



## TOOLS FOR HEALING

---

Medical science is based upon treating illness, but increasingly people are realising – through the media and the wellness programmes of their medical aids – that we can't just treat illness. We actually need to prevent it.

Of course, a major contributor towards illness is stress, so not addressing stress levels is no longer an option for the hard-working among us; i.e. if you want to be well, you have got to control the stress in your life by learning to use various healing tools, such as meditation, yoga, exercise and downtime, that can be easily incorporated into daily life.

### Manage stress

Because many lifestyle diseases are aggravated by stress, an effective workplace wellness or corporate mentorship programme will encourage each executive to get to know themselves, to develop communication skills and the healing tools mentioned above to aid smooth living. It may not work to, for example, send a client off with a meditation CD, because most people find meditation really difficult. In effect, you don't have to sit still for half an hour when there are so many pressing things to do: you in fact need just 10 minutes, even five minutes, to receive the benefits of this practice.

The definition of meditation is "the exercise of the mind in contemplation". So there's nothing to say you have to sit for a long time; empty your mind; even still your mind. But you will automatically do these things when you get the hang of what is, in fact, a rather simple practice. One can look at nature – the mountain, a garden scene – and just contemplate all aspects of that one view. Ayurvedic and homeopathic doctors will tell you that healing happens from the inside out, and this tool is one that stressed executives can use on a regular basis to empower themselves and still their racing thoughts.

The Eastern practice of Kundalini yoga is another powerful tool known to encourage a sense of well-being, plus a reduction in blood pressure, depression, IBS, backache and eczema among those who have incorporated it into their lives. It means making the change... and being prepared to do the work.

## A balancing act

The Wheel of Life balance is helpful in a coaching programme, as it highlights any areas of imbalance in our lives. Once we can see what we're skipping out on, on paper, we can acknowledge the neglected areas and put systems in place to address these discrepancies. If, for instance, your spirituality is being neglected, you may like to start going to church or to read up on other spiritual practices that interest you.

If you aren't allowing yourself sufficient downtime and/or physical activity, you may choose a run along the beach each morning, to spend more time in the garden, or to schedule a de-stressing massage when budget allows.

The mind-body-spirit aspect of reducing the stress in one's life is paramount, and this is unfortunately where traditional medical science misses the boat. Increasingly, medical practitioners themselves are realising that there is more to healing than just treating the ailments of the physical body; that we also need to take care of our inner world and the space around us.

---

### **Debbie Caknis**

Owner, Zero Point Healing

[www.zeropointhealing.co.za](http://www.zeropointhealing.co.za)

[info@zeropointhealing.co.za](mailto:info@zeropointhealing.co.za)

---

Date of Publication: 30 June 2015