

REORGANIZATIONAL HEALING

(www.reorganizationalhealing.com)

A new paradigm for healing and living life.

By Roger Smith

Buddha said; "Mans greatest problem is his desire to have no problems."

Problems are part of the fabric of humanity and the fabric of our life. We all have some kind of problem in some area of life. Health is one area of life, work is another, relationships another etc. As we solve problems, generally new ones arise. If we are evolving then new problems are better quality problems than the previous ones. For example, having no money may be a problem, not knowing how to invest your money is a better quality problem.

Evolution and growth render old problems extinct. The dinosaurs got too big in size with too little intelligence leaving no more room for further development, so nature destroyed them (the ice age) and created mammals with much bigger brains relative to body size. So nature's solution to a problem is always based on destruction of an existing model and the creation of something new. This involves a period of crisis or chaos followed by a reorganization of things at a new level of efficiency, function and intelligence.

Crisis is nature's way of making extinct aspects of life which block evolution. The current economic crisis is just a form of the same thing. The death of one form or way of life births a new form or way with new criteria. Our attempt to resist change and not participate with life's big plan is the cause of much pain and suffering. We resist change because we fear the uncertainty of it. The quality of our life depends on how much uncertainty we are comfortable with.

A health problem or crisis points to our need for fundamental change. Medical care and even many 'alternative' therapies attempt to control or eliminate a problem, symptom or crisis and restore a person to a previous state where they were more comfortable, but this so often prevents or delays the real changes that must happen. If a symptom or disease goes away only for the person to go back to the same life, same habits, same thoughts, feelings, behaviors etc, it is only a matter of time before the problem returns.

So there are two approaches in therapy, restore or reorganize. Reorganize is consistent with life, restore is often not. Reorganizational healing is not a technique, it is an objective which can be incorporated in to many techniques with the appropriate understanding, communication skills and outcome measures. Restore based therapy attempts to re-achieve a previous state, reorganize attempts to create something new that you never had before. Its like upgrading your computer, old problems may go away, not because you attacked the problem, but because you upgraded the machine.

So if therapy is going to be truly alternative, it must be 'reorganizational.' If the objective is to restore someone to a previous more comfortable state, then we are just following the same philosophy that conventional medicine always has, even if we use an alternative method. Restore based therapy is often helpful if it buys us more time. Most drugs and surgical procedures buy us more time, but will we use this time to make appropriate changes?

Many cancer survivors have stated that the cancer was the best thing that ever happened to them as it made them rethink and reorganize themselves and their lives. This is a paradox, cancer is supposed to be the worst thing that can happen, not the best. It is a shame however that we have to get cancer to make constructive change in life. We should be able to make change before our body gets to its last line of defense. This is why reorganizational healing and its philosophy needs to be a stronger part of our culture.

Your problem is your stepping stone to your next level of evolution. In reorganizational healing, we are not going to attempt to only eliminate your problem, we are going to help you use this problem to create a new version of you where the problem will no longer be necessary. If we reorganize the physiology of the body to a more harmonic state, it becomes easy for the persons perceptions, emotions and behaviors to become more harmonic. Your headaches, back pain, allergies, depression and other issues are simply not compatible with this new state and may disappear or become unimportant. Old worries and fears simply become irrelevant. That is evolution.

Your nervous system is the key. Just as your digestive system must metabolize food. Your nervous system must metabolize your life experiences. Metabolize means to extract and use what is useful and discard what is not. If you had not digested yesterdays food properly, it would be difficult to digest todays meal. If your nervous system has not dealt with previous stresses fully, it will not adapt well to new stress and challenge. Adaptability is the secret to evolution and is the ability to reorganize physiology, perception and behaviors to meet new changes and challenges. Your nervous system is responsible for this. Most people have a nervous system which is constantly in defense mode trying to metabolize stress and is therefore not free to deal properly with more creative jobs like healing and personal development.

Reorganizational healing methods shift the nervous system from a defensive state to a more peaceful state where self healing and development are possible. If this basic shift in a person does not happen, long-term sustainable progress is unlikely in any condition.

Methods that are based on a reorganizational model include: Somato-Respiratory Integration & Network Spinal Analysis. Other methods and techniques may also be used in a reorganizational framework.