

## 20 HEALING CRISIS

"Richard, the bad news is: Rather than run away from pain , we need to face it, escape is not a part of the process . Reaching new levels of empowerment , as you have, also gives you the strength to delve into new depths of your healing, which is not always Dr. Feelgood. As you recognize the next level of your work it is important to remember the Cosmic Grease—willingness.

"Moving into the release mode, as you have, old energies from the past are felt as though they are present moment experiences—they are not! Things seem the darkest because you are accessing new depths, hidden perhaps for years, maybe even for generations. This part of your work is called a Healing Crisis.

"Healing Crises are usually experienced on three levels. When an energy goes into the human system , it creates symptoms. When the symptoms of a degenerative energy are suppressed , as with the use of drugs , they do not leave the system but are driven deep into tissue. This happens whether the suppressed energy is physical , mental or emotional . Symptomatically, each release of old dis-ease energies is experienced and felt in the same way, with the same intensity, as when they entered the system as disease . Willingness is the Cosmic Grease that accelerates and eases the process of release.

"On a physical level, as the energy releases, it looks like old physical symptoms and low energy . On the mental level, release looks like any kind of negative thought, and on the emotional level it feels like any old feeling that has ever been suppressed . Release can also put in its appearance as depression. These are all desirable states, Richard."

"R-i-g-h-t, michael. In the past , I would have accused you of being crazy, but I'm really starting to hear you with different ears. It's a strange sensation finding myself saying I'm willing to purposely experience pain . I have one problem, though. If I'm going to experience all these symptoms, how will I know if I'm in one of these Healing Crises or if I'm sick?"

"Ultimately, you must be in touch with what is going on in your system and make the determination for yourself as to the nature of your symptoms. There are three signals which can assist you in determining whether or not symptoms are healing in process . They are:

First, you've reached a new level of vitality .

Second, you are doing your inner work and more and more of the 'right' things.

Third, there is an increase in elimination. Any or all of the eliminative channels—the skin, lungs, bowel, bladder or mucus membranes—increase their output.

"If your answer to all three of these signals is 'yes' when you are symptomatic, you are likely in a Healing Crisis . It's time to use the tools , rest, and remember the Cosmic Grease—Be Willing!"

**KEY THOUGHT**—When in pain, you have two choices. One is healing. Any other choice, no matter what it is, leaves you in your pain.