

Healing with Togetherness

How can Therapy be successful?

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How can health emerge without togetherness? In decades of experience working with patients, it has become clear that treatment and healing of the root causes of problems can only happen if the soul and emotions are included.

Inner togetherness is a precondition for health. Body, soul and mind need to be connected. How can we create togetherness if we hasten through life as „functional units“ and “expectation fulfilment asylums”? The most natural thing in the world, being together, being whole and employing „alternative complementary methods“ has become a critically scrutinized exception. A basic necessity for health and for being whole is a holistic view and the harmonious interaction of body, mind and soul.

Our economy and society are shaped by science and rational thought, which urge us to direct our attention to the physical and material world around us. Mankind has created immense success that way. But what about the human being? Is a human still part of the whole or more of a functional unit? Human culture as a whole is a very fragile construct, always facing the danger of falling victim to unrestrained destructive forces. People, especially in industrial nations, exhaust their strength; they burn their candles on both ends and are always willing to sacrifice their health for success. This questionable way of thinking and acting spreads like a contagious disease. Since economic success often leaves out one important thing - consideration for a person as a whole - it can be unrewarding. Success can grow stale and thus diminish performance. The result can be a feeling of vague inner emptiness and deprivation, which makes us want more and more. It is vital for our

health to rediscover the culture of humanity. It is not just about functioning and performance - it is also about taking care of our mental and emotional health.

We are overrun by the changing times. We cannot stand up to these fast-paced changes. It is an ever-growing challenge to meet these changes with ease and creativity. Our health is increasingly compromised and “stress” is the buzzword as well as the more and more common diagnosis of “burn-out”. Conventional medicine has its strength in the field of acute care. However, on issues of chronic illnesses, psychosomatic illnesses, stress, burn-out and lifestyle, it doesn't have successful therapeutic approaches to offer - or only incomplete ones. This is a matter of personal responsibility.

It is therefore essential to awake and activate each person's motivation and passion in order to make us take action, following the question: “How can things get better now and what can I do to handle the challenges in a constructive way?”

Our health and productivity are not connected to our age or level of rationality but depend, first and foremost, on our mental, spiritual and emotional health. Therefore, it is essential to pay attention to our mental, emotional and spiritual health. It is the source of our power, creativity and the joy we find in our achievements, in our life.

In my many years as a practicing naturopath, I first focused on Kinesiology, manual therapy, Osteopathy, Craniosacral Therapy and Electroacupuncture. With the wide range of healing processes for different patients, it became evident that the interconnection

of body, mind and soul is of vital importance. More and more I began to focus on aspects of the soul and mind. One of my guiding principles was the definition of illness by Hans Kruppa: „Illness is a symptom of a life gone astray. It slows down the speed of movement in the wrong direction, because a slower life can find the way back to itself. The body refuses further superficiality and forces life to go deeper.“

The definition of illness according to the Shipibo is interesting as well. They define illness not as the individual fate of a person determined by happenstance, but as an expression of a problem in the community. When one member of the community continues to be sick, the entire community feels responsible. It is never seen as a personal problem. The power of the conscious mind is a concept which modern medicine has a hard time accepting. The question where the hidden source of healing is located remains unanswered for medical science. In my experience, the aspect of our mind and soul combined with our unconscious and subconscious mind are important.

The influence of the unconscious and subconscious on our everyday lives is immense and often underestimated, although there is a lot we know about these things today (interesting results can be found in psychoneuroimmunology, psychoneuroendocrinology and epigenetic). Our experience is comparable to an iceberg in the water. Most of it is not visible. We are so entangled in our world of accomplishments and expectations that we can only pay very little attention to our true selves. We are utterly distracted and keep wondering “How did I get here?” - “I didn’t even realize...” - “I don’t understand.” This is one side of the coin. The other side bears the questions “What if I get out of the rat race?” - “What if I can get back to living my full potential?” These are typical statements made by patients.

My work begins here. I developed methods mainly based on dynamic constellation work and even created my own approaches in the course of my intensive work with my patients. I combined these methods under the heading of “Healing with Togetherness” (Heilen im Miteinander). They include a combination of naturopathy and energy medicine with the things guiding us in our unconscious and subconscious in order to create a holistic view of the person, opening up new paths towards health for each individual.

The various manual techniques and other naturopathic methods are excellent therapy options for the physical level. Since everything is connected, they influence all other levels as well. However, practical work has shown just how important it is to give patients a chance to make new decisions on their “heart level” as well. Finding the deeply individual and uniquely personal sense of the inner self and the competence to make new decisions is a very individual process. Each patient enters his or her own healing space. Free will and our ability to make conscious decisions are our most important sources of healing power. We all know it - the decisions we make in our heads are great for our rational everyday lives, but not when it's about us as human beings. Therapy can only be holistic if it does indeed consider the entire person - body, mind and soul.

The goal of our work is to reactivate the autonomy and self-reliance of the individual. The motivation for this process must come from the patient. The therapist can analyse and support the process of finding yourself and becoming authentic again. This is the way to activate an individual’s self-healing powers. “Healing with Togetherness” has also proven to be very effective for prevention and health maintenance.