

What's the Best Alternative Medicine Modality?

By Dave Markowitz

A client once asked me, “There are so many options; how do you know what the best alternative medicine modality is?”
Great question!

It does seem like there are as many modalities as there are people, doesn't it? There's Reiki, Therapeutic Touch, Quantum Healing, Touch for Health, Matrix Energetics, Chakra Balancing, The Yuen Method, Aura Balancing, Quantum Touch, and so many more. Can you really be expected to try them all?

Well, if that's what it takes, then yes, try them all. But here's the thing: Wouldn't it make sense to see what they all had in common and work from there? You see, my path began in the early 90s when I had an ailment that 10 well-meaning medical doctors of various specialties couldn't find an answer to. There wasn't even an agreement on the diagnosis! So I searched high and low, and after experiencing and then studying many of the above therapies I found the commonality. A healer is not the healer.

All energy healers channeled in some way, shape, or form the healing power of God, or what I call Source. (Some practitioners didn't know this is what was happening, but that's ok, I'm assuming they'll figure it out eventually.) But if you think about it, how can anything else be happening? How can anything but the creator also be the healer? And it is my belief that this type of healing from Source is happening all the time; we just have to know how to harness it.

There are parameters that make that happen quicker, and there are parameters that slow it down or even block the healing from happening. If you accidentally cut your finger, you don't necessarily have to go to a doctor or energy healer for it to heal. You may apply an adhesive bandage and/or elevate it for a few minutes; intrinsically you just know that it will heal on its own. I've come to believe that this is also true with more intense pains and illnesses. If we truly know that it can heal, and we can open to that healing power of Source, magic can happen.

What prevents the healing from happening? It is our own resistance that prevents the healing. This resistance can be subconscious. For example, someone I know who solely believed in Western medicine and poo-poo'd everything else, was recommended an herb for a joint problem. After repeatedly saying “Get outta here with that” and no results elsewhere, he finally gave in. And he was the only one out of thousands who reported no benefit at all. He was also the only who reported the presence of side effects! Why did this happen?



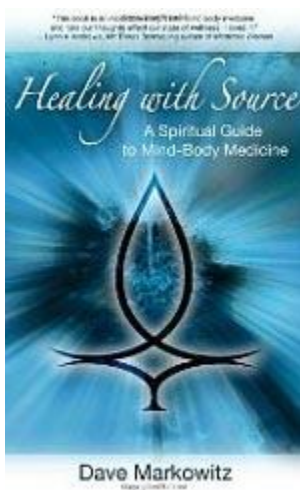
His ego was at work. He truly believed the herb wouldn't help so his own body responded to his belief systems and created not only the lack of healing, but also the side effects. This affirms the popular phrase, "If you believe or if you don't believe, you're right!"

Some forms of medicine are almost guaranteed to be beyond an individual's belief. For example, taking an aspirin will negate the sensation of headache on perhaps 99% of us. It doesn't cure, of course, but for what it is designed to do, create a temporary relief of symptoms, it is very effective. True, permanent healing is another story altogether. It requires a client's belief that it can happen combined with an openness and willingness to heal.

The healer, ideally, raises awareness and holds space for the healing energy of Source to work most effectively. Raising awareness of the underlying cause adds to the chances of more long lasting effects, because the client can then know what they've been doing/being/thinking that created the pain or illness and take steps to reverse that. We raise this awareness to empower, not out of blame or shame and not to create guilt or self-criticism, but to own that causal factor and work with it as best as possible.

The work that I do for example, simply called, "Healing with Source" combines raising awareness (medical intuition) with holding space for maximum healing from Source. I know I'm not the one doing the reading or the healing so I can stay clear of an attachment! This helps us take steps to reverse the symptoms at the causal root for true permanent healing, far beyond and desired than any temporary relief of symptoms.

Holding space simply means holding a vibration of compassion, total acceptance, and unconditional love for the client. These very high vibrations have a triggering effect on the client's ability to open to the healing of Source. It can unclog energetic pathways, boost the immune system, purge grief, and so much more. There is no blame, no victim, no attachment, and no ego involved.



So to answer the question of "What is the best alternative medicine modality?" I'd have to enthusiastically answer that by stating that the modality is secondary to the aspects being used. So don't get too hung up the names of a practice. Just know that true permanent healing is created as a triune of the client, practitioner, and Source, or as a dyad, yourself and Source. Use the training of more common modalities to gain experience with the aspects before calling yourself a (co)healer. An inexperienced or egocentric healer can hinder more than help, so let the gradual practice teach you how to incorporate the aspects and be ready for anything!

Either as a dyad or triune, my recently-released book, *Healing with Source: A Spiritual Guide to Mind-Body Medicine*, describes both of these options in detail as well as methods for raising awareness of the underlying causes. It's perfect for the practitioner, client, and anyone who wants to master self-healing. It even includes a cutout of a channeled symbol that can increase the vibration of the healing! And it also includes a link to an MP3 of relaxing audio with a subliminally encoded

reading of the summaries of many of the chapters for total immersion with the concepts. I hope you enjoy it as much as I enjoyed writing it.

Blissings and gratitude,
Dave



Dave Markowitz is a Medical Intuitive, Author/Humorist, and channel of Source energy and information. Sign up for his highly-acclaimed, free newsletter at www.DaveMarkowitz.com