

Out of sight, Out of mind.

As you would be aware, we offer Free [Discovery Sessions](#) and at times more in depth Q&A for some clients. With regards to the discovery sessions, we have conducted many hundreds of these sessions since developing the concept in 2007. They have been, and continue to be, a great source of learning. One lesson in particular I find interesting, is how we as individuals can mask or ignore what is really going on for us health-wise. I see it all the time. Cloudy energy in the fields of people indicating possible chronic fatigue or depression is a good example. When described, a typical response is "yes, but I'm okay now...I'm better." Whether it be through medication or other treatment, the symptoms subside to a degree and the person believes they are "over it." I have to laugh because it reminds me of the Monty Python character that has their leg hacked off and declares it's just a flesh wound, and bleeding profusely they claim, "I'm getting better."



I hear it all the time, and there are a number of aspects to this. One is that the client refuses to accept there is a problem; but then I have to ask the question, why did you contact me in the first place? Then of course you have medications that will mask symptoms but not treat the underlying cause.

Another aspect is sensory adaptation where the body may accept an imbalance as normal over time. This can occur in concert with long-term medications. You withdraw from long-term use to find that previous acute symptoms are no longer present, but it's likely the imbalance remains. The human body is an amazing organism and it will adapt to maintain homeostasis and survival.

As an example, I once described a tremendous amount of red, inflamed energy within the field of a body builder. Their response was it must be due to over training. The real story was that this person originally took up gym work to combat the symptoms of chronic fatigue. On the physical level they were feeling much better and indeed were quite fit, but the underlying issues that caused the fatigue in the first place were still present. Somewhere along the line, the inflamed emotional imbalance will manifest again. Removal of body organs such as a hysterectomy is another example. The organ may be gone but the energy pattern remains, and if there is an imbalance it will continue to create some effect albeit different from the original symptoms. This can be compounded by the trauma of surgery.

So we get those who choose to gloss over what I describe, to those who rush off and have a quick healing treatment and believe they are fixed. There's nothing wrong with that as such, but sometimes it takes quite a bit of digging to clear the cause of an imbalance. If you've read the eBook [*Being Human: The Contract of life*](#), you would be aware that we are very complex beings and that some of us are destined to carry a health problem lifelong, which leads me to another point.

I have on occasion described small blockages in the [biofield](#) that have horrified the recipient. As if how could it be possible that "I" have a blockage. Well let me tell you, we all have them at some time as it's part of being human. The cause and extent to which they affect us is unique to each individual. Note that any blockage I describe in a Discovery Session is significant because that's what I ask to be shown.

It would be possible to describe subtle imbalances all day long, but my aim is to discover what is most affecting this person? I do this for the physical, emotional and mental planes. I can't speak for everyone on this planet, and I don't claim to get it right every time, but every energy field I have ever viewed has shown some energy disturbance or blockage...all but one. The only instance I have witnessed a person with a totally clear energy field was in Hong Kong. I was invited to watch a Tong Ren healing session for a woman in remission from cancer. It was a follow-up session and the woman was indeed free from any disturbance in her energy flow at that point in time, at least from my perspective. So it is possible to be free from blockages or disturbances. Now, you're probably about to ask the question, what about someone like the Dali Lama? What would his energy field look like? The answer is I don't know, because I don't have permission to view it. The bottom line is that we are all working through imbalances on some plane. It's why we're here as humans.

Some imbalances and lessons are meant to be a lifelong experience. Upsets and imbalances do occur as just part of life, so disturbances in the biofield come and go. It's the ones that stay which need our earnest attention, and it's those that I describe in a Discovery Session. So be cautious of glossing over symptoms with medications. What's the underlying cause?

One last point in regards to stress and [red, inflamed energy](#) within the [biofield](#). This type of energy I class as reactive energy, reacting to some form of stress, whether that be physical, emotional or mental. But what is stress? Within the modality of energy healing, stress is any internal or external stimuli that causes the body to diverge from homeostasis, and is known as homeostatic imbalance. The stimuli can be physical, emotional or mental and is compounded by belief systems. It's the response to this homeostatic imbalance which causes symptoms in the body, which in turn is commonly referred to as "stress".

The response can be reflected in many ways including anxiety and physical pain such as headaches. Our goal then is to clear the stimuli to regain homeostatic balance. Medications can be prescribed to alleviate the symptoms, but do not address the underlying stimuli.

So again I say, if you have had a specific diagnosis or recognised condition, it may actually be secondary to what is really influencing you. You are uniquely complex, and the chances of a quick peek at your biofield giving you all the answers is unlikely. So be open to what we perceive and give it some thought before you dismiss anything we describe in your free discovery session.

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