opportunity here for us at the deepest level of our being?

# DIAGNOSIS - THE POSSIBILITIES

- We are free to get a diagnosis from one or more different medicine systems/practitioners and we do not have to take that diagnosis. OR we can take the diagnosis, if it is helpful, but we do not need to take the prognosis or treatment.
- We will recognise when a diagnosis is helpful for us because we will feel seen, it will resonate with us, something inside us will settle down, it will help us to focus on a way forward that feels fruitful.
- A true diagnosis sees us in our wholeness not our brokenness. It reminds us of our potential and empowers us. It gives us a map that helps to lead us through.

# HEALTH SENSE - RECOGNISING WHAT IS RESONANT

You are a fully conscious being. You have the ability to use your consciousness to discern your way in life. Your health sense is your discernment in action.

What feels luminous, rich, helpful, fruitful, beautiful or resonant for you in your life? What lifts you up, clarifies your true nature, helps you to be all that you can be? How do you feel when you are in this space within yourself? Are you better able to live your life from a place of joy and ease?

Your health sense helps you to recognise and 'do more of *that*'. To live a life that is full of ease and joy.

As you start to recognise this, you can also start to see what brings your energy down, making you feel tight, tense or burdened. Do you need to keep doing this?

You are using your CONSCIOUSNESS to navigate your way in life.

# HEALTH SENSE - FINDING THE GOLD

Your Health Sense has another gift to offer:

When something brings your energy down, and you feel tense and unhappy, it may look as if there is nothing you can do about this. It may look as if outside circumstances are causing this. Maybe you live somewhere you cannot leave yet, or you have duties to fulfil that you cannot abandon, or you currently have an illness that prevents you from doing things you want to do.

However, what if your thinking about this situation is the real problem here?

Is *this* the only way to see this situation? Is this situation here for a reason? Does it have a gift for you? What in you needs to rise to meet this? What is this enabling you to be?

# HEALTH SENSE:

You can utilise the consciousness of your being to

- A) recognise what glows and shines for you in daily life, and in your life as a whole, and allow yourself to experience more of this
- B) look with fresh eyes at a situation that feels fixed or stuck and be open to seeing it differently - receiving it rather than rejecting it

In this way, we find gold in all sorts of unexpected circumstances.

There is enormous transformative power available to us when we engage our consciousness in this way.

# THE POWER OF QUESTIONS

We are asking ourselves questions all the time. Why is this happening? Why did she do that? What is going on *here*? Why am I feeling like this? How do I handle this?

There are certain questions that have a very pronounced effect on us: questions that limit us, and questions that expand and open us.



# QUESTIONS CAN LIMIT US

Rabbit Hole questions: Why does everyone treat me like this? Why am I always the last to know? Why am I always ill? What's wrong with me? Why does nobody like me? Why do I always do everything wrong? Why does this always happen to me? Why can't I get this right?

These are questions that make us feel tight, tense, despairing, a failure, unworthy, exhausted and inadequate. They send us into a dark place and we can be there a long time before we realise that a rabbit hole question sent us there.

The Great Unanswerables: A good example of this is 'what is my life's purpose?' Often this sends a person looking in the direction of a particular occupation in the world. In this way, this question has no meaningful answer - the answer will always feel unstable. If this question is about a quality of being - my purpose is to be love - then it becomes useful. Same question, different orientation.

# QUESTIONS CAN ENLIGHTEN US

Vertical Questions: These are questions that align us with our true nature, our formless essence, our Wholeness. Examples would be: What are you seeing here? What in you is being touched here? What is true for you in this moment? What is the opportunity in this for you?

Interruption Questions: These are questions that can interrupt people when they are in a train of thought that is not serving them. Examples would be: Is it helpful for you to see this situation/person like this? How is this working out for you right now? What's up with that? Is this true? What has this got to do with you? Is this happening now?

Healing Questions: These are questions that point us back to our healing wisdom. What do you need right now? How can I help? What is this allowing you to become? What does your body want you to know? What feels healthy for you here?

HOW ARE YOU USING QUESTIONS IN YOUR LIFE? WHAT ARE YOUR RABBIT HOLE QUESTIONS AND WHERE DO THEY TAKE YOU? AND HOW IS *THAT* WORKING OUT FOR YOU?!

ARE SOME OF THESE OLD QUESTIONS READY TO BE SET DOWN NOW?

CAN YOU RECOGNISE QUESTIONS THAT YOUR LOVED ONES OR CLIENTS ASK THAT TIE THEM IN KNOTS?

ALLOWING MORE HELPFUL QUESTIONS TO COME IS NOT SOMETHING WE CAN FORCE, BUT THE ACT OF RECOGNISING THEM IS ALREADY POTENT MEDICINE. THIS RECOGNITION CREATES A FERTILE VOID. IF WE ALLOW OURSELVES TO SIT HERE, VERY SOON SOMETHING NEW WILL COME THAT IS MORE ALIGNED WITH THE PERSON WE ARE BECOMING.