



## Healing Crisis - A Sign of Deeper Healing

Samuel Hahnemann, founder of homeopathy, first observed the healing crisis, often called the Law of Cure, in the 1700's. In the course of developing his philosophy of healing, he noticed that the body seemed to heal itself by progressing through the most recent disease experienced, back even to childhood illnesses. The healing crisis is an integral part of a natural process. Rather than attempting to suppress physical symptoms, the body cleanses itself of any illnesses or unhealthy patterns that it has repressed over time. This concept is present in many holistic healing traditions, such as herbalism, homeopathy, flower essence therapy, and traditional Chinese medicine.

Our lives, our relationships, our emotions, our way of being in the world will all adjust themselves to adapt to an illness - the longer a person has lived with an illness, the deeper the established patterns. The body has a remarkable, intuitive ability to survive and to adapt to emotionally and physically painful and stressful circumstances. In much the same way that a tree will grow up around a rock or a building, the body will do its best to continue to function.

So what happens when someone decides to heal an illness, especially one that has persisted for a long time? When health issues have persisted for a long time, choosing to let go can bring a progression of thoughts, emotions, fears, and physical symptoms that need to be acknowledged and released for deep and lasting healing to occur. Simply put, letting go of something you no longer like (or even never liked) raises the fear of what will take its place, even if the new element sounds good. Something that has worked for you, even if it is dysfunctional, can be a comfort. To clear a space for new, healing energy to enter and take root, the old patterns must cycle through, hence a healing crisis.

A healing crisis usually manifests initially as an acute condition, like hives, boils, a cold, fever, muscle aches, or some eliminative type of condition. Healing crisis are short in duration and leave relatively quickly, often within the space of few hours or days. In addition, they usually start with the body surface (ie the skin) and move from the top of the body down, disappearing as they go. The physical symptoms can be accompanied by a host of emotional reactions and clearing. Anger, grief, fear, or anxiety are all possible emotions that may arise. When experiencing a healing crisis a person will notice general improvement and feel much healthier after the symptoms dissipate. A person may literally feel like something is clearing or moving out of them. The key being that there is an overall feeling of vitality, energy, and improvement.

People experiencing a healing crisis sometimes react in fear. Re-experiencing old illnesses can make it seem like things are getting worse, that one is actually regressing. Allopathic medicine seeks to rid the body of symptoms, conditioning many people to assume that re-experiencing old patterns of illness means that their health is deteriorating. While it is true that a regression of symptoms is occurring, the overall state of health is actually improving.

When experiencing a healing crisis, it is important to be kind to yourself and allow yourself to experience fully what is happening without judgment. During this process, it can help to write about what you are experiencing. Journaling can help to gain meaningful insight about the root cause of the illness and what changes might be useful. Above all, be patient with the process and with yourself. Find ways to nurture and love yourself - get enough sleep, drink plenty of water, eat whole foods, surround yourself with soothing things, and engage in activities that provide comfort and joy. It is also essential to visualize what new energy - be it relationships, or a job, or ways of dealing with emotions - to bring into the space that has been cleared. This is a time to consciously create new, healthy patterns around nutrition, exercise, relationships, and work.

A person experiencing a healing crisis is analogous to a boat crossing the ocean and getting caught in a



storm. The storm may shake loose some excess baggage and cause discomfort. Afterwards, it leads to calmer waters and an exciting new port to explore.

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