

## Keeping a Broad Perspective to Allow True Healing.

Shazar Robinson: DipOcc Ther. Member ATMS, AFEM.



Shazar has been involved in health and healing for most of her life. Beginning her career as an Occupational Therapist - over time she became fascinated by the principles and practice of energy medicine and complementary health care.

For the past 16 years she has utilized a computerised health screening system called [Avatar](#) in her busy clinic in Australia ([Best Health](#)) and is now the Australasian distributor and trainer for this system.

She has always looked for the means to assist people to heal their body, mind and spirit in order to reach their full potential as spiritual beings in the human body.

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### Keeping A Broad Perspective:

My objective in this paper is to inspire - to stimulate a widening of your thought processes - and to increase the understanding of what happens when we participate in any type of healing work either as practitioners or as the recipients of that healing. My aim is to assist you to discover that sense of wellness in yourself that will spread out to all you touch, to fan the flames of your desire for greater understanding and a deeper connection to the whole.

Let us look at:

- What is health, what is healing?
- How can we increase our effectiveness?
- The importance of focusing on health not disease.
- The role of intention in healing.
- How limiting beliefs create limited healing.

### What is health - what is healing?

True healing goes far beyond what each practitioner does in their individual clinics and to widen our understanding we must turn our attention to the principles surrounding the nature of reality itself.

This will move us into new dimensions - into quantum physics, and into the work of people such as David Bohm, Ilya Prigogine, and Stephen Hawking.

These people have given us new models of reality which begin to explain the holistic views that natural methods of healing have been based on for centuries, leaving behind the theories of reductionism and moving into the consciousness where all is connected to everything else.

Healing is about healing the whole being - going beyond the disease, beyond the symptoms and opening up to the widest possible perspective so that you give the person you are working with an expanded view of reality in which health becomes attainable.

We have a birthright of perfect health. Just as we are already living in abundance and all we need is already available to us - health is also available. To expand on this concept you might like to refer to the work of a gentleman who lived in the 1800's called [Wallace D Wattles](#).

Let's rename health for now to a state of wellness which can be described as "A state of being in harmony with life". It's that big. Don't settle, or let those you work with, settle for anything less.

We have a responsibility to continually increase our own understanding of this ever expanding field of information so that we do not get caught in the traps of the past.

### Showing the way:

Victor V Woolf - in the [Wellness Manifesto](#) states:

*From a quantum view, life emerges from a quantum potential field and when a person suffers from a disease, that disease is only possible because of various holodynes (or information systems) that are giving off frequencies that create a field in which diseases flourish. Healing must include transforming this field and that can only be understood from a quantum perspective.*

*The potential for health already exists enfolded within the quantum potential field. Health is about being in harmony with life.*

So in other words, the blueprint for perfect health is already there but sometimes we need to be 'resonated' in the right direction.

The healer's role is to 'resonate' coherence and balance.

What is coherence? Let me explain -

Coherence means that subatomic particles are able to cooperate. They can communicate together. They begin resonating together. In relation to healing, when a person is in a coherent state, they can be said to be in health - when all of the aspects of the being are working together in harmony and light.

The 'healer' gives a reference point to the person being healed -reminding the sick person what health is about so that the sick person can move back into balance or coherence and from that state, can begin to heal the body/mind/spirit - if the person does not understand what it is to be healthy, then it is up to the healer to show the way.

Think about the kirlian photograph of a leaf - even though the leaf is torn in half, and the end discarded - the energy field will still show that full outline of the leaf.

It is about showing people the full picture - the wholeness of health, so they can move in the right direction. Homeopathics clearly are useful as they seem to give the Being information which energetically changes their field back into coherence.

### Focusing on health not disease.

It is very important to move away from the naming of disease states. The problems of "diagnosing" reach far beyond that of legal implications. Labelling the disease state does not contribute to healing - in fact it holds people in the sickness industry and keeps them focused on the negative. The healer has to encourage people to understand the overall concepts of balance and harmony so they can move out of imbalance and disharmony.

If you get stuck inside a label, that is - a "diagnosis", solutions can be difficult to find and therefore you must focus on health. Focus on health not disease, so you can move outside of the problem where you are able to see possible solutions.

When you understand what health is, you know what you are aiming for and will more easily cease poor health habits as you will be able to understand the reward of health.

### How can the healer increase effectiveness?

A very useful method of increasing effectiveness is to utilise diagnostic aids such as computerised health screening devices known as [EAV](#) (electroacupuncture according to Voll)

Initially the practitioner assesses **where** the Being is out of balance (I believe we must refer to the Being rather than the body, as body is only a fraction of what we are working with.)

The practitioner then assesses **why** is the Being is out of balance. And finally will examine **how** to bring the Being back into balance - back to homeostasis from which state the Being can then heal itself.

It could be said that they provide a menu of options for healing.

Using these tools - such as the EAV system the person is given the choice to be aware of their options and take responsibility for what is best for their well being. They are assisted to access more possibilities than those they may be aware of.

What is the most important thing the healer (practitioner) can do for the person who consults them?

1. Give them back the responsibility for their own health
2. Help them to understand that they have choice
3. And to understand why they got sick and how they can return to health and stay healthy.

How do they do this? First they listen. It is their primary task. People need to be heard. If first they listen to you, they can meet you on your level. It gives the practitioner the opportunity to access the information systems in your Being that are holding the disease in place. Then real healing can occur.

Then as the consultation continues, the education process begins, using all the skills available the priority should always be to, explain, educate and encourage.

The practitioners should help the person to understand the toxic load, not only that of the chemicals, pesticides heavy metals and so on, but also the toxic effect of relationship stress, work place politics etc. Teach them where the toxins come from, and how to avoid them, help them to understand the damaging effects of stress and how to de-stress. Give them simple de-stress techniques, encourage them to exercise, meditate, to walk barefoot on the grass. Above all help them to understand how to begin to reclaim their own power, to access their full potential self in order to effect true healing.

As practitioners, we need to understand that we do not heal the person, the person heals themselves - our function is to bring light to the matter, so we can help the client to have an understanding of their problems and imbalance, which can be 9/10ths of the job done already.

An example of this can be seen with emotional stress. If you have suppressed the real emotion it cannot be cleared. But once it is brought to the light and the person has an understanding of what they are really feeling, then they can release it.

It is the same with physical toxins - "chemical xyz"- when brought into the light by your testing becomes exposed, and it can then be dealt with in whatever way you choose - homeopathics, energy vibrational remedies, herbs, nutritionals, flower essences and so on.

### **The role of intention in healing.**

The intention behind all healing work is very important.

It is imperative that the practitioner really understands what they are doing and that they understand their role.

It doesn't matter what they are using. In fact it doesn't even matter IF they are using an EAV or energy medicine system - what matters essentially is the person, as the healer - the intention to direct the healing energy flow in a positive direction.

It has been proven in quantum physics that the intention of the tester, or the person setting up the experiment cannot be removed from the experiment. In other words, there is no way your intention as a practitioner or a healer can be taken out of the equation.

In my role as Avatar (EAV) system trainer, I am often asked by potential users - "But what about the influence of the practitioner? Doesn't the person operating the system have an influence on the result? Of course the answer is "yes" the EAV practitioner can influence the readings and in fact does.

But here again it is the intention behind the testing that is of prime importance. If your intention is to heal the person then why would you want to influence the readings in any one direction? That's why the practitioner has to maintain such an objective viewpoint when testing.

Be aware:

If you get too focussed on one area, you will miss what the Being wants to reveal.

I was very fortunate - I was taught from an early teacher that the most important thing was to allow yourself to be continually surprised by what you find. Let the Being give you the information.

For instance if you consider that a particular toxin, bacteria, or causative agent is commonly found, that you find it in almost all of your clients, then you will always find it, but is it REALLY the thing that is the most needed to be cleared?

For example, if you get focused on candida overgrowth, then every person who walks through the door will present with a candida problem.

Be aware - let yourself be surprised - rather than proving your own belief systems to be true.

A short example - While working in Hong Kong I tested a young Chinese woman who spoke no English.

On initial testing she showed with the priority of emotional stress.

I tested through the emotions list and 'suppressed' came up. In HK they have a useful translation program that activates when you put the tool tip (or pointer of the computer) on the word. It instantly translates in a little box next to it.

We did that and the woman read it and began to cry. Her husband who did speak English said to me, "yes that is totally true - her boss suppresses her completely."

How did this happen? I don't know. But it is only one example of many seemingly miraculous happenings with the EAV instruments. We can borrow from quantum physics to try to explain this - looking for models amongst shared consciousness, information fields and so on - however really at this stage of our understanding we need to simply accept that it is the mystery that we work with.

### **Limiting beliefs create limited healing.**

Sometimes in order to feel accepted by the current regulation-happy environment we forget to embrace the whole and begin to put on the blinkers of the mechanistic and disease focused health professionals - dominated by the assumptions of classical physics and the linear diagnostic thinking that goes along with that.

Let us be aware, wake up, and step beyond the treatment of symptoms so that we can move into the realisation of a state of being in harmony with life.

Let us feel grateful that we have the opportunity to be involved in this wonderful world of healing - using modalities that allow us to contact the whole - that allow us to access this information field that can assist others to unfold their full potential and return to wellness.

I know we can discuss this endlessly - and you will all have your own particular view point on the subject.

So I will leave you simply with two photos of [Dr Masuro Emoto's](#) work -



The first is simply water which has been shown the words -  
"I hate you I want to kill you ."



The second is water which has been shown the words -  
"Love and Gratitude."

[Shazar Robinson](#), Best Health, 8 Hopgood Street, Melville, Western Australia 6156. +61 8 9330 2087